



GO ONLINE!
www.GrandFunGP.com/TheSummit

- **ONLINE REGISTRATION**
 Internet Registration is available for classes, trips, special events and even memberships. Stop by the front desk to get your internet log in ID and password, go online & click Online Registration.
- **SUMMIT NEWS**
- **MEMBERSHIP GUIDELINES**
 Available at the front desk.

Just the Basics

Wed Weekly | 3-4:30p.m. | \$15/mo.

We will teach you the absolute basics of the computer - how to get started, terminology, etc. You'll be introduced to a whole new world. This class is offered in 4-week sessions and meets in Discovery II.

Introduction to Internet, Email & Social Networking

Wed Weekly | 9-10:30a.m. | \$25/mo.

Discover the unlimited possibilities created by the Internet! Keep in touch with family! Find long lost friends, read online publications and do research. Basic computer skills are a pre-requisite.

Stay Connected, VOLUNTEER
Volunteer of the Month



Sal and Maria Vega -

If you have ever taken part in the nutrition program then you have definitely seen these two fantastic volunteers. Daily they help to make breakfast items, assist in the kitchen serving

will assist at any special event. Volunteering is their hobby - not only at The Summit but also for their community! Thank you, Sal and Maria, for changing lives!

The Summit

Be a part of this exciting team that helps keep The Summit running daily. We have many different opportunities where you can serve. Applications are available at the front desk. New Volunteer orientation & volunteer updates held May 18 at 6:30pm. It's a rewarding experience and we would love to have you.

STAFF

- Linda Long *General Manager*
- | | |
|-------------------------------------------------------------|-----------------------------------------------------------|
| Amanda Alms <i>Aquatics & Fitness Manager</i> | Michael Levy <i>Assistant Manager</i> |
| Dennis Slayton <i>Recreation & Events Supervisor</i> | Eduvina Cruz Meg Pumphrey <i>Recreation Leaders</i> |
- Ray Smith *Chef*
- Recreation Aides**
- | | |
|-----------------|--------------------|
| Linda Lankford | Jacqueline Navarro |
| Maranda Vaughan | Forest Melton |
| Elicia Sierra | Susan Eaves |
- Fitness & Aquatics**
- | | |
|--------------|-----------------|
| Kristy Cantu | Victor Vilegas |
| Amber Martin | Lordes Gabaldon |
| Nancy Huynh | David Smith |
| Juan Cantu | Aaren Garcia |
- Custodial Staff**
- | | |
|---------------|----------------|
| Jimmy McNeal | Edmund Echaore |
| Cora Barry | Chona Cuizon |
| Paulfred Hall | |



THE SUMMIT AWARDS

- Innovative Architecture & Design Award**
- International Council on Active Aging 2010 Innovators Award**
Recognizing creativity & excellence in active aging
- TEXAS RECREATION AND PARK SOCIETY Planning Excellence Award CENTRAL PARK**
- TEXAS RECREATION AND PARK SOCIETY Recreation Facility Design Excellence Award THE SUMMIT**

Help Plan & Build Brand NEW PLAYGROUND!



Saturday, May 14, 2011
 Behind Kohl's at I-20 & Carrier
400 Volunteers Needed!

Volunteer today at
GrandFunGP.com
 or Call 972.237.8329 to get involved!



HOURS OF OPERATION

Fitness (Use North Entrance)

| | | |
|--------------------------------------|----------------------------------|--------------------------------|
| Mon - Fri 5:30 a.m.-9 p.m. | Saturday 9 a.m.-9 p.m. | Sunday 1 p.m.-5 p.m. |
|--------------------------------------|----------------------------------|--------------------------------|

Front Lobby Entry

| | | |
|-----------------------------------|----------------------------------|--------------------------------|
| Mon - Fri 8 a.m.-9 p.m. | Saturday 9 a.m.-9 p.m. | Sunday 1 p.m.-5 p.m. |
|-----------------------------------|----------------------------------|--------------------------------|



