summitnews

December 2026

summitfeatures



Karaoke
Tuesday, December 1
6:00 p.m. - 7:30 p.m.



Christmas Bingo
Thursday, December 3
10:00 a.m. - 11:00 a.m.



Jingle Bell Jubilee
Friday, December 11
11:00 a.m. - 1:00 p.m.



Dance By Design Performance
Monday, December 21
10:30 a.m. - 11:30 a.m.

CAPRA ACCREDITED

the summit WE ENRICH.

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
December 1 | Every 1st Tuesday | 10:30 a.m. - 11:30 a.m. | Ballroom 2 | Members: Free; Non-Members: $10

Grand Prairie Mobile Library
December 1 | Every 1st Tuesday | 11:00 a.m. - 1:00 p.m. | Near Front Entrance | Open to the Public

Karaoke Night
December 1 | Every 1st Tuesday | 6:00 p.m. - 7:30 p.m. | Wings Theater | Members: Free; Non-Members: $10

*Medicare Recap
December 2 | 10:30 a.m. - 12:00 p.m. | Wings Theater | Members: Free; Non-Members: $10
Presentation by Celia from Nations Insurance Solutions discussing changes coming in 2027.



*Christmas Bingo
December 3 | 10:00 a.m. - 11:00 a.m. | Dining Room | Members: Free; Non-Members: $10
Staff led Christmas Bingo with prizes!

Jackson Middle School Choir Performance
December 4 | 10:45 a.m. - 11:30 a.m. | Ballroom 1 | Free & Open to the Public

Grand Prairie Fine Arts Academy Choir Performance
December 8 | 10:00 a.m. - 11:00 a.m. | Ballroom 1 | Free & Open to the Public



*You Can Paint
December 9 | 1:00 p.m. - 4:00 p.m. | Discovery 1 | Members: $45; Non-Members: $55
Instructor led class. Topic: “Cardinal in the Snowy Spruce” in acrylic.

*Medicare Eligibility Requirements for Hospice
December 10 | 10:30 a.m. - 11:30 a.m. | Wings Theater | Members: Free; Non-Members: $10
Presentation by Shawn with Suncrest Hospice.

*Jingle Bell Jubilee
December 11 | 11:00 a.m.- 1:00 p.m. | Ballrooms | Members: Free; Non-Members: $10
Annual Summit Christmas party sponsored by AmeriLife. Holiday festivities, treats and fun!



*You Can Paint
December 14 | 9:30 a.m. - 12:30 p.m. | Discovery 1 | Members: $45; Non-Members: $55
Instructor led class. Topic: “Winter Beneath the Tetons” in watercolor.

*Senior Lock Box Program
December 16 | 10:00 a.m. - 11:30 a.m. | Wings Theater | Members: Free; Non-Members: $10
Presentation by the Grand Prairie Police Department on how to protect you and your home in the event of an emergency.

*A Very Happy Holiday
December 18 | Wings Theater | 2:00 p.m. - 3:00 p.m. | Members: Free; Non-Members: $10
Theater Arlington TAG Players will be here to share a lighthearted and festive holiday performance.

Dance By Design Performance
December 21 | 10:30 a.m. - 11:30 a.m. | Ballroom 1 | Free & Open to the Public
Enjoy a Christmas performance by students from dance studio, Dance by Design.
Hot chocolate will be served prior to show.

*New Year’s Eve Vision Boards
December 31 | Ballroom 1 | 12:00 p.m. - 2:00 p.m. | Members: Free; Non-Members: $10
Bring your dreams and creativity as we make vision boards for 2027! Get inspired with pictures, positive words, and ideas for travel, hobbies, health, friendships, and new adventures. All supplies provided! Enjoy creativity, fun, and friendship as we welcome the New Year.

Registration for January activities will open December 28 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).

