

Making a Difference VOLUNTEER

SUMMIT Membership Orientations

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

Join us as we share the amenities of The Summit along with any questions you may have about our facility.

Volunteer of the Month



Bill Warren

The Summit would like to recognize our Volunteer of the Month for February,

Bill Warren or otherwise known as "Bill Darling". He is a very dedicated volunteer. Bill still works for the GPISD as a Cross Guard Supervisor. After his morning shift he comes to volunteer at The Summit. Bill volunteers daily in the Nutrition Program helping to serve lunch while making everyone happy with his cheerful humor.

Refund Policy

Thank you for participating in our classes and programs. Just a friendly reminder that all program sales are final. In the event of cancellation please notify the front desk 14 days prior to the start date of the course or trip.

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



STAFF

Linda Long - General Manager
llong@gptx.org | 972 237-8243

Michael Levy - Assistant Manager
mlevy@gptx.org | 972 237-4143

Dennis Slayton - Rec & Events Supervisor
dslayton@gptx.org | 972 237-4152

Eduvina Cruz - Recreation Leader
ecruz@gptx.org | 972 237-4148

Cameron DeBose - Recreation Leader
cdebose@gptx.org | 972 237-4146

Ivan Cantu - Recreation Leader
icantu@gptx.org | 972 237-4147

Ray Smith - Chef

Recreation Aides - Front Desk

Edwin Acosta	Elicia Sierra
Susan Eaves	Maranda Vaughan
Linda Lankford	Gene Grafton
Amy Shepherd	

Fitness & Aquatics

Amber Martin	David Smith
Miguel Ipina	Aaren Garcia
Victor Villegas	Rebecca Santos
Cody Laws	Brylee Nelson
Lourdes Gabaldon	Adeline Carr

Custodial Staff

Jimmy McNeal	Chona Cuizon
Paulfred Hall	Brenda Meza
Edmund Echaore	

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

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.
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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.
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Cornerstone Award
at the 2011 Texas Conference on Aging
International Council on Active Aging
2010 Innovators Award

Best Health Club Focus Daily News
2011 Focus on Excellence
Reader Choice Award

Featured in
Aquatic International Magazine
as a Model Facility

THE SUMMIT

GRAND PRAIRIE PARKS & RECREATION

February 2012

NEWS



WORLD PREMIERE

Valentine's Dance

THE SUMMIT

A STORY OF SUCCESS

Fri | Feb 10 | 11am & 6:30pm

Special Engagement. Limited Tickets available.

ACADEMY AWARD PARTY

Sun | Feb 26 | 6pm | Wings Theater | \$5

Ready for your 15 minutes of fame? The Summit Academy Awards viewing party is a black tie affair. So put on your best and hit the red carpet with us! Champagne and Hors D'oeuvres served. Reserved seating is required.

SUPERBOWL PARTY

Sun | Feb 5 | 6pm | Wings Theater

Want to feel like you are at the game?

View the 2012 game on the big screen at the Wings Theater. Burgers, brats and beverages will be available for purchase. Reserved seating is required.

Tue | Feb 14 | 6:30pm

Ballroom I | \$25 in advance

Grab your sweetheart and come down to The Summit for a fancy Valentine's date night. On stage that evening will be the Russ Dorsey Band along with a fabulous dinner. One drink coupon is included in your admission. Come out and dance with your honey or meet new friends and dance the night away!

\$30 at the door



Fort Worth Stock Show & Rodeo

Thu | Feb 2 | 9am-6pm | \$25
Hop on the bus for a fun filled day in Fort Worth! Pricing includes admission to the Rodeo and Stock Show, same day admission for the National Cowgirl Hall of Fame and the Fort Worth Museum of Science and History. Bring additional money for lunch as there will be lots of places to dine. The rodeo starts at 2pm which allows for plenty of time to view the exhibits and museums.