MAY 2011 **NEWS**

Mother's Day BRUNCH

May 7 | 10a.m.-Noon | \$10

Celebrate the inspiring ladies in your life at this elegant brunch on the lawn featuring Quiche Lorraine, mixed fruits and assorted muffins. Enjoy special music, guest speakers and make-&-take gifts

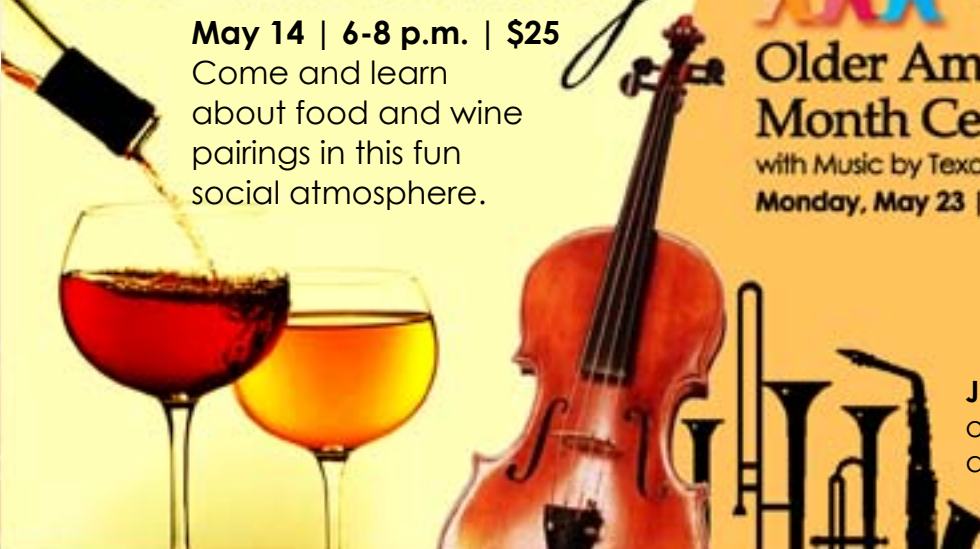
that you will treasure for a lifetime. Entertainment by Harpist Lorenzo Gonzalez as featured at Northpark Mall. Mothers, daughters and grand daughters of all ages are welcome. Please sign up in advance.



Wine Tasting

May 14 | 6-8 p.m. | \$25

Come and learn about food and wine pairings in this fun social atmosphere.



Older American Month Celebration:

with Music by Texas Winds - Fiddle Player
Monday, May 23 | 11a.m.

NIGHT OF JAZZ ON THE PATIO

June 4 | 6-8p.m. Enjoy the rhythmic sounds of a UNT Jazz Trio while treating yourself to a delicious shish kabob dinner on the beautiful summit patio over looking the lake. Drinks will be available for purchase. Fee: \$20.

RENEW YOUR SUMMIT MEMBERSHIP
 in the Month of May & receive a \$20 Voucher for

2 AIRHOGS TICKETS

while supplies last.





Deep Sea Fishing Trip

May 24 - 27 -

Depart at 6:30a.m. | \$450

Come enjoy 4 days and 3 nights of a great Texas Adventure. Summit members, friends and family can participate in this long awaited excursion to Port Aransas.

Spend 8 hours harvesting the deep blue waters of the Gulf of Mexico. Other highlights include touring the USS Lexington, the Alamo in San Antonio and a visit to the famous Gristmill restaurant in the historic district of Gruene in New Braunfels.

Texas Ranger Hall of Fame Museum

May 4 | 8a.m.-5p.m. | \$15

Learn about the history of the Texas Rangers, a legendary symbol of Texas and the American West. Lunch is on your own at Docks River Front Steak House. A trip to Waco would not be complete without a stop at the famous Dr. Pepper museum. We will also stop in Hillsboro to do some bargain hunting at the outlets! Trip includes transportation and admission to museum.

Dinner Out

Oasis

May 10, 2011 | 4:30p.m.

