

THE TRIBUTARY

SEPTEMBER 2024



YOUR NEIGHBORHOOD

Cross Creek Ranch Welcome Center
(281) 344-9882

Cross Creek Ranch Fitness Center
(281) 344-0078

CCR App/Website:
www.mycranch.com

Fulshear Branch Library
(346) 481-6800

COMMUNITY ASSOCIATION CCMC

CrossCreekRanchTX@ccmcnet.com
(281) 344-9882

Cross Creek Ranch Lifestyle Director
Alyssa Brewer - (831) 661-8339
lifestyledirector@crosscreektexas.com

SERVICE PROVIDERS

Trash/Water - City of Fulshear
(281) 346-1796

Water - Inframark LLC
(281) 398-8211

Cable/Internet - AT&T U-Verse
att.com/u-verse
AT&T Call Center (877) 910-0501

City of Fulshear
(281) 346-1796
www.fulsheartexas.gov

Fulshear-Katy Area Chamber of Commerce
(832) 600-3221

Fulshear Post Office
(281) 533-9146

Fort Bend County Sheriff
(281) 341-4665

Fulshear Police Department
Non-Emergency: (281) 346-2202

Fulshear Fire Department
(281) 346-2800

Animal Control
(281) 342-1512

Emergency
911

SO LONG, SUMMER!

Hang Up Your Swimsuits For The Season!

It's that time of the year — you've exchanged your swimsuits for backpacks and school is back in session! As we watch summer fade into the sunset, consider visiting the community pools during open weekends before they close for the season. Check the My CCR App and website for updated hours for the last date to visit each pool.

SLOW DOWN! BACK TO SCHOOL MEANS SHARING THE ROAD!

School days can lead to increased traffic: buses are picking up students, kids on bikes are rushing to make it to class on time, and parents are dropping off their children before heading to work. The National Safety Council offers useful tips and precautions to help ensure everyone's safety when traveling through community roads and school zones. With a bit of added care and attention, both drivers and pedestrians can safely navigate these areas.

SHARING THE ROAD WITH SCHOOL BUSES:

If you're driving behind a bus, allow a greater following distance than if you were driving behind a car. It will give you more time to stop once the yellow lights start flashing. It is illegal in all 50 states to pass a school bus that is stopped to load or unload children.

- Never pass a bus from behind - or from either direction if you're on an undivided road - if it is stopped to load or unload children
- If the yellow or red lights are flashing and the stop arm is extended, traffic must stop
- The area 10 feet around a school bus is the most dangerous for children; stop far enough back to allow them space to safely enter and exit the bus
- Be alert; children often are unpredictable, and they tend to ignore hazards and take risks

SHARING THE ROAD WITH YOUNG PEDESTRIANS & BICYCLISTS:

A few precautions go a long way toward keeping children safe:

- Don't block the crosswalk when stopped at a red light or waiting to make a turn, forcing pedestrians or bicyclists to go around you; this could put them in the path of moving traffic
- In a school zone when flashers are blinking, stop and yield to pedestrians or bicyclists crossing the crosswalk or intersection
- Do not pass a vehicle stopped for pedestrians or bicyclists
- When passing a bicyclist, proceed in the same direction slowly, and leave 3 feet between your car and the cyclist
- When turning left and a bicyclist is approaching in the opposite direction, wait for the rider to pass
- If you're turning right and bicyclists are approaching from behind on the right, let the riders go through the intersection first, and always use your turn signals
- Watch for bike riders turning in front of you without looking or signaling

