



**GO ONLINE!**  
[www.GrandFunGP.com/TheSummit](http://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 and find long lost friends, read online publications and do research. Just the Basics computer skills is a pre-requisite.

## Stay Connected, VOLUNTEER

### Volunteer of the Month



**Linda Young -**  
 If you are out for a night of dancing on Thursday's, you probably will run into Linda! She is always helping serve food at dinner time along with having a good time with guests who attend. Linda is an asset to our volunteer team. Congratulations Linda for a job well done. Thank you to all of our volunteers for the countless hours you put in to make our operation a success.

**The Summit Needs You! – Volunteer Your Time**  
 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 will be held June 14th at 6:30pm. It is a rewarding experience and we would love to have you.

## STAFF

Linda Long *General Manager*

Amanda Alms <i>Aquatics &amp; Fitness Manager</i>	Michael Levy <i>Assistant Manager</i>
Dennis Slayton <i>Recreation &amp; Events Supervisor</i>	Eduvina Cruz Meg Pumphrey <i>Recreation Leaders</i>
Ray Smith - Chef	

**Recreation Aides - Front Desk**

Linda Lankford	Jacqueline Navarro
Maranda Vaughan	Forest Melton
Elicia Sierra	Susan Eaves

**Fitness & Aquatics**

Amber Martin	David Smith
Nancy Huynh	Aaren Garcia
Victor Vilegas	Alisha Gammon
Chrystal Navarro	Brylee Nelson
Lordes Gabaldon	Austin Yater

**Custodial Staff**

Jimmy McNeal	Edmund Echaore
Paulfred Hall	Chona Cuizon

*Grand Prairie*  
 TEXAS  
**PARKS AND RECREATION**  
 The Summit is a City of Grand Prairie facility

## 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**

## HOURS OF OPERATION

### Fitness (Use North Entrance)

<b>Mon - Fri</b> 5:30 a.m.-9 p.m.	<b>Saturday</b> 9 a.m.-9 p.m.	<b>Sunday</b> 1 p.m.-5 p.m.
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### Front Lobby Entry

<b>Mon - Fri</b> 8 a.m.-9 p.m.	<b>Saturday</b> 9 a.m.-9 p.m.	<b>Sunday</b> 1 p.m.-5 p.m.
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# THE SUMMIT

GRAND PRAIRIE PARKS & RECREATION



JUNE 2011

## NEWS

## NIGHT OF JAZZ ON THE PATIO

**Saturday, 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.



**Saturday, June 18 | 6-8p.m.**

Come celebrate our first year with a big birthday bash. We will have the biggest cake ever at The Summit for everyone to enjoy! Don't miss your chance to hear the award winning instrumentalist and vocalist. This high energy show features the incredible performance of Cindy Renee'

on 6 unique instruments, playing guitar, banjo, mandolin, keyboard and drums. She is also one of the hottest fiddle players in Texas. DJ Duron Duron will wrap up the night with requests that will motivate everyone to hit the dance floor!

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

# 2 AIRHOGS TICKETS

*while supplies last.*





## Blueberry Hill Farm

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

Travel with us to Edom, Texas to pick fresh blueberries and blackberries. The farm has been opened to the public since 1982 for U-Pick berries! Be sure to visit the Country Store and Bakery on site which offers a variety of fruit preserves, pies, muffins, frozen yogurt and blueberry lemonade! Closed toe shoes, hats and sunscreen are recommended to make your blueberry picking a wonderful experience! Picking buckets and freezer bags are available and you pay only for what you pick. A stop for lunch and shopping at Tanger Outlet Mall is also planned.

## Dallas Symphony

**June 9 | 10:00a.m.-3:00p.m.**

Enjoy an afternoon at the renowned Meyerson Symphony Hall in downtown Dallas. Fee: \$15

## 5-Star Dining

**Sullivan's Steakhouse**

**June 10 | 10:30a.m.-2p.m. | \$5**

## Mesquite Rodeo

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

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

## Dinner Out

**Zoe's Italian Restaurant**

**June 14 | 4:30p.m.**

**\$3 to ride the bus**

## Kiowa Casino

**June 22 | 7a.m.-6p.m. | \$15**

Receive \$10 cash play credit on your players card and also a complimentary lunch buffet

## Travel Club

**Every 2nd Wed | 1:30pm**

Do you enjoy traveling? Join the travel club as we exchange tips, stories, and trip ideas. Bring your favorite websites and discount travel information.

