



# summitnews

April 2024

## summitfeatures



Solar Eclipse  
Happy Hour  
Monday, April 8  
12:30 p.m. - 1:30 p.m.



Widows Brunch  
Monday, April 15  
10:30 a.m. - 11:30 a.m.



Ask A Doctor  
Tuesday, April 16  
10:30 a.m. - 11:30 a.m.



Carter Blood Drive  
Thursday, April 18  
9:00 a.m. - 2:00 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  
April 22 - May 4 | Ballroom 1



\*Medicare Education Class  
April 4 | 10:30 a.m. - 11:30 p.m. | Wings | Free  
Information session on the ABC's of Medicare.

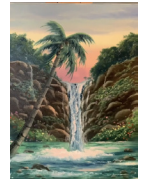
\*Saving Lives by Donating Blood Presentation  
April 5 | 11:00 a.m. - 12:00 p.m. | Wings Theater | Free  
Presented by Carter Blood Care.

Solar Eclipse Happy Hour  
April 8 | 12:30 p.m. - 1:30 p.m. | Terrace Cafe | Free  
Join us to experience the first total solar eclipse visible in the US since 1979!  
\$3 Nachos, \$3 Mocktail, \$6 Solar Eclipse Cocktail.



Commission on Aging  
April 10 | 10:30 a.m. - 11:30 a.m. | Wings Theater | Free  
Quarterly Meeting. Free and Open to the Public.

\*You Can Paint  
April 15 | 9:30 a.m. | Discovery 1 | \$35  
Instructor led painting class. \$35 per class. Topic: "Hawaiian Waterfall"



\*Widows Brunch  
April 15 | 10:30 a.m. - 11:30 a.m. | Ballroom 1 | Free  
Sponsored by Nations Insurance Solutions.



\*Ask a Doctor  
April 16 | 10:30 a.m. - 11:30 a.m. | Wings Theater | Free  
Sponsored by CenterWell.

Carter Blood Drive (Mobile Drive)  
April 18 | 9:00 a.m. - 2:00 p.m. | Parking Lot closest to Warrior Trail | Free  
Hosted by Carter Blood Care.



\*AARP Defensive Driving Course  
April 19 | 9:00 a.m. - 12:00 p.m. | Ballroom 1 | \$25 for AARP members, \$30 for Non- AARP members  
Will not expunge or lower tickets, but some insurance companies will provide a reduced rate upon completion of class.

AmeriLife Information Table  
April 22 | 9:00 a.m. - 12:00 p.m. | Lobby

AMERILIFE®

American Mahjong  
April 26 | 10:00 a.m. - 12:00 p.m. | Ballroom 2 | Free  
Come learn and play a new game! A recurring schedule for American Mahjong will be added to the May newsletter.

Registration for April will open March 25th at 8 a.m. All events & presentations are subject to change.  
Refunds will only be given if at least 48-hour cancellation notice is provided.

# APRIL 2024

SUN	MON	TUES	WED	THURS	FRI	SAT
	1	2 R.O.M.E.O'S Lunch 11:00 a.m.	3 Sassy Jewels Lunch 11:00 a.m.	4 Medicare Education Class 10:30 a.m.	5 Saving Lives by Donating Blood Presentation 11:00 a.m.  Movie at 6:00 p.m.	6     Movie at 12:00 p.m.
7	8 Solar Eclipse Happy Hour 12:30 p.m.	9	10 Commission on Aging 10:30 a.m.	11	12 Arts in Bloom Festival 4:00 p.m.  Movie at 6:00 p.m.	13     Movie at 12:00 p.m.
14	15 You Can Paint 9:30 a.m.  Widows Brunch 10:30 a.m.	16 Ask a Doctor 10:30 a.m.	17  Women's Locker Room Shutdown 1:00 - 3:00 p.m.	18 Carter Blood Drive 9:00 a.m.  Men's Locker Room Shutdown 1:00 - 3:00 p.m.	19 AARP Defensive Driving Class 9:00 a.m.  Movie at 6:00 p.m.	20     Movie at 12:00 p.m.
21	22 Register for May Activities at 8:00 a.m.  AmeriLife Information Table 9:00 a.m.	23	24 Dinner at Aspen Creek Grill 4:30 p.m.	25	26 Monthly Billiards Tournament 9:30 a.m. American Mahjong 10:00 a.m.  Movie at 6:00 p.m.	27 Planes & Trains Guided Tour 9:15 a.m.  Movie at 12:00 p.m.
28	29 Music By Texas Winds Dining Room 11:30 a.m.	30				

# summittrips

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\* indicates registration is required.

## \*Arts in Bloom - Art & Wine Festival

April 12 | Departure at 4:00 p.m. | McKinney, TX | \$5 ride

Bring money for food and shopping at the festival. Approximate return time at 9:00 p.m.

## \* Planes & Trains Guided Tour

April 27 | Departure at 9:15 a.m. | Grapevine, TX | \$25 ride and admission

Bring money for lunch. Approximate return time at 2:00 p.m.

## \*Dinner at Aspen Creek Grill

April 24 | Departure at 4:30 p.m. | Irving, TX | \$5 ride

Bring money for dinner. Approximate return time at 7:30 p.m.

Registration for April will open March 25th 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.

# summitpickleball

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## 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.

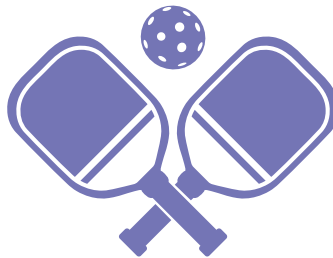
Tuesdays | 2:30 - 3:45 p.m.

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.

## \*Cinco De Mayo Dance

May 4 | 7:00 p.m. - 9:00 p.m. | Ballrooms | \$8 for members, \$18 for non-members  
Featuring Richard Palomino. Snacks and cash bar available.

## Marty Party

May 11 | 9:00 a.m. - 1:00 p.m. | Ballrooms | Free

Join us as we celebrate World Migratory Day featuring the Purple Martin.  
Sponsored by AmeriLife.



## \*Mothers Day Brunch

May 13 | 9:00 a.m. - 12:00 p.m. | Ballroom 1 | \$8 for members, \$18 for non-members  
Sponsored by AmeriLife.

## Older American Month Celebration

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

Table games and prizes available. Topic: "Powered by Connection"

# upcomingtrips

\* indicates registration is required.

## \*Texas Rangers Game

May 2024 | Arlington, TX | \$55 ride and ticket

All you can eat and a ball game. More details to come.

## \*Canton Trade Days - Flea Market

May 3 | Departure at 7:30 a.m. | Canton, TX | \$5 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 | \$20 ride and admission

The Dallas Human Rights Museum depicts women's history through shoes.  
Bring money for lunch at Chili's.

### A QUICK REMINDER

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 - 10:30a.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  
April Restaurant: Yes! Buffet. 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.

\*Sassy Jewels Club (\$) - Annual \$10 dues.  
1st Wednesday | Lunch | 11:00 a.m. departure  
Application at front desk.  
April Restaurant: Golden Corral Buffet & Grill  
2820 W. I-20 Grand Prairie, TX 75052

# commissioning

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  
Tuesdays | 10:30 - 11:30 a.m. | BR1

Bid Whist  
Wednesdays & Fridays | 2 - 6 p.m. | BR2

Book Club  
"Still Life" by Sarah Winman  
2nd Tuesday | 11 a.m. - 12 p.m. | BR2

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

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) | 10:30 - 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

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

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 | 1 - 4 p.m. | D1

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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 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