



summitnews

September 2023

summitfeatures



Holiday Closure
Labor Day
Monday, September 4



Writers Group Begins
Tuesday, September 5
1:00 p.m.



Health Fair
Thursday, September 14
9:00 a.m. - 12:00 p.m.



Flu Shot Clinic
Thursday, September 28
10:00 a.m. - 1:00 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.

MindCare Mental Health Support Group (Previously Soul Survivors)*

September 1 | 10:30 a.m. | BR1 | Space limited

Join Dr. Donovan Fredericksen to discuss the importance of keeping up with your mental health.

Grandparents Day Celebration*

September 10 | 3:00 p.m. - 7:00 p.m. | \$15 + \$5 per additional grandchild

Bring the grandkids out for a special day here at The Summit featuring a meal, movie, and open swim time!

Health Fair

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

Come see what health and wellness resources might be available to you!

Mexican Independence Day Celebration* 

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

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

Smart Cremations Lunch and Learn*

September 18 | 11:00 a.m. | Ballroom 1 | Free, lunch provided

Learn about pre-planning and alternatives to traditional funerals.

Fishing Class*

September 19 | 9:00 a.m. | Ballroom 2 | Free to attend

Basic fishing class taught by Texas Parks and Wildlife.

New Life Stages - What Comes Next*

September 20 | 10:45 a.m. | Wings Theater | Free Educational Event*

Come hear from experts in the fields of Estate Planning, Medicare, Mortgage Lending, and Real Estate.

*For accommodations of persons with special needs at meetings call (817) 646-6465, TTY 711

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"

Wine Tasting*

September 29 | 6:00 p.m. - 8:00 p.m. | Dining Room | \$35

Full wine tasting paired with a meal.



summittrips

Texas Rangers Game

September 5 | 6:00 p.m. departure | Arlington, TX | \$55 ride and ticket

Playing the Houston Astros. All-You-Can-Eat seating.

Home for the Holidays Gift Market

September 8 | 9:30 a.m. departure. 3:00 p.m. return | Arlington, TX | \$15 ride

Bring money for lunch and shopping.

Movie Night

September 18 | 6:00 p.m. departure | Arlington, TX | \$15 ticket and ride

Movie night at the AMC theater in Arlington. See the front desk for movie information. Bring money for concessions.

Texas Rangers Game

September 19 | 6:00 p.m. departure | Arlington, TX | \$55 ride and ticket

Playing the Boston Red Sox. All-You-Can-Eat seating.

Choctaw Casino Trip

September 21 | 8:00 a.m. departure, 3:00 p.m. return | Durant, OK | \$35 ride, no perks

Registration for September will open August 28th 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.

SEPTEMBER 2023

SUN	MON	TUES	WED	THURS	FRI	SAT
					1 MindCare Meeting 10:30 a.m. Movie at 6:00 p.m.	2 Movie at 12:00 p.m.
3	4 CLOSED FOR LABOR DAY	5 ROMEO's 11:00 a.m. Writers Group First Meeting 1:00 p.m. Rangers Game 6:00 p.m.	6 Sassy Jewels Luncheon 11 a.m. Cruise Presentation 11:00 a.m.	7 Will Presentation 11:00 a.m.	8 Home for the Holidays Gift Market 9:30 a.m. Movie at 6:00 p.m.	9 CenterWell Movie Day 12:00 p.m. Movie at 12:00 p.m.
10 Grandparents Day Celebration 3:00 p.m.	11 Diabetes Self Management Starts 10:00 a.m. Chess Club First Meeting 10:30 a.m.	12	13 COA Presentation 10:30 a.m.	14 Health Fair 9:00 a.m.	15 Mexican Independence Day Celebration 10:00 a.m.  Movie at 6:00 p.m.	16 Turning 65 10:00 a.m.  Movie at 12:00 p.m.
17	18 Smart Cremations Lunch and Learn 11:00 a.m. Karaoke 11:00 a.m. Movie Night- Trip 6:00 p.m.	19 Fishing Class 9:00 a.m. Rangers Game 6:00 p.m.	20 What Comes Next Presentation 10:45 a.m. Womens Locker Room Shutdown 1:00-3:00 p.m.	21 Choctaw Casino Trip 8:00 a.m. Mens Locker Room Shutdown 1:00-3:00 p.m.	22 Spectacular Follies Show 12:30 p.m. Movie at 6:00 p.m.	23 Movie at 12:00 p.m.
24	25 You Can Paint 9:30 a.m. Register for October Activities at 8:00 a.m.	26	27	28 Flu Shot Clinic 10:00 a.m.	29 Wine Tasting 6:00 p.m. Movie at 6:00 p.m.	30 CenterWell Movie Day 12:00 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.	Forty-Two	12:00 p.m.	Sassy Jewels Lunch	11:30 a.m.
Chair Yoga	2:00 p.m.	Knitting	12:30 p.m.	Pinochle (DD)	12:00 p.m.
Volleyball	4:00 p.m.	Cardio Dance	1:00 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.		
Pottery	10:00 a.m.	Goofball	11:00 a.m.		
Bridge	10:30 a.m.	Pinochle (DD)	12:00 p.m.		
Aqua Stretch	11:00 a.m.	Jewelry Making	1:00 p.m.		
Travel Tips (Quarterly)	11:00 a.m.	Bid Whist	2:00 p.m.		
Forty-Two	12:00 p.m.	Pottery	4:00 p.m.		
Cardio Dance	1:00 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.				
				SUNDAY	
				Billiards	1:00 p.m.
				Knitting	1:00 p.m.
				Pickleball	1:00 p.m.
				Basketball	3:00 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.

Travel Tips with Lee Lee

October 5 | 11:00 a.m. | Wings Theater | Free

Questions about traveling? Stop by the theater for this insightful discussion led by world traveler Lee Lee Lee!

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.

Collette Travel Greece Presentation

October 17 | 11:00 a.m. | Wings Theater | Free

Learn details and ask questions about our upcoming trip to Greece.

You Can Paint*

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

Instructor led painting class. \$35 per class. Topic: "Aspen Gold".



upcoming trips

State Fair of Texas

October 5, 12, 19 | Departure at 9:00 a.m. on the 5th and 19th, departure 3:00 p.m. on the 12th | Dallas, TX | \$5 ride

Senior Day at the State Fair! Bring money for ticket and food.

Oktoberfest Muenster

October 7 | Departure at 9:00 a.m., return 3:00 p.m. | Muenster, TX | \$5 ride

Experience an Oktoberfest with a small-town feel. Bring money for admission and food.

Mid-Cities Greek Food Festival

October 13 | Departure at 11:00 a.m. | Euless, TX | \$5 ride

Bring money for admission and food.

Dallas Stars Game

October 26 | Departure at 5:30 p.m. | Dallas, TX | \$35 ticket

Playing the Toronto Maple Leafs. Bring money for concessions.

commission on aging

September Presentation

September 13 | 10:30 a.m. | Wings Theater | Free and Open to the Public

Fire Safety with Grand Prairie Fire Department

October Meeting

October 11 | 10:30 a.m. | Wings Theater | Free and Open to the Public

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 September classes will open on Monday, August 28th 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
Fridays | 11:15 a.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 (\$20/mo) - 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 (\$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. | 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 (\$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 | 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 - "*Bel Canto*" by An Patchett

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

Woodcarving

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

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

September 1 | 10:00 a.m. - 11:15 a.m. | Dining Room

Writers Group

1st Meeting: September 5 | 1:00 p.m. - 2:30 p.m. | Ballroom 2

Chess Club* - Instruction 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

September restaurant: Jakes Burgers. Bring money for lunch. Meets at 10:30 a.m. 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: Red Lobster 4233 S. Cooper Street Arlington, TX 76015

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.

Summit

When I go to the Summit, it is as if time stops
And cares of this world cease to exist.
The friends we meet, so special
for the smiles of recognition is so neat.
So thankful the City fulfills a need for families to be enriched.
One truly feels the emotional uplift
as our goal is the Summit of our life.

- John Hutto



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