



# summitnews

May 2024

## summitfeatures



Origami with Stephanie  
Monday, May 6  
10:00 a.m. - 11:30 a.m.



Marty Party  
Saturday, May 11  
9:00 a.m. - 1:00 p.m.



Mother's Day Brunch  
Monday, May 13  
10:00 a.m. - 11:30 a.m.



Medicare: You Don't Know  
What You Don't Know  
Friday, May 16  
6:00 p.m. - 7:00 p.m.



MAIN ENTRANCE  
HOURS

MONDAY - FRIDAY: 6:00 AM - 8:00 PM  
SATURDAY: 8:00 AM - 4:00 PM

SUNDAY:  
1:00 PM - 5:00 PM

Activities and Programs Subject to Change

# summitevents

\* indicates registration is required.

Dallas County Election Site  
May 4, May 20-24 and May 28 | Ballroom 1



\*Karaoke Night

1st Tuesday of each month | 6:00 p.m. - 7:30 p.m. | Wings Theater | Free

\*MindCare Support Group

1st Wednesday of each month | 12:30 p.m. - 1:30 p.m. | Wings Theater | Free  
Led by the Mission of Texas Mental Health Resources.

\*Origami with Stephanie

May 6 | 10:00 a.m. - 11:30 a.m. | Dining Room | Free

Learn origami and enjoy snacks to celebrate Asian American Pacific Islander Heritage Month!  
Presented by Commission on Aging Commissioner, Stephanie Moreno.



Commission on Aging Presentation

May 8 | 10:30 a.m. - 11:30 a.m. | Wings Theater | Free

Hosted by COA Commissioner, Barbara Thomas. Presented by the Visiting Nurse Association (VNA), which provides hospice care, palliative care and nutritious meals for housebound seniors in North Texas.

\*Stroke Awareness

May 9 | 11:30 a.m. - 12:30 p.m. | Dining Room | Free

Presentation by Valora Medical Group.

Marty Party

May 11 | 9:00 a.m. - 1:00 p.m. | Ballrooms | Free & Open to the Public

Celebrating World Migratory Bird Day. Featuring the Purple Martin!  
Event will include various activities, entertainment, craft vendor tables and much more.  
Sponsored by AmeriLife.



\*Mother's Day Brunch

May 13 | 10:00 a.m. - 11:30 a.m. | Dining Room | \$8/members; \$18/non-members

Celebrate Mother's Day with us! Snacks and refreshments provided.



\*You Can Paint

May 13 | 9:30 a.m. | Discovery 1 | \$35

Instructor led painting class. \$35 per class. Topic: "Purple Irises"

\*Medicare: You Don't Know What You Don't Know

May 16 | 6:00 p.m. - 7:00 p.m. | Ballroom 1 | Free

Information session on Medicare presented by Celia with Nations Insurance Solutions.  
Snacks and refreshments provided.



\*Lunch and Learn Presentation - Maxim at Home

May 17 | 11:00 a.m. - 12:00 p.m. | Wings Theater | Free

Information session on Maxim at Home, which provides companion services for older adults.

\*Irish Splendor/Magical Christmas Markets Tour Presentation

May 22 | 10:30 a.m. - 11:30 a.m. | Wings Theater | Free

Learn about our Collette Travel opportunities for Ireland, Austria and Germany in this informative presentation.



\*Dental Care and Medicare Coverage Presentation

May 24 | 10:30 a.m. - 11:30 a.m. | Wings Theater | Free

Presented by Estrella Dental.

\*Older Americans Month Celebration

May 29 | 10:00 a.m. - 12:00 p.m. | Ballroom 1 | Free

Table games and prizes available. Theme "Powered by Connection"



\*High Blood Pressure Presentation

May 30 | 10:30 a.m. - 11:30 a.m. | Wings Theater | Free

Presented by Parkland Hospital.

Registration for May will open April 22nd at 8:00 a.m. All events & presentations are subject to change.  
Refunds will only be given if at least 48-hour cancellation notice is provided (card transactions only).

