

# THE TRIBUTARY

AUGUST 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.mycctranch.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

# COMMUNITY ASSOCIATION CORNER

## *Summertime Energy Conservation Tips!*

Summer can quickly become an expensive season, being mindful of energy conservation can help reduce electricity bills. Take a look at the following suggestions to increase energy conservation efforts and beat the heat without breaking the bank.

### GRILL DINNER OUTSIDE

Avoid using your oven during the hottest part of the day. Save electricity by using charcoal or gas grill to cook your favorite summertime meals.

### MODIFY THE A/C WHEN NOT HOME

Adjusting the thermostat — even by a few degrees — when you're not home can conserve a significant amount of electricity.

### TURN OFF ELECTRONICS

Power down the television and computer to spend time with friends and family outdoors. Splash around in your community pool or have a potluck barbeque in your backyard.

### KEEP BLINDS CLOSED

Close blinds or curtains during the day to block out the sun's heat and keep your indoor spaces cooler.

### TAKE A COOL SHOWER OR BATH

For a refreshing alternative to a hot shower, reduce your hot water heater usage by bathing in cooler water a few times a week.

### LIMIT WATER CONSUMPTION

Water the lawn every other day at off-peak times, and be mindful of how much time you spend in the shower.

By incorporating these tips into your daily routine, you'll not only keep your home comfortable by also contribute to energy conservation and lower your summer energy bills. Enjoy a cool, efficient, and cost-effective summer!

Thank you,

**CCRCA Management Team**





# Get Connected to YOUR COMMUNITY

## FOUR WAYS TO STAY IN-THE-KNOW

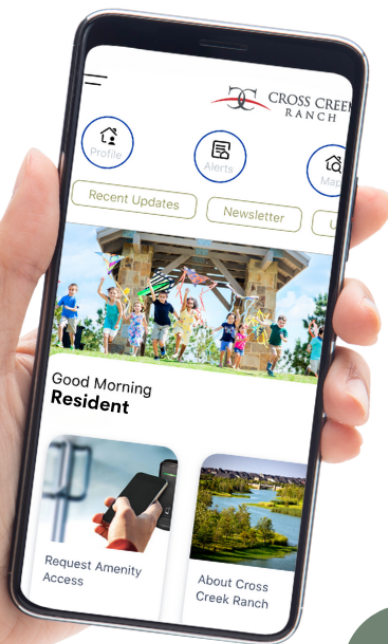
1

**Monthly Newsletter**

2

**Email Updates**

To receive the mailed newsletter or emails, please contact your Communications Coordinator at [Bschaeffe@ccmcnet.com](mailto:Bschaeffe@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

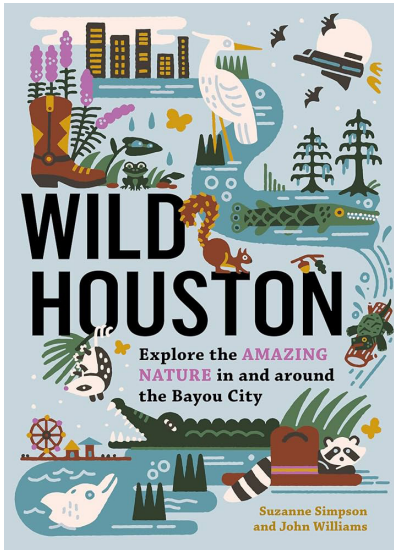


# — LET'S TALK ABOUT — #Naturehood

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

## *Exploring the Wild Side*

### SUMMER NATURE DAY TRIPS FOR FAMILIES



As the temperatures rise and school lets out for the summer, families are on the lookout for fun and enriching activities to enjoy together. Fortunately, the Bayou City and its surrounding areas are teeming with natural wonders waiting to be explored. From lush parks to winding trails, there's no shortage of outdoor adventures to embark on. So, pack your sunscreen, grab your water bottles, and get ready to discover the wild side of Houston!

