

Wainman finds athletics as part of her faith

Mesquite Monthly

Every now and then you meet someone that is truly exceptional in mind, body, and spirit.

Carol Wainman is one of those individuals.

It's pretty clear that her journey through life so far has earned her the complete package.

Her childhood was ordinary enough and was spent with her four sisters and educator parents in Poughkeepsie, New York. She was not exposed to athletics and did not participate in any sports except playing cards with her family.

Her teen years led to some rebellion and like a stone tossed into a pond, it caused some "ripples" as she put it. There surely are some good stories there, but those shall remain with Carol.

Carol said her athletic life began when she met her husband, Dick.

She claims that her husband would never have married her if she didn't learn to ski.

While not exactly denying it, Dick did say that she was a natural athlete and fell into the various sports very easily.

With a twinkle in his eye, Dick claims his bride of 57 years is a "gutsy gal."

Golf and tennis were two of their sports of choice, but downhill skiing was a favorite and to celebrate every wedding anniversary they skied somewhere for almost 50 years.

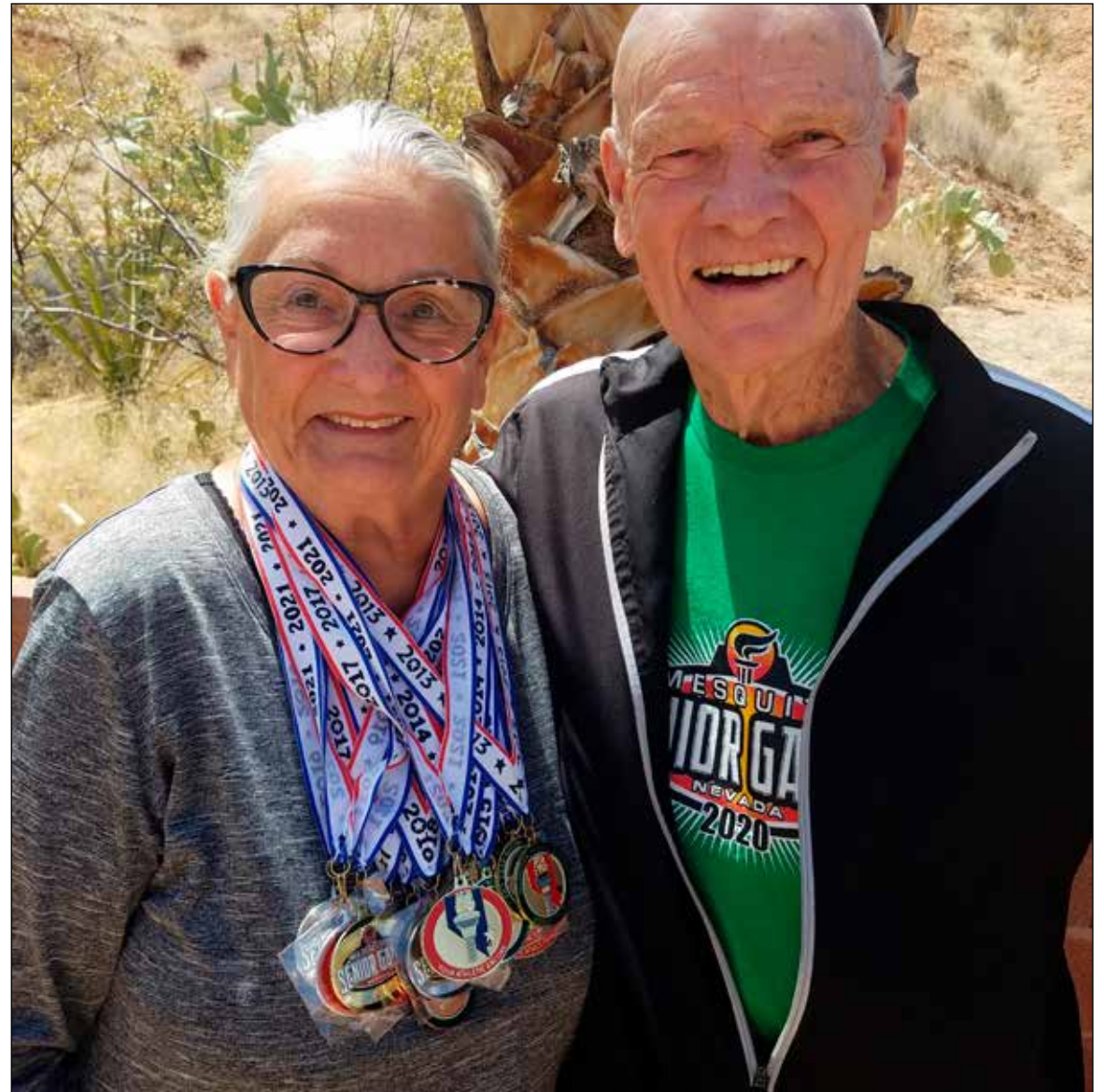
Carol shared the most important stepping stone in her life's journey, being a child of the King.

Thankful for the grace of God, and to nurture both body and soul, she and Dick have fellowship every morning, usually followed up by talking a walk or other exercise to stay fit.

Carol wants to encourage all seniors to get going!

Do something every day for their wellbeing.

Her 80 year journey continues with playing bridge to keep her mind sharp; walking, golf, and cornhole to keep her body fit; and most important for her, her faith in God to keep everything working perfectly.



Carol Wainman and her husband Dick. (Supplied photo)



*Dates are subject to change

Save the Dates for Our Schedule of Events 2021*

| | | | |
|---------------------|---|-----------|-------------------|
| Aug 7 | Summer Bowling | Oct 19 | Bridge |
| Oct 1-3, 8-9, 11-12 | Men's Softball | Oct 20-23 | Pickleball |
| Oct 2 | Track & Field | Oct 28 | Poker |
| Oct 4-5 | Bocce Ball | Oct 29 | Bicycle Race |
| Oct 8-9 | Target Pistol and Shotgun Sports | Oct 30 | History Tour |
| Oct 15-16 | Horseshoes | Oct 30 | Basketball Skills |
| Oct 18-19 | Golf Celebration (Putting, Long Drive, KP, 9 Hole) | Nov 3 | Cornhole |
| | | Nov 6 | Table Tennis |
| | | Dec 4 | Winter Bowling |

Sign up for updates at [MesquiteSeniorGames.org](https://www.MesquiteSeniorGames.org) or call 702-345-3347. Registration opens soon! See you at the Games!