



Make a Difference VOLUNTEER

Nutrition Program Advisory Council

Nominations | Sept. 12-15 |
Elections | Sept. 16 | 8am-12pm
You must be a nutrition member participant to be considered for the Advisory Council. Nominations are presented and elected by the nutrition member participants.

Steering Committee

Now forming. If you are interested in giving ideas and suggestions about classes, programs and special events then let us know! Leave your name and contact information at the front desk. You will be contacted about the first meeting.

AARP Driver Safety Program

Sept 22 | 12:30 - 4:30pm. | Thurs
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.

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 facility.

Volunteer of the Month

The Summit would like to recognize our Volunteer of the Month for September, **Barbara Jones**. She is always happy to meet and greet you with speedy service to and from your vehicle! She has been volunteering since we opened the doors of The Summit and we would like to give her a great big THANK YOU!!



Danke schon to **Ron Engel** for 6+ years of volunteering as our German instructor! Thank you for sharing your talents and knowledge.

STAFF

Linda Long *General Manager*

Amanda Alms
Aquatics & Fitness Manager

Michael Levy
Assistant Manager

Dennis Slayton
Recreation & Events Supervisor

Eduvina Cruz
Cameron DeBose
Danielle Nunn

Ray Smith
Chef

Recreation Leaders

Recreation Aides - Front Desk

Edwin Acosta
Susan Eaves
Linda Lankford
Gene Grafton
Elicia Sierra
Maranda Vaughan
Ivan Cantu
Forest Melton

Fitness & Aquatics

Amber Martin
Miguel Ipina
Victor Villegas
Michael Engler
Lourdes Gabaldon
David Smith
Aaren Garcia
Nancy Huynh
Brylee Nelson
Adeline Carr

Custodial Staff

Jimmy McNeal
Paulfred Hall
Edmund Echaore
Chona Cuizon
Brenda Meza

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

THE SUMMIT AWARDS

Please help us congratulate

EDUVINA CRUZ
City of Grand Prairie
Parks and Recreation
Employee of the Year!



Please be aware that The Summit is a smoke free facility and no outside food and beverages are permitted inside. Thank you for your cooperation!



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.



Sept 2011 **NEWS**

SUMMIT'S FALL FASHION SHOW

FRIDAY | SEPTEMBER 30 | 11am
Admission \$1 - goes toward purchase

Summit members are invited to attend and participate in the Summit's 1st Fall Fashion Show. The Fall Fashion line up will consist of Summit Polos, T-shirts, Hats, Goggles, and Swim and Fitness supplies.

COME OUT AND ENJOY THE FUN!

THE STARS FROM
The Platters
The Coasters
The Drifters
& **Temptations**
SALUTE

FRIDAY, SEPT 16 AT 8:00PM
UPTOWN THEATER
120 East Main Street • Grand Prairie, TX 75050
UptownTheaterGP.com
972.237.UPTN

SEPT SPECIAL BUY A SUMMIT ANNUAL MEMBERSHIP GET 1 MONTH FREE



5-Star Dining- Ruth's Chris Steakhouse
Fri | Sept 9 | 10:30am-2pm
\$5 Transportation

Hungry for one of the best steaks in the Dallas /Fort Worth area? We invite you to enjoy other Summit members as you experience the flavor, service and expertise from Ruth's Chris.

Dinner Out - Abuelo's
Tues | Sept 13 | 4:30pm
\$3 Transportation

Enjoy great Mexican food with great company! Bring money to cover the cost of your meal.

Taste of Grand Prairie- Quik Trip Park

Thurs | Sept 22 | 3:30-5:30pm | \$8
 Experience the best of Grand Prairie! Over 50 exhibitors, door prizes, silent auction and more!

Delaney Vineyards

Tues | Sept 27 | 1-4:30pm | \$16
 For an entertaining and educational experience join us for a tour of the winery and sample their award-winning wines. Tours last about one half hour and are led by a knowledgeable staff. Learn about the special grapes grown here for our unique North Texas climate. The grape-growing, harvesting, wine-making and bottling processes are all explained.

Modern Art Museum of Forth Worth

Wed | Sept 21 | 10am-2pm | \$10
 The Modern Art Museum of Fort Worth (widely referred to as The Modern) was first granted a Charter from the State of Texas in 1892 as the "Fort Worth Public Library and Art Gallery", evolving through several name changes and different facilities in Fort Worth. The mission of the museum is "collecting, presenting and interpreting international developments in post-World War II art in all media." Lunch on your own at Tommy's Hamburger Grill.