\$3 to ride the bus

Lakeside dining on Joe Pool Lake provides a unique dining experience. This floating restaurant offers the finest in southwest cuisine and specialties from the bar while you relax in the open air atmosphere.

Mesquite Rodeo

May 11 | 10a.m.-1:30p.m. | \$15

Get ready to yeehaw and join us as we get to see some professional rodeo and lots of fun at the arena. Lunch is included.

Fossil Rim

May 12 | 10:30a.m.-4p.m. | \$20

Come enjoy a tour of Fossil Rim where you will get to see some of the most threatened species of animals on the planet. Lunch is on your own at Hammon BBQ.



Choctaw Casino

May 18 | 8a.m.-6p.m. | \$15

Travel to Durant, Oklahoma with The Summit group and see if lady luck is on your side. Receive \$10 cash play credit on your players card and also a discount on your lunch.

5-Star Dining

Buca De Beppo

May 13, 2011 | 10:30a.m.-2p.m.

Buca di Beppo® is an authentic Italian restaurant that offers flavorful Italian dining served family style. Dine with family and friends while enjoying the Italian traditions of food, friendship and hospitality. \$5 covers the transportation while the cost of lunch is on your own.

Travel Club

May 11 - Every 2nd Wed | 1:30pm

Do you enjoy traveling? Join the travel club as we exchange tips, stories, and trip ideas. May topic of discussion will be "Luggage and Packing 101." Bring your favorite websites and discount travel information.



UPCOMING TRIPS

Blueberry Farm

June 1 | 7a.m.-3p.m. | \$15

5-Star Dining - Sullivans

June 10 | 10:30a.m. | \$5

Dinner Out - Zoe's

June 14 | 4:30p.m. | \$3

Mesquite Rodeo

June 11 | 6p.m.-10p.m. | \$15

Dallas Symphony

June 9 | 10:00a.m. - 3p.m. | \$15

Kiowa

June 22 | 7a.m. - 3p.m. | \$15

INTERNATIONAL TRAVEL

Reflections of Italy Travel

Presentation - April 7 | 10a.m.

Oct 31-Nov 9, 2011

10 days-14 meals included

- Rome - Colosseum
- Assisi • Perugia • Siena
- Florence • Chianti Winery
- Venice • Murano Island
- Lugano, Switzerland • Como

Double Occupancy \$3,349

Single Occupancy \$3,849

CREATIVE ARTS



Oil Painting with Mattie

Fri Weekly | 9a.m.-Noon | \$15/Class

Woodcarving

Tues weekly | 7p.m | Discovery I

Creative Jewelry - Open Studio

Fri weekly | 1p.m | Discovery I

Begining Guitar Lessons

Tus weekly | 2p.m | Discovery I | \$20/Class

Intro to glass fusing:

Tues weekly | 7-9p.m.



Learn the art and craft of kiln-worked glass in this exciting class!

Budding art glass enthusiasts will learn about the process of glass fusing, from cutting and designing to glass compatibility in this informative hands-on class! Each student will create two fabulous fused glass pendants to keep and enjoy, or to give as gifts. No previous experience is necessary. This class is offered weekly. Fee: \$12 per class

Because the glass will be heated to 1650* the glass will be removed from the kiln the following Saturday.

Pottery with Teresa

Wed Weekly | 7-9pm | \$30/class

Sat Weekly | 10am-Noon | \$30/class

Learn how to make your own pottery from start to finish. Learn hand-building and pottery on The wheel. Make tiles, clay sculpture, pots, plates and more! Paint them with colorful glazes, and fire them in our kiln! Meets in Discovery I. Sign up for pottery class at the front desk.



Ceramics - Open Studio

Wed Weekly | 10a.m.-Noon | \$10/mo.

Let your creativity shine no matter what your skill level. Meets in Discovery I.

