

# THE TRIBUTARY

OCTOBER 2024



# IMPORTANT NUMBERS

## 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@crosscreektx.com

After Hours Association Emergency  
(800) 274-3165

## 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

# COMMUNITY ASSOCIATION CORNER

## FALL ADVENTURE AWAITS *On The Cross Creek Ranch Trails!*

As the cooler weather begins to roll in, it's the perfect time to take advantage of our community's beautiful trail network! Whether you're out for a morning jog, an evening stroll, or simply enjoying the fresh air, the trails offer a scenic way to explore Cross Creek Ranch.

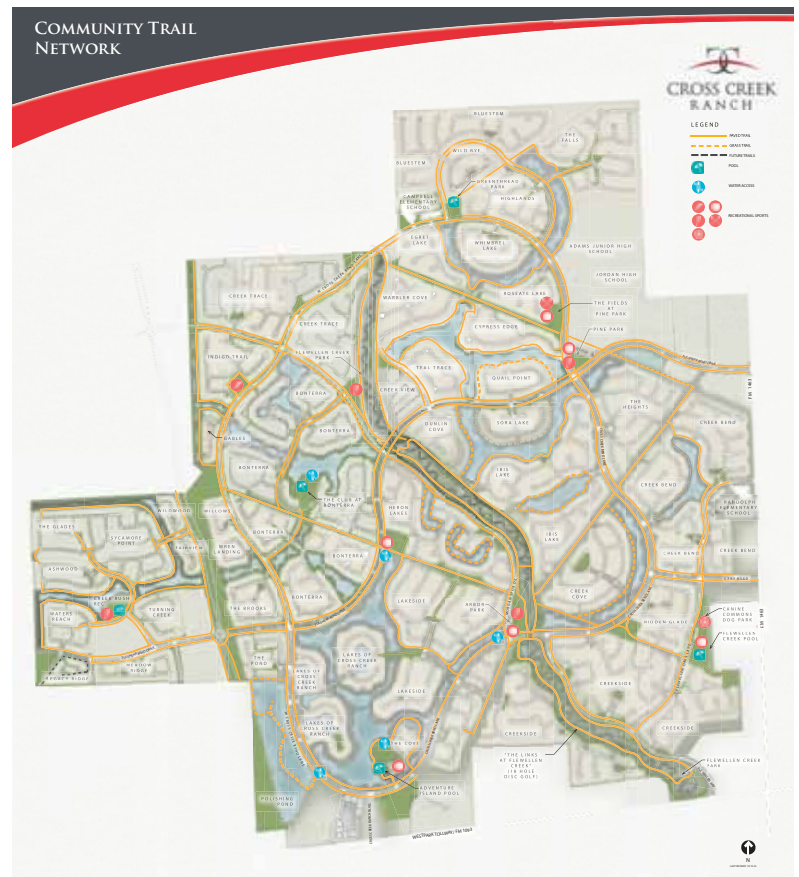
With a variety of paved and grass trails that connect throughout the neighborhood, there's plenty to discover. To help you plan your next adventure, we've provided a detailed trail map for you to view. Be sure to check it out and make the most of this fall season by enjoying the natural beauty of our community!

### *Trail Safety Tips:*

- 1. STAY VISIBLE:** Wear bright or reflective clothing, especially if you're out early in the morning or late in the evening.
- 2. KEEP TO THE RIGHT:** Always stay to the right side of the trail to allow others to pass safely on the left.
- 3. BRING WATER:** Even in cooler weather, it's important to stay hydrated during your time on the trails.
- 4. BE AWARE OF YOUR SURROUNDINGS:** Whether on foot or bike, always be mindful of other trail users, including pedestrians, cyclists, and pets.

Thank you,

CCRC 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](mailto: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](http://mycrosscreektexas.com)

**Questions? Contact CCMC!**

[CrossCreekRanchTX@ccmcnet.com](mailto: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](http://MyCrossCreekTexas.com) | [CrossCreekRanchTX@ccmcnet.com](mailto: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](https://HoustonAudubon.org/PurpleMartins)

**Amber Leung**, Houston Audubon Nature Programs Manager





# OCTOBER *events*

*October 5*

## Fall Community Garage Sale

Join us on Saturday, October 5th, for our annual Fall Community Garage Sale in Cross Creek! This is the perfect opportunity to declutter your home, find amazing bargains, and meet your neighbors. With a wide variety of items available, from household goods to unique treasures, there's something for everyone. Whether you're buying, selling, or just browsing, it's a great way to spend a fall day in the community. Don't miss out on this event!

