



# summitnews

August 2023

Summer is here! Don't forget to drink plenty of water and eat something before exercising to avoid heat-related or diabetes-related illnesses.

## summitfeatures



Plant Sale  
Wednesday, August 9  
10:30 a.m.



Summer Bash  
Thursday, August 10  
6:00 p.m.



Greece Travel Presentation  
Tuesday, August 15  
10:30 a.m.



Pickleball Updates  
Now available on Sundays  
1:00 p.m. - 3:00 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

# summitevents

\* indicates registration is required.

## Bus Trip Information

Wednesdays | 10:00 a.m. | Wings

Meet with Ada to ask questions or make payments for any bus trips. Trip locations include Branson, Mackinac Island, Florida, and the Ark encounter and Creation Museum.

## Soul Survivors Mental Health Support Group\* (New!)

August 4 (First Fridays) | 10:30 a.m. | BR1 | Space limited

Join Dr. Donovan Fredericksen to discuss the importance of keeping up with your mental health. Wondering what to expect? There will be resources, educational guest speakers, emotional support, acceptance, advocacy, and firsthand information about illnesses and treatments.

## You Can Paint\*

August 7 | 9:30 a.m. | Discovery 1 | \$35

Instructor led painting class. \$35 per class. This month's topic: "Fishing Boat".

## Garden Club Big Plant Sale

August 9 | 10:30 a.m. | Lobby

Plants available will be Boston Ferns, Snake Plant arrangements, and Aloe Vera.

## Summer Bash\*

August 10 | 6:00 p.m. - 8:00 p.m. | Ballrooms | \$5 members or \$15 non-members

Music by Andy Goin. Snacks and refreshments provided.

## Greece Island Hopper Presentation\*

August 15 | 10:30 a.m. | Wings Theater | Free

Learn about our Collette travel opportunity to Greece in this informative presentation.

## Bingo

August 16 | 10:30 a.m. | Ballroom 3 | Free

Presented by Peter Wright of Century 21.

## Widowed Persons Brunch\*

August 17 | 10:30 a.m. | Wings Theater | Free

Come enjoy a free brunch and socialize with those who may share similar struggles to your own. Sponsored by Nations Insurance Solutions. Space is limited.

## Karaoke

August 21 | 11:00 a.m. | Dining Room | Free

Karaoke with Rachel Arista.



# summittrips

## Lone Star Antiques

August 8 | 10:30 a.m. departure | Haltom City, TX | \$5 ride

Bring money for lunch and shopping.

## Rangers Game

August 18 | 6:00 p.m. departure, Game starts at 7:05 | Arlington, TX | \$55 ride and ticket

Playing the Milwaukee Brewers. All-You-Can-Eat seating.

## Mesquite Championship Rodeo

August 26 | 5:15 p.m. departure | Mesquite, TX | \$35 ride and ticket

Put your boots on, it's time to go to the rodeo! Join us for the Mesquite Championship Rodeo finals. Bring money for food.

## Tarrant County 10th Annual Senior Synergy Expo

August 31 | 7:30 a.m. departure | Fort Worth, TX | \$5 ride and entrance

Learn about what resources are available to you in Tarrant County. Box lunch included.

Registration for August will open July 24th 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.

# AUGUST 2023

SUN	MON	TUES	WED	THURS	FRI	SAT
		1 ROMEO's 11:00 a.m.	2 Sassy Jewels Luncheon 11 a.m.	3 CenterWell Help Desk 9:00 a.m.  Throwback Movie 12:00 p.m.	4 Soul Survivor Meeting 10:30 a.m.  Movie at 6:00 p.m.	5 CenterWell Movie Day 12:00 p.m.  Movie at 12:00 p.m.
6	7 You Can Paint 9:00 a.m.	8 Antique Mall Trip 10:30 a.m.	9 COA Presentation 10:30 a.m.  Plant Sale 10:30 a.m.	10 Summer Bash 6:00 p.m.	11   Movie at 6:00 p.m.	12   Movie at 12:00 p.m.
13	14	15 Greece Island Hopper Presentation 10:30 a.m.	16 Bingo 10:30 a.m.  Womens Locker Room Shutdown 1:00-3:00 p.m.	17 Widowed Persons Brunch 10:30 a.m.  Mens Locker Room Shutdown 1:00-3:00 p.m.	18 Rangers Game 6:00 p.m.  Movie at 6:00 p.m.	19 CenterWell Movie Day 12:00 p.m.  Movie at 12:00 p.m.
20	21 Karaoke 11:00 a.m.	22 Healthy Aging Presentation- Dining Room 11:30 a.m.	23	24 CenterWell Help Desk 9:00 a.m.	25   Movie at 6:00 p.m.	26 Mesquite Rodeo 5:15 p.m.  Movie at 12:00 p.m.
27	28 Register for September Activities at 8:00 a.m.	29	30	31 Senior Synergy Expo 7:30 a.m.	   Movie at 6:00 p.m.	   Movie at 12:00 p.m.

