

THE TRIBUTARY

JULY 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

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 — and your carbon footprint. Take a look at the following suggestions to increase energy conservation efforts and beat the heat without breaking the bank.

COOK DINNER OUTSIDE

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.

TAKE A WALK

If possible, choose to walk to nearby stores and restaurants instead of driving. Early mornings and evenings are prime times for a stroll, especially in areas with hot climates.

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, use environmentally friendly, disposable plate ware and utensils instead of running the dishwasher and spend a little less time in the shower.

CROSS CREEK RANCH STREETLIGHTS ARE MAINTAINED BY CENTERPOINT

If a light is out or blinking, please call **Centerpoint** at **(713) 207-2222** or **report it online**. You will be asked to provide:

- A pole number for the non-functioning lights you want to report
- Contact information (in case more information is needed to locate a streetlight)
- An e-mail address (if you want feedback regarding your repair request)
- The number of streetlights you would like to report

If you live in Quail Point and notice that a streetlight is out or blinking, please contact CCMC at **CrossCreekRanchTX@ccmcnet.com** or **(281) 344-9882**. At this time, these streetlights are maintained by Cross Creek Ranch.

Thank you,

CCRCA Management Team

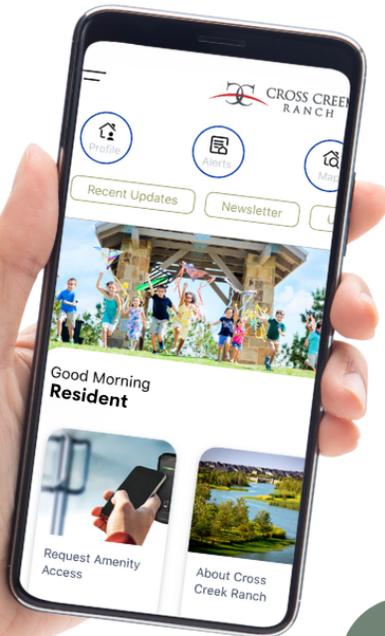
Get Connected to YOUR COMMUNITY

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

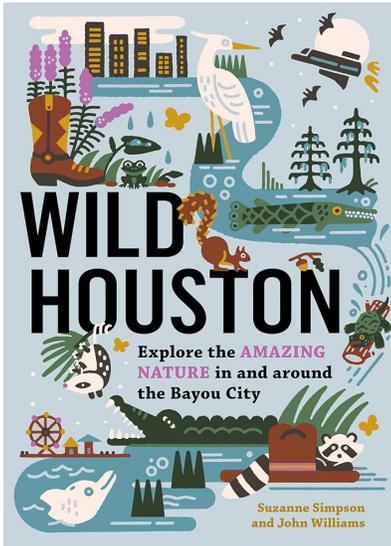
— LET'S TALK ABOUT —

#Naturehood

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

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



JULY *events*

July 6

Red, White & GOLD - 4th of July Celebration

Join us for an unforgettable 4th of July celebration at Cross Creek in Fulshear, Texas! This year, we're going for the gold with our Olympic-themed extravaganza, Red, White, & GOLD! Gather your family and friends for an afternoon and evening packed with fun, food, and festivities, culminating in a spectacular "Closing Ceremonies", our annual fireworks show!

July 12

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, July 12th. 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!

July 19

Cross Creek Cinema: Dive-In Movie

Join us for a splashing good time. We're combining two favorite activities - swimming and a movie - for an unforgettable evening under the stars. Bring your family and friends to Adventure Island and enjoy a refreshing swim before settling in to watch the captivating movie "Elemental" on the big screen. Float in the pool or relax on a lounge chair as you enjoy this enchanting film about the world of elemental forces and their extraordinary journey together. So, grab your swimsuits, towels, and floats, and get ready for a night of fun and entertainment.

July 25

New Resident Social

Welcome to the #Naturehood! Join us on Thursday, July 25th, 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!

July 9

C.O.B.R.A Self Defense - Teen Safe

Join us on Tuesday, July 9th from 6:00 PM - 8:00 PM, at Camp Flewellen for a Teen Safe Self-Defense Class presented by C.O.B.R.A. Self Defense. Experience a safe, exciting, and fun way to learn self-defense. This workshop is designed for teens to focus on essential safety skills in today's world such as social media safety, anti-abduction defense, and social life safety.