*October 11*

## Community Blood Drive

Gulf Coast Regional Center will be set up in CCR Community Room from 12:00 PM - 6:00 PM on Friday, October 11th. 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!

*October 17-21*

## Family Holiday Photos

Say Cheese! The holiday season is just around the corner, and it's the perfect time to capture those cherished moments with your family. We're thrilled to announce that Stephanie Cheney Photography will be joining us for FIVE exclusive days from October 17th to October 21st, offering a wonderful chance to create stunning portraits with your loved ones. Don't miss this exciting opportunity to make beautiful holiday memories!

*October 26*

## Cross Creek and The Chocolate Factory

Experience a Halloween like no other with Cross Creek and The Chocolate Factory! This year, our celebration takes you on a whimsical journey inspired by the magic of a chocolate factory. Enjoy an evening filled with candy-themed games, enchanting decorations, and delightful surprises that capture the spirit of this beloved tale. Dress up in your best Halloween costume and join us for an unforgettable evening of fun and fantasy, where every corner is brimming with sweet surprises!

*October 8*

## Self-Defense Class - Women's Self-Defense

Don't miss out on this essential opportunity to empower yourself with life-saving skills! Join us on Tuesday, October 8th, from 6:00 PM to 8:00 PM at Camp Flewellen for our Women's Self-Defense class, led by expert instructors from C.O.B.R.A Self-Defense Systems. Experience a safe, fun, and exciting way to learn self-defense. This class is designed to help build confidence, learn practical self-defense techniques, and enhance personal safety in a supportive environment.

*October 16*

## Wear Pink Day

Show your support and raise awareness for Breast Cancer Awareness Month by joining us for Wear Pink Day! On Wednesday, October 16th, we encourage all residents to wear pink as a symbol of solidarity and hope for those affected by breast cancer. Let's unite, wear pink, and make a positive impact!

*October 19*

## Cure-ageous 5K Fun Run

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 you pink and honor the survivors and fighters in your life!**

*October 9*

## 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.

**October's Theme:** Tinker Tunes Enchantment

*October 18*

## 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!

*October 24*

## New Resident Social

Welcome to the #Naturehood! Join us on Thursday, October 24th, at The Waterhole in Cross Creek West for an exciting social to meet the Lifestyle and Fitness Directors, learn about fun resident events, meet your Community Association representatives, hear development updates, and learn more about the Cross Creek Ranch Community Association and our Resident App!



**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



## *Building Your Ideal 3-day Weekly Workout Routine*

Finding time for fitness can be a challenge when balancing school, work, taking care of the kids, and anything else that pops up in your life! A well-structured 3-day-a-week workout routine can be both effective and sustainable for any type of schedule. Whether you're a beginner in the gym or a seasoned fitness enthusiast, tailoring your workout routine to match your goals and lifestyle is crucial to setting yourself up for long-term success. Here are a few different ways to structure a 3-day workout routine, with each designed to help you achieve your specific fitness goals.

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### 1. FULL-BODY STRENGTH FOCUS

This routine is perfect for those who are looking to improve or maintain their overall strength with a balanced approach to each day's workout. Each workout day targets multiple muscle groups, which ensures that you get a comprehensive workout without overloading any singular muscle group.

#### Day 1:

- Squats
- Push-Ups
- Bridges/Hip-Thrusts
- Rows
- Plank Variations

#### Day 2:

- Bench Press
- Split Squats/Lunges
- Lat Pulldowns
- Leg Curls/Leg Extensions
- Rotational Core Work (ex: Russian Twists)

#### Day 3:

- Deadlifts
- Pull-Ups/Assisted Pull-Ups
- Calf Raises
- Dumbbell Shoulder Press
- Farmer's Carries

### 2. SPLIT ROUTINE FOR MUSCLE BUILDING

If you want to build muscle and increase strength in a specific area, a split routine allows you to focus on particular muscle groups more intensely. This workout structure ensures that each muscle group gets the attention it needs while allowing for adequate recovery time.