DECEMBER 2026

SUN	MON	TUES	WED	THURS	FRI	SAT
Calendar Key *Registration Days* ***Presentation*** ***Program*** *Event* *Trip* ***Other***		1 **Grief Support Circle** **10:30 a.m.** **GP Mobile Library** **11:00 a.m.** **Prairie Lights** **5:30 p.m.** **Karaoke Night** **6:00 p.m.**	2 **Medicare Recap** **10:30 a.m.** **A Very Merry Movie** **1:00 p.m.**	3 **Christmas Bingo** **10:00 a.m.** **Fitness Orientation** **2:00 p.m.**	4 **Choir Performance** **10:45 a.m.** **Southwest Swap Meet** **1:00 p.m.** Movie at 6:00 p.m.	5 **AmeriLife Sponsoring** Movie at 12:00 p.m.
6	7	8 **Choir Performance** **10:00 a.m.**	9 **Winstar Casino** **7:45 a.m.** **You Can Paint** **1:00 p.m.** **A Very Merry Movie** **1:00 p.m.**	10 **Medicare Eligilbility Requirements for Hospice** **10:30 a.m.**	11 **Jingle Bell Jubilee** **11:00 a.m.** Movie at 6:00 p.m.	12 Movie at 12:00 p.m.
13	14 **You Can Paint** **9:30 a.m.**	15 **Prairie Lights** **5:30 p.m.**	16 **Galleria** **9:00 a.m.** **Senior Lock Box Program** **10:00 a.m.** **A Very Merry Movie** **1:00 p.m.** Women's Locker Room Shutdown 1:00 - 3:00 p.m.	17 Men's Locker Room Shutdown 1:00 - 3:00 p.m.	18 **Monthly Billiards Tournament** **9:30 a.m** **A Very Happy Holiday** **2:00 p.m.** **Uptown Theater** **5:00 p.m.** Movie at 6:00 p.m.	19 Movie at 12:00 p.m.
20	21 **Dance By Design Performance** **10:30 a.m.**	22	23 **A Very Merry Movie** **1:00 p.m.**	24  **CLOSED DUE TO HOLIDAY**	25	26 Movie at 12:00 p.m.
27	28 **Register for January Classes and Activities at 8:00 a.m.**	29 **Register for January Trips at 8:00 a.m.**	30 **A Very Merry Movie** **1:00 p.m.**	31 **New Year's Eve Vision Boards** **12:00 p.m.**		

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

*Prairie Lights
December 1 | Departure at 5:30 p.m.; Return at 8:00 p.m. | Grand Prairie, TX | $10 ride
December 15 | Departure at 5:30 p.m.; Return at 8:00 p.m. | Grand Prairie, TX | $10 ride

*Southwest Swap Meet at Lone Star Park
December 4 | Departure at 1:00 p.m.; Return at 4:00 p.m. | Grand Prairie, TX | $10 ride
Established in 1968, Southwest Swap Meet is the oldest, continuously run classic car swap meet in Texas featuring an Auto Corral, food trucks, hard-to-find restoration parts and more!

*Winstar Casino
December 9 | Departure at 7:45 a.m.; Return at 5:00 p.m. | Thackerville, OK | $40 ride; no perks
Please arrive to depart at 7:45 a.m. and be in bus to leave casino by 3:30 pm.

*Galleria
December 16 | Departure at 9:00 a.m.; Return at 3:00 p.m.| Dallas, TX | $10 ride
A day full of shopping and lunch at an iconic shopping center.

*Uptown Theater: *Annie*
December 18 | Departure at 5:00 p.m.; Return at 10:00 p.m. | Grand Prairie, TX | $30 ride and ticket
Dinner at Roma's Italian Bistro followed by the musical, Annie.

upcomingtrips

REGISTRATION FOR JANUARY TRIPS WILL OPEN TUESDAY, DECEMBER 29

*Kimbell Art Museum
January 6 | Departure at 10:00 a.m.; Return at 3:00 p.m. | Fort Worth, TX | $25 ride and ticket
The Kimbell collection consists of approximately 375 works that not only epitomize their periods and movements but also touch individual high points of aesthetic beauty and historical importance.
Bring money for lunch at Chuy's Restaurant.

*Miranda's Mexican Restaurant
January 13 | Departure at 5:00 p.m.; Return at 8:00 p.m. | Burleson, TX | $10 ride
Mexican food dining and Bingo!

*Dallas Museum of Illusions
January 15 | Departure at 10:00 a.m.; Return at 3:00 p.m. | Dallas, TX | $30 ride and ticket
Enjoy a unique and exciting museum dedicated to providing visitors with a fun, interactive and educational experience that challenges perception and inspires creativity.
Bring money for lunch at Kendall's Soul Food.

*Thrifting with Angie
January 20 | Departure at 9:00 a.m.; Return at 3:00 p.m. | Fort Worth , TX | $10 ride
Hunting and gathering treasures! Bring money for lunch at Old Texas Brewing Co.

Active membership is required for all trips. Registration for January trips will open on Tuesday, December 29 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.

upcomingprograms

*Indicates registration is REQUIRED

Elvis Wednesdays
Starting January 6 | 1:00 p.m. | