



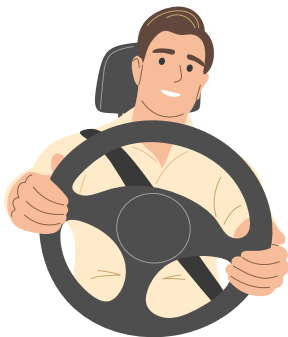
summitnews

January 2024

summitfeatures



Holiday Closure
Monday, January 1
Monday, January 15



AARP Defensive
Driving
Friday, January 19
9:00 a.m. - 1:00 p.m.



Celebration of Life
Monday, January 22
6:00 p.m.



Collette Christmas
Markets Presentation
Wednesday, January 24
10:30 a.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.

CLOSED JANUARY 1ST - HAPPY NEW YEAR!

CLOSED JANUARY 15 FOR MLK DAY

*AARP Defensive Driving Course
January 19 | 9:00 a.m. | Ballroom 1 | \$25 AARP members, \$30 non-AARP
Will not expunge or lower tickets, but some insurance companies will provide a reduced rate upon completion.

*You Can Paint
January 22 | 9:30 a.m. | Discovery 1| \$35
Instructor led painting class. \$35 per class. Topic: "Sundown in the Snowy Woods".

Celebration of Life
January 22 | 6:00 p.m. | Ballrooms | Free to attend
If your loved one passed away in 2023 and you would like to include them in our memorial, please contact Eduvina Cruz at 972-237-4148 or ecruz@gptx.org by January 8th.

*Collette Presentation on Europe Christmas Market Trip
January 24 | 10:30 a.m. | Wings | Free
Informational session about our upcoming trip with Collette Travel to Europe for the Christmas markets. Departs December 2024.



summittrips

Mary Kay Museum
January 9 | Departure at 9:30 a.m. | Dallas, TX | \$5 ride and admission
Bring money for lunch at Madison Cafe.

Glass Blowing Studio
January 17 | Departure at 9:30 a.m. | Grapevine, TX | \$5 ride and admission
Bring money for lunch.

Registration for January will open December 18 at 8 a.m. unless otherwise noted alongside the trip. Please arrive 30 minutes prior to the listed departure time. 5 person minimum. Bring money for lunch or shopping. Refunds will only be given if at least 48-hour cancellation (or trip-specific) notice is provided.

JANUARY 2024

SUN	MON	TUES	WED	THURS	FRI	SAT
	<div>1</div> <div></div> <div>Closed for New Years Day</div>	<div>2</div>	<div>3</div>	<div>4</div>	<div>5</div>	<div>6</div>
<div>7</div>	<div>8</div>	<div>9</div> <div>Mary Kay Museum 9:30 a.m.</div>	<div>10</div>	<div>11</div>	<div>12</div>	<div>13</div>
<div>14</div>	<div>15</div> <div>Closed for MLK Day</div> <div></div>	<div>16</div>	<div>17</div> <div>Glass Blowing Studio 9:30 a.m.</div>	<div>18</div>	<div>19</div> <div>AARP Defensive Driving 9:00 a.m.</div>	<div>20</div>
<div>21</div>	<div>22</div> <div>You Can Paint 9:30 a.m.</div> <div>Celebration of Life 6:00 p.m.</div>	<div>23</div>	<div>24</div> <div>Collette Presentation 10:30 a.m.</div>	<div>25</div>	<div>26</div>	<div>27</div>
<div>28</div>	<div>29</div> <div>Register for February Activities at 8:00 a.m.</div>	<div>30</div>	<div>31</div>			

facilityupdates

Beginner Yoga (T & Th)
Cancelled indefinitely



Essentrics® Aging Backwards® Fitness Class
Mondays and Wednesdays | 6:00 p.m. | \$20/mo | Aerobic Room

Facility Closures
January 1 and 15



Swim Lessons
Swim Lessons at The Summit will be provided by Safe Splash Swim School starting January 2024. For more information please visit safesplash.com or call at (945)215-9825.



summitpickleball

Open Play Times

M - Th | 6 a.m. - 8:30 a.m. & 11 a.m. - 3:45 p.m.
Friday | 6 a.m. - 7:45 p.m.
Saturday | 8 a.m. - 1 p.m.
Sunday | 1p.m. - 3 p.m.

Group Lessons (\$10)

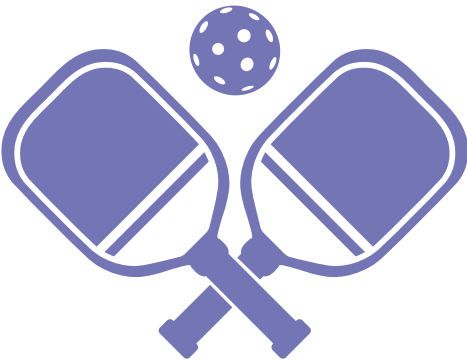
Beginners (Wednesdays) | 1:00 p.m.
Intermediate (Tuesdays) | 1:00 p.m.