# MAY 2024

SUN	MON	TUES	WED	THURS	FRI	SAT
			1 Sassy Jewels Luncheon 11:00 a.m. MindCare Support Group 12:30 p.m.	2 Fitness Orientation 2:00 p.m.	3 Canton Trade Days 7:30 a.m.  Movie at 6:00 p.m.	4   Movie at 12:00 p.m.
5	6 Origami with Stephanie 10:00 a.m.	7 R.O.M.E.O's Lunch 11:00 a.m. Karaoke Night 6:00 p.m.	8 Commission on Aging Presentation 10:30 a.m.	9 Stroke Awareness 11:30 a.m.	10 Botanic Gardens 8:00 a.m.  Movie at 6:00 p.m.	11 Marty Party 9:00 a.m.  Movie at 12:00 p.m.
12	13 Mother's Day Brunch 10:00 a.m. You Can Paint 9:30 a.m.	14 Texas Rangers Game 6:00 p.m.	15 Sassy Jewels Tea Party 10 a.m.  Women's Locker Room Shutdown 1:00 - 3:00 p.m.	16 Medicare: You Don't Know What You Don't Know 6:00 p.m. Men's Locker Room Shutdown 1:00 - 3:00 p.m.	17 Lunch and Learn Presentation 11:00 a.m.  Movie at 6:00 p.m.	18   Movie at 12:00 p.m.
19	20 Register for June Activities at 8:00 a.m.	21	22 Irish Splendor/ Magical Christmas Markets Tour Presentation 10:30 a.m.	23 Walk This Way Exhibition 9:30 a.m.	24 Dental Care and Medicare Coverage Presentation 10:30 a.m.  Movie at 6:00 p.m.	25   Movie at 12:00 p.m.
26	27 CLOSED FOR MEMORIAL DAY 	28 WinStar Casino 7:30 a.m.	29 Older Americans Month Celebration 10:00 a.m.	30 High Blood Pressure Presentation 10:30 a.m.	31 Monthly Billiards Tournament 9:30 a.m. Dinner at Outback Steakhouse 5:00 p.m.	

# summittrips

\* indicates registration is required.

## \*Botanic Gardens

May 10 | Departure at 8:00 a.m. | Fort Worth, TX | \$10 ride

Bring money for lunch at Rock Springs Cafe. Approximate return time at 3:00 p.m.

## \*Texas Rangers Game

May 14 | Departure at 6:00 p.m. | Arlington, TX | \$65 ride and ticket

All-you-can-eat ball game. Texas Rangers vs Cleveland Guardians.  
Approximate return time at 11:00 p.m.

## \*Canton Trade Days - Flea Market

May 3 | Departure at 7:30 a.m. | Canton, TX | \$10 ride

Bring money for food and shopping. Approximate return time at 4:00 p.m.

## \*Walk This Way Exhibition

May 23 | Departure at 9:30 a.m. | Dallas, TX | \$22 ride and admission

The Dallas Human Rights Museum depicts women's history through shoes.  
Bring money for lunch at Chili's. Approximate return time at 3:30 p.m.

## \*WinStar Casino

May 28 | Departure 7:30 a.m. | Thackerville, OK | \$35 ride; no perks

Please arrive by 7:30 a.m. and park in the overflow parking lot. We will depart casino at 3:00 p.m.

## \*Dinner at Outback Steakhouse

May 31 | Departure at 5:00 p.m. | Grand Prairie, TX | \$10 ride

Bring money for dinner. Approximate return time at 7:00 pm.

Trips are for members only. Registration for May will open on April 22nd at 8:00 a.m. unless otherwise noted alongside the trip.

Please arrive 30 minutes prior to the listed departure time. 5 person minimum on all trips. Bring money for lunch or shopping.

Refunds will only be given if at least 48-hour cancellation (or trip-specific) notice is provided.

# summitpickleball

## Open Play Times

M - Th | 6 a.m. - 8:30 a.m. & 11 a.m. - 3:45 p.m.

Friday | 6 a.m. - 9 a.m. & 10 a.m. - 7:45 p.m.

Saturday | 8 a.m. - 1 p.m.

Sunday | 1p.m. - 3 p.m.

## Group Lessons (\$10)

Beginners (Wednesdays) | 1:00 p.m.

Intermediate (Tuesdays) | 1:00 p.m.

## Individual Lessons (\$50)

Mondays | 1 - 3:45 p.m.

Tuesdays | 2:30 - 3:45 p.m.

Wednesdays | 2:30 - 3:45 p.m.

Thursdays | 2:30 - 3:45 p.m.

## Practice Drill (\$5)

Thursdays | 1:00 p.m.



\*Storage of personal materials & belongings will not be allowed unless otherwise authorized by Summit staff.  
Absolutely no outside food or drink (Only resealable water & sports drinks allowed.)\*

# upcoming events

\* indicates registration is required.

\*Widows Brunch

June 10 | 10:30 a.m. - 11:30 a.m. | Ballroom 2 | Free

\*Photography Class

June 3 | 10:00 a.m.- 11:00 a.m. | Wings Theater | Free  
The Art , the Tools, the Technique, and the FUN!  
4 part series with one class a week for 4 weeks.