Thank you,

CCRCA Management Team



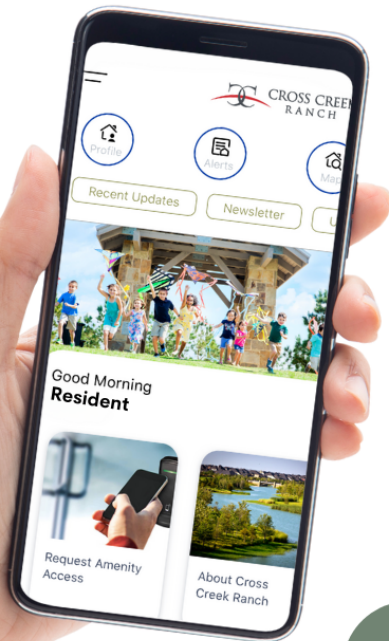
Get Connected to YOUR COMMUNITY

FOUR WAYS TO STAY IN-THE-KNOW

1 Monthly Newsletter

2 Email Updates

To receive the mailed newsletter or emails, please contact your Communications Coordinator at Bschaeffer@ccmcnet.com.



3 My Cross Creek App

Download the official community app for access to amenities & more!

Scan Me!



4 Website

Check out our website at mycrosscreektexas.com

Questions? Contact CCMC!

CrossCreekRanchTX@ccmcnet.com | (281) 344-9882



CROSS CREEK
RANCH



CROSS CREEK
WEST

Amenity Access

DEVICE REGISTRATION

To request access to the community amenities, scan the QR code below and fill out the request form!



Questions? Contact CCMC!

MyCrossCreekTexas.com | CrossCreekRanchTX@ccmcnet.com | (281) 344-9882



CROSS CREEK
RANCH



CROSS CREEK
WEST

— LET'S TALK ABOUT —

#Naturehood

An educational series sharing the nature and wildlife around
Cross Creek presented by your resident peers.

The Summers-End Dance

.....
OF PURPLE MARTINS
.....

Purple martins are our largest swallow and spend their time demonstrating impressive aerial acrobatics as they eat and drink on the wing. While it's sadly not true that they eat a significant number of mosquitoes, they DO consume as many as 2,000 flying insects a day. They're also the only bird that relies almost entirely on people to provide artificial nest houses! With the nesting season now over, don't worry if your purple martin houses now sit empty. You can safely store them away so that they don't give a boost to nonnative starlings or house sparrows.

Once their young leave the nest, the stage is set for one of the most awe-inspiring natural spectacles of the late Summer months. By day, they fly alone to snatch insects on the wing, but in the early evenings they start to gather and swoop low over the trees in dizzying numbers to spend their nights in safety. To some, it may look like a scene from *The Birds*, but it is a finely-coordinated dance as each bird perfectly maintains their appointed spot in the wheeling flock. As the sun sets, their numbers may reach into the tens or hundreds of thousands they settle into a group of parking lot trees.

It may seem counter-intuitive, but some of the best roosting spots for these large late-summer flocks are in the most urban of spaces. This helps keep them safer from predators. One such roost is estimated to host 100,000 birds and is now gathering in Stafford at the parking lot of The Fountains. A dense double-row of oak trees plays host to the impressive numbers each evening. When the morning comes they take off all at once in numbers so dense it shows up as an expanding doughnut on weather radar! These birds disperse over many miles to resume their free aerial pest control for another day. As September fades into October, their numbers will dwindle as they depart to repeat the same evening spectacles in the cities of their wintering grounds in South America.

Learn how to become a Purple Martin Landlord next spring and join a watch party by checking out HoustonAudubon.org/PurpleMartins

Amber Leung, Houston Audubon Nature Programs Manager





SEPTEMBER *events*

September 7

Astros vs. Diamondbacks Game

Gear up for an exhilarating evening as we rally behind the Houston Astros at Minute Maid Park! Join your neighbors and fellow fans for an unforgettable game day, packed with electrifying action, roaring cheers, and all the classic ballpark thrills. Whether you're a lifelong Astros fanatic or experiencing baseball for the first time, this event promises non-stop fun, unforgettable memories, and a true sense of community spirit. Don't miss out on this event - we can't wait to see you there!

September 11

Toddler Time in Cross Creek

Welcome to Toddler Time in Cross Creek, where the magic of movement, music, and stories come together at Camp Flewellen to create unforgettable moments for parents and their little ones! Join us for a delightful monthly event series designed to foster the bond between parent and child in the heart of our vibrant community.

September's Theme: Totally 80s Toddler

September 13

Community Blood Drive

Gulf Coast Regional Center will be set up in the CCR Community Room from 12:00 PM - 6:00 PM on Friday, September 13th. They are ready to accept your generous donation and hand out free juice and cookies afterward. RSVP today - every donation can save as many as three lives!

September 16-22

Fishing Contest

Did you know that Cross Creek Ranch has hundreds of acres of lakes that allow catch-and-release fishing? Throughout the week of this fishing contest, we are challenging our residents to see who can catch (and release) the biggest fish and the smallest fish in the #Naturehood. The winners in each age group will be awarded a prize!

September 20

Uncork & Unwind

Take part in a revitalizing one-hour yoga class, hosted at **Camp Flewellen**, thoughtfully curated to help you unwind and find tranquility at the end of your day. Immerse yourself in a mix of balancing and strength poses, designed to build endurance both physically and mentally. Elevate your relaxation with a refreshing glass of wine to complement your yoga practice and enjoy an evening free from stress and worries!

September 22

Resident Business Expo

Exciting news, Cross Creek! We're thrilled to announce our upcoming Resident Business Expo, featuring an exclusive showcase of businesses run by our very own community members. This unique chance to support and discover the talents of fellow residents who are entrepreneurs right here in Cross Creek. Join us for a day of exploration, where you can connect with local business owners, learn about their offerings, and celebrate the entrepreneurial spirit within our community. Don't miss this opportunity to shop local, support your neighbors, and enjoy a vibrant day filled with community pride!

September 25

Picnic in the Park

Mark your calendars, pack your picnic baskets, or grab a tasty bite from one of our fantastic food trucks, and join us for a delightful day of outdoor dining, laughter, and togetherness. It's the perfect opportunity to embrace the joys of the outdoors and share some quality time with friends and family at Camp Flewellen from 6:00 PM to 8:00 PM.

September 28

Family Health & Fitness Day

Step into a vibrant day of wellness and fun at Cross Creek's Family Health & Fitness Day! On Saturday, September 28th, from 10:00 AM to 2:00 PM, we're transforming our community into a lively hub of health and activity. Bring your family and friends to discover how fun and fulfilling a healthy lifestyle can be. Let's unite in our journey toward better health and well-being, sharing positive smiles and positive energy throughout the day. Don't miss this chance to celebrate and elevate your health with us!

LOOKING TO PURCHASE TICKETS, RSVP, OR LEARN MORE ABOUT UPCOMING EVENTS IN CROSS CREEK?

Check out the My Cross Creek app!





CROSS CREEK WEST

CUREAGEOUS

5K FUN RUN

Benefitting the IBC Network

SAT, OCT 19

8AM-1PM

31427 CROSS CREEK WEST BLVD | FULSHEAR, TX 77441

The race benefits the IBC Network Foundation, dedicated to raising awareness of Inflammatory Breast Cancer and funds for life-saving research to cure the disease. Celebrate crossing the finish line with engaging activities for all ages, and healthy street eats for purchase from food trucks. Participants will receive a T-shirt, runner's bib, and medal. **Be sure to wear your pink and honor the survivors and fighters in your life!**

FUN ACTIVITIES FOR EVERYONE!



FACE PAINTING



DJ



FOOD TRUCKS



YARD GAMES



REGISTER TO RUN, DONATIONS & MORE INFO HERE

\$30

Registration fee includes tshirt, bib and medal



Mobility vs. Flexibility

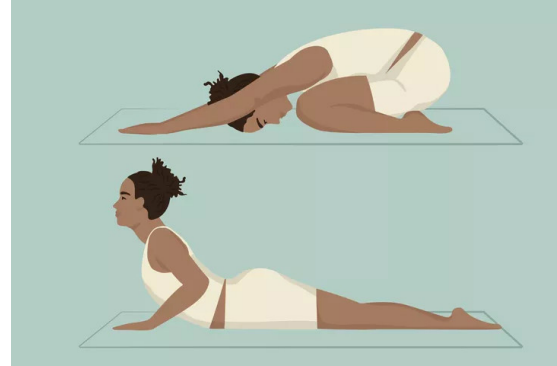
In our journey towards better health, it's helpful to understand the different terms we often hear in the fitness world. This month, we're diving into the concepts of mobility and flexibility. While these terms are often used interchangeably, they are unique in their definitions and applications.

FLEXIBILITY

Flexibility is the ability of a muscle or connective tissue to lengthen passively. Think about when you perform a static stretch, like reaching down to touch your toes — that's you practicing flexibility.

MOBILITY

Mobility, on the other hand, refers to the ability of a joint to move actively through its full range of motion. To achieve good mobility, the muscles and connective tissues around a joint must be flexible. However, being flexible does not automatically mean having good mobility. Good mobility also requires neuromuscular control and the ability of the joint to move freely within its capsule.



BENEFITS OF GOOD MOBILITY AND FLEXIBILITY

- **Improved Athletic Performance:** Whether you're swinging a golf club, kicking a ball, or reaching for a catch, having unrestricted joints and muscles enhances these movements.
- **Decreased Risk of Injury:** Strengthening and lengthening your muscles helps prevent injuries and keeps your body balanced and functioning properly.
- **Decreased Pain in Daily Tasks:** Everyday activities like reaching for the top shelf, bending over to tie your shoes, or standing up from a chair can become painful when your body is immobile and inflexible. Incorporating mobility and flexibility exercises into your routine helps protect your body and keeps you as pain-free as possible.

BEST WAYS TO INCORPORATE FLEXIBILITY AND MOBILITY EXERCISES INTO YOUR WORKOUT ROUTINE

- **Warm-Up:** Start your workout with Self-Myofascial Release (e.g., foam rolling) and dynamic stretches.
- **Join a Class:** Take advantage of CCR's FREE weekly Yoga classes (Tuesday at 7:00 PM and Friday at 9:45 AM) and our Movement & Mobility Class (Thursday at 11:00 AM).
- **Mobility Exercises:** Incorporate exercises like leg swings, ankle circles, T-spine rotations, and the Cat-Cow into your workout.
- **Cool Down:** End your workout with static stretch holds to improve your flexibility over time (e.g., hamstring stretch, quad stretch, upper-back stretch).

By including these practices in your routine, you will enhance your overall fitness and well-being. Stay active, stay healthy, and enjoy the benefits of both mobility and flexibility!

Make sure to check out our Facebook and Instagram pages for the most up to date information, tips and advice from your Cross Creek Ranch Fitness Center team.

INSTAGRAM: @CCFITNESSCENTER | FACEBOOK: FACEBOOK.COM/CROSSCREEKFITNESSCENTER

For information about current or future upcoming programs, call us at 281-344-0078 or email fitness@crosscreektexas.com



CROSS CREEK
RANCH

FITNESS CENTER

Group Classes

BODY BOOST

WEDNESDAY & FRIDAY • 9:00am

BOOT CAMP

TUESDAY & THURSDAY • 5:15am
MONDAY & WEDNESDAY • 6:15pm

CORE ESSENTIALS

TUESDAY • 6:15pm

HIIT

TUESDAY • 11:00am

MOVEMENT & MOBILITY

THURSDAY • 11:00am

SCULPT AND TONE

THURSDAY • 6:00pm

YOGA

TUESDAY • 7:00pm
FRIDAY • 9:45am

ZUMBA

MONDAY • 9:00am
THURSDAY • 7:00pm



Follow us **FOR MORE UPDATES,
VIRTUAL CLASSES, AND WORKOUTS**



@CROSSCREEKFITNESSCENTER



@CCFITNESSCENTER

* Residents/Staff inside the weight room are NOT permitted to grant access. Please check with the Fitness Center regularly for updates. 7/24

6440 Cross Creek Bend Lane, Fulshear, TX 77441 • 281-344-0078



CROSS CREEK RANCH



CROSS CREEK WEST

CROSS CREEK FITNESS *Hours of Operation*



Cross Creek Ranch
6440 Cross Creek Bend Ln

Ages 18+ ONLY

*Valid Key Fob or Mobile Credential required for Fitness Center access.