Upcoming Trips

5-Star Dining - Celebration
Fri | Oct 7 | 10:30am-2pm
\$5 Transportation

Beaumont Ranch Fish Fry and Dance
Fri | Oct 21 | 5:30- 10pm | \$15

Choctaw Casino
 Member Appreciation Trip
Fri | Oct 7 | 8am - 6:00pm | \$1

Dinner Out - Texas Roadhouse
Tues | Oct 11 | 4:30pm
\$3 Transportation

State Fair of Texas
Thur | Oct 13 | 9:30am - 3:30pm | \$5
Thur | Oct 13 | 5:30pm - 10pm | \$5

NEW INTERESTS

Bunco Game

Wed weekly | 10am-12pm | Ballroom I
 Try to get three of a kind (Bunco) when it's your turn. Snacks, refreshments and prizes for most buncos and most games won. Bring a \$5 value gift to join in and play. Please sign up in



advance at the front desk.

Pool Tournament

Friday | Sept 30th | 10am - 1pm | \$10
 The Summit will be hosting our monthly pool tournament and challenging Irving again. We will also be serving a BBQ lunch. The cost is \$10 per player. Come out and compete for the prized trophy and a month's worth of bragging rights!

Swing Dance Class

Fridays | 7-8:30pm | Ballroom
 Learn to swing dance from some of the most talented instructors in Texas! All levels are welcome. Cost \$7 per class or \$20 a month.

Dance Cardio

Fridays | 2-3pm | Aerobic Rm
 Looking for a way to stay fit and have fun? Try our Cardio Dance Class. Sweat to the music of The

CREATIVE ARTS



Woodcarving

Tues weekly | 7p.m | Discovery I

Creative Jewelry - Open Studio

Fri weekly | 1p.m | Discovery I

Begining Guitar Lessons

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

Ceramics - Open Studio

Wed Weekly | 10am-Noon | \$10/mo.

Rubber Stamped Cards

Thurs Weekly | Noon-1:30pm

\$10/Class | Discovery I

Create rubber stamped cards for your loved ones. Each participant will leave class with 4 custom made cards!
 Instructor: Shelia Manuel

Scrapbooking

Tues Weekly | 1-3pm | \$5/class

Make your memories last a lifetime! Beginning Sept. 6th
 Located in Discovery 1
 Instructor: Marjorie Dorsett

Lights, Camera, Action! Tues | 1pm | Discovery II

Do you have pictures that you've taken that are sitting on your digital camera, and aren't quite sure how to upload them on your personal computer? Sign-up and join the "Digital Camera Literacy" class, where you will be taught the different functions of a digital camera, how to upload pictures to a personal computer, and have the opportunity to ask any question you may have.

Wine Bottle Accent Lights

Tues | 11:30-1pm | \$20/class

Design unique wine bottle accent lights as a gift or decoration for your home. Check out the display at the front desk. Located In Discovery 1
 Instructor: Sheila Manuel

Watercolors

Wed Weekly | 2-4pm | \$20/class

Learn how to paint in the beautiful medium of watercolor. Art Guerra is the perfect teacher to get you started! New classes forming for Sept.

GROUPS

Summit Red Hat Chapter Sassy Jewels

Wed | Sept 14 | 11am | Macaroni Grill

Ladies...you are missing out on a great adventure if you haven't experienced being a part of a Red Hat Society Chapter! Find a red hat and some purple clothes and come to the next Sassy Jewels luncheon on Wednesday, Sept. 14th at 11am at Macaroni Grill in Arlington on S. Cooper, south of I-20. Membership in the Sassy Jewels is only \$10 a year. Ask at th front desk for a membership form. Luncheon meetings are held every 2nd Wednesday of the month at 11am at a selected restaurant.

The Summit Singles

Thurs | Sept 1 / 15 | 1pm | Wii Rm
Single and want to meet new friends? (formerly known as "Suddenly Single")

Join othersingles,led by professional counselor Bob McIntosh for frank discussions about your lives as single adults. Give The Summit staff ideas and input about social and educational programs and trip ideas for the 50+ Singles. Coming soon...new evening activities for singles!!

Chick Flick Wednesdays!

starting Sept 7 | 2pm | Wings Theater
 Sit back and enjoy a sentimental oldie but goodie film! Showing will be titles such as: Breakfast at Tiffany's, An Affair to Remember, The Great Gatsby, and more. Suggestions are welcome!!

Book Club

Sept 13 | 11am | Conference Rm

This month's book club selection is "Death on Demand" by Carolyn G. Hart. Hart has other cozy series, but her most popular remains the "Death on Demand" series. Annie Laurance sells books and solves murders with equal flair at her small town bookstore, Death on Demand. In true cozy style, Annie's first brush with death causes her to become the prime suspect in the murder and, with the help of her friend Max Darling, she must solve the crime before she is arrested.

