



## THE COWTOWN CHRONICLE

Cowtown Clubhouse's Monthly Newsletter

Cowtown follows 37 standards that define the Clubhouse International Model. This month features Standard 28:

28. The Clubhouse provides assistance, activities and opportunities designed to help members develop and maintain healthy lifestyles.

Welcome to The Cowtown Chronicle, Cowtown Clubhouse's monthly newsletter where we share with you our exciting news, upcoming events and show off member's work. This month Cowtown goes to a Ranger's game, hear about upcoming events and get to know members Donald and Simon!



**We are open  
Tuesday-Thursday  
9:00am - 3:00pm**

Cowtown clubhouse is open 3 days a week and is welcoming visitors. Come join us for lunch and a tour!



## Take me out to the ball game...

*"It was a good game! When we got there Houston was up on the rangers 6-1. I wanted the rangers to win but were not winning and it felt like they were not going to come back. We left at the bottom of the 7<sup>th</sup> and The Houston Astros won." -Sal*



*"My first trip to Globe Life Field was breathtakingly fun! The atmosphere of "going out to the game" engulfed my senses. Seeing the big stadium, all the fans with red, white, and blue for the Rangers. Tasting the over priced food and drink. I especially enjoyed the creamy mint chocolate chip ice cream with toppings. Hearing the voice of the stadium announcer along with the music and talking with Cowtown Clubhouse friends was a delightful explosion to my eardrums. Not to mention the closeness of carpooling to and from the stadium that scrunched in the middle while listening to music and sharing our thoughts about our experience. But the best part for me was singing Take Me Out to the Ballgame during the 7<sup>th</sup> inning stretch with everyone in the stadium. It was a great outing with Cowtown Clubhouse that gave me new memories to cherish and look forward to the next outing." -Matt*



*"I enjoyed going to the Rangers game. The dollar Hot Dogs were decent but the honey mustard topped it off. Not a bad seat in Globe Life Field. They were pretty comfortable seats too. I was grateful for the air conditioning. I could hear the crack of the bat when it struck the ball. A great crowd for clubhouse went. I tried to talk to as many I could. I thought it was funny trying to find our cars in the parking lot after the game." -Danny*

### **Cowtown Clubhouse Rangers Game**

**Our walk was long in anticipation of the game.**

**Which team to cheer for?**

**The security gate.**

**Then we were in the new**

**Globe Life Field.**

**Wow**

**Our seats were up as far as**

**Our walk to the game**

**I looked down**

**Remembering riding the ski lifts in Colorado**

**A beautiful combination**

**The lights**

**Super large bill boards**

**Green**

**Excitement filled the air**

**It didn't matter who won the game**

**Cameras zoomed on different people**

**Adults acting like kids**

**Smiles on every ones face**

**Having fun**

**What a night**

***By Leslie Arnove***

## UPCOMING EVENTS

**SEPTEMBER  
30TH**

September Birthday Celebrations  
Celebrate September birthdays with cake!

12:00pm  
Cowtown Clubhouse

**OCTOBER 20TH**

Sid Richardson Museum Trip  
Join us at The Sid Richardson Museum for a  
tour. To carpool meet at the Clubhouse.

3:00pm  
Sid Richardson  
Museum

**OCTOBER 28TH**

Halloween Party  
Decorate some pumpkins and enjoy some  
candy with Cowtown

3:00pm  
Cowtown Clubhouse

## Get to Know Cowtown...



Interview of *Simon*,  
Clubhouse Member  
*By Matt*

**Q: What are the top 3 reasons you come to the clubhouse?**

**A:** 1. Working on the computer.  
2. All the nice people at Cowtown.

3. The nutritious & delicious dollar lunch with lots of iced tea.

**Q: What are some things that you are good at?**

**A:** Taking care of my fish. I am good at reading and usually I read the Bible. I'm a good cook, I would practice more if my kitchen was bigger.

**Q: Where is your favorite place to eat?**

**A:** Lisa's Chicken. My favorite is two piece white meat because it's



Interview of *Donald*,  
Clubhouse Member  
*by Matt*

**Q: What are the top 3 reasons you come to the clubhouse?**

**A:** 1. I like to stay active

2. I enjoy being around my friends

3. It is nice to meet new people

**Q: How do you know when summer is over?**

**A:** I know when summer is over when the weather gets cooler, the wind hits ya, and have to wear a jacket.

**Q: What are some things that you are good at?**

**A:** Dancing "on a good knee"  
Socializing "never met a stranger"  
volunteering "help and lead"

**Q: Where is your favorite place**

*very tender. They have really good tea as well.*

**Q: What is one of your favorite songs? Why?**

*A: I enjoy the song Abery by Bread. It is relaxing and sometimes puts me to sleep*

**to eat ?**

*There are soooo many.... But Lisa's Chicken!*

**Q: What is one of your favorite songs? Why?**

*A: Purple Rain, because Prince is one of my favorite artist of all time.*

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## **WHERE were you & WHAT were you doing on Sept. 11, 2001?**

by Tanya

This year is the 20th anniversary of 9/11 and brings back memories for all of us. I was trying to make a dentist appointment when the lady on the phone yells at me to turn on the television. I was shocked to hear that not one, but two planes had crashed into the Twin Towers in NYC.

Our Country recognizes 9/11 annually as a SIGNIFICANT hallmark in our nation's history. The 911 attacks FOREVER mark the memories of people in the world on 2001.

On 9-11-2001.....2,996 people lost their lives, citizens of 78 countries died in NY, Washington, DC and Pennsylvania. There were numerous First Responders who died trying to rescue people. 2,461 Servicemen have been lost in the War.

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