Monday - Thursday
4:00am - 10:00pm

Friday
4:00am - 9:00pm

Saturday - Sunday
4:00am - 7:00pm

Ages 13-17

*Valid Key Fob or Mobile Credential required for Fitness Center access.

Monday - Thursday
5:00am - 10:00pm

Friday
5:00am - 9:00pm

Saturday
8:00am - 7:00pm

Sunday
11:00am - 7:00pm

Ages 18+ ONLY

*Valid Key Fob or Mobile Credential required for Fitness Center access.

Monday - Thursday
4:00am - 10:00pm

Friday
4:00am - 9:00pm

Saturday - Sunday
4:00am - 7:00pm

Ages 13-17

*Valid Key Fob or Mobile Credential required for Fitness Center access.

Monday
11:30am - 2:30pm

Wednesday & Friday
10:00am - 1:00pm

Tuesday & Thursday
7:00pm - 10:00pm



The Waterhole
31427 Cross Creek West Blvd



The Landing
2800 Turning Creek Ln

Ages 18+ ONLY

*Valid Key Fob or Mobile Credential required for Fitness Center access.

Monday - Thursday
4:00am - 10:00pm

Friday
4:00am - 9:00pm

Saturday - Sunday
4:00am - 7:00pm

Ages 13-17

*Valid Key Fob or Mobile Credential required for Fitness Center access.

Monday - Thursday
7:00pm - 10:00pm

Friday
6:00pm - 9:00pm

Residents and Staff inside the Fitness Center are NOT permitted to grant access.