GROUPS

Summit Red Hat Chapter Sassy Jewels

Wednesday, May 11

Meet in Summit Lobby at 10:30 a.m. to carpool to a local restaurant. Membership open to all Summit Ladies - \$10 annual dues. To join simply fill out a membership form and pay for your dues at the Front Desk. **The group meets for lunch the 2nd Wednesday of each month.** For more information, contact Sassy Jewels Queen Mother Debbie Jennings.

Commission On Aging

May 11 | 11a.m. | Wings Theatre

Have your voice heard on Active Adult Issues in the community. Guest speaker this month is Diane Maguire with the Senior Source will be discussing Medicare Fraud.

Defensive Driving

May 18 | 1-5p.m.. | Ballroom I

\$14 for AARP members
\$16 for non AARP members
Limited space - advanced sign up required

Suddenly Single

May 5 & 19 | June 2 & 16 | 1p.m.

Join this unique, new Summit program for members who have lost their spouse or have been divorced in the past few years. It meets on the 1st and 3rd Thursdays in the Rec Tech (Wii Game) Room. This is a social/support group for members who would like to meet new friends and to share similar experiences and enjoy new activities. The meetings are facilitated by Bob McIntosh, a professional in counseling. Individual and group counseling (grief, depression, anger management, etc.) will also be available by appointment at a reasonable fee.

Grab your clubs for a round at one of Grand Prairie's Award Winning Golf Courses!



Make A Move Towards Fitness!

SUMMIT Success Stories

New Biggest Winner Challenge!

Mondays 1p.m. or 7p.m. Ballroom I Begins May 2 – Ends Oct 31 | \$10

Eat Right. Move More.

- Weekly Topics
- Weigh-ins
- Motivational Tools
- Helpful Emails
- Healthy Recipes
- Food Tastings
- Weekly Celebrations

Prizes for the Biggest Winners!

JOIN THE GROUP TODAY!

Healthy Happenings & Wellness

HEALTH SCREENING

May 26
8:30a.m.-Noon
The Dallas County nurses are coming to check blood pressure, glucose, iron and weight. Come see how you measure up.

NUTRITION CLASS

STROKE PREVENTION
May 18 | 11a.m.
PRESENTED BY LEE LEE LEE, R.N.
Dinning Room

Tai Chi -FREE
M-Th
10:30-11:15a.m.
Aerobics room

COME GET A FREE FACIAL!

On Friday, May 20 at 10:30a.m. No Sales.
Ballroom 1. Contact front desk for more info.



GYM GAMES

Basketball
Around the World
M/W/F - 1p.m.

Pickleball
Tu/Th 9:30a.m.
Wed 10:30a.m.

Ping Pong
Mon/Wed 5:30p.m.

Volleyball

Tu/Th 7p.m.
Sun 2p.m.

Massage Therapy
\$1 per min.
Flexible Hours By Appointment

ABC

Absolute Body Conditioning
Tone, Tighten & Strengthen
Tue & Thu | 7-7:45p.m.
in the Aerobics Room;
\$3/class or \$20/mo.

ARTHRI-CISE

Water Wellness Workout
Mon | 9:30-10:20a.m.
Wed | 9:30-10:20a.m.
Fri | 9:30-10:20a.m.
Mon-Fri | 10:30-11:30a.m.
\$3/class or \$20/mo.

AQUA-CISE

Water Aerobics
Mon / Wed | 6-7p.m.
Tue / Thur | 8-9a.m.
Sat | 10-11a.m.
\$3/class or \$20/mo.

BOOT CAMP

Power 10 Target Body
Workouts in the Gym
3 Wed monthly 7-7:50pm
3 Sat monthly 10-0:50a.m.
\$8/class or \$20/mo.

PERSONAL TRAINING

Experience & Motivation You Need!

Training Option #1

(1) 30 minute session
Individual: \$40;
Partners: \$60

Training Option #2

(3) 30 minute sessions
Individual: \$100;
Partners: \$170

Training Option #3

(6) 30 minute sessions
Individual: \$180;
Partners: \$300

YOGA with LOVE

Tue & Thur | 8-9a.m.
Sat | 11:30-12:30 p.m.
\$3 day or \$25 monthly
Aerobics room

ZUMBA

Ditch Workouts.
Join the Party
Mon & Wed 7:30-8:30p.m.
Sat 9:30-10:30a.m.

