







### Dinner Out – Cheddars

**Tue|Dec 13| 4:30pm|**

**\$3 transportation**

Ready for a fun night with yummy food at a great price? That's what Dinner Out at Cheddars will be!

### Prairie Lights at Lynn Creek

**Tue | Dec 6 | 6:30-8:30pm | \$5**

**Wed | Dec 21| 6:30-8:30pm | \$5**

All new custom displays. 4 million lights. 2 miles of path. 1 must see event of the season! For more information call 972.237.GLOW or visit us online at [PrairieLights.org](http://PrairieLights.org).

### Dallas Heritage Village

**Thurs | Dec 8 | 9:30am-2:30pm**

**\$20 includes transportation, admission & lunch.**

Bask in the warm glow of history and celebrate the season at Dallas Heritage Village. Spend a Day in the life of nineteenth century Texan and enjoy the beautifully decorated Old City Park.

### 5-Star Dining - Neiman Marcus

**Fri | Dec 9 | 10:30am-2pm**

**\$5 Transportation**

Enjoy the delicious and extravagant Christmas buffet at the downtown Nieman Marcus location. There will also be time for Christmas shopping!

### Uptown Theatre - Babes in Toyland

**Fri. | Dec. 16 | 7:30pm | \$15**

#### A Holiday Favorite!

With a talented community cast of more than 50 performers, of all ages, the Christmas Spirit will fill the Uptown Theater. A spectacular set on stage and exquisite Storyland Character Costumes on stage will complement live music in the orchestra pit. This updated stage adaptation is sure to be popular with children, teens and adults alike!

### Lone Star Christmas at the Gaylord

**Mon | Dec 19 | 9:30am -2pm | \$25**

Spend a day at the Gaylord Texas Resort. Lone Star Christmas at Gaylord Texan will provide a winter wonderland including 1.5 million holiday lights, a 52-foot rotating Christmas tree, a life-sized Gingerbread House, 12,000 ornaments, and Santa Claus himself.

## UPCOMING TRIPS

### The Michelangelo Caravaggio Exhibition

**Wed | January 4th | Kimbell Arts Museum| \$17**

### Five Star Dining - Fearing's at The Ritz-Carlton in Dallas

**Fri | Jan 6th | 10:30am**

**\$5 transportation**

### Dinner Out – Babe's Chicken

**Tue | Jan 10 | 4:30pm | \$3**

**transportation**

### Choctaw Casino

**Thur | Jan 12 | 8am-6pm | \$15**

### Audie Murphy American Cotton Museum

**Wed | Jan 18 | 9am | \$15**

### Pretty Fire at Jubilee Theater

**Sat | Jan 28 | 2pm | \$20**

## HIGHLIGHTS



### Smores n' More

**Wed | Jan 11 | 11:15 am | \$5**

Delicious, chocolatey and sinfully good - smores are a treat you deserve! Make smores and roast marshmallows with our great grill and fireplace. Bring blankets and a sweet tooth! Surprise entertainment included too!

### eBay

**Wed | Jan 18 | 2pm**

Want a quick way to make fast cash? Come to our informational session on how to use eBay.

# CREATIVE ARTS

### Woodcarving

**Tues weekly | 7p.m | Discovery 1**

### Creative Jewelry - Open Studio

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

### Beginning Guitar Lessons

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

### Ceramics - Open Studio

**Wed Weekly | 8am-Noon | \$10/mo.**

### Wine Bottle Accent Lights

**Mon | Dec 12th | 6-7:30pm**

**Tues | Dec 13th | 11am-12:30pm | \$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

This month featured artist is Dani Kent. Her paintings are on display at the end of the Grady Thomas corridor and available for purchase.



## HIGHLIGHTS

### Summit Red Hat Chapter

### Sassy Jewels

### Christmas Luncheon

**Wed | Dec 14 | 11am | Baileys**

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 join us. This is our Christmas Luncheon at Bailey's in Cedar Hill. Bring a wrapped gift valued at \$20 for our gift exchange.

Membership in the SassyJewels is only \$10 a year. New Sassy Jewels t-shirts available at the front desk for \$15. These shirts have "Sassy Jewels" spelled out and a purple hat with red and purple rhinestones!

**Tues | Dec 6 | 2:00-4:00 pm**

Our member Sandra Turner, has invited all Sassy Jewels to a "Christmas Open House". Please RSVP for both events by calling or emailing Susan Eaves or Debbie Jennings.

SPECIAL THANK YOU to our Queen Mother Debbie Jennings. She is "retiring" from the Sassy Jewels in January to join her husband Bill on a tour of the U.S. in their motor home. When the Sassy Jewels were formed in October 2010, Debbie stepped up and volunteered to serve as our First Queen Mother (President). Debbie has done a PHENOMENAL JOB!! We will all miss her friendship and leadership very much!