Five Star Dining - Texas Spice at the Omni Hotel in Dallas

Fri | Feb 3 | 10:30am - 2pm
\$5 transportation

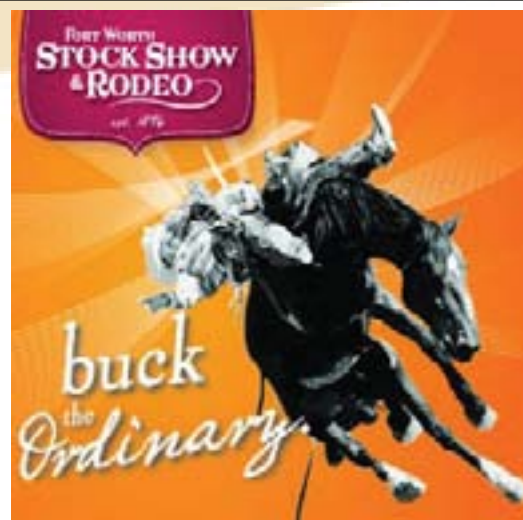
This culinary delight captures the true flavor of Texas with an emphasis on local ingredients and southern style offering a twist on hometown classics. The innovative farm-to-market concept incorporates using the freshest ingredients to create great food and a unique dining experience. Buffet: \$17 other dishes vary from \$10- \$20.

International Bowling Hall of Fame and Museum

Wed | Feb 8 | 10am-3:30 | \$13
Discover an interactive museum brimming with one-of-a-kind bowling artifacts. This is a unique bowling experience and a glimpse at the future of this global pastime. We will stop for lunch at a local eatery at your own expense.

Big River Musical - Artisan Theater - Bedford

Thu | Feb 9 | 4:30pm | \$17
Big River is a musical about Mark Twain's memorable classic characters Huckleberry Finn and Tom Sawyer. It follows their adventures as they travel down the mighty Mississippi to help their friend, Jim, escape to freedom.



The award winning musical score is by Roger Miller. This hilarious, suspenseful and heartwarming tale provides a brilliantly theatrical celebration of pure Americana. Dinner (at your own expense) at Miguelito's before performance.

Lone Star Dinner Theater

Sat | Feb 18 | 6:15 - 10:30 pm | \$65
Includes Dinner, Murder Mystery Play and Transportation
This is the same troupe of Murder Mysteries Actors who have moved from the Gaylord Hotel to their very own theater. It is the only venue in North Texas designed exclusively for murder mystery dinner theater! Join us for an evening of great food, fun, laughter and suspense!

The Coasters - Uptown Theater

Sat | Feb. 25 | 7-10:30pm | \$20
Summit night at The Uptown!! This is a special price for Summit members. This special concert features Carl Gardner, Jr. & Curly Palmer, "A Tribute: The Legacy Continues..." with special guest Shake Rattle & Roll. Don't miss it!

Pearce Museum at Navarro College

Tue | Feb 28 | 8:30am-2:30pm | \$30 includes lunch
Experience the Civil War through letters, diaries, documents, and artifacts. Find yourself in the midst of a battle, discover a battlefield medical tent, learn about

the causes of and the resulting aftermath of America's worst conflict.

- Enjoy the art of the American West including works by G. Harvey, Howard Terpning, Roy Grinnell, Buck McCain, & James Muir. This contemporary display of well-known works tells the story of the historic west.

Dinner Out - Chapps

Tue | Feb 21 | 4:30pm | \$3 transportation

Founded in Arlington, for the past 25 years Chapps Cafe has been serving up quality comfort food at reasonable prices. With fresh never frozen beef your taste buds will go wild!