#### **BRAZOS BEND STATE PARK**

Located just southwest of Houston, Brazos Bend State Park offers a peaceful retreat into nature. With over 5,000 acres of scenic landscapes, this park is a haven for wildlife enthusiasts and outdoor adventurers alike. Families can hike or bike along the park's numerous trails, go fishing, or spot wildlife. Brazos Bend is famous for their healthy American alligator population! Don't forget to stop by the George Observatory for some stargazing after sunset.

#### **EDITH L. MOORE NATURE SANCTUARY**

Tucked away in the heart of Houston's Memorial neighborhood, the Edith L. Moore Nature Sanctuary offers a peaceful retreat for families seeking solace in nature. Privately owned by

Houston Audubon, this 17-acre sanctuary is nestled in a lush urban forest, complete with a creek and historic log cabin. Families can explore the sanctuary's network of trails, keeping an eye out for birds, box turtles, and hognose snakes!

#### **GALVESTON ISLAND STATE PARK**

Escape the heat with a day trip to Galveston Island State Park, where miles of sandy beaches and coastal marshlands await. Families can spend the day swimming, fishing, or simply relaxing by the water's edge. Nature enthusiasts will also enjoy exploring the park's trails, which wind through dunes, prairies, and salt marshes, providing ample opportunities for birdwatching and wildlife spotting.

This summer, why not trade screen time for green time and embark on a family adventure in the great outdoors? Our region offers myriad opportunities for discovery. For more destinations, check out the book *Wild Houston* by Suzanne Simpson and John Williams. Packed with information about the area's ecosystems, native flora and fauna, this book offers inspiration for nature enthusiasts to nature newbies. Happy exploring!

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



# AUGUST *events*

## *August 1-16*

### **Cross Creek Cares: School Supply Drive**

Join us in making a difference in our community with the Cross Creek Cares: School Supply Drive! As the new school year approaches, many students need essential supplies to succeed. Your generous donations can help ensure that students have the tools they need for a successful school year. Please bring your donations to the Welcome Center during its business hours.

## *August 2 & 3*

### **Summer Family Luau(s)**

Escape to the tropics without leaving Cross Creek at our highly anticipated Annual Summer Family Luau! This much-loved community event is perfect for all ages, promising an unforgettable evening of Hawaiian-inspired entertainment and delightful summer vibes. Immerse yourself in the spirit of aloha as we celebrate the warmth of the season and the joy of being together as a community. This year this event will take place over 2 nights: Friday night at Adventure Island in CCR and Saturday night at The Waterhole in CCW!

## *August 7*

### **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.

**August's Theme:** Belle & Ballet Harmony

## *August 9*

### **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, August 9th. 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!

## *August 10*

### **Cross Creek Pickleball Social**

Join in the excitement of our community pickleball social, where players of all skill levels are welcome. Whether you're a seasoned pro or new to the game, this event promises fun, friendly competition, and a chance to connect with fellow pickleball enthusiasts. Grab your paddles and get ready for a morning filled with action, sportsmanship, and community spirit. Don't miss out on the fun—let's make this social a smashing success at Cross Creek!

## *August 12*

### **Smile & Snack School Send-Off: LCISD**

Join us for a cheerful start to the school year, LCISD! Swing by The Welcome Center for our Smile & Snack School Send-Off. Capture the excitement of the first day with a photo op and enjoy a delicious grab-and-go breakfast (while supplies last). Let's celebrate the beginning of the school year together with fun and food!

*continued on next page...*

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

*Check out the My Cross Creek app!*







# AUGUST *events*

*August 13*

## **CPR Class**

Join us for a life-saving CPR class provided by Care Plus Emergency Room! This essential training will equip you with the skills and knowledge to respond effectively in emergency situations. Whether you're looking to refresh your skills or learn CPR for the first time, this class is perfect for all community members. Don't miss this opportunity to learn and contribute to the well-being of our community at Camp Flewellen from 6:00 PM - 8:00 PM. Together, let's build a safer and more prepared community.