## UPCOMING TRIPS

### Genghis Khan exhibit at the Irving Arts Center

**July 7 | 8:30a.m. - noon | \$12**

### 5-Star Dining - Vidalias

**July 8 | 10:30a.m.-2p.m. | \$5**

### Dinner Out-Johnny Carinos

**July 12 | 4:30p.m. | \$3**

### Tarrant County Courthouse

**July 14 | 9a.m.-2p.m. | \$6**

### Nasher Sculpture Center

**July 20 | 10:15a.m.-2p.m. | \$12**

### Travel Expo

**July 30 | 10a.m.-2p.m. | Free**

Do you enjoy traveling? The travel expo is a great place to find your next trip or just get some new ideas. Travel vendors will be there. For vendor table/sponsorship information contact 972-237-4141.

## UPCOMING EVENTS

### 4th of July Picnic

**July 1 | 11a.m.**

Entertainment by singer Leticia Feliciano. Hamburgers and hotdogs available for purchase at the grill.

### Wine & Dine California Style

**July 16 | 6-8p.m. | \$25**

Enjoy an entertaining evening with friends new and old. We will be tasting California wines accompanied with amazing food pairings. Come and try something new!

### Live a Life Full of Joy!!

**June 9 | 1p.m.-2p.m. Feeling Sad**

**Wings Theater - Free**

Summer Guest Speaker Connie McLouth with Dallas Mental Health will be presenting a 3 month series of sessions on important issues that we all face at one time or another. These are 30 min presentations followed by a time for Q&A, as well as group discussion.

### Father's Day Cookout

**June 17 | 7p.m.**

Join us for a night of celebration! Fathers and sons of all ages are invited to our cookout as well as play in our washer and horseshoe tournaments. We will have a burger dinner for \$10 or upgrade to a steak for \$17.

### Matter of Balance Class

**June 9 - Aug 17 | 9:30-11:30 a.m.**

View falls and the fear of falling as controllable. Set realistic goals to increase activity, change your environment to reduce fall risk factors and learn simple exercises to increase strength and balance. After completion of the class, you will receive a certificate. Class is free but you must register in advance at the front desk. Space is limited.

# CREATIVE ARTS



## Woodcarving

**Tues weekly | 7p.m | Discovery I**

## Creative Jewelry - Open Studio

**Fri weekly | 1p.m | Discovery I**

## Beginning Guitar Lessons

**Tues weekly | 2p.m | \$20/Class**

## Ceramics - Open Studio

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

## 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 | 7-9p.m. | \$30/class**

**Sat Weekly | 10a.m.-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.

# GROUPS

## Summit Red Hat Chapter Sassy Jewels

**Wed, | June 8 | Panera's - Cedar Hill**

Find a red hat and some purple clothes and join the SASSY JEWELS for lots of fun and friendship! Since January over 35 ladies have joined the official Red Hat Chapter at the Summit. The Sassy Jewels meet on the 2nd Wednesday of every month for lunch at a different restaurant. The Sassy Jewels are joining 400 other red hat ladies for a special "Red Hat Day" at Lone Star Park on June 26. It's easy to join...Ask for a membership form at the front desk. Dues are only \$10.00 per year.

## Commission On Aging

**June 8 | 11a.m. | Wings Theatre**

Have your voice heard on Active Adult Issues in the community. Guest speaker this month is Scott Morris with the City of Grand Prairie Police Department and will be discussing identity theft.

## Summit Aviators

**Sat | June 25 | 10 a.m.-12:00p.m.**

Exciting news. We now have 3 private pilots that are looking for others to join them in the exciting sport of aviation. Come help shape the future of this exciting new club. If you have ever wanted to complete ground school, learn to fly, get discounts on plane rentals, have access to a CFI or better yet, join an owners club, the Summit can help you achieve your goal.