### The Summit Singles

**Thur | Dec 1 & 15 | 1pm | Ballroom 1**

Join other singles, 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.

### Book Club

**Tue |Dec 13 | 11am | Conference Rm**

This month's book club selection is Women's Literature Choice. Choose any fiction or nonfiction book dealing with women's relationships with each other.

### Commission On Aging

**Dec 14 | 10:30am | Dining Rm**

Thank you to our Commission on Aging committee members as they help make our Holiday Luncheon special!

### Bible History Class

**Mon | 10:30 am | Wings Theater**

Neal Clary facilitates a provocative discussion following each weekly video lesson. Join us for this ongoing weekly study which is held each Monday.

### Open Game Days

**Mon & Tue |1 – 4pm |Ballroom 1**

We are searching for Summit members who love to play games. We have them all – Mexican Train, Dominoes, "42 & 84", Cards, Scrabble, Monopoly – You Name it – we've got it! We really need "42" players! It's FREE and there are many friendly people who are becoming

the "game playing regulars." There's room for several tables of game players!

### Summit Golf Association

**Meeting | 1st Tuesdays | 7pm**

**Play | Thursdays | 7am**

The Summit Golf Association meets every Thursday morning at 7:00 a.m. at Prairie Lakes Golf Course for a round of golf. The cost is \$25.00/round including cart. Come play a game with us and attend one of our monthly meetings, scheduled for the 1st Tuesday of every month.

### Gardening Club

**Thu | 10am | Discovery 2**

This group meets weekly and learns the latest gardening tips. After the classroom session the group transitions to the Conservatory to make application of what was learned in the class. Gardeners have harvested lettuce, radishes, tomatoes, onions and cabbage. Congratulations Summit Gardeners on your first successful harvest!

### Aloe Vera Plants for Sale

Summit Gardeners now have Aloe Vera plants on sale. These plants were grown as a fundraising project to help purchase gardening supplies and equipment. Please consider purchasing an aloe vera plant to show support for this program. Contact Dennis Slayton for more information on how to purchase a plant.





# HEALTH

## The greatest wealth is health!

**ABC- Aerobic Rm**  
*Absolute Body Conditioning*  
 T/ Th | 7-7:45 pm  
 \$3/class or \$20/mo.

**ARTHRI-CISE - Pool**  
*Water Wellness Workout*

***Your Fitness Supplies Available***

- ***Goggles***
- ***Swim Caps***
- ***Lap Counters***
- ***Pedometers***
- ***Ear Buds***
- ***Walking Weights***
- ***T-Shirts***
- ***Water Gloves***

## HEALTH

- **Option # 1 - \$135**  
 1/2 hour Massage Facial  
 1/2 hour Therapeutic Massage  
 1/2 hour Reflexology session  
 1 hour Swedish Massage  
 You save \$25!
- **Option # 2 - \$225**  
 1/2 hour Tandem Massage - 1 hour  
 Couples Massage – 1/2  
 hour Reflexology session -  
 1 hour Swedish Massage.  
 You save \$45!
- **Option # 3 - \$355**  
 1 hour Swedish Massage  
 1/2 hour Therapeutic  
 Massage  
 1 hour Bamboo  
 Massage\* with Patty  
 1/2 hour Reflexology  
 Session  
 1 hour Thai Herbal Ball  
 Massage\* with Mary  
 1 hour Body Polish session  
 1 hour Lymphatic  
 Drainage Massage  
 1/2 hour Massage Facial  
 You save \$65!

<b>BASKETBALL – 3 on 3</b>	<b>Sat   11:30am</b>
<b>HORSESHOE &amp; WASHERS</b>	<b>T/Th   9:30am</b>
<b>PICKLEBALL</b>	<b>T/Th   9:30am</b> <b>M/W/F   10:30am</b> <b>M   7pm</b>
<b>TABLE TENNIS</b>	<b>M/W   5-7pm</b>
<b>VOLLEYBALL</b>	
<i>Recreational</i>	<b>T   7-9pm</b>
<i>Competitive</i>	<b>Th   7-9pm</b>
<i>Open Play</i>	<b>Sun   2pm</b>

**Latin Inspired Energy Boosting**  
M/W 7:30-8:30 pm  
Sat 9:30-10:30 am  
\$5/class; \$40/mo.

# CLASSES

Gentle exercises should be done daily. Toning, stretching and balance exercises are the most important to help protect joints and

