



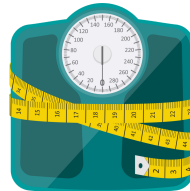
summitnews

August 2026

summitfeatures



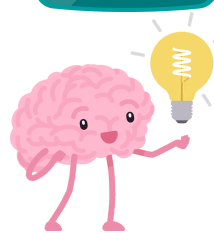
Summer Bash
Friday, August 7
6:00 p.m. - 8:00 p.m.



Weigh in On Wellness
Tuesday, August 18
10:30 a.m. - 11:30 a.m.



Daytime Karaoke
Friday, August 21
12:30 p.m. - 1:30 p.m.



10 Warning Signs of Alzheimer's
Thursday, August 27
10:30 a.m. - 11:30 a.m.



HOURS OF OPERATION

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

SUNDAY:
1:00 PM - 5:00 PM

THE POOL CLOSES 30 MINUTES PRIOR TO CLOSING AND ALL ACTIVITIES
END 15 MINUTES PRIOR TO CLOSING

Activities and Programs Subject to Change

summitprograms

***Indicates registration is REQUIRED**

Grief Support Circle

August 4 | 10:30 a.m. | Ballroom 3 | Members: Free; Non-Members: \$10

A supportive space to share memories, express feelings and heal with others.

Grand Prairie Mobile Library

August 4 | Every 1st Tuesday | 11:00 a.m. - 1:00 p.m. | Near Front Entrance | Open to the Public

*Lunch & Learn with Nations Insurance Solutions

August 4 | 11:00 a.m. - 12:30 p.m. | Wings Theater | Members: Free; Non-Members: \$10

Celia with Nations Insurance Solutions will present on the topic of Turning 65.

Karaoke Night

August 4 | 6:00 p.m. - 7:30 p.m. | Wings Theater | Members: Free; Non-Members: \$10

*A Matter of Balance

Begins August 7 | Fridays | 9:30 a.m. - 11:30 a.m. | Ballroom 3 | Members Only: Free

A nationally recognized 8 week program to reduce the fear of falling and increase activity.

Last day to register is August 1st.



*Summer Bash

August 7 | 6:00 p.m. - 8:00 p.m. | Ballrooms | Members: \$10; Non-Members: \$20

Join us as we celebrate summer with sliders, refreshments, music by DJ Keith, and exciting door prizes sponsored by Baylor Scott & White. Register by August 1 to reserve your spot!

*Retirement Planning & Medicare

August 11 | 10:30 a.m. - 11:30 a.m. | Wings Theater | Members: Free; Non-Members: \$10

Presentation by Banker's Life.

*You Can Paint

August 12 | 1:00 p.m. - 4:00 p.m. | Discovery 1 | Members: \$35; Non-Members \$45

Instructor led class. Topic: "Somewhere in Greece" in acrylic.



*Senior Home Repair Program Presentation

August 13 | 10:30 a.m. - 11:30 a.m. | Wings Theater | Members: Free; Non-Members: \$10

Program discussion hosted by the Grand Prairie Housing Department.

*Bingo

August 14 | 10:30 a.m. - 11:30 a.m. | Ballroom 1 | Members: Free; Non-Members: \$10

Hosted By Levi with The Trusted Brokerage Group LLC. Please arrive on time. Late arrivals may forfeit their reserved spot.

*Weigh in On Wellness

August 18 | 10:30 a.m. - 11:30 a.m. | Wings Theater | Members: Free; Non-Members: \$10

A community education presentation that discusses obesity rates, healthy weight management, nutrition and exercise.

*Lunch & Learn with AmeriLife

August 19 | 11:00 a.m. - 12:30 p.m. | Wings Theater | Members: Free; Non-Members: \$10

Change is coming...Know what to look for and how to navigate your benefits for annual enrollment.

Daytime Karaoke with Rachel Arista

August 21 | 12:30 p.m. - 1:30 p.m. | Wings Theater | Members: Free; Non-Members: \$10



*Michael Jackson Trivia

August 26 | 10:00 a.m. - 11:00 a.m. | Wings Theater | Members: Free; Non-Members: \$10

Emily will lead trivia featuring famous hits, iconic music videos, and pop culture inspired by Michael.

*10 Warning Signs of Alzheimer's

August 27 | 10:30 a.m. - 11:30 a.m. | Wings Theater | Members: Free; Non-Members: \$10

Presentation by Debbie with the Alzheimer's Association.