## Suddenly Single

**June 2 & 16 | 1p.m.**

Join this unique Summit program for members who have lost their spouse or loved ones or have been recently divorced. This is a support group led by a qualified, professional counselor, Bob McIntosh, for members who feel the need to talk with others who have also lost loved ones and would like to meet new friends. Meetings are on the 1st and 3rd Thursdays of the month at 1:00 pm in the Wii (Tech Rec) Room. The dates for the meetings for the summer are: July 7 & 21 and August 4 & 18 Individual professional counseling is also available for a reasonable fee.

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



**Prairie Lakes**  
GOLF COURSE  
GRAND PRAIRIE - TEXAS  
3202 SE 14th St. Grand Prairie, Texas 75052  
972.263.0661 | PrairieLakesGolf.com



**Tangle Ridge**  
GOLF CLUB • GRAND PRAIRIE TEXAS  
818 Tangle Ridge Dr. Grand Prairie, TX 75052  
972-299-6837 | TangleRidge.com

## 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

#### SUMMIT TRI

July 23 8am  
7a.m., 1p.m., 6p.m.  
Swim - Tues - June 21  
Bike/Run - June 7  
Free Prep Clinics

#### HEAT STROKE PREVENTION

June 2 | 11a.m.  
Presented by Kristi Sanders  
Dinning Room

#### HEALTH SCREENING

June 23  
8:30a.m.-Noon  
The Dallas County nurses will check your blood pressure, glucose, iron and weight free of charge.

#### TAI CHI

M-Th | 10:30-1:15a.m.  
\$3/class or \$20/mo  
Reduce Falls, Stress & Disease

#### GYM GAMES

##### BASKETBALL

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

##### PICKLEBALL

Tu/Th | 9:30a.m.  
Wed/Fri | 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 | 8:15-9a.m.  
Sat | 10-11a.m.  
\$3/class or \$20/mo.

#### BOOT CAMP

**Power 10 Target Body Workouts in the Gym**  
3 Wed month 6:50-7:20pm  
3 Sat month 9:10-10a.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.  
Tue | 5:30p.m. -6:30 p.m.  
Sat | 11:30-12:30 p.m.  
\$3/class or \$25/mo.

#### ZUMBA

Mon & Wed 7:30-8:30p.m.  
Sat 9:30-10:30a.m.  
\$5/class; \$40/mo.



### Green Thumb Gardening Club:

Every Tue & Th | 10a.m.-Noon  
\$20/season

The Green Thumb Gardening Club is moving in a new direction. With new value packed pricing, the summit is offering members a chance to learn from the experts about all phases of gardening and plant care. Come meet City Horticulturist, Susan Henson and Licensed Irrigation Specialist, Dennis Slayton, and gain hands-on knowledge and experience in areas such as soil preparation, plant propagation and care, proper planting techniques. No matter what your interest, be it vegetable gardening, learning about native plant material or organic gardening, designing you own irrigation system, the Summit is ready to assist.

**Don't miss June 2nd when we meet to revamp the Gardening Program at 10am.**

### Defensive Driving

June 15 | 1-5p.m. | Ballroom I

\$14 for AARP members  
\$16 for non AARP members  
Need a discount on your auto insurance? This course can help you achieve that! Please present your AARP card to receive the member's pricing. Advanced sign up is requested.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SHOPPING TRIPS</b>	June 2 - June 9 - June 16 - June 23 - June 30 -	Kroger Wal-Mart Albertsons Rio Grande Save A Lot	BBQ Beef Sandwich Baked Potato & Toppings Summer Squash Fruited Gelatin Milk	Chicken Salad Pasta Salad Carrot & Raisin Salad Breadstick & Butter Fresh Fruit Fresh Baked Cookie Milk	Salisbury Steak & Gravy Roasted Sweet Potatoes Green Beans Dinner Roll & Butter Gingerbread Milk
	Cheeseburger Hamburger Salad Roasted Garlic Potatoes Fresh Baby Carrots Fresh Fruit Milk	Chicken Spaghetti Black Eye Peas Fresh Broccoli & Ranch 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 Green Beans Dinner Roll & Butter Sliced Peaches Milk
	Grilled Chicken Sandwich Tomato Slices Roasted Garlic Potatoes Blushing Pears Milk	Crispito Refried Beans Spanish Rice Romaine Salad & Dressing Fresh Fruit Milk	Chicken Drumstick Mashed Potatoes & Gravy Okra & Tomatoes 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
	Beef Enchiladas Charro Beans Romaine Salad & Dressing Fresh Fruit Crisp Rice Bar Milk	Southern Meatloaf Baked Potato & Toppings Summer Squash Dinner Roll & Butter Rojo Applesauce Milk	Chicken Salad Pita Tomato Slices Potato Soup Wheat Crackers Pineapple-Orange Salad Fresh Baked Cookie Milk	Beef Stew Southern Spinach Strawberry-Pear Salad Fruited Gelatin Milk	Roasted Chicken Mashed Potatoes Broccoli & Cheese Dinner Roll & Butt Fresh Baked Cooki
	Spaghetti & Meat Sauce Green Beans Fresh Fruit Breadstick & Butti Milk	Grilled Chicken Sandwich Tomato Slices Baked Beans Pears with Carmel Sauce Milk	Chicken Drumstick Mashed Potatoes & Gravy Zucchini Squash Dinner Roll & Butte Fruited Gelatin	Taco Salad Charro Beans Peach Crisp Milk	If you have any questions regarding the Nutrition Program, please contact Eduvina Cruz at 972.237.4148.