\*Power of Mentoring: Unlocking the Future

June 20 | 11:00 a.m. | Wings Theater | Free  
Hosted by Commission on Aging Commissioner, Dexter Coleman.

\*Chronic Disease Self-Management

June 24 | 10:00 a.m. - 12:30 p.m. | Ballroom 1 | Free  
Meets once a week for 6 weeks.



# upcoming trips

\* indicates registration is required.

Sea Life Aquarium

June 14 | Departure at 9:30 a.m. | Grapevine, TX | \$24 admission and ride  
Bring money for food and shopping. Approximate return time at 3:00 p.m.

Theatre Arlington - *Matilda Jr. The Musical*

June 21 | Departure at 9:00 a.m. | Arlington, TX | \$15 admission and ride  
Bring money for lunch at Mellow Mushroom. Approximate return time at 3:00 p.m.

Dinner at Babe's Chicken

June 26 | Departure at 5:00 p.m. | Cedar Hill | \$10 ride  
Bring money for dinner. Approximate return time at 7:30 p.m.



## A QUICK REMINDER

Trips are for members only. All events & trips are subject to change/rescheduling.  
5 person minimum on all trips. 48 hour cancellation notice required unless otherwise listed.

# summitaquatics

Swim Lessons at The Summit will be provided by Safe Splash Swim School. Classes will take place Wednesdays from 10:00 a.m. - 3:00 p.m.

For more information please visit safesplash.com or call 945-215-9825.

Goofball | [Pool](#)

Monday, Wednesday & Friday  
11 a.m. - 1 p.m. & 4:30 - 5:45 p.m.

Aqua-cise (\$25/mo) - Aqua aerobic exercise for all levels  
M, W, F | 6:30 a.m. | [Pool](#)

Aqua-fit (\$20/mo) - Aqua aerobic exercise for all levels  
Tu & Th | 6:00 p.m. | [Pool](#)

Aqua High-Impact (\$20/mo) - Advanced aqua exercise  
Tu & Th | 8:00 a.m. | 45 minutes | [Pool](#)

Aqua-Water X (\$20/mo) - Intermed. adv. aqua aerobics  
M & W | 6:00 p.m. | [Pool](#)

Aqua Stretch (Free)- Low-impact stretching  
T & Th | 11:00 - 11:30 a.m. | [Pool](#)

# summitfitness

## Fitness Orientation

Learn how to use the fitness equipment.  
Limited capacity. Sign up at fitness desk.  
First Thursday of the Month | 2:00 p.m.

**Free Classes** - Limited capacity | Sign up at Fitness Desk 30 minutes prior to class start time

Light & Lively - Low impact aerobic exercise  
M - Th | 9 - 9:30 a.m. & 10 - 10:30 a.m. | Gym Court

Line Dancing - Popular choreographed dances  
Saturday | 10:00 a.m. | Aerobic Room  
Beginning on Saturday, April 13 | 20 max attendees  
T & Th | 7:00 p.m. | Gym Court  
Wednesdays | 10:45 a.m. | Aerobic Room  
Fridays | 9:00 a.m. | Gym Court

Summit Strong - Strength training  
M & W | 5:00 - 5:30 p.m. | Aerobic Room

Summit Cycle - Cardio training  
Fridays | 10:30 a.m. | Aerobic Room

## Paid Classes

Limited capacity | Must check in at the fitness desk.

Beginner Yoga (\$20/mo) - Beginner level with a yoga mat  
Tu & Fri | 1:00 p.m. | Aerobic Room

Chair Yoga (\$20/mo) - Yoga with a chair  
M & W | 12:00 p.m. or 1:00 p.m. or 2:00 p.m. | Aerobic Room

Essentrics® Aging Backwards® (\$20/mo) - dynamic and gentle full-body workout  
M & W | 6:00 p.m. | Aerobic Room

Evening Yoga (\$20/mo) - Intermediate-advanced level moves  
Tu & Th | 5:30 p.m. | Aerobic Room

Full Body (\$25/mo) - Workout your entire body  
M, W, F | 8:00 a.m. | Aerobic Room

Yoga (\$25/mo) - Intermediate-advanced level moves  
M & W & F | 9:00 a.m. | Aerobic Room

# openplay

## Basketball

Tuesday & Thursday | 4 - 7:00 p.m.  
Sunday | 3 - 4:45 p.m.