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>If you have any questions regarding the Nutrition Program, please contact Eduvina Cruz at 972.237.4148.</p>	<h2>SHOPPING TRIPS</h2> <p>December 1 - ALDIS</p> <p>December 8 - WALMART</p> <p>December 15 - KROGER</p> <p>December 22 - RIO GRANDE</p>		<p>Beef Stew</p> <p>Southern Spinach</p> <p>Cornbread</p> <p>Apricot Halves</p> <p>Ice Cream</p> <p>Milk</p>	<p>Chicken and Mini Dumplings</p> <p>Seasoned Spinach</p> <p>Glazed Carrots</p> <p>Applesauce</p> <p>Fresh Baked Cookie</p> <p>Milk</p>
<p>Spaghetti with Meat Sauce</p> <p>Green Beans</p> <p>Fresh Fruit</p> <p>Breadstick</p> <p>Milk</p>	<p>Pepper Steak</p> <p>Brown Rice Pilaf</p> <p>Broccoli Salad</p> <p>Okra &amp; Tomatoes</p> <p>Banana Pudding</p> <p>Milk</p>	<p>BBQ Chicken Fillets</p> <p>Flame Roasted</p> <p>Sweet Potatoes</p> <p>Mixed Vegetables</p> <p>Breadstick</p> <p>Fresh Baked Cookie</p> <p>Milk</p>	<p>Frito Pie</p> <p>Garden Salad with Dressing</p> <p>Spanish Rice</p> <p>Pineapple Chunks</p> <p>Crispy Rice Bar</p> <p>Milk</p>	<p>Chicken Sandwich &amp; Toppings</p> <p>Cilantro Ranch Corn</p> <p>Apricot Halves</p> <p>Milk</p>
<p>Spaghetti and Meatballs</p> <p>Summer Squash</p> <p>Romaine Salad with Dressing</p> <p>Breadstick</p> <p>Milk</p>	<p>Cheeseburger &amp; Toppings</p> <p>Baked Home Fries</p> <p>Fresh Broccoli with Dressing</p> <p>Milk</p>	<p>Sliced Turkey/Gravy</p> <p>Cornbread Stuffing</p> <p>Glazed Sweet Potatoes</p> <p>Italian Green Beans</p> <p>Pineapple Chunks</p> <p>Roll</p> <p>Milk</p>	<p>Chicken Drumsticks</p> <p>Mashed Potatoes with Gravy</p> <p>Glazed Carrots</p> <p>Apple Wedges</p> <p>Milk</p>	<p>Chicken Tetrzzini</p> <p>Southern Spinach</p> <p>Butter Beans</p> <p>Fresh Fruit</p> <p>Breadstick</p> <p>Milk</p>
<p>Oven Fried Chicken</p> <p>Rosemary Roasted Potatoes</p> <p>Mixed Greens</p> <p>Pears with Caramel Sauce</p> <p>Breadstick</p> <p>Milk</p>	<p>Taco Salad</p> <p>Tejas Corn</p> <p>Apple Crisp</p> <p>Milk</p>	<p>Chicken Nuggets</p> <p>Mashed Potatoes</p> <p>Broccoli with Cheese</p> <p>Fresh Fruit</p> <p>Soft Breadstick</p> <p>Giant Goldfish</p> <p>Milk</p>	<p>Beef Fajitas &amp; Toppings</p> <p>Spanish Rice</p> <p>Fresh Fruit</p> <p>Fresh Baked Cookie</p> <p>Milk</p>	<p>No Meals will be served today.</p>
<p>No Meals will be served today.</p>	<p>BBQ Beef Sandwich</p> <p>Garlic Potato Wedges</p> <p>Broccoli w/ Cheese</p> <p>Apricot Halves</p> <p>Milk</p>	<p>Southern Style Meatloaf</p> <p>Mashed Potatoes</p> <p>Green Beans</p> <p>Peach Crisp</p> <p>Soft Breadstick</p> <p>Milk</p>	<p>Chicken and Okra Gumbo</p> <p>Southern Spinach</p> <p>Butter Beans</p> <p>Fresh Fruit</p> <p>Milk</p>	<p>Turkey Sandwich</p> <p>Sliced Tomatoes</p> <p>Tortilla Chips</p> <p>Mini Carrots</p> <p>Applesauce Cup</p> <p>Milk</p>

Dec 16: 10:30am Advisory Council Meeting  
Dec 21: 11:45am Birthday Celebrations  
Dec 22: 8:30am Dallas County Health Dept.

**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 | 9-10:00am | Discovery II**  
It's never too late to learn something new! In this class you will learn the absolute basics of the computer.

- Group Lessons- \$25 for (4) 60 minute sessions
- Private Lessons- \$50 for (4) 45 minute sessions

**INTERNET, EMAIL & SOCIAL NETWORKING**  
**Wed | 9-10:00am | Discovery II**  
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.

- Group Lessons- \$25 for (4) 60 minute sessions
- Private Lessons- \$50 for (4) 45 minute sessions

**FACEBOOK**  
**Wed | 1pm | Discovery II**  
Heard the recent buzz about Facebook? Join the all new Facebook for Beginners class. We'll teach you how to open a Facebook account, add friends, change privacy settings and answer questions.