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

June 2:	11 a.m.	Heat Stroke Prevention w/ Kristi Sanders	June 13:	11 a.m.	Lively Steppers
June 6:	10:30 a.m.	Medication Management	June 20:	11 a.m.	Sensory Loss Program w/ Pat Peizer
June 8:	11 a.m.	Commission on Aging	June 23:	8:30 a.m.	Well Check Ups
June 10:	10:30 am	PowerPay Program Provided by Tx Extension, Marvin Young	June 24:	10:30 a.m.	Advisory Council Meeting
			June 24:	11:45 a.m.	Birthday Celebration
			June 27:	10:30 a.m.	Kitchen Shower Bingo

**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 | 10:30a.m.**  
**Wings Theater | FREE**  
 Come join us as we will share the amenities of The Summit along with any questions you may have about our facility.

**Open Game Days**  
**Mon & Tue | 1-4p.m. | Ballroom I**  
 Love to play games? All Summit members are welcome to play a variety of cards, dominoes and table games in an informal fun atmosphere. Learn new games, teach a new game – beginners and players at all levels are welcome and encouraged to “come out and play!”  
 These game days are open for everyone who would like to meet new friends and play games with other Summit members.

**Beginning Bridge Lessons**  
**Wed | 1-3p.m. | Ballroom I**  
 A new 6 week session will begin Wednesday, June 1st. Free beginner lessons are taught by volunteer Marge Leeton. Please register for the class at the front desk.