*August 14*

## **Smile & Snack School Send-Off: KISD**

Join us for a cheerful start to the school year, KISD! Swing by The Welcome Center for our Smile & Snack School Send-Off. Capture the excitement of the first day with a photo op and enjoy a delicious grab-and-go breakfast (while supplies last). Let's celebrate the beginning of the school year together with fun and food!

*August 16*

## **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!

*August 17*

## **Cross Creek Cares: Donation & Recycling**

Celebrate community and sustainability at Cross Creek Cares, a Donation & Recycling Event. Let's come together as a community to reduce waste, support local causes, and embrace the spirit of giving. 'Cross Creek Cares' is not just an event; it's a commitment to a greener, more compassionate future for all. Don't miss this opportunity to make a difference at Camp Flewellen from 9:00 AM - 12:00 PM!

*August 24*

## **Mutt Strutt**

Get ready for a tail-wagging good time at "Mutt Strutt," the ultimate dog event in our community! Join us for a day filled with furry friends, fun activities, and a celebration of our beloved canine companions. This pawsome gathering that brings together dog lovers and their furry pals from all over Cross Creek. Whether you're a dog owner, a dog enthusiast, or simply want to enjoy a day filled with adorable canines, this event is for you!

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

*Check out the My Cross Creek app!*





CROSS CREEK  
RANCH

FITNESS CENTER

## *Fueling Your Fitness: Pre and Post-Workout Nutrition Tips*

### GREETINGS, CROSS CREEK RESIDENTS!

As your dedicated fitness team, we are committed to helping you achieve your health and fitness goals. Whether you're an experienced athlete or just starting your fitness journey, proper nutrition is crucial to maximizing your performance and recovery. Here are some useful tips for fueling your body before and after workouts.

#### PRE-WORKOUT FUELING TIPS:

##### 1. PROPER TIMING IS ESSENTIAL

To ensure your body has the energy it needs, aim to eat a balanced meal 2-3 hours before your workout. This meal should include a mix of carbohydrates, protein, and fats. If you're short on time, a smaller snack 30-60 minutes before exercise is also effective.

##### 2. CARBOHYDRATES FOR ENERGY

Carbs are your body's primary source of fuel. Opt for complex carbohydrates like whole grains, fruits, and vegetables. They provide a steady release of energy, keeping you fueled throughout your workout.

##### 3. INCLUDE PROTEINS

Protein is essential for muscle repair and growth. Incorporate lean proteins such as chicken, fish, tofu, or legumes into your pre-workout meal or snack.

##### 4. STAY HYDRATED

Hydration is crucial for peak performance. Drink water throughout the day, and consider having a glass of water 30 minutes before your workout to stay hydrated.

##### 5. AVOID HEAVY, FATTY FOODS

While fats are a necessary part of your diet, heavy, fatty foods can slow down digestion and make you feel sluggish. Save these for your post-workout meal.

#### PRE-WORKOUT SNACK IDEAS:

- Greek yogurt with berries and granola
- A banana with a tablespoon of peanut butter
- Whole-grain toast with avocado and a boiled egg
- A smoothie made with fruit, spinach, and protein powder



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

## POST-WORKOUT FUELING TIPS:

### 1. REPLENISH WITH PROTEIN

Directly following a workout is optimal for protein consumption to aid muscle repair and growth. Aim to eat a meal or snack containing 15+ grams of protein within 30-60 minutes after exercising.

### 2. RESTORE GLYCOGEN WITH CARBS

After a workout, your body needs carbohydrates to replenish glycogen stores. Choose complex carbs like sweet potatoes, quinoa, or brown rice to refuel effectively.

### 3. REHYDRATE

Replacing lost fluids is critical after a workout. Water is usually sufficient, but consider a beverage that replenishes electrolytes for intense or prolonged exercise.