- 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 smart phone 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
<div>RECURRING SCHEDULE</div>	<div>8am - Billiards 9:30am - Arthri-cise - Light &amp; Lively 10:30am - Bible Study - Tai Chi for Arthritis - Pickleball - Arthri-cise 11am - GP Mobile Library 12pm - Dance Cardio 1pm - Crocheting - Table Games - Bridge - Summit Success 1-4pm - Open Game Days 5pm - Table Tennis 6pm - Aqua-cise - Texas Hold'em 7pm - Pickleball 7:30pm - Zumba</div>	<div>7:45 - Aqua-cise 8am - Billiards / Yoga 9am - Basic Computers 9:30am - Pickleball 9:45am - Learn to Swim 10:30am - Tai Chi/Arthri-cise - Stretch for Success 1pm - Bridge - Table Games - Lights, Camera Action 1-4pm - Open Game Days 2pm - Guitar Lessons 5:15pm - Learn to Swim 5:30pm - Yoga 6pm - Zumba H2O 7pm - ABC /Woodcarving - Crochet &amp; Tat - Volleyball</div>	<div>8am - Billiards 9am - Computer: Internet &amp; Email 9:30am - Arthri-cise - Light &amp; Lively 10am - Matter of Balance - Ceramics - Bunco 10:30am - Tai Chi for Arthritis - Pickleball - Arthri-cise 1pm - Facebook Class - Bridge - Table Games 2:15pm - Facebook II 5pm - Table Tennis 6pm - Aqua-cise 6:50pm - Power 10 7:30pm - Zumba</div>	<div>7:00am - Golf at Prairie Lakes 7:45am - Aqua-cise 8am - Billiards/Yoga 9:30am - Pickleball 9:45am - Learn to Swim 10am - Toastmaster - Gardening 10:30am - Tai Chi - Arthri-cise 10:30am - Stretch for Success 11am - Smartphones 1pm - Bridge - Table Games 5:15pm - Learn to Swim 5:30pm - Yoga 6pm - Arthri-cise 7pm - ABC - Volleyball</div>	<div>8am - Billiards 9am - Keyboarding 9:30am - Arthri-cise - Light &amp; Lively 10:30am - Pickleball - Arthri-cise 1pm - Creative Jewelry 1pm - Table Games</div>	<div>8am - Billiards 9:10am - Power 10 9:30am - Zumba 10am - Line Dancing - Aqua-cise 11am - Ballroom Dancing 11:30am - 3-on-3 Basketball 2-4pm - Terrace Cafe Happy Hour</div>
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1pm Summit Singles 7pm Thursday Dance: Danny Romo	2 6:30pm Movie: One Day 10:30am Holiday Fashion Show w/ Coldwater Creek	3 4pm Movie: One Day
2pm Sunday Strum Acoustic Guitar Jam Session4	5	6 10:30am Membership Orientation 6:30pm Movie: The Dog Who Saved Christmas 6:30pm Trip - Prairie Lights 7pm Golf Association Meeting	7 2pm Movie: Notting Hill	8 9:30am Trip: Dallas Heritage Village 6:30pm Movie: The Santa Clause	9 10:30am 5-Star Dining - Neiman Marcus 6:30pm Movie: The Help	10 4pm Movie: The Help
11	12 6pm Wine Bottle Accent Lights 6pm Volunteer Christmas Celebration	13 11am Book Club 11am Wine Bottle Accent Lights 4:30pm Trip - Dinner Out Cheddars 6pm Volunteer Christmas Celebration 6:30pm Movie: Elf	14 10:30am Commission on Aging 10:30am Holiday Luncheon 11am Sassy Jewels - Christmas Lunch at Bailey's 2pm Movie: Elizabeth I (Part 1)	15 1pm Summit Singles 7pm Thursday Dance: High Caliber	16 10:30am Advisory Council 11:00am AARP Meeting 6:30pm Movie: Cowboys & Aliens 7:00 Uptown Theater - Babes in Toyland	17 4pm Movie: Cowboys & Aliens
2pm Sunday Strum Acoustic Guitar Jam Session18	19 9:30am Trip: Lone Star Christmas at the Gaylord Texan	20 10:30am Membership Orientation 6:30pm Movie: National Lampoon's Christmas Vacation	21 2pm Movie: Elizabeth I (Part 1) 6:30pm Trip - Prairie Lights	22 6:30pm Movie: The Santa Clause 2	23 6:30pm Movie: Mr. Popper's Penguins	24 Closed for the Holidays
25 Closed for the Holidays	26 Closed for the Holidays	27 6:30pm Movie: Airplane	28 2pm Movie: A Summer Place	29	30 6:30pm Movie: Colombiana	31 Closed for the Holidays