# recurringschedule

MONDAY		TUESDAY		WEDNESDAY	
Billiards	6:00 a.m.	Billiards	6:00 a.m.	Billiards	6:00 a.m.
Pickleball	6:00 a.m.	Pickleball	6:00 a.m.	Pickleball	6:00 a.m.
Hydra HIIT	6:30 a.m.	Beginner Yoga	7:00 a.m.	Hydra HIIT	6:30 a.m.
Aquacise	8:00 a.m.	High Impact Aqua	8:00 a.m.	Full Body	8:00 a.m.
Full Body	8:00 a.m.	Yoga	9:00 a.m.	Aquacise	8:00 a.m.
Yoga	9:00 a.m.	Light & Lively	9:00 a.m.	Yoga	9:00 a.m.
Light & Lively	9:00 a.m.	Light & Lively	10:00 a.m.	Bunco	10:00 a.m.
Light & Lively	10:00 a.m.	Pottery	10:00 a.m.	Light & Lively	9:00 a.m.
Hora de Platica	10:30 a.m.	Bible Study	10:30 a.m.	Light & Lively	10:00 a.m.
Goofball	11:00 a.m.	Aqua Stretch	11:00 a.m.	Line Dancing	10:45 a.m.
Canasta	12:00 p.m.	Book Club (2 Tues)	11:00 a.m.	Goofball	11:00 a.m.
Chair Yoga	1:00 p.m.	Cardio Dance	12:00 p.m.	Sassy Jewels Lunch	11:30 a.m.
Chair Yoga	2:00 p.m.	Forty-Two	12:00 p.m.	Pinochle (DD)	12:00 p.m.
Volleyball	4:00 p.m.	Knitting	12:30 p.m.	Chair Yoga	1:00 p.m.
Pottery	4:00 p.m.	Ping Pong	2:00 p.m.	Paper Arts	1:00 p.m.
Goofball	4:30 p.m.	Woodcarving	2:30 p.m.	Garden Club (1 Wed)	2:00 p.m.
Summit Strong	5:00 p.m.	Shuffleboard	3:00 p.m.	Bid Whist	2:00 p.m.
TX Hold'em	4:30 p.m.	Basketball	4:00 p.m.	Chair Yoga	2:00 p.m.
Water X	6:00 p.m.	Yoga	5:30 p.m.	Shuffleboard	3:00 p.m.
Zumba	7:00 p.m.	Aquafit	6:00 p.m.	Joker's Wild (3 Wed)	3:30 p.m.
		Line Dancing	7:00 p.m.	Volleyball	4:00 p.m.
				Goofball	4:30 p.m.
				Summit Strong	5:00 p.m.
				Water X	6:00 p.m.
THURSDAY		FRIDAY		SATURDAY	
Billiards	6:00 a.m.	Billiards	6:00 a.m.	Billiards	8:00 a.m.
Pickleball	6:00 a.m.	Pickleball	6:00 a.m.	Pickleball	8:00 a.m.
Beginner Yoga	7:00 a.m.	Hydra HIIT	6:30 a.m.	Forty-Two	12:00 p.m.
High Impact Aqua	8:00 a.m.	Aquacise	8:00 a.m.	Volleyball	1:30 p.m.
Light & Lively	9:00 a.m.	Yoga	9:00 a.m.		
Light & Lively	10:00 a.m.	Summit Cycle	10:30 a.m.	SUNDAY	
Pottery	10:00 a.m.	Goofball	11:00 a.m.	Billiards	1:00 p.m.
Bridge	10:30 a.m.	Pinochle (DD)	12:00 p.m.	Knitting	1:00 p.m.
Aqua Stretch	11:00 a.m.	Jewelry Making	1:00 p.m.	Pickleball	1:00 p.m.
Travel Tips (Quarterly)	11:00 a.m.	Bid Whist	2:00 p.m.	Basketball	3:00 p.m.
Cardio Dance	12:00 p.m.	Pottery	4:00 p.m.		
Forty-Two	12:00 p.m.	Goofball	4:30 p.m.		
Fitness Orien. (1st)	2:00 p.m.	TX Hold'em	4:30 p.m.		
Ping Pong	2:00 p.m.				
Pottery	4:00 p.m.				
Basketball	4:00 p.m.				
Yoga	5:30 p.m.				
Aquafit	6:00 p.m.				
Line Dancing	7:00 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.