## THURSDAY NIGHT DANCE

**1st & 3rd 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.

**June 2: Sundown • June 16: Open Range**

### Ballroom Dance Jive II

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

### Waltz II

**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**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Reel FUN!</b></p> <p><b>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.</b></p> <p><b>Check the calendar for dates &amp; times.</b></p>		<p>9:30am Arthri-cise Light &amp; Lively <b>6</b></p> <p>10:30am Tai Chi</p> <p>10:30am Arthri-cise/Light&amp;Lively</p> <p>1pm Around the World Basketball</p> <p>1pm Crocheting - Open Studio</p> <p>1-4pm Game Day</p> <p>6pm Aqua-cise</p> <p>6:15pm Texas Hold'em</p> <p>7pm Summit Success Stories</p> <p>7:30pm ZUMBA</p>	<p>7am <b>8am</b> <b>8:15am</b> <b>9am</b> <b>10am</b> <b>10:30am</b> <b>11am</b></p> <p>Blueberry Hill Farm 7                      Yoga; also at 5:30p                      Aqua-cise                      Learn to Swim &amp; 4:30p                      German                      Tai Chi /Arthri-cise                      Book Club                      Game Day                      Guitar Lessons                      Volleyball                      Movie – The Last Song                      Ballroom Dancing                      ABC                      Glass Fusion/Crochet &amp; Tat/Woodcarving</p>	<p>9am Computer – Internet and Email <b>1</b></p> <p>9:30am Arthri-cise / Light &amp; Lively</p> <p>10:30am Tai Chi/Pickleball</p> <p>10:40am Arthri-cise</p> <p>3pm Computer – Just the Basics</p> <p>6pm Aqua-cise</p> <p>6:30pm Learn to Swim</p> <p>6:50pm Bootcamp</p> <p>7:00pm Tai Chi</p> <p>7:30pm ZUMBA</p>	<p>8am YOGA with LOVE <b>2</b></p> <p>8:15am Aqua-cise</p> <p>9am Learn to Swim</p> <p>10am Toastmaster</p> <p>10:30am Arthri-cise / Tai Chi</p> <p>1pm Suddenly Single</p> <p>2pm Documentary: Van Gogh: Brush with Genius</p> <p>4:30pm Learn to Swim</p> <p>6pm Volleyball/Arthricise</p> <p>7pm Dance – Sundown ABC</p>	<p>9:30am Arthri-cise / Light &amp; Lively <b>3</b></p> <p>10:40am Arthri-cise</p> <p>1pm Creative Jewelry - Open Studio</p> <p>6:30pm Movie - The Kings Speech</p>
		<p>9:30am Arthri-cise Light &amp; Lively <b>13</b></p> <p>10:30am Tai Chi</p> <p>10:40am Arthri-cise</p> <p>1pm Around the World Basketball</p> <p>1pm Crocheting - Open Studio</p> <p>1-4pm Game Day</p> <p>6pm Aqua-cise</p> <p>6:15pm Texas Hold'em</p> <p>7pm Summit Success Stories</p> <p>7:30pm ZUMBA</p>	<p>8am <b>8:15am</b> <b>9am</b> <b>10am</b> <b>10:30am</b> <b>1-4pm</b> <b>2pm</b> <b>4:30pm</b> <b>5:30pm</b> <b>6pm</b> <b>6:30pm</b> <b>7pm</b></p> <p>YOGA with LOVE <b>14</b>                      Aqua-cise                      Learn to Swim &amp; 4:30p                      German                      Tai Chi / Arthri-cise                      Game Day                      Guitar Lessons                      Dinner Out - Zoe's                      YOGA with LOVE                      Volleyball                      Movie – Dear John                      ABC                      Glass Fusion/Crochet &amp; Tat/Woodcarving</p>	<p>9am Computer – Internet and Email <b>15</b></p> <p>9:30am Arthri-cise / Light &amp; Lively</p> <p>10:30am Tai Chi/Pickleball</p> <p>10:40am Arthri-cise</p> <p>1pm Defensive Driving</p> <p>3pm Computer – Just the Basics</p> <p>6pm Aqua-cise</p> <p>6:30pm Learn to Swim</p> <p>6:50pm Bootcamp</p> <p>7:00pm Tai Chi</p> <p>7:30pm ZUMBA</p>	<p>8am YOGA with LOVE <b>16</b></p> <p>9am Learn to Swim</p> <p>10am Toastmaster</p> <p>10:30am Tai Chi / Arthri-cise</p> <p>1pm Suddenly Single</p> <p>2pm Documentary: Muhammad Ali: The Greatest</p> <p>4:30pm Learn to Swim</p> <p>6pm Volleyball/Arthricise</p> <p>7pm Dance – Open Range ABC</p>	<p>9:30am Arthri-cise / Light &amp; Lively <b>17</b></p> <p>10:40am Arthri-cise</p> <p>11am 5 Star - Sullivans's Creative Jewelry - Open Studio</p> <p>6:30pm Movie –Morning Glory</p>