### 4. INCLUDE HEALTHY FATS

Healthy fats, such as those found in fatty fish, avocados, nuts, and olive oil, help in the absorption of vitamins and aid in the recovery process.

### 5. DON'T SKIP THE MEAL

Skipping your post-workout meal can hinder recovery and leave you feeling fatigued. Make it a priority to refuel your body to support your overall fitness progress.

## POST-WORKOUT MEAL IDEAS:

- Grilled chicken with quinoa and steamed vegetables
- A protein shake with a banana and a handful of a leafy green
- Salmon with sweet potato and a side of greens
- A bowl of oatmeal topped with nuts and berries

## KEY THINGS TO REMEMBER

- **Listen to Your Body:** Everyone's nutritional needs are different. Pay attention to how your body responds to different foods and adjust accordingly.
- **Quality Over Quantity:** Focus on the quality of your food choices. Whole, unprocessed foods will provide better nutrition than processed alternatives.
- **Plan Ahead:** Preparation is crucial for maintaining a healthy diet. Plan your meals and snacks ahead of time to avoid reaching for less healthy options.
- **Stay Consistent:** Consistency is key in both your fitness routine and your nutrition. Make these tips a regular part of your lifestyle for the best results.

We hope these tips help you on your fitness journey. Remember, fueling and recovering properly is just as important as the workout itself. Stay active, eat well, and keep pushing towards your goals!



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. 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