## Grandparents Day Celebration\*

September 10 | 4:30 p.m. - 6:30 p.m. | \$15 + \$5 per additional grandchild  
Happy Grandparents Day! Bring the grandkids out for a special day here at The Summit.

## Health Fair

September 14 | 9:00 a.m. | Ballrooms | Free to attend

Come see what health and wellness resources might be available to you! For information about having a booth, contact 972-237-4145.

## Mexican Independence Day Celebration\*

September 15 | 10:00 a.m. | Ballrooms | Free

Celebrate Mexican Independence Day with Lotería and snacks. Sponsored by Nations Insurance Solutions. Space is limited.

## Spectacular Follies Show

September 22 | 12:30 p.m. - 1:30 p.m. | Ballrooms | Free

Enjoy a performance by the Spectacular Follies!

## You Can Paint\*

September 25 | 9:30 a.m. | Discovery 1 | \$35

Instructor led painting class. \$35 per class. Topic: "Painted Cow"

## Casino Night\*

October 16 | 5:00 p.m. | Ballrooms | \$30 members, \$35 non-members

Feeling lucky? Come join us for Casino Night at The Summit featuring table games, bingo, and a cash bar.



# upcoming trips

## Fossil Rim

TBD | Check back later for more details!

## Choctaw Casino

TBD | Check back later for more details!

# commission on aging

## August Presentation

August 9 | 10:30 a.m. | Wings Theater | Free and Open to the Public  
Will Presentation with Jeremy Carroll

## September Presentation

September 13 | 10:30 a.m. | Wings Theater | Free and Open to the Public  
Fire Safety with Grand Prairie Fire Department

Scan here for more information:



Senior Resources available at:



## 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.

# summitfitness

## Fitness Orientation

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

## \*Pickleball Lessons\*

Intermediate Lessons - Tuesday | 1:00 p.m. | \$10  
Beginner Lessons - Wednesdays | 1:00 p.m. | \$10  
Pickleball Drill - Thursdays | 1:00 p.m. | \$5

Open play times are as follows:

### Pickleball

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.

### Volleyball

Monday & Wednesday | 5 - 7:45 p.m.  
Saturday | 1:30 p.m. - 3:30 p.m.

### Basketball

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

### Ping Pong

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

### Goofball | Pool

Monday, Wednesday & Friday  
11 a.m. - 12 p.m. & 4:30 - 5:45 p.m.

### Shuffleboard

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

### Billiards

Monday, Thursday & Friday | 6 a.m.-7:45 p.m.  
Tuesday & Wednesday | 6 a.m. - 3 p.m.  
Saturday | 8 a.m. - 3:45 p.m.  
Sunday | 1 - 4:45 p.m.

NO SWIM LESSONS UNTIL FURTHER NOTICE

\*Registration for all August classes will  
open on Monday, July 24th at 8:00 a.m.\*

Free Classes - Limited capacity | Sign in at fit desk 30 min prior to 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.  
Wednesdays | 10:45 - 11:45 a.m. | Aerobic Room  
**T & Th | 7:00 p.m. | Aerobic Room**