Michael Jackson Movie

August 28 | 1:00 p.m. | Wings Theater | Members: Free; Non-Members: \$10

Come in your Michael Jackson inspired outfit and watch his recent popular biopic! \$1 concessions available for purchase.

Registration for September activities will open August 24th at 8:00 a.m. In-person registration tickets available at 6:00 a.m.

Each member may register for classes or programs for one other member who has active membership (in-person).

Non-Members (Ages 50+) will be required to pay a \$10 day pass fee. All events & presentations are subject to change.

Refunds will only be given if at least 48-hour cancellation notice is provided (card transactions only).

AUGUST 2026

SUN	MON	TUES	WED	THURS	FRI	SAT
<u>Calendar Key</u> Presentation Program Event Trip Other						1 AmeriLife Sponsoring Movie at 12:00 p.m.
2	3 Scrap Happens 9:00 a.m. <i>Every Monday</i>	4 Grief Support Circle 10:30 a.m. Nations Insurance Solutions Lunch & Learn 11:00 a.m. Karaoke Night 6:00 p.m.	5 Dallas World Aquarium 10:00 a.m.	6 Fitness Orientation 2:00 p.m.	7 A Matter of Balance 9:30 a.m. Summer Bash 6:00 p.m. Movie at 6:00 p.m.	8 Movie at 12:00 p.m.
9	10	11 Retirement Planning & Medicare 10:30 a.m.	12 You Can Paint 1:00 p.m. Dinner at Happy Buns 5:00 p.m. Women's Locker Room Shutdown 1:00 - 3:00 p.m.	13 Senior Home Repair Program Presentation 10:30 a.m. Men's Locker Room Shutdown 1:00 - 3:00 p.m.	14 A Matter of Balance 9:30 a.m. Bingo 10:30 a.m. Movie at 6:00 p.m.	15 Movie at 12:00 p.m.
16	17	18 Weigh in on Wellness 10:30 a.m.	19 DFW Car & Toy Museum 10:00 a.m. AmeriLife Lunch & Learn 11:00 a.m.	20 Online Registration Training 10:00 a.m.	21 A Matter of Balance 9:30 a.m. Monthly Billiards Tournament 9:30 a.m. Daytime Karaoke 12:30 p.m. Movie at 6:00 p.m.	22 Movie at 12:00 p.m.
23	24 Register for September Classes and Activities at 8:00 a.m.	25 Register for September Trips at 8:00 a.m.	26 Michael Jackson Trivia 10:00 a.m.	27 10 Warning Signs of Alzheimer's 10:30 a.m.	28 A Matter of Balance 9:30 a.m. Michael Jackson Movie 1:00 p.m. Movie at 6:00 p.m.	29 Movie at 12:00 p.m.
30	31					

Programs and Activities at the Summit may be led by independent instructors, presenters or volunteers. The information and views they share are their own and are not endorsed by the Summit or the City of Grand Prairie. We are not responsible for actions taken based on shared information.

summittrips

*Indicates registration is REQUIRED

*The Dallas World Aquarium

August 5 | Departure at 10:00 a.m.; Return at 3:00 p.m. | Dallas, TX | \$40 ride & ticket

Renowned for its lush, multi-story indoor rainforest, extensive marine life exhibits, and dedication to global conservation and endangered species breeding programs.
Three cafes inside for optimal dining preference.

*Dinner at Happy Buns

August 12 | Departure at 5:00 p.m.; Return at 8:00 p.m. | Mansfield, TX | \$10 ride

Bring money for dinner.

*DFW Car & Toy Museum

August 19 | Departure at 10:00 a.m.; Return at 2:00 p.m. | Fort Worth, TX | \$10 ride

Largest car museum in Texas with over 200+ cars and more than 3000 toys.
Bring money for shopping and lunch at Blue Mound Cafe.



upcomingtrips

REGISTRATION FOR AUGUST TRIPS WILL OPEN
TUESDAY, AUGUST 25

*Dinner at Rodeo Goat

September 9 | Departure at 5:00 p.m.; Return at 8:00 p.m. | Arlington, TX | \$10 ride

Bring money for dinner.

*Silks at Lone Star Park

September 11 | Departure at 5:00 p.m.; Return at 11:00 p.m. | Grand Prairie, TX | \$65 ride & ticket

Enjoy panoramic racetrack views, a chef-inspired buffet, unlimited non-alcoholic beverages, convenient table-side wagering, and a personal HD TV included with your ticket for an unforgettable race day experience.