<p><b>Sunday Strum</b></p> <p>Acoustic Guitar Jam Session</p> <p>Every 1st and 3rd Sunday</p> <p>2-4pm</p>	<p>9:30am Arthri-cise Light &amp; Lively <b>20</b></p> <p>10:30am Tai Chi</p> <p>10:40am Arthri-cise</p> <p>1pm Around the World Basketball</p> <p>1pm Crocheting - Open Studio</p> <p>1-4pm Game Day</p> <p>6pm Aqua-cise</p> <p>6:15pm Texas Hold'em</p> <p>7pm Summit Success Stories</p> <p>7:30pm ZUMBA</p>	<p>7am <b>8am</b> <b>8am</b> <b>9am</b> <b>10am</b> <b>10:30am</b> <b>1-4pm</b> <b>2pm</b> <b>6pm</b> <b>6:30pm</b> <b>7pm</b></p> <p>Aqua-cise <b>21</b>                      Yoga; also at 5:30p                      Learn to Swim &amp; 4:30p                      German                      Tai Chi / Arthri-cise                      Games Day                      Guitar Lessons                      Volleyball                      Movie – Prince of Persia: The Sands of Time                      Ballroom Dancing                      ABC's/Volleyball                      Glass Fusion/Crochet &amp; Tat/Woodcarving</p>	<p>7am <b>9am</b> <b>9am</b> <b>10:30am</b> <b>10:40am</b> <b>3pm</b> <b>6pm</b> <b>6:30pm</b> <b>6:50pm</b> <b>7:00pm</b> <b>7:30pm</b></p> <p>Trip - Kiowa <b>22</b>                      Computer – Internet and Email                      Arthri-cise / Light &amp; Lively                      Tai Chi/Pickleball                      Arthri-cise                      Computer – Just the Basics                      Aqua-cise                      Learn to Swim                      Bootcamp                      Tai Chi                      ZUMBA</p>	<p>8am YOGA with LOVE <b>23</b></p> <p>9am Learn to Swim</p> <p>10am Toastmaster</p> <p>10:30am Tai Chi / Arthri-cise</p> <p>2pm Documentary: The Story of Will Rogers</p> <p>4:30pm Learn to Swim</p> <p>6pm Volleyball/Arthricise</p> <p>7pm ABC</p>	<p>9:30am Arthri-cise / Light &amp; Lively <b>24</b></p> <p>10:40am Arthri-cise</p> <p>1pm Creative Jewelry - Open Studio</p> <p>4pm Table Tennis</p> <p>6:30pm Movie –Just Go With It</p>	<p>9:30am ZUMBA <b>25</b></p> <p>10am Boot Camp</p> <p>10:30am Hand Building Pottery &amp; On the Wheel Pottery</p> <p>11am 3-on-3 Basketball</p> <p>4pm Movie – Just Go With It</p>
	<p>9:30am Arthri-cise/Light&amp;Lively <b>27</b></p> <p>10:30am Tai Chi</p> <p>10:40am Arthri-cise</p> <p>1pm Around the World Basketball</p> <p>1pm Crocheting - Open Studio</p> <p>6pm Game Day</p> <p>6:15pm Aqua-cise</p> <p>7pm Texas Hold'em</p> <p>7:30pm Summit Success Stories</p> <p>7:30pm ZUMBA</p>	<p>7am <b>8am</b> <b>8am</b> <b>9am</b> <b>10am</b> <b>10:30am</b> <b>1-4pm</b> <b>2pm</b> <b>5:30pm</b> <b>6:30pm</b> <b>7pm</b></p> <p>Aqua-cise <b>28</b>                      YOGA with LOVE                      Learn to Swim &amp; 4:30p                      German                      Tai Chi / Arthri-cise                      Game Day                      Guitar Lessons                      YOGA with LOVE                      Movie – Forget Paris                      Ballroom Dancing                      ABC's/Volleyball                      Glass Fusion/Crochet &amp; Tat/Woodcarving</p>	<p>9am Computer – Internet and Email <b>29</b></p> <p>9:30am Arthri-cise / Light &amp; Lively</p> <p>10:30am Tai Chi/Pickleball</p> <p>10:40am Arthri-cise</p> <p>3pm Computer – Just the Basics</p> <p>6pm Aqua-cise</p> <p>6:30pm Learn to Swim</p> <p>6:50pm Bootcamp</p> <p>7:00pm Tai Chi</p> <p>7:30pm ZUMBA</p>	<p>8am YOGA with LOVE <b>30</b></p> <p>9am Learn to Swim</p> <p>10am Toastmaster</p> <p>10:30am Tai Chi / Arthri-cise</p> <p>2pm Documentary: Dolley Madison</p> <p>4:30pm Learn to Swim</p> <p>6pm Volleyball/Arthricise</p> <p>7pm ABC</p>	<p>Register Online for Classes at  <a href="http://WWW.GRANDFUNGR.COM/THESSUMMIT">WWW.GRANDFUNGR.COM/THESSUMMIT</a></p>	