Commission On Aging

Sept 14 | 11am | Dining Rm

This month's speaker is Janice Moore with the Senior Source. She will be talking about the Foster Grandparent Program.



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

The greatest wealth is health!

Standard First Aid and CPR Training

THURSDAY, SEPT 15TH

8:30am -2:30pm

\$45

Help Save A Life!



HEALTH

GYM GAMES

SUMMIT SUCCESS

Mon | 1pm & 7pm
Discovery II

Eat right. Move more.
Group motivation.
Brain Body
Connection starts
in Sept.

HEALTH SCREENING

Thur | Sept 22
8:30am-Noon

Dallas County nurses
will check your blood
pressure, glucose,
iron, cholesterol
and weight free
of charge.

MASSAGE THERAPY

\$1 per min.
Flexible Hours
By Appointment
Call Fitness Desk
972 237-4150

BASKETBALL

Mon/Wed/Fri | 1pm
Mon/Wed | 7-9pm
Sat | 11am-1pm

HORSESHOE & WASHERS

Tue/Thu | 9:30am

PICKLE BALL

Tue/Thu | 9:30am
M/W/F | 10:30am
Pick up games
full of fun.

TABLE TENNIS

Mon/Wed | 5-7pm

VOLLEYBALL

Tue/Thu | 7-9pm
Sun | 2pm

ABC

Absolute Body Conditioning
Tone, Tight & Strong
Tue & Thu | 7-7:45 pm
Aerobics Room;
\$3/class or \$20/mo.

ARTHRI-CISE

Water Wellness Workout - Pool
M/W/F | 9:30-10:20 am
Thur | 6 pm
Mon-Fri | 10:30-11:30am
\$3/class or \$20/mo.

AQUA-CISE

Water Aerobics - Pool
Mon / Wed | 6-7 pm
Sat | 10-11am
\$3/class or \$20/mo.

ZUMBA H2O - Pool

Tue | 6-7 pm

POWER 10 FITNESS

Power 10 Body Impact
Workouts in the Gym
3 Wed month 6:50-7:20pm
3 Sat month 9:10-10 am
\$8/class or \$20/mo.

PERSONAL TRAINING

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

TAI CHI

M-Th | 10:30-11:30 am
\$2/class
Aerobic Rm

YOGA with LOVE

Tue/Thur | 8-9 am
Tue/Thur | 5:30 -6:30 pm
\$3/class or \$25/mo.
Aerobic Rm

ZUMBA

Mon & Wed 7:30-8:30 pm
Sat 9:30-10:30 am
\$5/class; \$40/mo.
Aerobic Rm

Bible History Class

Mon | 10:30 am | Wings Theater

This video tour series of the Holy Lands titled "That the World May Know" was produced by Focus on the Family and features theologian Ray Vander Laan. Each lesson is punctuated with a "Faith Lesson" derived from the history of the area. Neal Clary will facilitate a provocative discussion following each weekly lesson. The weekly study will be held each Monday beginning September 12th.

Investment Strategies for Today's Retirees

Tues | Sept 13 | 1pm or 6:30pm | Ballroom

Learn how to retire in style and plan towards the quality of life that you deserve. This free seminar will cover the following topics:

- Never running out of money
- Leave a legacy to/for your children
- Live off the interest and never touch the principle
- How to handle a long-term care event
- Maintain your standard of living

Walk Across Texas -

Sept 17 - Nov 12 | \$10



New to exercising or looking to increase your activity? Sign-up and join the Walk Across Texas Program, an 8-week exercise program. Devote 150 minutes each week and you will feel better and look better too! Join a team today. Team t-shirts and prizes will be awarded. For more information contact Danielle Nunn.