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.)

upcomingevents

* indicates registration is required.

- *You Can Paint
February 12 | 9:30 a.m. | Discovery 1| \$35
Instructor led painting class. \$35 per class. Topic: "On Mountain Time".
- *Valentines Dinner and Dance
February 14 | 6:00 p.m. | Ballrooms | \$15 for members, \$20 for non-members
Featuring live music from the Doc Gibbs Band. Beer and wine available for purchase at the Cafe. Catering from Olive Garden.



upcomingtrips

African American Museum
Date TBD | Departure at 10:30 a.m. | Dallas, TX | \$15 ride and entrance
Return at 3:00 p.m., bring money for lunch.



A QUICK REMINDER

All events & trips are subject to change/rescheduling. 5 person min 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 starting January 2024. For more information please visit safesplash.com or call at (945)215-9825.

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

Aqua-cise (\$17/mo) - Aqua aerobic exercise for all levels.
M, W, F | 6:30 a.m. | Pool
Aqua-fit (\$15/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. | 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 in 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 - 10:30a.m. | Gym Court
Line Dancing - Popular choreographed dances.
T & Th | 7:00 p.m. | Gym Court
Wednesdays | 10:45 a.m. | Aerobic Room
Fridays | 11:15 a.m. | Aerobic Room
Summit Strong - Strength training.
M & W | 5:00 - 5:30 p.m. | Aerobic Room
Summit Cycle - Strength training.
Fridays | 10:30 a.m. | Aerobic Room

Paid Classes - Limited capacity | Must check in at the fitness desk.

Cardio Dance (\$20/mo) - Dance-style workout.
Tu & Th |1:00 p.m.| Aerobic Room
Chair Yoga (\$20/mo) - Yoga with a chair.
M & W | 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 (\$20/mo) - Workout your entire body in this 30 minute class.
M & W | 8:00 a.m. | Aerobic Room
Yoga (\$20/mo) - Intermediate-advanced level moves.
M & W or Tu & F | 9:00 a.m. | Aerobic Room
Zumba® (\$10/mo) - Dance-style workout.
Mondays | 7:00 p.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 will be 30-min, staff -led, space is limited. First come-first serve. PAID classes will be 1-hr, instructor-led, space is limited. Register for the month at the front/fitness desk. No day or week passes offered at this time.

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 (\$) - Open studio environment. 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.
- *R.O.M.E.O's (\$) - Annual \$10 dues. Retired Old Men Eating Out.
1st Tuesday | Lunch | 11:00 a.m. departure
January Restaurant: Chili's. Bring money for lunch. Meets at 10:30 a.m. in the theater and carpools to the restaurant at 11:00 a.m.
- *Sassy Jewels Club (\$) - Annual \$10 dues. Application at front desk.
1st Tuesday | Lunch | 11:00 a.m. departure
January Restaurant: Olive Garden - Epic West. 3138 State Hwy 161 Grand Prairie, TX 75052

commissiononaging

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

February
February 14 | 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
Tuesdays | 10:30 - 11:30 a.m. | BR1
- Bid Whist
Wednesdays & Fridays | 2 - 6 p.m. | BR2
- Book Club
Open read. Select the first published novel of the writer of your choice.
2nd Tuesday | 11 a.m. - 12 p.m. | BR2
- Bridge
Thursdays | 10:30 a.m. - 5 p.m.
- Bunco
Wednesdays | 10 a.m. - 12 p.m. | BR2
- Canasta
Mondays | 12 - 3 p.m. | BR3
- Chess Club
Mondays | 10:30 a.m. - 12 p.m. | D1
- Chicken Foot
Mondays | 10 a.m. - 12 p.m. | BR3
Saturdays | 2 - 4 p.m. | DR
- Estudios Biblicos (Bible Study)
Jueves (Thursdays) | 10:300 - 11:30 a.m. | BR3
- Hora de Platica (Hour of Talk)
Lunes (Mondays) | 10:30 - 11:30 a.m. | BR2
- Jewelry Making
Fridays | 1 - 3 p.m. | D1
- Joker's Wild
3rd Wednesdays | 3:30 - 7:45 p.m. | BR2
- Pinochle (DD)
Wednesdays and Fridays | 12 - 5 p.m. | BR3
- Poker
Mondays and Fridays | 4:30 - 6:30 p.m. | DR
- Woodcarving
Tuesdays | 2 - 3:30 p.m. | D1
- Writer's Group
Tuesdays | 1 - 2:30 p.m. | BR2
- Yarn Crafts
Tuesdays | 12:30 - 3:30 | BR1
Sundays | 12 - 3 p.m. | D1
- 42
Tuesdays and Thursdays | 12 - 5 p.m. | BR3
Saturdays | 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 availablilty 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

