Volunteers Needed for Special Events

Please sign up at our Front Desk if you are interested in volunteering at any of the following special events:

Concerts in the Park
Dates: Fridays–March 25, April 1, 8, & 15
Time: 5:00 pm to 10:00 pm

“Paws for a Cause”
Date: Saturday, April 30
Time: 10:00 am to 2:00 pm

Volunteer Breakfast
As a thank you for your hard work and dedication, please join us for breakfast, Friday, March 18 at 9am. Please sign up at the Front Desk.

Annual Food Handling Training
Volunteers who assist in the Nutrition Program are welcome to attend the Food Handling Training in Dallas on Friday, March 11 at 9:30am. Free transportation; Register at the Front Desk.

Food Handling Training
There will be a Food Handling Training for all Volunteers on Wednesday, March 23 at 1pm in the Wings Theater.

Volunteer Meeting
Mandatory Volunteer Meeting
Wednesday, March 30 at 11am or Thursday, March 31 at 6pm. Must attend one of the meetings.

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STAFF
Amanda Alms - General Manager, aalms@gptx.org | 972 237-8243
Michael Levy - Assistant Manager, mlevy@gptx.org | 972 237-4143
Eduvina Cruz - Recreation & Event Supervisor, ecruz@gptx.org | 972 237-4148
Heidi Miller - Fitness Coordinator, hmiller@gptx.org | 972 237-4155
Daniel Caauthen - Aquatic Coordinator, dcauthen@gptx.org | 972 237-4147
Elicia Sierra - Recreation Specialist, esierra@gptx.org | 972 237 4145
Byron Allen - Recreation Specialist, ballen@gptx.org | 972 237-4146
Jordin Blacklock - Recreation Specialist, jblacklock@gptx.org | 972 237-4152
Susan Eaves - Recreation Specialist, seaves@gptx.org | 972 237 4153
Ray Smith - Chef, rsmitth@gptx.org | 972 237-4123

Recreation Aides - Front Desk
Danielle Calvin-Intern
Rebecca Garcia
Edgar Ipin
Nathan McClinton
Peyton Tulliver

Fitness & Aquatics
Trent Alexander
Marti Bellis
Mary Jane Demos
Lourdes Gabalolin
Tommie Luck
Stephanie Martinez

Custodial Staff
Robert Guerra
Paulfred Hall
Jennie McNeal
Janie Sierra

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UPCOMING EVENTS

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TECH COURSES
DANCES

El Fenix Speaker
Wed | Mar 9 | 10am | Wings Theater
One year after the Mexican Revolution, Miguel Martinez leaves his beloved town in Mexico and arrives in Dallas where he founded the first ever El Fenix. His son Albert Martinez will share their amazing life story.

Canadian Rockies Trip
Wed | Mar 9 | 2pm | Wings Theater
Join us for an interest meeting for this 2016 Fall trip to the Canadian Rocky Mountains & Glacier National Park.

Summit Camp Out
Tue-Wed | April 12-13 | 10am-12pm | $20
Summit Staff will host a camping trip at Lily Pond. Food and drink will be provided. Contact Byron Allen for details at bollen@gptx.org.

WICKED the Musical
Thu | April 28 | 4pm | 578 | Fair Park
"The Best Musical of the Decade," WICKED tells the story of a remarkable odyssey, how two unlikely friends grow to become the Wicked Witch of the West and Glinda the Good.

Thursday Night Dances
Thu 7:00pm-9:30pm | $6 per person
March 3 | High Caliber
Macbeth 3-92nd Road House Band

Wine Tasting
Sat | March 26 | 6-8pm | $25
Take your taste buds on an adventure with Wine Know, Larry White. Sample wine pairings with a delicious dinner.

TECH COURSES

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NOTE: A valid Drivers License or Government I.D. is required when checking out Laptops at our Front Desk.

Fee for All Courses:
$50 for (4) 45 minute sessions
$25 for (2) 45 minute sessions

Tech Lessons are available anytime of the month with one of our friendly Tech Instructors. Contact the Front Desk to set up an appointment with an Instructor.

Wine Tasting
Sat | March 26 | 6-8pm | $25
Take your taste buds on an adventure with Wine Know, Larry White. Sample wine pairings with a delicious dinner.

Rattlesnake Roundup
Sat | March 12 | 5:30pm-7pm | $15
World’s largest rattlesnake round-up! Leaving the Summit at 4:30 pm to Sweetwater TX. View a plethora of unique vendors from coins to western ware, to all the great unique dishes such as armadillo eggs and fried rattlesnake. Bring money for food. Entry cost is $10 (not included).

Kiowa Casino Trip
Wed | March 16 | 7pm | $15
Trip is FULL! Please arrive by 6:30am. Registration for future Casino Trip begins April 1.

Dallas Arboretum
Tue | Mar 22 | 10am | $15 | $22
Come enjoy the beautiful spring field gardens at the Dallas Arboretum. $15 includes ride & ticket, bring money for lunch. $22 includes a box lunch.

Fossil Rim
Wed | April 6 | 9:00am | $15
The world renowned Fossil Rim Animal Refuge with over 1800 different exotic species from all corners of the globe. This is an animal lovers paradise and not to be missed. Bring money for lunch.

Women’s Network Talk Show
Thu | March 8 & 24 | 10am | Theater

Self Defense
Tue | Mar 15 | 10am & 6pm | Ball 1
Learn tips and tricks to self defense!

Ask a Nurse, Elaine Harrison, RN
Tue | Mar 15 | 11am | Ballroom 3
Get your blood pressure checked, or have your questions answered by the nurse.