Fitness@CrossCreekTexas.com | 281-344-0078

WELCOME TO THE *Naturehood!*

CROSS CREEK RANCH COMMUNITY ASSOCIATION NEW RESIDENT SOCIAL

..... *Join Us*

October 24

6:00 PM - 7:00 PM

at The Waterhole

Meet your Lifestyle Director
& Fitness Director

Learn about fun resident events

Meet your Community
Association Representatives

Learn more about the residents'
My Cross Creek App

**HORS D'EVERUES
& DRINKS WILL
BE SERVED**



31427 Cross Creek West Blvd
Fulshear, TX 77441
281-341-8429



CROSS CREEK
RANCH

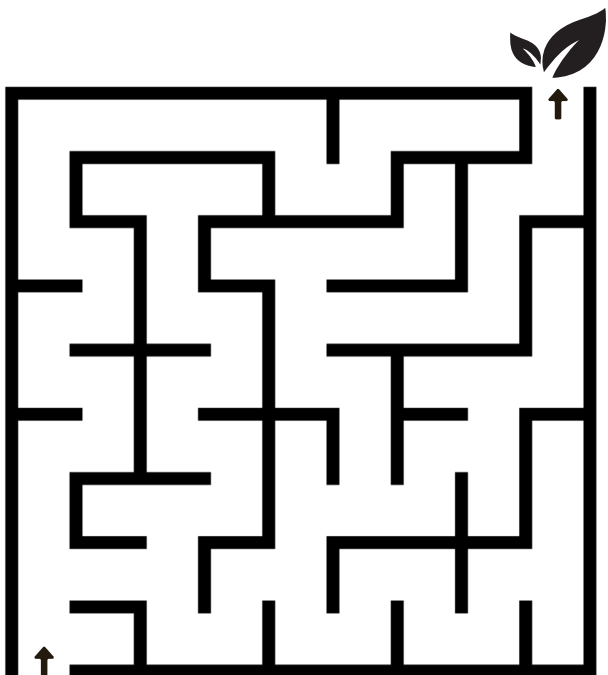


CROSS CREEK
WEST

Kids CORNER

CROSS CREEK WORD SEARCH

S	C	F	I	R	T	S	N	R	T	E	U	D	R	K
M	N	T	O	O	C	C	R	R	A	E	S	S	S	H
A	A	K	C	O	S	S	Y	P	B	O	L	D	A	I
E	Y	Y	A	S	M	F	E	A	S	S	E	R	S	S
T	O	N	P	T	H	A	C	D	C	O	N	N	I	T
R	S	E	N	H	E	O	N	O	K	M	A	T	H	O
A	I	E	U	M	R	E	C	O	P	C	T	T	A	R
Y	T	I	N	U	M	M	O	C	A	M	U	B	E	Y
C	B	R	K	S	A	B	H	E	C	F	R	H	N	D
I	M	C	H	L	S	M	D	N	K	N	E	R	G	A
B	R	P	C	E	A	A	A	T	R	T	H	C	L	H
H	R	A	Y	N	F	E	S	C	H	O	O	L	I	L
P	E	R	E	H	C	A	E	T	M	C	O	M	S	E
R	O	K	R	K	T	F	R	I	E	N	D	S	H	A
R	L	C	N	R	E	C	N	E	I	C	S	H	C	H