Matter of Balance Class

starts Sept 21 | 10 am-noon | Ballroom

Take control of your life and reduce the fear of falling. 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. This class was held last session and was very successful. Space is limited so sign up today!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
If you have any questions regarding the Nutrition Program, please contact Eduvina Cruz at 972.237.4148.	SHOPPING TRIPS SEPTEMBER 1 - KROGER SEPTEMBER 8 - WALMART SEPTEMBER 15 - SACK & SAVE SEPTEMBER 22 - ALBERTSONS		Taco Salad Tejas Corn Sliced Peaches Milk	BBQ Beef Sandwich Black Eye Pea Salad Fresh Romaine Salad & Dressing Mini Carrots Apricot Halves Milk
5 NO MEALS WILL BE SERVED DUE TO LABOR DAY HOLIDAY.	6 Fruit Plate Yogurt & Granola String Cheese Wheat Crackers Milk	7 Southern Meatloaf Mashed Potatoes Green peas Pears with Caramel Sauce Dinner Roll Milk	8 Chicken Fajitas Spanish Rice Pineapple-Orange Salad Chilled Pudding Milk	9 Pasta & Meatballs Glazed Carrots Green Beans Breadstick Sliced Peaches Milk
12 Grilled Chicken Sandwich Sliced Tomatoes Roasted Rosemary Potatoes Diced Pears Milk	13 Tacos & Taco Toppings Tejas Corn Fresh Fruit Fresh Baked Cookie Milk	14 Chicken Drumstick Mashed Potatoes & Gravy Okra & Tomatoes Pineapple-Apricot Salad Dinner Roll Milk	15 BBQ Beef Sandwich Seasoned Corn Fresh Fruit Apple Crisp Milk	16 Chef Salad Pasta Salad Fresh Fruit Breadstick Gingerbread Milk
19 Beef Enchiladas Charro Beans Romaine Salad Applesauce Milk	20 Salisbury Steak Baked Potato & Toppings Summer Squash Sliced Peaches Breadstick Milk	21 Chicken Salad Potato Soup Sliced Tomatoes Pineapple-Orange Salad Wheat Crackers Apple Crisp Milk	22 Beef Stew Southern Style Spinach Strawberry Pear Salad Cornbread Fruited Gelatin Milk	23 Roasted Chicken Mashed Potatoes & Gravy Broccoli & Cheese Dinner Roll Chilled Pudding Milk
26 Spaghetti with Meat Sauce Green Beans Fresh Fruit Breadstick Milk	27 Pepper Steak Brown Rice Pilaf Broccoli Salad Okra & Tomatoes Oreo Pudding Milk	28 BBQ Chicken Roasted Sweet Potatoes Zucchini Squash Breadstick Fresh Baked Cookie Milk	29 Taco Salad Charro Beans Sliced Peaches Milk	30 Hamburger & Hamburger Toppings Ranch Corn Apricot Halves Milk

Sept. 15: 11am Lactose Intolerance by: Kristie Sanders

Sept. 16: 10:30am Kitchen Bingo
(please bring peanut butter, jelly, paper towels, coffee cups, napkins, creamer, coffee, and butter)

Sept. 22: 8:30am Health Check-ups- provided by Dallas County Nurses

Sept. 23: 11am Fall Prevention - Vickie Devault
Sept. 30: 10:30am Advisory Council Meeting
Sept. 30: 11:45am Birthday Celebrations

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.

COMPUTER CLASSES

JUST THE BASICS - for beginners

Tues | 9-10:30am | \$15/mo.

It's never too late to learn something new! In this class you will learn the absolute basics of the computer. Instructor: Ivan Cantu



INTERNET, EMAIL & SOCIAL NETWORKING

Wed | 9-10:30am | \$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 is a pre-requisite.

FACEBOOK

Wed | 1pm | Discovery II

Hear the recent buzz about Facebook? Join the all new Facebook for Beginners class. We'll teach you how to make a facebook, add friends, change your privacy settings or any other questions you may have.
 •Group Lessons- \$25 for (4) 45 minute sessions
 •Private Lessons- \$50 for (4) 45 minute sessions



FACEBOOK II (Intermediate class)

Wed | 2:15 pm | Discovery II

Can't get enough of Facebook? Take it to the next level with our intermediate class.
 •Group Lessons- \$25 for (4) 45 minute sessions
 •Private Lessons- \$50 for (4) 45 minute sessions

SMART PHONES

Thur | 11am | Discovery II

Smart phone... Not so smart me. Do you have a smart phone but do not know half the things it does? Do you have an email account but don't know how to sync it with your phone? Are you interested in getting a smartphone but not sure what a smart phone does? If so this class is for you. Troubleshooting or a personal walk through.
 •Group Lessons- \$25 for (4) 45 minute sessions
 •Private Lessons- \$50 for (4) 45 minute sessions

KEYBOARDING

Fri | 9am | Discovery II

Learn your way around the keyboard. Learn short cuts and special insider tips!
 •Group Lessons- \$25 for (4) 45 min. sessions