## Volleyball

Monday & Wednesday | 4 - 7:45 p.m.  
Saturday | 1:30 - 3:30 p.m.

## Ping Pong

Tuesday & Thursday | 2 - 5 p.m.  
Friday | 2 - 6 p.m.

## Shuffleboard

Tuesday & Wednesday | 3 - 7:45 p.m.

## Billiards

Monthly Tournament | Last Friday | 9:30 a.m.  
Monday, Thursday, and Friday | 6 a.m. - 7:45 p.m.  
Tuesday and Wednesday | 6 a.m. - 3 p.m.  
Saturday | 8 a.m. - 3:45 p.m.  
Sunday | 1 - 4:45 p.m.

## A QUICK REMINDER

FREE classes - First come-first serve. Space is Limited. Sign up at the fitness desk 30 minutes prior to class.

Paid Classes - Register for the month at the front desk.

# clubsandgroups

\*Garden Club (\$) - Annual \$25 club fee (\$40/couple)  
1st Wednesday | Planning | 1:00 p.m.  
Thursday | Group Gardening | 9:00 a.m.

\*Pottery Club (\$) - Monthly \$30 fee  
Tuesday | 10:00 a.m. - 2:00 p.m.  
Wednesday | 9:30 a.m. - 12:00 p.m.  
Thursday | 10:00 a.m. - 4:30 p.m.  
Open studio environment.

\*R.O.M.E.O's (\$) - Annual \$10 dues  
1st Tuesday | Lunch | 11:00 a.m. departure  
Retired Old Men Eating Out  
May Restaurant: Fuzzy's Taco Shop. Bring money for lunch.  
Meets at 11:00 a.m. in the lobby and carpools to the restaurant to meet at 11:15 a.m.

\*Sassy Jewels Club (\$) - Annual \$10 dues.  
1st Wednesday | Lunch | 11:00 a.m. departure | \$10 ride  
Application at front desk.  
May Restaurant: IHOP  
5252 St. Hwy 360 Grand Prairie, TX 75052

# commissiononaging

Quarterly Meeting (January, April, July, October)  
2024 | 10:30 a.m. | Wings Theater | Free and Open to the Public

Senior Resources available at:



\* indicates registration is required.

## DROP-IN ACTIVITIES

Bible Study  
Tuesday | 10:30 - 11:30 a.m. | BR1

Bid Whist  
Wednesday & Friday | 2 - 6 p.m. | BR2

Book Club - "Anthem" by Ayn Rand  
2nd Tuesday | 11 a.m. - 12 p.m. | BR2

Bridge  
Thursday | 10:30 a.m. - 5 p.m. | BR2

Bunco  
Wednesday | 10 a.m. - 12 p.m. | BR2

Canasta  
Monday & Thursday | 12 - 3 p.m. | BR3

Chess Club  
Monday | 10:30 a.m. - 12 p.m. | D1

Chicken Foot  
Monday | 10 a.m. - 12 p.m. | BR3  
Saturday | 2 - 4 p.m. | DR

Dominoes  
Monday | 1 - 4 p.m. | BR1

Estudios Biblicos (Bible Study)  
Jueves (Thursday) | 10:30 - 11:30 a.m. | BR3

Hora de Platica (Hour of Talk)  
Lunes (Monday) | 10:30 - 11:30 a.m. | BR2

Jewelry Making  
Friday | 1 - 3 p.m. | D1

Joker's Wild  
3rd Wednesday | 3:30 - 7:45 p.m. | BR2

Paper Arts  
Wednesday | 1:00 - 3:00 p.m. | D1

Pinochle (DD)  
Wednesday and Friday | 12 - 5 p.m. | BR3

Poker  
Monday and Friday | 4:30 - 6:30 p.m. | DR

Woodcarving  
Tuesday | 2 - 3:30 p.m. | D1

Writer's Group  
Tuesday | 1 - 2:30 p.m. | BR2

Yarn Crafts  
Tuesday | 12:30 - 3:30 p.m. | BR1  
Sunday | 1 - 4 p.m. | D1

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Tuesday and Thursday | 12 - 5 p.m. | BR3  
Saturday | 12 - 3 p.m. | DR or BR3

The Dining Room will be closed Monday - Friday from 1:00 p.m. - 2:00 p.m. for cleaning. Thank you.  
Ballroom availability is dependent on rentals and other Summit events. We will do our best to accomodate.



The Summit  
2975 Esplanade  
Grand Prairie, Texas 75052  
972.237.4141  
GrandFunGP.com



*Grand Prairie*  
— T E X A S —  
PARKS, ARTS & RECREATION