UPCOMING TRIPS

Five Star Dining - The Grill on the Ally - Dallas

Fri | Mar 2 | 10:30am - 2pm
\$5 transportation

Hot Club of Cowtown - Uptown Theater

Sat | Mar 3 | 7pm

Canton Trade Days

Sat | Mar 3 | 8am - 6pm | \$12

Northpark Mall

Fri | Mar 9 | 3-9pm | \$5 transportation

Dinner Out - Mason

Tue | Mar 13 | 4:30pm | \$3 transportation

Palestine/Rusk

Fri | Mar 30 | 8am

Collette Vacations Visit

Wed | Feb 22 | 1pm | Wings Theater
A Collette Representative will stop by and present exciting vacation opportunities and hear feedback from the members!

CREATIVE ARTS

Woodcarving

Tues weekly | 7p.m | Discovery I

Creative Jewelry - Open Studio

Fri weekly | 1p.m | Discovery I

Ceramics - Open Studio

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

Wine Bottle Accent Lights

Mon | Feb 20 | 6-7:30pm

Tues | Feb 21 | 11am-12:30pm | \$20/class

Design unique wine bottle accent lights as a gift or decoration for your home. This class has been a hit so we have added more classes. Check out the display at the front desk.

Instructor: Sheila Manuel

Scrapbooking

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

Looking for a way to show off those holiday photos? Scrapbooking is back for the New Year! Instructor: Marjorie Dorsett



HIGHLIGHTS

Summit Red Hat Chapter Sassy Jewels News Luncheon - *1st Wed monthly

Wed | Feb 1 | 11am | Cracker Barrel

The Sassy Jewels love to wear their red hats, purple outfits and lots of glitzy jewelry when they meet on the first Wednesday of every month at 11am for lunch at different restaurants. The February luncheon will be at the Cracker Barrel Restaurant at Bowen and I 20. Meet at the Summit at 10:30 am if you need a ride.

Sassy Jewels Trip to the Alpaca Show - Fort Worth

Sat | Feb 11 | 9:00am - 3:00pm | \$5.00

Have you ever pet a soft, fuzzy alpaca? They are 3/4 the size of llamas with huge intelligent brown eyes and soft wool that is used for beautiful knits. The Summit Sassy Jewels will attend the Texas-Oklahoma-Louisiana Alpaca Show in Ft. Worth. Stop for breakfast at the Old South Pancake House (own expense) and then go to the Alpaca Show. Interact with the alpaca owners, watch the wool spinners and shop in the Open Market.

The Summit Singles

Thur | Feb 2 & 16 | 1pm | Discovery II

Join other singles, led by professional counselor Bob McIntosh for frank discussions about your lives as single adults. Individual counseling sessions are also available by appointment and offered on a sliding scale fee.

Book Club

Tue | Feb 14 | 11am | Conference Rm

This month's book club selection is Unbroken: A World War II Story of Survival, Resilience, and Redemption by Laura Hildebrand. Telling an unforgettable story of a man's journey into extremity, Unbroken is a testament to the resilience of the human mind, body, and spirit.



Commission On Aging

Wed | Feb 8 | 10:30am | Dining Rm

Join our commissioners as they bring you the latest news active adult issues. This month's topic is Adapting to Vision changes with Stacy Proctor.

Intro to Safe Gun Handling for Beginners

Sat | Feb 11 | 9am-12:30pm | Discovery 2

Instructor: Judge Martin Richter - State Certified CHL Instructor
This introductory course is designed to help familiarize yourself and overcome the natural fear of

handling firearms. The more knowledge you have, the more comfortably and safely you will handle a weapon. This course will help you eliminate some of those fears. It is a great first step, although not a necessity, to obtaining a Concealed Handgun License (CHL). As time permits, we will also explore how to properly clean your gun.

Concealed Handgun License Course (CHL)

Fri | Feb 24 | 12:30pm-5pm

Sat | Feb 25 | 9am-2pm

\$115 plus state licensing fees

Learn how to safely and legally protect your loved ones, yourself, and your property. The Summit is now offering the Texas Concealed Handgun Course for those who wish to have a means of legally carrying a concealed handgun in the state of Texas for personal protection. The license is recognized in reciprocal states. This will be a two day course with the classroom portion being offered on Friday. The remaining classroom and qualifying portion of the course will be Saturday, Class size is limited, don't miss it!