#### Day 1: (Chest & Triceps)

- Bench Press
- DB Incline Press
- Chest Fly
- Tricep Pushdown
- Push-Ups

#### Day 2: (Back & Biceps)

- Deadlifts
- Rows
- Lat Pulldowns
- Rear Delt Fly
- Cable Bicep Curl

#### Day 3: (Legs & Shoulders)

- Squats
- DB Shoulder Press
- Hip Thrusts/Bridges
- Lateral Raises
- Split-Squats/Lunges

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](mailto:fitness@crosscreektexas.com)





CROSS CREEK  
RANCH

# FITNESS CENTER

## 3. CARDIO AND STRENGTH COMBINATION

For those who are looking to balance and improve both their strength and cardiovascular health, this routine will provide a well-rounded approach to your fitness.

### Day 1: (Cardiovascular Endurance & Core)

- 30-45 minutes of steady-state cardio (running, cycling, swimming)
- Core Circuit (planks, leg raises, russian twists)
- Cool-down stretch

### Day 2: (Full-Body Strength)

- Deadlifts
- Push-Ups/Bench Press
- Squats/Leg Press
- Pull-Ups/Lat Pulldown
- Farmer's Carries

### Day 3: (Intervals & Strength)

- 20 minutes of interval sprints (treadmill, bike, rower)
- Kettlebell Swings
- Lunges
- Rows
- Leg Extensions/Leg Curl
- Core Circuit (planks, crunches, bridges)

## TIPS FOR SUCCESS

**Warm-Up:** Start each session with a 5-10 minute warm-up to prepare your body for exercise.

45 minutes of steady-state cardio (running, cycl

### Cool-Down:

End each workout with stretching to promote flexibility and recovery.

### Listen to Your Body:

Adjust intensity and exercises based on how you feel. It's important to challenge yourself, but not at the expense of injury.

### Consistency is Key:

The effectiveness of any workout routine depends on regularity. Stick to your schedule, and you'll see the results over time.

This 3-day-a-week routine can be adapted to meet your individual needs, whether you're aiming for more strength, muscle growth, or a balanced approach. The most important thing to keep in mind when deciding on a routine is choosing one that you enjoy and can maintain in the long run.

Are you looking for more personalized guidance for your fitness goals? Be sure to contact your Cross Creek Fitness Team for more information on Personal Training services and how you can schedule a FREE consultation!



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](mailto: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. 9/24

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

### 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



*The Landing*  
2800 Turning Creek Ln

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



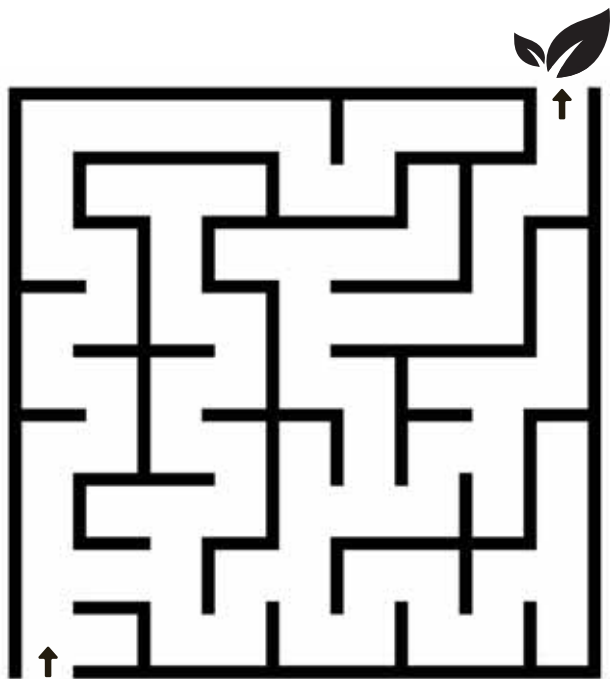
CROSS CREEK  
RANCH



CROSS CREEK  
WEST

# Kids CORNER

## CROSS CREEK WORD SEARCH



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



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

Community  
Naturehood  
Harvest

Fall  
Leaves  
Pumpkin

Pecan Pie  
Acorn  
Sunflower



..... IN THE .....  
*Community*



For all things Lifestyle, from event details to program updates, send us an email at [LifestyleDirector@CrossCreekTexas.com](mailto: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