Green Thumb Gardening Club:

May 28 | 11 a.m.-12:30p.m. | \$20/mo.

Wings Theatre

Interested in gardening? Even if you don't have a green thumb, you will quickly learn from the experts. Join us to learn about the gardening club with a power point presentation for obtaining The Green Thumbs Certification.

Summit Aviators

May 14 | 1-2:30p.m. | Wings Theatre

Have you always been an aviation enthusiast? Then join the club of like minded individuals with certified instructors covering topics such as getting your license again, and information for beginners on how to obtain there sport license. The club is for those who simply have an interest in aviation and share the love of this fast growing hobby while taking advantage of the exclusive discount offered only to The Summit members.

Ballroom Dance

Waltz I

Tue | 6:30-7:30p.m. | Ballroom I

Quick Step I

Tue | 7:30-8:30p.m. | Ballroom I

Learn how to waltz across the ballroom like a pro under the direction of Eula and Walter Brewer.

\$20/month

\$32 for both classes

Tee-Off Meeting for The Summit Golfers

Tue, May 17 | 6:30 p.m.

Fore! How long has it been since you've played a round? Do you enjoy playing golf?

The Summit is looking for people interested in forming a golf club. Get great deals at Prairie Lakes and Tangle Ridge Golf Courses by joining this club. Future activities include tips from golf pros, golf clinics, tournaments and more.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|
| 2 | 3 | 4 | 5 | 6 |
| Cheeseburger Hamburger Salad Roasted Garlic Potatoes Fresh Baby Carrots Fresh Fruit Milk | Chicken Spaghetti Black Eye Peas Fresh Broccoli Breadstick & Butter Cinnamon Apples Milk | Steak Fingers Mashed Potatoes & Gravy Green Peas Pears with Caramel Sauce Milk | Chicken Fajitas Tejas Rice Pineapple-Orange Salad Chilled Pudding Milk | Pasta & Meatballs Glazed Carrots Seasoned Green Beans Dinner Roll & Butter Sliced Peaches Milk |
| 9 | 10 | 11 | 12 | 13 |
| Burrito Refried Beans Spanish Rice Romaine Salad & Dressing Fresh Fruit Milk | Grilled Chicken Sandwich Roasted Garlic Potatoes Ranch Style Coleslaw Blushing Pears Milk | Oven Fried Chicken Mashed Potatoes & Gravy Broccoli & Cheese Dinner Roll & Butter Sliced Peaches Milk | Tacos & Toppings Tejas Corn Fresh Fruit Fresh Baked Cookie Milk | Chef Salad Rojo Applesauce Gingerbread Garlic Breadstick & Butter Milk |
| 16 | 17 | 18 | 19 | 20 |
| Beef Enchiladas Charro Beans Romaine Salad & Dressing Fresh Fruit Crisp Rice Bar Milk | Southern Meatloaf Baked Potato & Toppings Summer Squash Rojo Applesauce Milk | Chicken Salad Pita Sliced Tomatoes Potato Soup Wheat Crackers Pineapple-Orange Salad Fresh Baked Cookie Milk | Beef Stew Southern Spinach Strawberry-Pear Salad Fruited Gelatin Milk | Roasted Chicken Au Gratin Potatoes Zucchini Squash Dinner Roll & Butter Fresh Baked Cookie Milk |
| 23 | 24 | 25 | 26 | 27 |
| Spaghetti & Meat Sauce Seasoned Green Beans Mandarin Oranges Breadstick & Butter Milk | Hamburger Hamburger Salad Chipotle' Potatoes Tortilla Chips Pineapple-Apricot Salad Milk | Oven Fried Chicken Mashed Potatoes & Gravy Zucchini Squash Dinner Roll & Butter Fruited Gelatin Milk | Taco Salad Charro Beans Peach Crisp Milk | Beef Stroganoff Seasoned Greens Pears with Caramel Sauce Dinner Roll & Butter Milk |
| 30 | 31 | May 5 - Kroger | | If you have any questions regarding the Nutrition Program, please contact Euvina Cruz at 972.237.4148. |
| No meals served today. | | May 12 - Wal-Mart | | |
| | | May 19 - Albertsons | | |
| | | May 26 - Rio Grande | | |