Summit Golf Association

Meeting | 1st Tue | 7pm

Play | Thu weekly | 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.

The greatest wealth is health!

HEALTH

Internet now on Cardio Equipment

Have you ever thought what it would be like to be able to connect to the internet while working out in the gym on a bike or treadmill?



VisioWeb connects to motivate you while working out. Check it out on the hands free cardio machines upstairs.

GYM GAMES

BASKETBALL – 3 on 3	Sat 11:30am
HORSESHOE & WASHERS	T/Th 9:30am
PICKLEBALL	T/Th 9:30am M/W/F 10:30am
TABLE TENNIS	M/W 5-7pm
VOLLEYBALL	T 7-9pm Th 7-9pm Sun 2pm

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

ARTHRI-CISE - Pool
Water Wellness Workout
M/W/F | 9:30-10:20 am
M-F | 10:30-11:30am
Th | 6 - 7 pm
\$3/class or \$20/mo.

AQUA-CISE - Pool
Water Aerobics
M / W | 6-7 pm
T/Th | 7:45 - 8:30 am
Sa | 10-11am
\$3/class or \$20/mo.

ZUMBA H2O - Pool
Join the party in the pool
T | 6-7 pm
\$3/class or \$12/mo.

POWER 10 FITNESS - Gym
Power 10 Body Impact
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 -\$40
Partners: \$60

Training Option #2
(3) 30 minute sessions \$100
Partners: \$170

Training Option #3
(6) 30 minute sessions \$180
Partners: \$300

TAI CHI - Aerobic Rm
Mind Body Connection
T/Th | 10:30-11:30 am
\$2/class or \$15/mo.

YOGA with LOVE-Aerobic Rm
Mind Body Poses for Energy
T/Th | 8-9 am
T/Th | 5:30 -6:30 pm
\$3/class or \$25/mo.

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

Gentle exercises should be done daily. Toning, stretching and balance exercises are the most important to help protect joints and reduce injury. Join one of the free classes offered to members:

Light & Lively
M/W/F | 9:30am | Gym

Stretch for Success
T/Th | 10:30am | Ballroom II

Matter of Balance
Tue | 10am | Ballroom I



Thursday Night Dance
1st & 3rd Thu | 7-9:30pm | \$6

Live bands with a light meal included!
2/2 - Boots N Spurs
2/16 - Gold River

Dance Cardio
Mon | 12 - 1pm | Aerobic Rm | \$5 class

Looking for a way to stay fit and have fun? Sweat to the music of The Beatles, Tina Turner and more!

Line Dancing
Sat | 10:30am | Ballroom I
\$10 mo or \$3 per class

Learn the latest line dances and benefit from the exercise you get at the same time!

Dance Class
Sat | 11:30am | Ballroom I | \$20 mo
C & W and ballroom moves will be taught. A different rhythm and list of moves will vary in this monthly class.

