



NEW YEAR, NEW YOU!

Here are a half dozen resolutions you can keep as you make plans for a fresh start this year



1. Get fit, naturally

Every new year represents an opportunity to recharge your physical batteries, and there are dozens of options - offered at dozens of price points - available to you in the area to do just that.

There's also the Arlington Parks & Recreation Department, which offers, often at no charge, a plethora of paths to creating a healthier you.

Here are just a few of the "nature-riffic" means to enhancing your physical and spiritual well being, and all fall under the Parks & Rec umbrella:

- Basketball courts
- Disc golf courses
- Equestrian trails
- Exercise equipment
- Fishing
- Golf
- Hike/Bike trails
- Playgrounds
- Swimming pools
- Skate parks
- Tennis and volleyball courts

naturallyfun.org

2. Indulge your artistic side

The much-anticipated renovation of Theatre Arlington is nearly complete, and the popular venue will open its doors again for the 2022 season.

The new year's schedule will feature a mix of comedy, drama and music - all in the comfort of a brand new Theatre Arlington.

The season's first show, "Sister Act," will run from Feb. 18-March 13 and will be followed by presentations of "The Piano Lesson" (April 1-16), "The 25th Annual Putnam County Spelling Bee" (May 13-June 5), "Black Comedy" (July 15-31), "Biloxi Blues" (Aug. 19-Sept. 4), "The Cake" (Sept. 30-Oct. 16), "James and the Giant Peach" (Nov. 4-13) and "Hooray for Holidays" (Dec. 2-18).

Patrons can purchase tickets for individual shows or as part of a variety of season ticket packages (with discounts for senior citizens).

theatrearlington.org

3. Pamper yourself ...

Just across the street from the award-winning The Sanford House (506 N. Center St.) lies the oft-lauded, full-service, 2600-square-foot Sanford day spa and salon, offering an extensive menu of services for both men and women. The new year brings new opportunities to take advantage of those services.

The spa has seven treatment rooms for massages, facials, body wraps, microdermabrasion, waxing, and hand and foot treatments, while the salon has six styling stations, two pedicure thrones, and two manicure stations. All services are performed by certified technicians.

The 360-square-foot resting room is beautifully appointed with an Italian tile waterfall and an artistically rendered blue skylight with wispy clouds for a relaxing lunch or a casual meeting for up to 18 people.

thesanfordhouse.com

4. ... Then do it again

Great Skin Spa & Facial Club has been an *Arlington Today* Readers' Choice All Star every year the magazine has had skin care as a category. So you can be confident owner Brenda Cureton Hunt and her team know how to make clients feel and look better.

Great Skin offers state-of-the-industry technology and products; Hunt also has championed the practice of receiving professional spa services as part of personal care, as opposed to a special occasional visit or gift due to affordability. Great Skin Facial Club members receive a wide range of treatment options at the spa, as well as guidance and products they can use at home.

"I developed the concept of Great Skin based on the goals of the thousands of clients - men and women - wanting to have more beautiful skin and manage the signs of aging skin through treatments, knowledge and skin care," Hunt says.

greatskin4you

5. Enhance, holistically

Dr. Kenyon Godwin, founder of the award-winning Active Family Wellness Center, is now part of the Curis Functional Health family, and his newly re-branded practice offers two Arlington locations to help you "get your groove back," whatever groove it is you hope to revive.

Dr. Godwin and his team offer state-of-the-industry solutions for chiropractic, weight loss, mental and spiritual health and nutrition - all in a comfortable, caring environment that is totally dedicated to every patient who enters the doors.

"We believe people should have the freedom to pursue their purpose without limitations," Dr. Godwin says. "We offer an effective lifestyle modification program utilizing functional medicine. Our catalyzing statement is to make Arlington the healthiest city in the state of Texas."

gocuris.com

6. Hear better, today

For 35-plus years, the Doctors of Audiology at Kos/Danchak Audiology & Hearing Aids have striven to improve the quality of life for those in need of hearing health care.

The team at Kos/Danchak provides comprehensive and individual hearing health care, while building long-term relationships with its patients and their families based upon honesty, integrity, and respect.

Audiology and hearing aid dispensing services include:

- Complete hearing tests
- Earwax removal
- Hearing aid evaluations, selection and fittings, rehabilitation, and counseling
- A full Line of hearing instruments
- Repair and service for all brands and models of hearing aids
- Hearing protection, musicians' monitors and swim molds
- Assistive listening devices

northtxhearing.com