From the Staff – We ask that you not bring in outside food and beverage into the facility. Thank you in advance for your cooperation

| | | | |
|---------|------------------------------------------------------------------|---------|-------------------------------------------------|
| May 2: | Carter Eye Care Cataract Screenings (Free if 60 years or better) | May 16: | 11a.m. - Nutrition Volunteers & Servers Meeting |
| May 11: | 10a.m.-p.m. - Mesquite Rodeo - \$15 which includes BBQ lunch | May 18: | 11a.m. - Stroke Prevention by Lee Lee Lee R.N. |
| May 12: | 11a.m. - Commission on Aging - Medicare Fraud | May 23: | 11a.m. - Music by Texas Winds (Fiddle Player) |
| | 11a.m. - GP Mariachi Band | May 26: | 8:30am-Noon Health Screenings |
| | | May 27: | 10:30a.m. - Advisory Council Meeting |
| | | | 11:45a.m. - Birthday Celebration |

Need a ride for lunch? Call the Grand Connection at 972-237-8546 to sign up. Transportation is available for those who are 60 yrs.+ Advanced reservations required.

Call 1.800.Relay.Texas for assistance for hearing or sight impaired individuals.

SUMMIT Membership Orientations

1st & 3rd Tuesdays | 10:30am
Wings Theater | FREE

Come join us as we will share the amenities of The Summit along with any questions you may have about our operation.



Pool Tournament - Irving
Thursday, May 26 10am - 1pm | \$10

Our rivals at the Heritage Center have challenged the Summit pool players to another friendly competition. As if know The Summit has the winning trophy! Hotdogs and hamburgers will be served and there is limited transportation available.

Open Game Days
Mon & Tue | 1-4p.m. | Ballroom I

It doesn't matter if you have never picked up a deck of cards or if you are an expert. Beginners and experience players are welcome! These NEW OPEN GAME DAYS ARE FOR EVERYONE!!:

- Dominoes for Mexican Train, • 42/84 • Canasta
- Scrabble • Yatzee • Skipbo • Phase 10
- Bunko & Others. SUGGESTIONS ARE VERY WELCOME!

THURSDAY NIGHT DANCE

Thursdays | 7-9:30p.m. | Summit Ballrooms | \$6.

There will be dancing and a live band, as well as the best food in town. Come on out for the fun. Do not worry if you don't have a partner, you're sure to find one at the dance. That's a delicious dinner and dancing for an incredibly affordable rate.

- May 5: Gold River
- May 12: Last Call
- May 19: Danny Romo Band
- May 26: Classic Country