July 13

Glow in the Park

Join us for an electrifying evening of laser tag fun. Gather your friends and family for a thrilling evening, where our community transforms into a glowing battlefield of excitement and adventure. Navigate through obstacles and compete in adrenaline-pumping laser tag battles. Cross Creek will be illuminated with vibrant colors, creating a mesmerizing and immersive experience you won't want to miss. So, put on your game face, gear up, and join us for a night of laser tag fun and glowing excitement!

July 20

The Landing Resident Open House

Welcome to The Landing, the newest amenity in our Cross Creek community! Residents are invited to an "open house" to check out this beautiful space that is sure to be your new favorite gathering spot. This is a great opportunity to connect with neighbors, speak with the Cross Creek team, and simply see what's new in the community. Join us to learn more about what The Landing has to offer during this fun event!

July 10

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.

July's Theme: Tiny Patriots Jam

July 18

Twilight Dip

Escape the everyday hustle and treat yourself to a night of relaxation and fun. This is your chance to enjoy a serene evening by the pool, complete with great company and delightful refreshments. Dive on over to The Waterhole and be able to sip on expertly crafted cocktails and beverages provided by The Pour Tour. Whether you choose to take a refreshing swim, lounge poolside, or dance to the lively beats of our DJ, this event promises a perfect blend of relaxation and entertainment. Let the night carry you away with its vibrant and refreshing vibe.

July 24

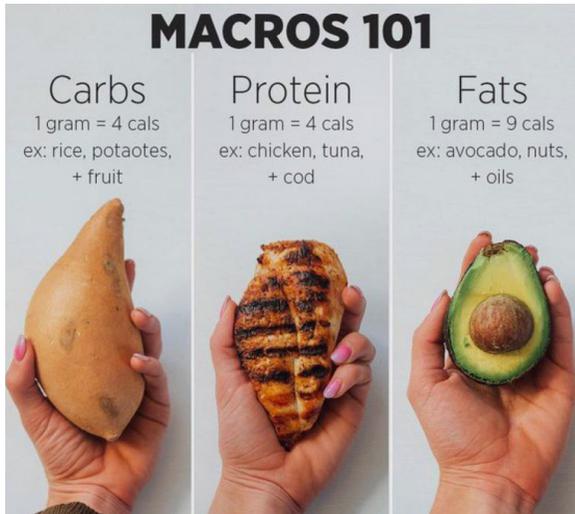
The Lion King @ The Hobby Center

Join us for an unforgettable night out as we experience the magic of Disney's The Lion King at The Hobby Center of the Performing Arts! This world-renowned musical promises to captivate audiences of all ages with its stunning visuals, heartwarming story, and iconic music such as "Circle of Life" and "Hakuna Matata". This is a fantastic opportunity to enjoy one of Broadway's most beloved productions with your neighbors. It is an experience you won't want to miss.

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

Check out the My Cross Creek app!





Breaking Down "Macros"

WHAT ARE MACRONUTRIENTS?

Macronutrients are the nutrients our bodies need in large quantities to function correctly. Macronutrients provide us with energy, support bodily functions, and help with growth and repair. There are three main types of macronutrients:

carbohydrates, proteins, and fats.

CARBOHYDRATES:

THE BODY'S PRIMARY ENERGY SOURCE

Carbohydrates are the body's main source of energy. They are essential for fueling daily activities and keeping our brains functioning optimally.

IMPORTANCE:

- Provides immediate energy
- Support brain function
- Provides fuel for our muscles

BEST FOOD SOURCES:

- **Whole Grains:** Brown rice, oats, quinoa, and whole wheat bread
- **Fruits:** Berries, apples, bananas, and oranges
- **Vegetables:** Sweet potatoes, carrots, and leafy greens
- **Legumes:** Lentils, chickpeas, and beans

PROTEINS: BUILDING BLOCKS OF THE BODY

Proteins are vital for building and repairing tissues, making enzymes and hormones, and supporting overall growth and development.

IMPORTANCE:

- Help build and repair muscles
- Support immune function
- Aid in the production of hormones and enzymes

BEST FOOD SOURCES:

- **Lean Meats:** Chicken breast, turkey, and lean cuts of beef
- **Fish/Seafood:** Salmon, tuna, and shrimp
- **Dairy Products:** Greek yogurt, cottage cheese, and milk
- **Plant-Based Sources:** Tofu, tempeh, lentils, and quinoa

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



FATS: ESSENTIAL FOR OVERALL HEALTH

Fats are necessary for overall health by supporting cell growth, protecting organs, and helping the body absorb vitamins.