Spring Gardening Series 2016
Thurs | Mar 16 | 6:30-8:00pm | Theater
--March 3rd
Spring into Gardening – As Spring approaches, what can you plant and maintain a thriving vegetable garden. You too can reduce your grocery bill and be the envy of your neighbors by producing organic, home grown veggies!!

--March 17th
Organic 101 - Take the mystery out of organic pest and disease control in the landscape while improving our environment. In this class we will teach not only how to use but make your own organic pest control products.

--March 24th
Smartie Plants - Learn how to select and maintain native and adaptive plants in the landscape. This class will help you to reduce the amount of money and time spent in the landscape. You too can sit inside and sip iced tea and watch your perennial garden grow with the knowledge obtained in this informative class.

--March 31st
Landcape Pop Guns – Learn how to make your landscape pop! Have the best landscape in the neighborhood with the careful selection and placement of summer color. You will learn how to select, plant and maintain the best plants for your landscape color needs in this fun and informative class.

WELLNESS

WELLNESS

Health Presentation
Tue | Mar 15 | 11am | Ballroom 3
Emily, a student at Texas Women’s University will discuss nutrition and health.

Nutrition Class Speaker
Thu | Mar 31 | 11am | Dining Room
Come by the dining room to hear discussions on health and fitness. Topic: Edudina Cruz will discuss 10 great tips for a great Plate.
March is National Nutrition Month! Check out our many presentations on Nutrition and Healthy Habits on page 7.

Body Composition Measurements - $5
Want to see if your hard work is paying off? Schedule an appointment with any personal trainer to have your body fat measured with skin fold calipers.

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

The city of Grand Prairie, Dallas Area Agency and DADS, does not discriminate on the basis of race, creed, color, sex, age, ancestry, national origin, religion, or handicap in services or employment.

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

If you have any questions regarding the Nutrition Program, please contact Edwina Cruz at 972.237.4148.
**Bridge of Spies (PG-13):** During the Cold War, an American lawyer is recruited to defend an arrested Soviet spy in court and help the CIA facilitate an exchange of the Soviet captured American U2 spy plane pilot. Starring: Tom Hanks
Showing: 3/11(Fri) 6:30pm and 3/12(Sat) 12pm & 4:30pm
Starring: Tom Hanks
Showing: 3/18(Fri) 6:30pm and 3/19(Sat) 12pm & 4:30pm
Starring: Sylvester Stallone
Showing: 3/25(Sat) 6:30pm & 3/26(Sun) 12pm & 4:30pm

**He Named Me Malala (PG-13):** The former World Heavyweight Champion Rocky Balboa serves as a trainer and mentor to Adonis Johnson, the son of his late friend and former champion. Rocky Balboa was played by Sylvester Stallone. In this sequel, Balboa serves as a trainer and mentor to Adonis Johnson, the son of his late friend and former champion.
Showing: Saturday Only- 3/26 12:00pm and 4:30pm
Malala Yousafzai, for speaking out on girls' education. Starring: Brie Larson
Showing: 3/11(Fri) 6:30pm and 3/12(Sat) 12pm & 4:30pm

**Room(R):** After five-year-old Jack and his mother escape from the enclosed surroundings that Jack has known his entire life, the boy makes a thrilling discovery. Starring: Brie Larson
Showing: 3/18(Fri) 6:30pm and 3/19(Sat) 12pm & 4:30pm

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**SUNDAY**

| 6:30am | 7am | 8am | 9am | 10am | 11am | 12pm | 1pm | 2pm | 3pm | 4pm | 5pm | 6pm | 7pm | 8pm | 9pm | 10pm | 11pm | 12midnight |
|--------|-----|-----|-----|------|------|------|-----|-----|-----|-----|-----|-----|-----|-----|------|------|----------|
| --Aqua Tabata | --Spin | --Billiards | --Dancing w/ Lou | --Aquacise | --Light & Sively | --Tai Chi | --Pickeball | --Arthiri-cise | --Bible Study | --Needlepoint | --Table Games | --Open Game Days | --Body Blitz | --Aquacises | --Texas Hold'em | --Power 10 | --Zumba | --Pickeball |

**MONDAY**

| 6:30am | 7am | 8am | 9am | 10am | 11am | 12pm | 1pm | 2pm | 3pm | 4pm | 5pm | 6pm | 7pm | 8pm | 9pm | 10pm | 11pm | 12midnight |
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**TUESDAY**

| 6:30am | 7am | 8am | 9am | 10am | 11am | 12pm | 1pm | 2pm | 3pm | 4pm | 5pm | 6pm | 7pm | 8pm | 9pm | 10pm | 11pm | 12midnight |
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**WEDNESDAY**

| 6:30am | 7am | 8am | 9am | 10am | 11am | 12pm | 1pm | 2pm | 3pm | 4pm | 5pm | 6pm | 7pm | 8pm | 9pm | 10pm | 11pm | 12midnight |
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**THURSDAY**

| 6:30am | 7am | 8am | 9am | 10am | 11am | 12pm | 1pm | 2pm | 3pm | 4pm | 5pm | 6pm | 7pm | 8pm | 9pm | 10pm | 11pm | 12midnight |
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**FRIDAY**

| 6:30am | 7am | 8am | 9am | 10am | 11am | 12pm | 1pm | 2pm | 3pm | 4pm | 5pm | 6pm | 7pm | 8pm | 9pm | 10pm | 11pm | 12midnight |
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**SATURDAY**

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