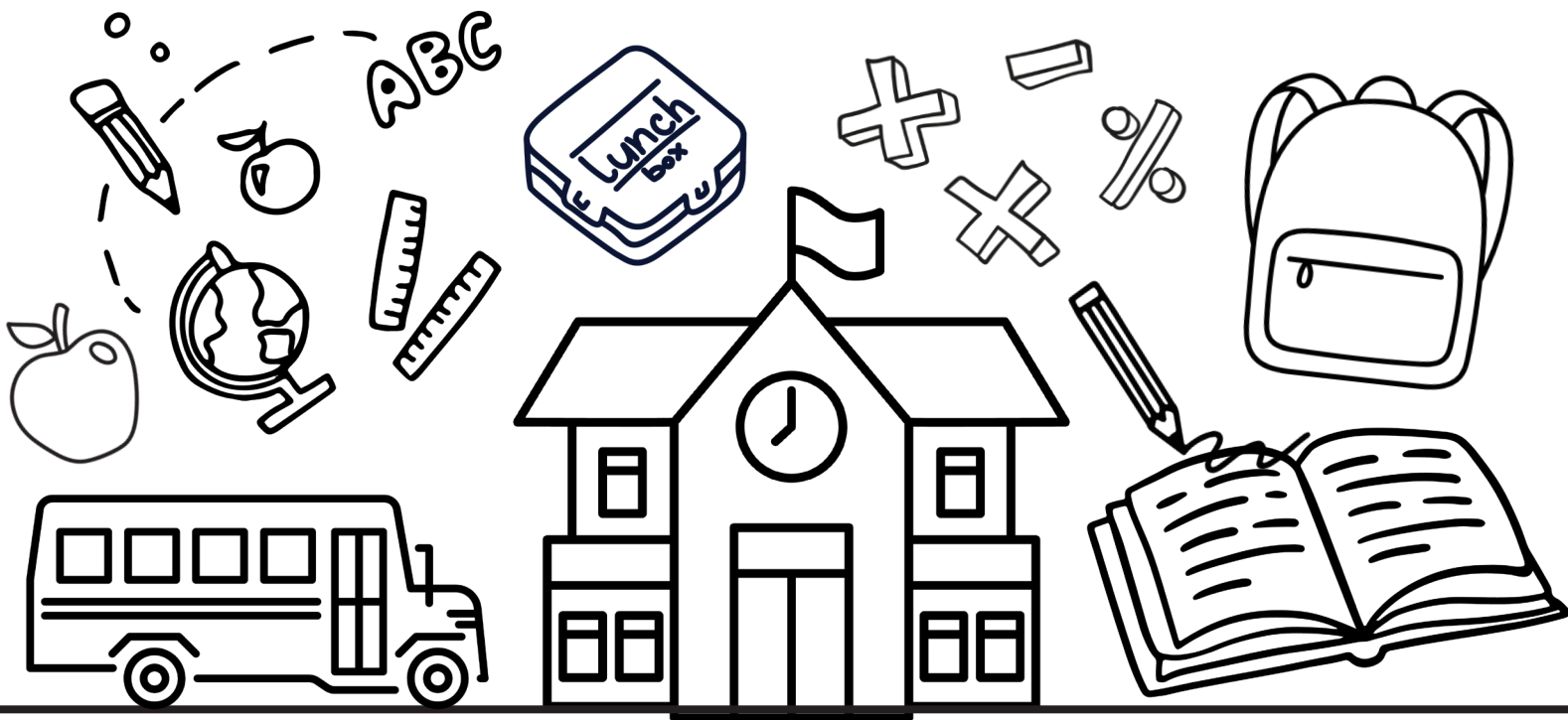


Help guide the hungry turtle to get leaves to munch on.

Community
Backpack
Naturehood
Park

English
History
Math
Science

Teacher
School
Friends



..... IN THE *Community*



For all things Lifestyle, from event details to program updates, send us an email at LifestyleDirector@CrossCreekTexas.com or call us at 831-661-8339. We can't wait to see you at the next event!

Alyssa Brewer
Lifestyle Director

Caroline Bork
Assistant Lifestyle Director

6450 Cross Creek Bend Lane
Fulshear, Texas 77441
crosscreektexas.com



MY CC APP REMINDER

Are you in the know of what is going on in Cross Creek Ranch? If not, make sure to sign up for the "My Cross Creek Ranch" app downloadable on google play or app store. You can also access the same information on the website at <http://www.mycrosscreekranch.com>. Once registered, you will start receiving additional information pertaining to community events, informational items and messages from your board and the CCRCA Management Team.

Apart from receiving eblasts, the community app is a great source of community information, HOA forms, contacting your committees, community event photos and MORE!!



UPCOMING *events*

September

Astros vs. Diamondbacks Game
Saturday, September 7th

Toddler Time in Cross Creek
Wednesday, September 11th

Community Blood Drive
Friday, September 13th

Fishing Contest
September 16th-22nd

Uncork & Unwind
Friday, September 20th

Resident Business Expo
Sunday, September 22nd

Picnic in the Park
Wednesday, September 25th

Family Health & Fitness Day
Saturday, September 28th

October

Fall Community Garage Sale
Saturday, October 5th

C.O.B.R.A Self-Defense Class :
Women's Self Defense
Tuesday, October 8th

Toddler Time in Cross Creek
Wednesday, October 9th

Community Blood Drive
Friday, October 11th

Family Holiday Photos
October 17th-21st

Uncork & Unwind
Friday, October 18th

Cureageous: 5K Fun Run
Saturday, October 19th

New Resident Social
Thursday, October 24th

Cross Creek and The Chocolate Factory:
Halloween Event
Saturday, October 26th

November

Trip to the Nutcracker Market
Thursday, November 7th

Community Blood Drive
Friday, November 8th

Uncork & Unwind
Friday, November 8th

Toddler Time in Cross Creek
Wednesday, November 13th

Holiday Wreath Making
Wednesday, November 20th

Cross Creek Cares: Donation & Recycling
Saturday, November 23rd

Holiday Tree Lighting
Saturday, November 30th



LOOKING TO PURCHASE TICKETS,
RSVP, OR LEARN MORE ABOUT
UPCOMING EVENTS IN CROSS CREEK?

*Check out the
My Cross Creek app!*

Please mark your calendars with these dates! For detailed event times, locations, and RSVP information, visit the My Cross Creek app or www.MyCCRanch.com.

Dates and times subject to change. Please check the app for the most up to date information.