# UPCOMING *events*

## *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

Wear Pink Day  
Wednesday, October 16th

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

## *December*

Letters to Santa  
December 2nd-13th

Toddler Time in Cross Creek  
Wednesday, December 11th

Community Blood Drive  
Friday, December 13th

Trip to Santa's Wonderland  
Saturday, December 14th

Wrap & Yap  
Monday, December 16th



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](http://www.MyCCRanch.com).

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

*Contract* PENDING



28419 ASHTON MEADOWS LANE | FULSHEAR, TX



4818 COLD STREAM COURT | FULSHEAR, TX



4930 SCENIC HORIZON LANE | FULSHEAR, TX

*Just* LISTED



29107 LANTANA RIDGE COURT | FULSHEAR, TX



6214 SILVER THISTLE LANE | FULSHEAR, TX



### READY TO BUY OR SELL?

As a Cross Creek Ranch resident for over 10 years, there's nothing I love more than working with our neighbors. Whether you're looking for your dream home or to market your home for the highest possible return, our team is committed to supporting you while you make your next move your best one yet.

*Call us today!*

(713) 294-9691

RHONDA@POHLMANPROPERTYGROUP.COM

RHONDA  
POHLMAN  
PROPERTY GROUP

\$245,491,174 IN TOTAL  
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SINCE 2018 OF 1-3% OVER  
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MARKET VALUE!



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*Melody of the Season*

**Sugar Plum MARKET**

Fort Bend Junior Service League  
**Preview Night**  
November 6, 2024

**Market Shopping Days**  
November 7 - 9, 2024

Photos & Story Time with Santa  
Saturday 11:00am - 2:00pm

Stafford Centre Performing Arts  
Theatre & Convention Center

Presented by:  
FBJSL MEMORIAL HERMANN  
Sugar Land

Event proceeds benefit Fort Bend County charitable organizations

Scan to Purchase Tickets

[sugarplummarket.com](http://sugarplummarket.com)

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[www.caseypools.com](http://www.caseypools.com)

SAVE THE DATE

CHILD ADVOCATES OF FORT BEND™

CHRISTMAS HOME TOUR

December 6 + 7, 2024

To sponsor or volunteer contact Tarina at TSheridan@cafb.org or go to www.cafb.org



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Enchanted Gardens

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281-341-1206



River Bend Baptist Church

27600 FM 1093

281-346-2279 RiverBendBC.org

Building stronger marriages, Building stronger families

- Weekday Preschool, Ministries for all ages, Awana, New Youth Building

9:00 am - Sunday Bible Study, 10:30 am - Sunday Worship

Scan with your smartphone



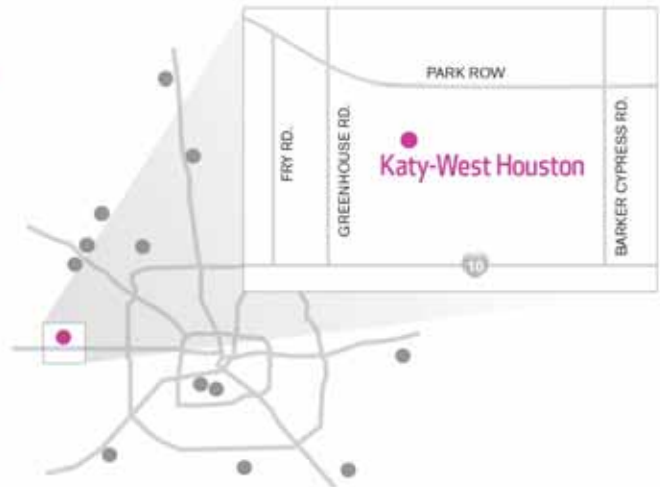
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