*Dr. Pepper Museum

September 16 | Departure at 9:00 a.m.; Return at 3:00 p.m. | Waco, TX | \$10 ride

Come ride to Waco and enjoy an ice-cold DP! Admission fee is \$12 at the door.
Debit/credit cards only (no cash).

*The Chisolm Trail Outdoor Museum

September 26 | Departure at 9:00 a.m.; Return at 3:00 p.m. | Cleburne, TX | \$20 ride & ticket

Explore 1850's life at a unique Texas museum located in Johnson County that brings the Old West to life.

Active membership is required for all trips. Registration for September trips will open on Tuesday, August 25 at 8:00 a.m. unless otherwise noted alongside the trip. Registration tickets available at 6:00 a.m.

On Registration day, members can register for only one trip. However, after registration day, members can register for additional trips. Each member may register for trips for one other member who has active membership.

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

Please check for trip updates on the day if the weather is uncertain.

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

upcoming programs

*Indicates registration is REQUIRED

*Tejano Dance

September 4 | 6:00 p.m. - 8:00 p.m. | Ballrooms | Members: \$10; Non-Members: \$20

Enjoy the lively sounds of Tejano music and dance the night away. More details to come.



*Widows Brunch

September 17 | 10:30 a.m. - 11:30 a.m. | Ballroom 1 | Members: Free; Non-Members: \$10

A brunch designed especially for widows and widowers to gather, connect and enjoy meaningful conversation in a warm atmosphere. Event enhanced by Nations Insurance Solutions.

summitaquatics

Goofball | Pool

M, W, F | 11 a.m. - 1 p.m. & 4:30 - 6:00 p.m.

Aqua Stretch (Free) - Low-impact routine stretching class

Tu & Th | 11:00 - 11:40 a.m. | Pool

*Hydra HIIT (\$25/mo) - Aqua aerobic exercise for all levels
M, W, F | 6:30 a.m. | Pool

*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

*Water X (\$20/mo) - Intermed. adv. aqua aerobics
M & W | 6:15 p.m. | Pool

aquatictraining

*Learn-To-Swim (LTS) Classes (\$60 for a 4-week session)

Group swim lessons for members, led by certified lifeguards.

Select one instructor and one time slot for four scheduled classes in August.

For more information, please contact

Aquatics Coordinator at 972-237-4169 or gvargas@gptx.org



Tuesday Sessions w/Gisselle August 4th - 25th

Beginner
9:00 - 9:30 a.m.

* Intermediate
9:40 - 10:10 a.m.

*Advanced \$40
10:20 - 10:50 a.m.

Thursday Sessions w/Ryan August 6th - 27th

Beginner
9:00 - 9:30 a.m.

* Intermediate
9:40 - 10:10 a.m.

*Advanced \$40
10:20 - 10:50 a.m.

Friday Sessions w/Celeste August 7th - 28th

Beginner
2:30 - 3:00 p.m.
3:10 - 3:40 p.m.

* Intermediate
3:50 - 4:20 p.m.

*Approval needed for
Intermediate/Advanced level

Registration for September classes will open Monday, August 24 at 8:00 a.m. In-person registration tickets available at 6:00 a.m.

Each member may register for paid classes for one other member who has valid membership (in-person).

To ensure enrollment for the full month of classes, please register on or after the official registration date for the upcoming month.

All classes are subject to change.

summitfitness

*Indicates registration is REQUIRED

Free Classes

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

Beginners Line Dance Class
Tuesday | 12:00 p.m. | Aerobic Room

Beginners Pickleball Class
Limited to 4 participants per class
Monday | 12:00 p.m. | BR1 & Gym Court

Chair Tai Chi
M & W | 8:00 - 8:30 a.m. | Aerobic Room

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 | 12:00 p.m. | Gym Court
**Monday | 10:45 a.m. | Gym Court*
Tuesday | 7:00 p.m. | Gym Court
**Wednesday | 10:45 a.m. | Aerobic Room*
Thursday | 7:00 p.m. | Gym Court
Friday | 9:00 a.m. | Gym Court

**Meditation Class*
Simple guided breathing meditations
Tu & Th | 10:45 a.m. | Aerobic Room

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

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

Paid Classes

Limited capacity | Register for the month at the front desk.
Must check in at the fitness desk.