IMPORTANCE:

- Provide long-lasting energy
- Support cell growth and protect organs
- Help absorb fat-soluble vitamins (A, D, E, and K)

BEST FOOD SOURCES:

- **Healthy Oils:** Olive oil, avocado oil, and coconut oil
- **Avocados:** Rich in monounsaturated fats
- **Nuts/Seeds:** Walnuts, almonds, and flaxseeds
- **Fatty Fish:** Salmon, mackerel, and sardines
- **Dairy Products:** Cheese and full-fat yogurt (in moderation)

BALANCING YOUR DIET

To maintain a healthy and balanced diet, it is important to include all of these macronutrients in your meals. Aim to:

- Eat a serving or two of fruits and vegetables with every meal
- Include a lean protein source with each meal

TIPS FOR SUCCESS

- **Plan Your Meals:** Preparing meals in advance can help ensure you're getting a balanced intake of macronutrients.
- **Stay Hydrated:** Drinking plenty of water is essential for digestion and overall health.
- **Listen to Your Body:** Everyone's nutritional needs are different. Pay attention to how your body responds to different foods and adjust accordingly.



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

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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

WATER AEROBICS

TUESDAY & THURSDAY • 11:00am

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.

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



CROSS CREEK
RANCH

FITNESS CENTER

Hours



Ages 18+ ONLY

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

MONDAY-THURSDAY

4am - 10pm

FRIDAY

4am - 9pm

SATURDAY

4am - 7pm

SUNDAY

4am - 7pm

Ages 13-17

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

MONDAY-THURSDAY

5am - 10pm

FRIDAY

5am - 9pm

SATURDAY

8am - 7pm

SUNDAY

11am - 7pm

* Temporary Access Holders permitted during 13- 17 Access Hours

