

THE TRIBUTARY

NOVEMBER 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@crosscreektexas.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

ANNUAL ASSESSMENTS

Payment Information

The annual assessments for community services are due on January 1st each year. These funds help maintain essential community services such as the upkeep of amenities (pools, fitness centers, recreational complexes, and lakes), landscaping, code enforcement, and other important community needs. All property owners are required to pay the annual assessment.

Payment Options:

- **ONLINE PAYMENT:** You can make a one-time payment or set up multiple payments via eCheck or credit/debit card at **ccmcnet.com**. You can choose the date and amount for each payment.
- **DUE DATE:** The full assessment is due by **January 1st** and will be considered delinquent if not paid by January 31st.
- **LATE FEES:** To avoid penalties, payment arrangements must be made by January 31st.
- **PAYMENT ARRANGEMENTS:** If you are unable to pay in full by the due date, please contact CCMC to discuss payment options. Arrangements must be made by January 31st to avoid penalties.

Statements will be mailed out in November with further details.

ANNUAL MEMBERSHIP

Meeting Information

The **Annual Membership Meeting** is held every December. Notices will be posted online and emailed to all owners who have registered their email addresses prior to the meeting.

All residents of Cross Creek Ranch and Cross Creek West are encouraged to attend.

SAVE THE DATE:

The **2024 Annual Membership Meeting** will take place on **December 10th**. Be sure to keep an eye out for more information as we approach the event. We look forward to another successful year in 2025!

NEED ASSISTANCE?

As always, the **Cross Creek Ranch Management Team** is here to help. You can contact your dedicated Customer Service Representative at:

- **PHONE:** 281-344-9882 (Available 8:00am to 5:00pm)
- **IN PERSON:** Visit us at **The Welcome Center**
- **EMAIL:** crosscreekranctx@ccmcnet.com

We look forward to hearing from you!

Thank you,

CCR 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.



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





NOVEMBER *events*

November 8

Community Blood Drive

Gulf Coast Regional Center will be set up in **Camp Flewellen** from 12:00 PM – 6:00 PM on Friday, November 8th. 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!

November 8

Uncork & Unwind

Take part in a revitalizing one-hour yoga class, **hosted at The Landing**, 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!

November 13

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.

November's Theme: Gratitude Groove Gathering

November 14

Trip to the Nutcracker Market

The Houston Ballet Nutcracker Market has become the ultimate holiday destination, marking the beginning of the festive season! With hundreds of merchants offering an incredible variety of unique and specialty items, it's the perfect one-stop shop for everyone on your holiday list! Cross Creek residents will enjoy traveling to the market on a charter bus to discover unique treasures, and embrace the magic of the season while supporting a great cause.

November 20

Holiday Wreath Making

A resident favorite, our Holiday Wreath Making class is the perfect way to bring festive charm to your home! This year we will be offering one class during the day and one class in the evening so there is sure to be a time that works with your schedule! Using premium materials from Twisted Ribbon Wreaths, you'll craft a stunning personalized wreath that's sure to impress. Whether you're looking to refresh your entryway or add holiday flair indoors, this hands-on class offers everything you need to create a beautiful one-of-a-kind piece.

November 23

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 the Welcome Center Parking Lot from 9:00 AM - 12:00 PM!

November 30

Holiday Tree Lighting

Join us for our annual Holiday Tree Lighting, where the magic of the season comes to LIGHT! Bring your loved ones and experience the excitement as we light up the night and officially kick off the countdown to Christmas. With twinkling lights, festive cheer, and holiday joy in the air, this beloved event promises to be an unforgettable evening for all. You won't want to miss out on this enchanting celebration that will create lasting memories for everyone!



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

Check out the My Cross Creek app!

Give Back. **BUILD HOPE.**



More than ever, it's a time for *hope.*

For every new home purchased in Nov. 1 - Dec. 31, Cross Creek Ranch and Cross Creek West will donate a portion of each home sale to these 3 charities.



Purchase a new home in
Cross Creek Ranch or
Cross Creek West to be entered to win

\$3,000

- Fort Bend PAWS
- Reining Strength
- Sky High for Kids

To further help, visitors to the community can drop off items for each of these charities at the
Cross Creek Ranch Welcome Center
6450 Cross Creek Bend Lane, Fulshear, Tx 77441



SCAN HERE
FOR A LIST
OF NEEDS



* Must purchase a new home November 1 - December 31, 2024 to be eligible for the \$3,000. \$3,000 will be awarded upon closing of the home in CCR or CCW. Must close by August 1, 2025. Restrictions apply, please see website for more details. For a full list of items needed, please visit the website.

Johnson
DEVELOPMENT CORP.



The Importance of Rest & Recovery

When it comes to improving our fitness levels, many of us focus solely on the workouts we are doing - cardio sessions, HIIT classes, strength training, pickleball, etc. Did you know that what you do *outside* of your workouts is just as crucial for improving your fitness as what you do during the workout? Here are a few reasons why your rest and recovery are just as important as your workout itself:

1. REST DAY MATTERS

While exercise challenges your body's muscles and cardiovascular system, the real strength and endurance transformations happen while you are resting. Resistance training causes tiny tears in muscle fibers, and it is while you are resting that the body repairs these fibers and builds them back stronger. Without adequate recovery, you will not only see your progress start to slow down. You also put your body at risk of becoming overly fatigued, injured, or burnt out.

- **Prevents Injury:** Overworked muscles are more prone to strains and tears. Incorporating rest allows muscles, tendons, and ligaments to heal and become more resilient.
- **Restores Energy Levels:** Exercise depletes your body's energy stores. Rest days help replenish glycogen, which fuels your workouts.
- **Improves Performance:** With proper recovery, your body can perform at a higher intensity during your next workout, whether it's a group fitness class or a solo run.