Exercise/Dance
Sat | 12:30pm | Ballroom I
\$20 mo or \$7 per class
Use line dance, C& W and ballroom moves in a fast paced exercise experience. Intermediate dance moves are used.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SHOPPING TRIPS FEB 2 - KROGER FEB 9 - WALMART FEB 16 - ALBERTSONS FEB 23 - RIO GRANDE		1 Chef Salad Broccoli Salad Ranch Dressing Applesauce Breadstick Glazed Chocolate Cake Milk	2 Oven Fried Chicken with Cream Gravy Mashed Potatoes Zucchini & Tomatoes Banana Breadstick Milk	3 Sliced Turkey with Gravy Cornbread Stuffing Candied Sweet Potatoes Seasoned Green Beans Pineapple Chunks Milk
6 Roasted Chicken Rosemary Roasted Potatoes Butter Beans Sliced Peaches Roll Milk	7 Taco Salad Tortilla Chips Lettuce & Tomatoes Shredded Cheese Tejas Corn Blushing Pears Milk	8 ZestyOrange Chicken Asian Rice Steamed Spinach Glazed Carrots Applesauce Yellow Cake Milk	9 Beef Fajitas Flour Tortilla Lettuce&Tomatoes Spanish Rice Apple Crisp Milk	10 Chicken Fried Chicken with Gravy Mashed Potatoes Broccoli Salad Orange Wedges Breadstick Milk
13 BBQ Beef Sandwich Roasted Garlic Potatoes Seasoned Broccoli Pineapple-Apricot Salad Milk	14 Chicken Drumsticks Rosemary Roasted Potatoes Butter Beans Orange Wedges Milk <i>Valentine Cookie</i>	15 Southern Meatloaf Mashed Potatoes Green Peas Pears with Caramel Sauce Milk	16 Chicken Fajitas Flour Tortilla Lettuce&Tomatoes Spanish Rice Pineapple-Orange Salad Chilled Pudding Milk	17 Pasta and Meatballs Romaine Salad Seasoned Green Beans Sliced Peaches Roll Milk
20 Grilled Chicken Sandwich with Lettuce & Tomato Rosemary Roasted Potatoes Diced Pears Milk	21 Beef Stroganoff with Gravy Seasoned Greens Apple Wedges Roll Milk	22 Beef Tacos Taco Toppings Seasoned Corn Orange Wedges Fruited Gelatin Milk	23 Southern Meatloaf Mashed Potatoes Green Peas Pears with Caramel Sauce Roll Milk	24 BBQ Drumsticks Black-eye Peas Okra & Tomatoes Pineapple & Apricots Roll Choc. Chip Cookie
27 Enchiladas Seasoned Corn Spanish Rice Romaine Salad Apple Wedges Milk	28 Salisbury Steak with Gravy Baked Potato with Toppings Summer Squash Sliced Peaches Roll Milk	29 Chicken Tetrazinni Glazed Carrots Romaine Salad Pineapple-Orange Salad Breadstick Milk		If you have any questions regarding the Nutrition Program, please contact Eduvina Cruz at 972.237.4148.

Feb 8 - 10:30am - COA Meeting; Adapting to Vision Changes with Stacy Proctor
Feb 15 - 11:00am - Nutrition Class
Feb 17 - 10:30am - AARP Meeting
Feb 21 - 10:00am - Mardi Gras Party \$7
Feb 22 - 10:30am - Aging & Mental Health - Pat Peiser

Feb 23 - 8:30am-12:00pm - Health Screenings
Feb 24 - 10:30am - Advisory Council Meeting
Feb 24 - Join us for Fish Fry at Terrace Cafe \$10
Feb 25 - 7:00pm - Uptown Theater - Coasters \$20
Feb 27 - 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



Please sign up in advance to ensure that class minimum of 5 is met.

Fee for all courses:

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

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.

KEYBOARDING

Tues | 2pm | Discovery II

Learn your way around the keyboard. Learn short cuts and special insider tips!

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.

eBAY

Wed | 2:30pm | Discovery II

Millions of collectibles, decor, appliances, computers, furnishings, equipment, domain names, vehicles, and other miscellaneous items are listed, bought, or sold daily on eBay. Want to be in on the action? Sign up today!

INTERNET, EMAIL & SOCIAL NETWORKING

Thu | 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.