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| 2pm Sunday Strum Acoustic Guitar Jam Session 1 | 9:30am Arthri-cise/Light&Lively 2 10:30am Tai Chi 10:40am Arthri-cise 1pm Around the World Basketball 1pm Crocheting - Open Studio Fun & Games 6pm Aqua-cise 6:15pm Texas Hold'em 7pm Summit Success Stories 7:30pm ZUMBA | 8am Yoga with Love 3 8:15am Aqua-cise 9am Learn to Swim & 4:30p German 10am 10:30am Tai Chi / Arthri-cise 1-4pm Fun & Games 2pm Guitar Lessons 5:30pm Yoga 6:00pm Volleyball 6:30pm Movie - Phantom of the Opera 6:30pm Ballroom Dancing ABC's/Glass Fusion/Crochet & Tat/Woodcarving 7pm | 8am Trip - Waco Museum 4 9am Computer - Internet and Email 9:30am Arthri-cise / Light & Lively 10:30am Tai Chi/Pickleball 10:40am Arthri-cise 3pm Computer - Just the Basics 6pm Aqua-cise 6:30pm Learn to Swim 6:50pm Bootcamp 7:00pm Tai Chi 7:30pm ZUMBA | 8am YOGA with LOVE 5 8:15am Aqua-cise 9am Learn to Swim 10am Toastmaster 10:30am Arthri-cise / Tai Chi 1pm Suddenly Single 2pm Documentary: The Pixar Story 4:30pm Learn to Swim 6pm Volleyball/Arthricise 7pm Dance - Gold River Band / Volleyball / ABC | 9am Oil Painting with Mattie Kenney 6 9:30am Arthri-cise / Light & Lively 10:40am Arthri-cise 1pm Creative Jewelry - Open Studio 6:30pm Movie - Salt | 9:30am ZUMBA 7 10am Mother's Day Brunch 10am Boot Camp 10:30am Hand Building Pottery & On the Wheel Pottery 11am 3-on-3 Basketball 4pm Movie - Salt | |
| FREE Movie when you buy 1 concession item. Enjoy a variety of entertainment activities in our Wings Theater! Movies happening throughout the week. Movie synopsis will be posted at the Wings Theater entry. | 9:30am Arthri-cise Light & Lively 9 10:30am Tai Chi 10:30am Arthri-cise/Light&Lively 1pm Around the World Basketball 1pm Crocheting - Open Studio 1-4pm Fun & Games 6pm Aqua-cise 6:15pm Texas Hold'em 7pm Summit Success Stories 7:30pm ZUMBA | 8am Yoga; also at 5:30p 10 8:15am Aqua-cise 9am Learn to Swim & 4:30p German 10am Tai Chi /Arthri-cise 10:30am Book Club 1-4pm Fun & Games 2pm Guitar Lessons 4:30pm Dinner Out - Oasis 6pm Volleyball 6:30pm Movie - Tuck Everlasting 6:30pm Ballroom Dancing ABC 7pm Glass Fusion/Crochet & Tat/Woodcarving | 9am Computer - Internet and Email 11 10am Trip - Mesquite Rodeo 9:30am Arthri-cise / Light & Lively 10:30am Tai Chi/Pickleball Red Hat Lunch 10:40am Arthri-cise 11am Commission on Aging 1:30pm Travel Club 3pm Computer -Basics 6pm Aqua-cise 6:30pm Learn to Swim; 6:50 pm Bootcamp; Tai Chi | 7:30pm ZUMBA 12 8am YOGA with LOVE 9am Learn to Swim 10am Toastmaster 10:30am Tai Chi 10:30am Arthri-cise 10:30am Trip -Fossil Rim 2pm Documentary: The Wildest Dream 4:30pm Learn to Swim 6pm Volleyball/Arthricise 7pm Dance - Last Call ABC | 9am Oil Painting 13 9:30am Arthri-cise / Light & Lively 10:40am Arthri-cise 10:30am 5 Star - Buca De Beppo 1pm Creative Jewelry - Open Studio 6:30pm Movie - Country Strong | 9:30am ZUMBA 14 10am Boot Camp 10:30am Hand Building Pottery & On the Wheel Pottery 11am 3-on-3 Basketball 4pm Movie-Country Strong 6pm Wine Tasting | |