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
RECURRING SCHEDULE	8am - Billiards	8am - Billiards / Yoga	8am - Billiards	7am - Aqua-cise	8am - Billiards	8am - Billiards
	9:30am - Arthri-cise	9am - Basic Computers	9am - Computer: Internet & Email	8am - Billiards	9am - Keyboarding	9:10am - Power 10
	- Light & Lively	9:30am - Pickleball	9:30am - Arthri-cise	- Yoga	9:30am - Arthri-cise	9:30am - Zumba
	10:30am - Tai Chi	9:45am - Learn to Swim	- Light & Lively	9:30am - Pickleball	- Light & Lively	11am - 3-on-3 Basketball
	- Pickleball	10:30am - Tai Chi/Arthri-cise	10am - Matter of Balance	9:45am - Learn to Swim	10:30am - Pickleball	4pm - Movie
	- Arthri-cise	11:30am - Wine Bottle Accents	- Ceramics	10am - Toastmaster	- Arthri-cise	
	11am - GP Mobile Library	1pm - Bridge/Scrapbook	- Bunco	- Gardening	11pm - Creative Jewelry	
1pm - Basketball	- Table Games	10:30am - Tai Chi / Pickleball	10:30am - Tai Chi	1pm - Table Games		
- Crocheting	- Lights, Camera Action	- Arthri-cise	- Arthri-cise	- Basketball		
- Table Games	1-4pm - Open Game Days	1pm - Facebook Class	11am - Smartphones	6:30pm - Movie		
- Bridge	2pm - Guitar Lessons	- Bridge / Basketball	12pm - Rubber Stamp Cards			
- Summit Success	5:15pm - Learn to Swim	- Table Games	1pm - Bridge			
1-4pm - Open Game Days	5:30pm - Yoga	2pm - Watercolors	- Table Games			
5:00pm - Table Tennis	6pm - Volleyball	2:15pm - Facebook II	5:15pm - Learn to Swim			
6pm - Aqua-cise	- Zumba H2O	5pm - Table Tennis	5:30pm - Yoga			
- Texas Hold'em	6:30pm - Ballroom Dancing	6pm - Aqua-cise	6pm - Volleyball			
7pm - Summit Success	7:00pm - ABC / Woodcarving	6:50pm - Power 10	- Arthri-cise			
7:30pm - Zumba	7:30pm - Ballroom Dancing	7:30pm - Zumba	7pm - ABC			

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1pm Summit Singles 10:30am Movie: Food Matters 7pm Thursday Night Dance: Gold River Band	6:30pm Movie - Soul Surfer (PG)	4pm Movie - Soul Surfer (PG)
2pm Sunday Strum Acoustic Guitar Jam Session	THE FACILITY WILL BE CLOSED IN OBSERVANCE OF LABOR DAY.	10:30am Membership Orientation 6:30pm Movie: The Hunt for Red October (PG)	9:30am Medicare Fraud Training 2pm Movie: The Devil Wears Prada	9:30am Medicare Fraud Training 10:30am Movie: The New Medicine 6:30pm Movie: Guys and Dolls	10:30am 5-Star Dining - Ruth's Chris Steakhouse 6:30pm Movie - R.E.D. (PG13)	4pm Movie - R.E.D. (PG13)
	10:30am Bible Study	11am Book Club 4:30pm Trip - Dinner Out Abuelos - Arlington 6:30pm Movie - Chariots of Fire	11:00am Sassy Jewels Out to Lunch 11:00am Commission on Aging Speaker- Janice Moore, Senior Source 2pm Movie: Mamma Mia	10:30am Movie: Healthy Aging 11am Nutrition Class 1pm Summit Singles 5pm Travel Club 7pm Thursday Night Dance: Open Range	10:30am Kitchen Bingo 11:00 AARP Meeting 6:30pm Movie-True Grit 7:30pm Uptown Theater	4pm Movie - True Grit *Encore Showing*
2pm Sunday Strum Acoustic Guitar Jam Session	11am Handling Stress Seminar by Kim Bell, Alzheimers Assoc.	10:30am Membership Orientation 6:30pm Movie - Selena	10am Trip: Modern Art Museum 10:30am Bunco 2pm Movie: The Great Gatsby	8:30am Health Screenings 10:30a Movie: The Gates 11am Medicare Q&A 12:30p AARP Driver's Safety Course 3:30p Trip: Taste of GP - QT Park 6:30pm Movie: Moulin Rouge	11am Seminar: Fall Prevention Presentation by: Vickie Devault 6:30pm Movie - Arthur (PG13)	4pm Movie - Arthur
		1pm Trip: What's Happening at Delaney Vineyards 6:30pm Movie - Dreamgirls	2pm Movie: Hairspray	10:30am Movie: The Historical Pubs of Dublin 6:30pm Movie: Chicago	10:30am Advisory Council Meeting 11:00am Fall Fashion Show 11:45am Birthday Celebrations 6:30pm Movie - Jane Eyre (PG13)	