### 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

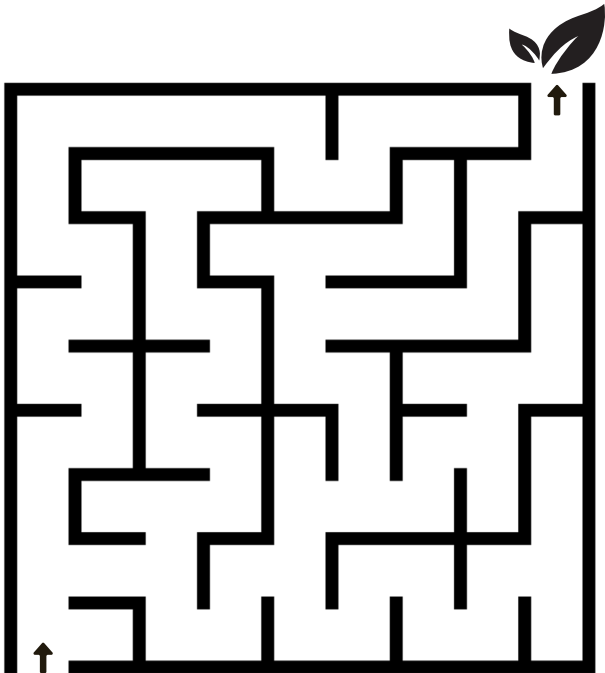
## CROSS CREEK WORD SEARCH

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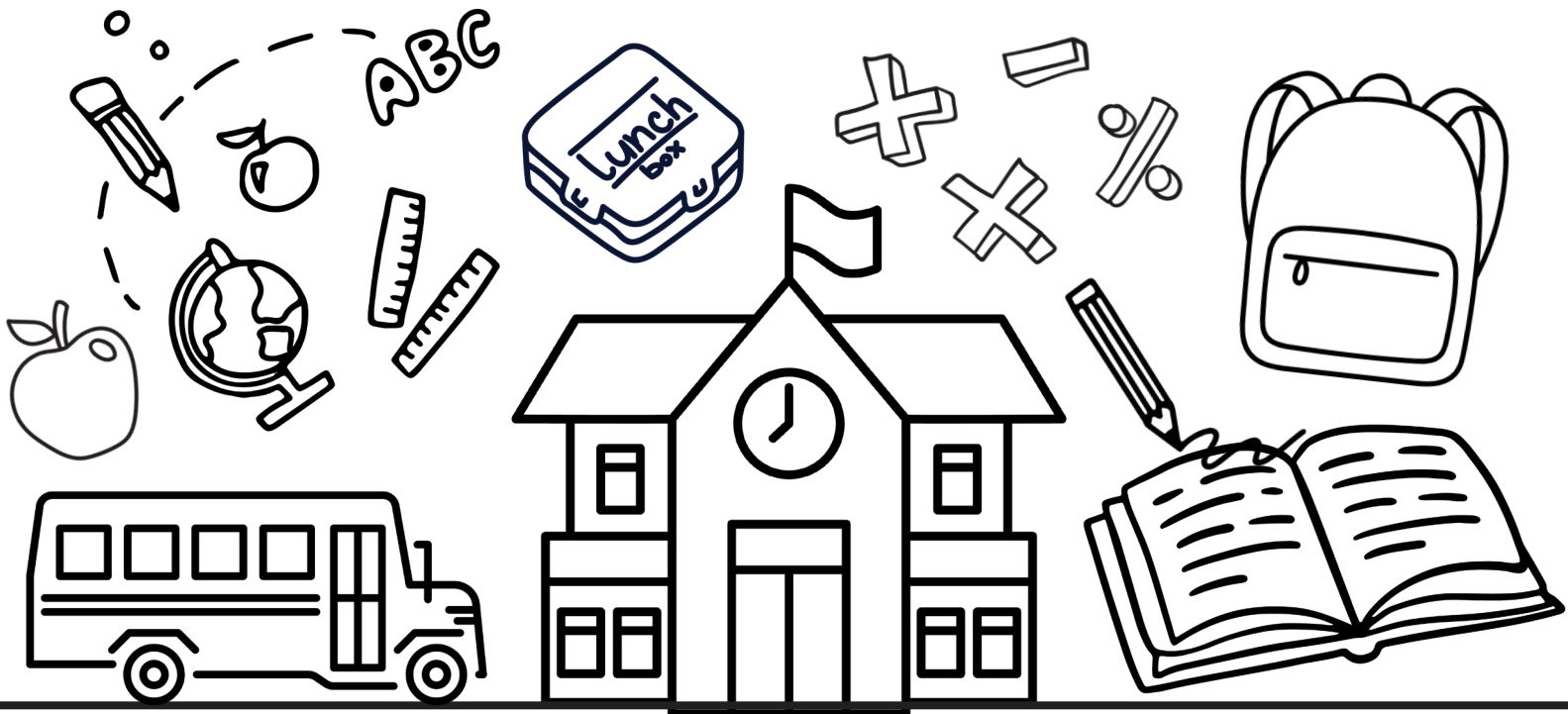
Community  
Backpack  
Naturehood  
Park

English  
History  
Math  
Science

Teacher  
School  
Friends



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





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





# ..... 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



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*

## *August*

**Cross Creek Cares: School Supply Drive**

**August 1st-16th**

**Summer Family Luau(s)**

**August 2nd-3rd**

**Toddler Time in Cross Creek**

**Wednesday, August 7th**

**Community Blood Drive**

**Friday, August 9th**

**Cross Creek Pickleball Social**

**Saturday, August 10th**

**Smile & Snack Send-Off: LCISD**

**Monday, August 12th**

**CPR Class**

**Tuesday, August 13th**

**Smile & Snack Send-Off: KISD**

**Wednesday, August 14th**

**Uncork & Unwind**

**Friday, August 16th**

**Cross Creek Cares: Donation & Recycling**

**Saturday, August 17th**

**Mutt Strutt**

**Saturday, August 24th**

## *September*

**Astros 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**

**Picnic in the Park**

**Thursday, September 26th**

**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**

**New Resident Social**

**Thursday, October 24th**

**Halloween Event: Trail of Treats**

**Saturday, October 26th**



**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.