| 2pm Sunday Strum Acoustic Guitar Jam Session 15 | 9:30am Arthri-cise Light & Lively 16 10:30am Tai Chi 10:40am Arthri-cise 1pm Around the World Basketball 1pm Crocheting - Open Studio 1-4pm Fun & Games 6pm Aqua-cise 6:15pm Texas Hold'em 7pm Summit Success Stories 7:30pm ZUMBA | 8am YOGA with LOVE 17 8:15am Aqua-cise 9am Learn to Swim & 4:30p German 10am Tai Chi / Arthri-cise 1-4pm Fun & Games 2pm Guitar Lessons 5:30pm YOGA with LOVE 6pm Volleyball 6:30pm Movie - Across the Universe 7pm ABC Glass Fusion/Crochet & Tat/Woodcarving | 8am Trip - Choctaw 18 9am Computer - Internet and Email 9:30am Arthri-cise / Light & Lively 10:30am Tai Chi/Pickleball 10:40am Arthri-cise 1pm Defensive Driving 3pm Computer - Just the Basics 6pm Aqua-cise 6:30pm Learn to Swim 6:50pm Bootcamp 7:00pm Tai Chi 7:30pm ZUMBA | 8am YOGA with LOVE 19 9am Learn to Swim 10am Toastmaster 10:30am Tai Chi / Arthri-cise 1pm Suddenly Single 2pm Documentary: Tsunami Killer Wave 4:30pm Learn to Swim 6pm Volleyball/Arthricise 7pm Dance - Danny Romo / ABC | 9am Oil Painting with Mattie Kenney 20 9:30am Arthri-cise / Light & Lively 10:40am Arthri-cise 11am AARP—Must RSVP 1pm Creative Jewelry - Open Studio 6:30pm Movie -Rabbit Hole | 9:30am ZUMBA 21 10am Boot Camp 10:30am Hand Building Pottery & On the Wheel Pottery 11am 3-on-3 Basketball 4pm Movie - Rabbit Hole | |
| Check the calendar for dates & times. | 9:30am Arthri-cise Light & Lively 23 10:30am Tai Chi 10:40am Arthri-cise 1pm Around the World Basketball 1pm Crocheting - Open Studio 1-4pm Fun & Games 6pm Aqua-cise 6:15pm Texas Hold'em 7pm Summit Success Stories 7:30pm ZUMBA | 7am Aqua-cise 24 8am Yoga; also at 5:30p 9am Learn to Swim & 4:30p German 10am Tai Chi / Arthri-cise 1-4pm Fun & Games 2pm Guitar Lessons 6pm Volleyball 6:30pm Movie - Charlotte Gray 7pm Ballroom Dancing ABC's/Volleyball Glass Fusion/Crochet & Tat/Woodcarving | 9am Computer - Internet and Email 25 9:30am Arthri-cise / Light & Lively 10:30am Tai Chi/Pickleball 10:40am Arthri-cise 3pm Computer - Just the Basics 6pm Aqua-cise 6:30pm Learn to Swim 6:50pm Bootcamp 7:00pm Tai Chi 7:30pm ZUMBA | 8am YOGA with LOVE 26 9am Learn to Swim 10am Toastmaster 10:30am Tai Chi / Arthri-cise 2pm Documentary: The Right Stuff 4:30pm Learn to Swim 6pm Volleyball/Arthricise 7pm Dance - Classic Country Absolute Body Conditioning | 9am Oil Painting with Mattie Kenney 27 9:30am Arthri-cise / Light & Lively 10:40am Arthri-cise 1pm Creative Jewelry - Open Studio 4pm Table Tennis 6:30pm Movie -Unstoppable | 9:30am ZUMBA 28 10am Boot Camp 10:30am Hand Building Pottery & On the Wheel Pottery 11am 3-on-3 Basketball 4pm Movie - Unstoppable | |
| 29 | 30 The Summit will be CLOSED in observance of Memorial Day. | 7am Aqua-cise 31 8am YOGA with LOVE 9am Learn to Swim & 4:30p German 10am Tai Chi / Arthri-cise 1-4pm Fun & Games 2pm Guitar Lessons 5:30pm YOGA with LOVE 6:30pm Movie - Life as a House 7pm Ballroom Dancing ABC's/Volleyball Glass Fusion/Crochet & Tat/Woodcarving | MAY EVENTS | | | THE SUMMIT GRAND PRAIRIE PARKS & RECREATION | |
| | | Register Online for Classes at WWW.GRANDFUNGP.COM | | | | | |