2. THE ROLE OF ACTIVE RECOVERY

Recovery often does not mean complete rest. Active recovery involves low-intensity activities that help increase blood flow to your muscles without putting too much strain on them. It can be a great way to stay active while still giving your body the rest it needs.

- **Examples of Active Recovery:**
- Light walking or cycling
- Gentle yoga or stretching
- Leisurely swimming
- Foam rolling and other forms of mobility work
- Participating in a casual sports game

Active recovery helps reduce muscle soreness, improves circulation, and keeps you moving without overloading your body.



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

3. THE IMPORTANCE OF QUALITY SLEEP

Sleep is one of the most overlooked aspects of recovery. During deep sleep, your body releases growth hormones that are essential for muscle repair and overall recovery. Lack of sleep can hinder the recovery processes, resulting in slower recovery times and reduced performance. Here are a few tips to enhance sleep quality:

- **Stick to a Sleep Schedule:** Go to bed and wake up at the same time each day to regulate your body's internal clock.
- **Create a Sleep-Friendly Environment:** Make your bedroom dark, cool, and free of distractions to improve sleep quality.
- **Limit Screen Time Before Bed:** The blue light emitted by phones and tablets can interfere with the production of melatonin, a hormone that controls sleep.

4. STRETCHING AND MOBILITY FOR BETTER RECOVERY

Incorporating flexibility work into your routine can significantly aid recovery. Regular stretching helps maintain muscle flexibility and joint mobility, reducing the risk of injury.

- **Dynamic Stretching:** Ideal for warming up before workouts, dynamic stretches involve controlled movements that increase range of motion.
- **Static Stretching:** Best for post-workout, static stretches help elongate the muscles and relieve tension.

Foam rolling, another useful tool for recovery, targets tight areas in the muscles (known as trigger points) and helps release tension through self-myofascial release (SMR).



5. NUTRITION'S ROLE IN RECOVERY

Your diet plays an integral part in how quickly your body recovers from exercise. After a workout, the body needs nutrients to repair muscles and replenish energy stores. Here are some key recovery foods:

- **Protein:** Helps rebuild and repair muscle tissue. Be sure to include lean protein sources like chicken, fish, or tofu.
- **Carbohydrates:** Replenish glycogen levels, which are depleted after intense exercise. Opt for whole grains, fruits, and vegetables.
- **Hydration:** Drink plenty of water to support muscle function and recovery. Consider adding electrolytes if you've had a particularly intense workout.

6. LISTEN TO YOUR BODY

It's important to tune in to how your body feels. If you're feeling overly sore, fatigued, or noticing a decline in performance, these are signs that you may need more rest. Don't be afraid to take an extra rest day when needed—it's better to take time off than to risk injury by pushing through.

IN SUMMARY:

Incorporating proper rest and recovery into your fitness routine will help you avoid injury, improve performance, and enjoy long-term progress. Whether through a day off, active recovery, or focusing on sleep and nutrition, giving your body the tools it needs to recover is essential for staying healthy and fit. If you are looking for ways to incorporate active recovery into your routine, come join us for one of our two weekly FREE Yoga classes or our FREE Movement and Mobility class right here at the Cross Creek Ranch Fitness Center!

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. 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

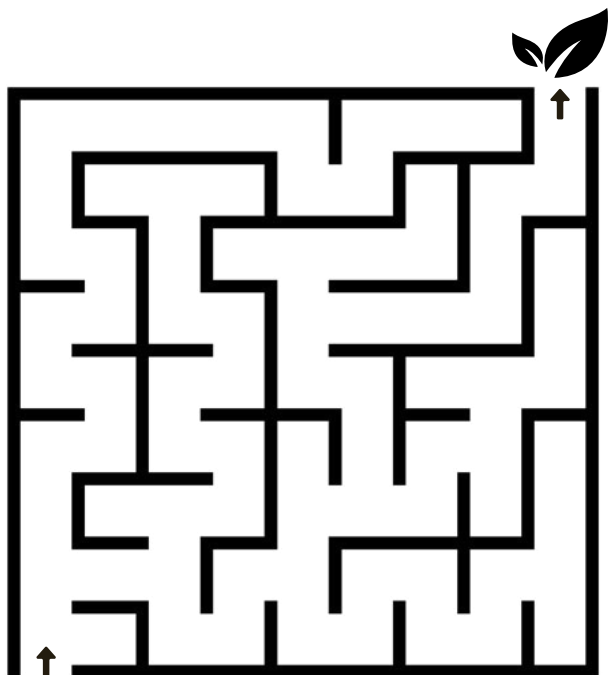
Residents and Staff inside the Fitness Center are NOT permitted to grant access.

Fitness@CrossCreekTexas.com | 281-344-0078



Kids CORNER

CROSS CREEK WORD SEARCH



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 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*

November

Community Blood Drive
Friday, November 8th

Uncork & Unwind
Friday, November 8th

Toddler Time in Cross Creek
Wednesday, November 13th

Trip to the Nutcracker Market
Thursday, November 14th

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

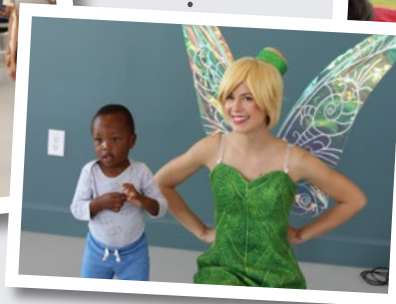
Sugar & Stories: Cookie Decorating and Storytime
Saturday, December 7th

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.

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