** Residents/Staff inside the weight room are NOT permitted to grant access.

*** Applications complete and fobs/mobile credential in transit. 1/23

WELCOME TO THE *Naturehood!*

CROSS CREEK RANCH COMMUNITY ASSOCIATION NEW RESIDENT SOCIAL

..... *Join Us*

July 25 • 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

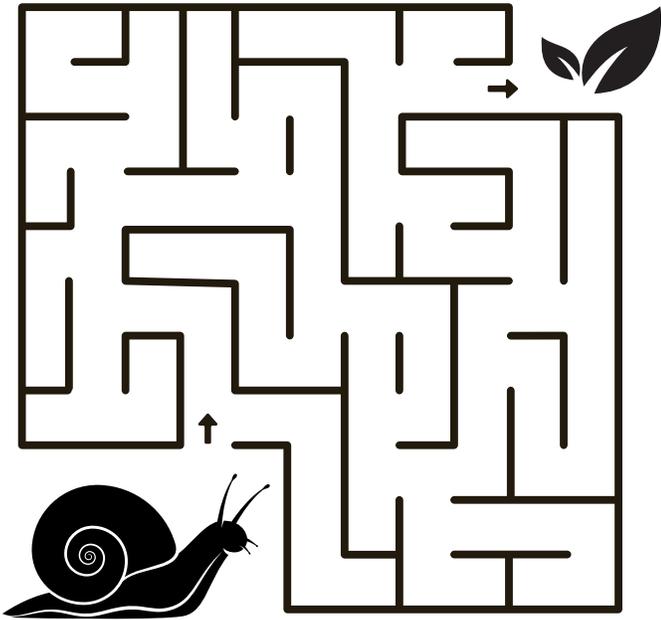


CROSS CREEK
WEST



Kids CORNER

CROSS CREEK WORD SEARCH

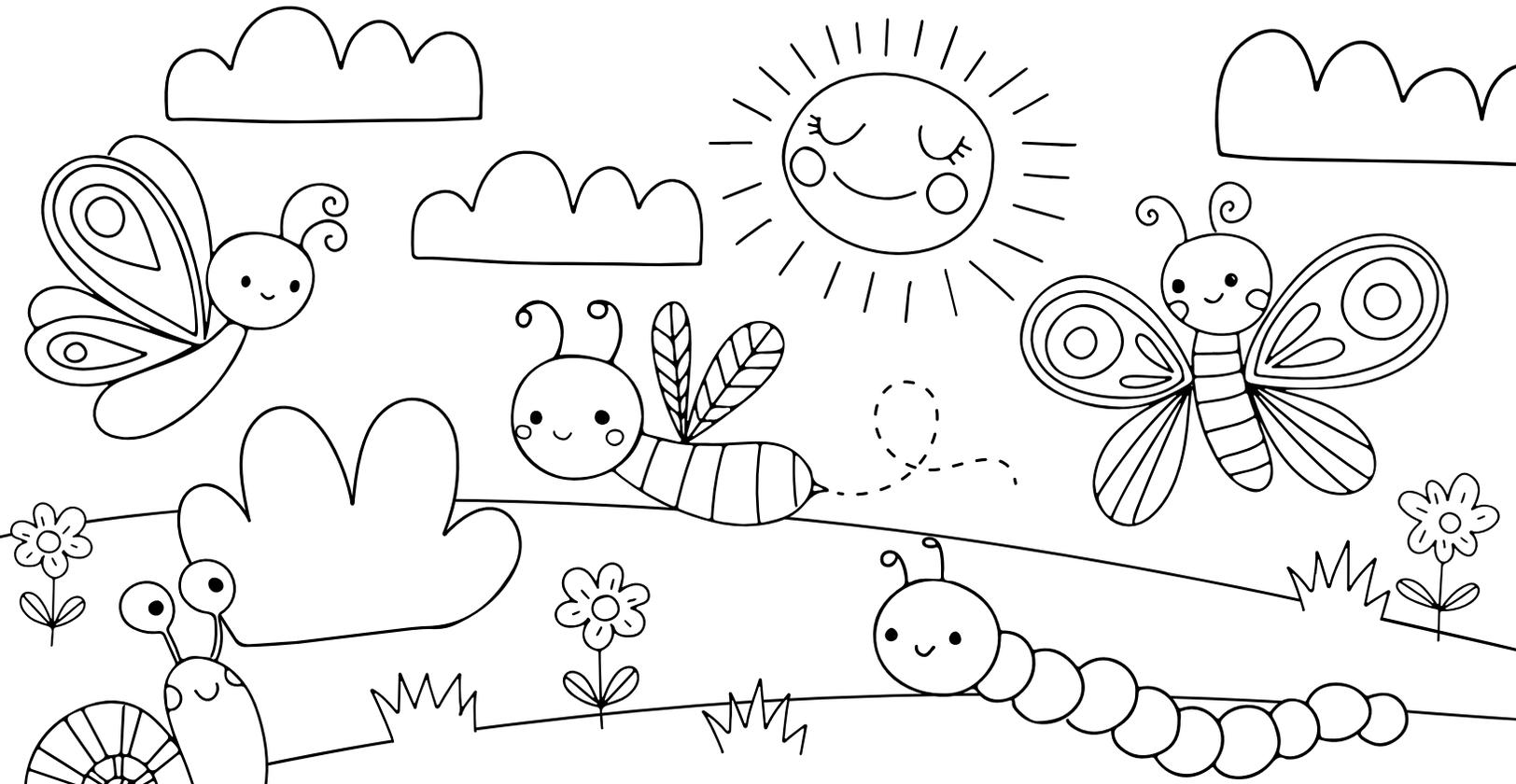


Help guide the hungry snail to get leaves to munch on.

FlewellenCreek
PolishingPond
Pelican
Wildlife

ArborPark
PinePark
TheLanding
Naturehood

Community
Family
Fulshear



..... 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*

July

Red, White, and GOLD: 4th of July Celebration
Saturday, July 6th

C.O.B.R.A. Self Defense - Teen Safe Class
Tuesday, July 9th

Toddler Time in Cross Creek
Wednesday, July 10th

Community Blood Drive
Friday, July 12th

Glow in the Park
Saturday, July 13th

Twilight Dip
Thursday, July 18th

Cross Creek Cinema: Dive-In Movie
Friday, July 19th

The Landing Resident Open House
Saturday, July 20th

The Lion King at The Hobby Center
Wednesday, July 24th

New Resident Social
Thursday, July 25th



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

*Check out the
My Cross Creek app!*

August

Summer Family Luau(s)
August 2nd-3rd

Toddler Time in Cross Creek
Wednesday, August 7th

Community Blood Drive
Friday, August 9th

CPR Class
Tuesday, August 13th

Cross Creek Cares: Donation & Recycling
Saturday, August 17th

Mutt Strutt
Saturday, August 24th

September

Toddler Time in Cross Creek
Wednesday, September 11th

Community Blood Drive
Friday, September 13th

Fishing Contest
September 16th-22nd

Picnic in the Park
Thursday, September 26th

Family Health & Fitness Day
Saturday, September 28th

*Open to the Public

For more details, visit us on the My CCR app or at www.MyCCRanch.com

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