SMART PHONES

Thu | 11am | Discovery II

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.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
RECURRING SCHEDULE	8am - Billiards 9:30am - Arthri-cise - Light & Lively 10:30am - Bible Study - Pickleball - Arthri-cise 11am - GP Mobile Library 12pm - Dance Cardio 1pm - Crocheting - Table Games - Bridge - Open Game Days 5pm - Table Tennis 6pm - Aqua-cise - Texas Hold'em 7:30pm - Zumba	7:45 - Aqua-cise 8am - Billiards / Yoga 9am - Basic Computers 9:30am - Pickleball - Horseshoe/Washers 9:45am - Learn to Swim 10am - Matter of Balance 10:30am - Tai Chi/Arthri-cise - Stretch for Success 1pm - Bridge - Table Games - Scrapbooking - Open Game Days 2pm - Keyboarding 5:15pm - Learn to Swim 5:30pm - Yoga 6pm - Zumba H2O 7pm - ABC/Woodcarving - Crochet & Tat - Volleyball	8am - Billiards - Ceramics 9:30am - Arthri-cise - Light & Lively 10am - Bunco - Pickleball 10:30am - Arthri-cise 1pm - Facebook Class - Bridge - Table Games 2:30pm - Ebay 5pm - Table Tennis 6pm - Aqua-cise 6:50pm - Power 10 7:30pm - Shuffleboard - Zumba	7:00am - Golf at Prairie Lakes 7:45am - Aqua-cise 8am - Billiards/Yoga 9:00am - Internet & Email 9:30am - Pickleball - Horseshoe/Washers 9:45am - Learn to Swim 10am - Toastmaster - Gardening 10:30am - Tai Chi - Arthri-cise - Stretch for Success 11am - Smartphones 1pm - Bridge - Table Games 5:15pm - Learn to Swim 5:30pm - Yoga 6pm - Arthri-cise 7pm - ABC - Volleyball	8am - Billiards 9:30am - Arthri-cise - Light & Lively 10:30am - Pickleball - Arthri-cise 1pm - Creative Jewelry 1pm - Table Games	8am - Billiards 9:10am - Power 10 9:30am - Zumba 10am - Aqua-cise 10:30am - Line Dancing 11:30am - 3-on-3 Basketball - Dance Class 12:30 - Exercise/Dance 2-4pm - Terrace Cafe Happy Hour

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			11am Sassy Jewels - Lunch at Cracker Barrel	9am Trip: Fort Worth Stock Show & Rodeo 1pm Summit Singles 7pm Thursday Dance: Boots N Spurs	10:30am - Trip: 5 Star Dining Omni Hotel - Texas Spice 6:30pm Movie: Courageous	4pm Movie: Courageous
2pm Sunday Strum 6pm Super Bowl Party		10:30am Membership Orientation 6:30pm Movie: An Affair to Remember 7pm Golf Association Meeting	10am Trip: Int'l Bowling Museum 10:30am Commission on Aging	4:30pm Big River Musical - Artisan Theater	11am World Premier of Summit Success Stories 6:30pm Evening Premier of Summit Success Stories	9am Intro to Safe Gun Handling for Beginners 9am Sassy Jewels Trip - Alpaca Show 4pm Movie: Abduction
		11am Book Club 6:30pm Valentine Dinner & Dance 6:30pm Movie: Music and Lyrics	11am Nutrition Class	12pm Driver's Safety 1pm Summit Singles 5pm Travel Club - Theater 7pm Thursday Dance: Gold River	10:30am AARP Meeting 6:30pm Movie: in Time	4pm Movie: In Time 6:15pm Trip: Lone Star Dinner Theater
2pm Sunday Strum	6pm Wine Bottle Accent Lights	10:30am Membership Orientation 11am Wine Bottle Accent Lights 11am Mardi Gras Party 2pm Steering Committee 4:30pm Trip: Dinner Out - Chapps	10:30am Speaker: Aging & Mental Health 1pm Collette Vacations Visit	8:30am Health Screenings	10:00 Pool Tournament 10:30am Advisory Council 11am Fish Fry 12:30pm Concealed Handgun License Course (CHL) 6:30pm Movie: The Double	9am Concealed Handgun License Course (CHL) 4pm Movie: The Double 7pm Trip: Uptown Theater - The Coasters
6pm Academy Awards Party		8:30am Trip: Pearce Museum 6:30pm Movie: Head Over Heels				