**Aqua Stretch** - Low-impact stretching.  
T & Th | 11:00 - 11:30 a.m. | Pool

**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.

**Aqua-cise (\$25/mo)** - Aqua aerobic exercise for all levels.  
M, W, F | 8:00 a.m. | Pool

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

**Aqua High-Impact (On hold until further notice)** - Advanced  
aqua exercise.  
Tu & Th | 8:00 a.m. | Pool

**Aqua Hydra HIIT (\$25/mo)** - HIIT (high intensity) water exercise.  
M, W, F | 6:30 a.m. | Pool

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

**Beginner Yoga (\$20/mo)** - Beginner level  
Tu & Th | 7:00 a.m. | Aerobic Room

**Cardio Dance (On hold until further notice)** - Dance-style  
workout.  
Tu & Th | 12:00 p.m. | Aerobic Room

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

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

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

**Full Body (On hold until further notice)** - 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 | 9:00 a.m. | Aerobic Room

**Yoga (\$20/mo)** - Intermediate-advanced level moves.  
Tu & F | 9:00 a.m. | Aerobic Room

**Zumba (\$10/mo)** - Dance-style workout.  
Mondays | 7:00 p.m. | Aerobic Room

## 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.



# summitgroups/clubs

\* indicates registration is required.

## Free Groups

### Bible Study

Tuesdays | 10:30 - 11:30 a.m. | Ballroom 1

### Hora de Platica (Hour of Talk)

Lunes (Monday) | 10:30 - 11:30 a.m. | Ballroom 2

### Estudios Biblicos (Spanish Bible Study)

Jueves (Thursday) | 10:30 - 11:30 a.m. | Ballroom 3

### Book Club - "*Educated*" by Tara Westover

2nd Tuesday | 11:00 a.m. - 12:00 p.m. | Ballroom 2

### Crochet/Knitting

Tuesdays | 12:30 - 3:30 p.m. | Ballroom 1

Sundays | 1:00 - 4:00 p.m. | Discovery 1

### Jewelry Making

Fridays | 1:00 - 3:00 p.m. | Discovery 1

### Paper Arts

Wednesdays | 1:00 - 3:00 p.m. | Discovery 1

### Travel Tips with Lee Lee - 10/12

Offered Quarterly | 11:00 a.m. - 12:00 p.m. | Wings Theater

### Woodcarving

Tuesdays | 2:00 p.m. - 3:30 p.m. | Discovery 1

### Boost Your Brain\* - Puzzles, Games, etc. with Eduvina Cruz

1st Meeting: August 11 | 10:00 a.m. - 11:15 a.m. | Dining Room

### Chess Club\* - Starting September 11

Mondays | 10:30 a.m. - 12:00 p.m. | Discovery 1

Instruction Provided 1st Monday of the month (2nd if holiday)

## Paid Groups\*

### Garden Club (\$) - Annual \$25 club fee (\$40/couple).

1st Wednesday | Planning | 1:00 p.m.

Thursdays | Group Gardening | 9:00 a.m.

### Pottery Club (\$) - Open studio enviroment. Monthly \$30 club 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.Os (\$) - Annual \$10 dues. Retired Older Men Eating Out.

1st Tuesday | Lunch | 11:00 a.m. departure

August restaurant: First Watch. Bring money for lunch. Meets at 10:30 in the Theater and carpools to restaurant at 10:50/11:00 am.

### Sassy Jewels Club (\$) - Annual \$10 dues. Application at Front Desk.

1st Wednesday | Luncheon | 11:30 a.m.

### Various Dates for Parties & Trips

This month's lunch: Oldwest Cafe 4650 Little Rd, Arlington, TX 76017

## CARDS AND DOMINOES

Open Play Times | Rentals take precedence over the Ballrooms

### BID WHIST

Wednesdays & Fridays

2 - 6 p.m. | TBD

### BRIDGE

Thursdays

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

### BUNCO

Wednesdays

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

### 42

Tuesdays & Thursdays

12 - 5 p.m. | BR3

Saturdays

12 - 3 p.m. | DR or BR3

### PINOCHLE (DD)

Wednesdays & Fridays

12 - 5 p.m. | BR3

### CANASTA

Mondays

12 - 3 p.m. | BR3

### POKER

Mondays & Fridays

4:30-6:30 p.m. | DR

### JOKER'S WILD

3rd Wed. | BR2

3:30 - 7:45 p.m.

### CHICKEN FOOT

Mondays 10 a.m. - 12 p.m. | BR3

Saturdays 2 - 5 p.m. | DR

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