**Beginner Yoga (\$20/mo)* - Beginner level moves which include getting up and down from a Yoga mat
Tu & Th | 9:00 a.m. | Aerobic Room

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

**Good Morning: Strength, Balance & Flexibility (\$20/mo)*
Walking with interval training w/weights & bands
Tu & Th | 6:30 a.m. | Patio/Aerobic Room

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

**Yoga (\$30/mo)* - Intermediate-advanced level moves
M, W, F | 9:00 a.m. | Aerobic Room

Fitness Orientation

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



Massage Therapy

Text or call to schedule your appointment
with Patty Torrez, LMT
214-502-9383

openplay

Pickleball

M | 6 a.m. - 8:30 a.m. & 12 p.m. - 3:45 p.m.
Tu - Th | 6 a.m. - 8:30 a.m. & 11 a.m. - 3:45 p.m.
F | 6 a.m. - 9 a.m. & 10 a.m. - 7:45 p.m.
Saturday | 8 a.m. - 11:45 a.m.
Sunday | 1 p.m. - 4 p.m.

Basketball

Tu & Th | 4 - 7:00 p.m. | Gym Court
Sunday | 4 - 4:45 p.m. | Gym Court

Volleyball

M & W | 4 - 7:45 p.m. | Gym Court
Saturday | 1:30 - 3:45 p.m. | Gym Court

Ping Pong

Tu & Th | 2 - 5 p.m. | Aerobic Room
Friday | 2 - 6 p.m. | Aerobic Room

Shuffleboard

Tu & W | 3 - 7:45 p.m. | Game Room

Billiards

Monthly Tournament | Last Friday | 9:30 a.m. | GR
M, Th, F | 6 a.m. - 7:45 p.m. | Game Room
Tu & W | 6 a.m. - 3 p.m. | Game Room
Saturday | 8 a.m. - 3:45 p.m. | Game Room
Sunday | 1 - 4:45 p.m. | Game Room
Day Pass Users Welcome

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.

clubsandgroups

*Garden Group (\$) - Annual \$25 club fee (\$40/couple)
1st Thursday | Planning | 8:30 a.m.
Thursday | Group Gardening | 8:45 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 (Retired Old Men Eating Out)
1st Tuesday | Lunch | 11:00 a.m. departure
Bring money for lunch. Meets at 11:00 a.m. in the lobby
and carools to the restaurant to meet at 11:15 a.m.
August Restaurant: First Watch
3150 State Hwy 161 Ste 500, Grand Prairie, TX 75052

*Sassy Jewels Club (\$) - Annual \$10 dues
1st Wednesday | Lunch | 11:30 a.m.
Transportation is not available at this time.
August 5th : Applebee's Grill & Bar 4654 S. Cooper St.
Arlington, TX

rentalspace

Looking for rental space for a special celebration?
Contact Rental Coordinator, Michelle Morin:

- 972-237-4147
- mmorin@gptx.org
- Or scan the QR code
for more information.



commissiononaging

Quarterly Meeting (January, April, July, October)
2nd Wednesday of the Month | 10:30 a.m. | Wings Theater
Free and Open to the Public

Senior Resources available at:



***Indicates registration is REQUIRED**

DROP IN ACTIVITIES

American Mah Jongg
Monday | 2 - 4:00 p.m. | BR2
Friday | 9:30 a.m. - 12:00 p.m. | BR2

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

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

Book Club
August: TBD
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 & Thursday | 2 - 6 p.m. | DR

Chicken Foot
Wednesday | 12 - 3 p.m. | BR3
Friday | 12 - 3 p.m. | BR3
Saturday | 2 - 4 p.m. | DR

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

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

Grief Support Circle
1st Tuesday | 10:30 a.m. | Ballroom 3

Hooks & Needles (Yarn Crafting)
Tuesday & Thursday 12:00 p.m. - 2 p.m. | BR1

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

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

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

Scrap Happens (Scrapbooking)
Monday | 9:00 a.m. - 10:00 a.m. | BR2

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

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

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

Emily Herrera
 Pet & House Sitting

- Overnight Pet Sitting
- House Sitting
- Plant Watering
- Daily Pet Updates & Photos

214-708-2804
 Emily.N.Herrera@outlook.com



Grand Prairie LIBRARIES
 T E X A S

1st Tuesday: Mobile Library
 from 11 a.m. to 1 p.m.

2nd Tuesday: Summit Book Group
 at 11 a.m.

www.gptx.org/library




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