

Point Aquarius Newsletter

Published by the Point Aquarius Women's Club
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PAWC MEETING

DATE: Thursday, January 4
TIME: 10 AM
PLACE: Community Center
PROGRAM: Mallory Garner
CHI St. Luke's
Performance Medicine

BRING: Items for recycling such as printer cartridges, Christmas lights, loose change for PAWC operating fund.

POINT AQUARIUS TREES

Our neighbor, Roy Kessler, has done it again! On December 9, Roy and a dozen members of the Presbyterian Youth planted 45 new trees in Point Aquarius. You can see the young trees Roy grows for us every year planted throughout the community.

The hardworking youth crew added 45 trees to the medians on Point Aquarius Blvd., in the back of Natures Trail, along the ponds in Marina and Park in Section VII and some in Section I commons. For those keeping count, Roy's 2017 crop includes: 3 water oak, 5 pine (slash and loblolly), 1 cedar, and 36 live oak.

Thanks again, Roy, for your time and effort adding to our Point Aquarius forest. Over 300 trees planted since 2012.



CHRISTMAS IN POINT AQUARIUS

Santa dropped by the Point Aquarius Community Center December 16 to visit with the neighborhood, bringing lots of cookies and even more good cheer.

Our annual Christmas with The Board community dinner was held in a beautifully decorated Community Center. A huge thanks to Brenda and John Davis and Judie Pedigo for planning and setting up for the party, and to Barbara and Roland Morgan for organizing the dinner main courses. Thanks to all who attended and had a wonderful evening.

Photo-Santa & helper Patty Geraci



HOW TO START THE YEAR OFF RIGHT

Is exercise on your New Years to do list? Join a fun filled 60+ minute video based program at the Point Aquarius Club House, 4 days a week, N, T, Th & F at 7:30 am. Each day is different. It may be a fast paced walking or weight and waling or just weight based exercises. At least once a week is focused on strength and flexibility building. We even throw in some Pilates and dance steps like cha-cha, mombo or Zumba on Fridays. Each day ends with cool downs using Thai Chi, Yoga or stretches.

Here are 10 reasons to get up this early to exercise:

1. Ends before 9am so you can make 10am appointments.
2. Indoors, out of the elements and has a lake view.
3. Average 5000 steps (1/2 recommended daily steps).
4. Easy commute
5. No required gym clothes...come as you are.
6. No age limit.
7. Exercise helps us sleep better.
8. Improves balance & muscle tone.
9. Ability to modify to your abilities.
10. Free & fun.

Participant comments:

"It has really helped me with my weight loss program. Changing my eating habits in addition to a routine exercise habit has contributed to my loosing 30+ pound over past 9 months."

"I have a lot more stamina."

"I've toned up areas & my clothes fit much better."

So what are you waiting for. Grab a mat, water bottle & some weights & join the fun.

Call Lyn Shah at 936-337-4151 or 281-250-6775 for more information.

PAWC GIFT GIVING

The PA Women's Club members voted to give \$300 to each of the following charities at our December luncheon:

Montgomery County Women's Center

Children's Safe Harbor

The Gathering Place

New Danville


Fairway Home

Photo below:

PAWC President Irene Mayen surrounded by Christmas gifts donated by members for the Montgomery County Women's Center. Thank you for your support.



PALS

WELCOME TO THE LAKE		NEXT POA MEETING Thursday, January 14 6:30 PM Community Center All property owners are welcome to attend.
Julia & Paul Atha 12260 Sagittarius Drive Linda & Ray Bannister 12590 Taurus Drive Donna Breedlove 13065 Vega Court Colleen & Larry Daigle 12769 Virgo Drive Tracie & David Kneeland 12384 Aries Loop Susan & Derald Mittelstadt 12727 Aries Loop PALS welcomes all new residents with a Resident Directory. If we show no Phone listing for you or your number has changed, send an e-mail to effie.wheeler@yahoo.com with the new information.		POA HOURS Monday-Friday, 8 am-4pm On the 2nd Thursday of the month, our office hours are 8am-6pm and closed from 12-1:30 for lunch.
NEWSLETTER VIA E-MAIL To receive the Newsletter via e-mail in PDF format, call 936-890-5070 or e-mail the editor at effie.wheeler@yahoo.com . This helps save money on ink and paper. Then you'll be able to enlarge the print to any size you need to make it easier for you to read.	 BOOK CLUB Our next meeting is January 9, 10 AM, at the Community Center. The book is "Tending Roses" by Lisa Wingate. Bring comfort food. Mary Ellen Saltsman 832-764-0303	Point Aquarius Women's Club Recycle Project SAVE: <ul style="list-style-type: none"> Aluminum cans (packed separately pie pans, aluminum foil, etc.) NO tin cans such as cat food, veggie or soup cans Inkjet/laser printer cartridges Christmas Tree lights Copper wiring MONIES COLLECTED SUPPORT: <ul style="list-style-type: none"> Newsletter PAWC Scholarships Montgomery County Women's Center & other charities Call Irene for pickup of your recycle items at 936-890-6819.
Heavy Trash Pick Up January 22 Every fourth Monday of the month. Tree trimmings and/or fallen limbs must be cut in 4' lengths. Bundles must not weigh more than 50 lbs. Items must be on your property, not on vacant lots.		
MARQUEE POSTINGS We request that birthday & anniversary postings be only for significant years. To post messages on the marquee, send your requests two weeks in advance to avoid posting conflicts. Send to: pamarquee@gmail.com		

EVENT	DATE	TIME	LOCATION	CONTACT	NUMBER
Bingo	Every Tuesday	1:30 PM	Community Center	Diane Caradine	936-856-2654
Book Club	January 9	10:00 AM	Community Center	Mary Ellen Saltsman	832-764-0303
Bridge (Beginners)	Every Monday	9:30 AM	Community Center	Karen Ward	936-856-0530
Bridge (Partners)	3rd Thursday	1:00 PM	Community Center		
Bridge (Singles)	2nd Thursday	1:00 PM	Community Center	Valarie Collins	936-856-3092
Crafts	Every Wednesday	10:00 AM	Community Center	Carol Lorch	936-890-6508
Exercise	Every M,Tu,Th, Fri.	7:30 AM	Community Center	Lyn Shah	281-250-6775
Heavy Trash	January 22				
MUD Meeting	3rd Tuesday	5:00 PM	MUD Building	Marvin Knoll	936-856-6122
PAWC Bunco	3rd Monday	2:00 PM	Community Center	Irene Mayen	936-890-6819
PAWC Meeting	January 4	9:30 AM	Community Center	Irene Mayen	936-890-6819
POA Board	January 11	6:30 PM	Community Center	Susan Hamelin	936-856-4927
Mahjongg	Every Wednesday	1-5 PM	Community Center	Ginger Stocker	713-299-9422

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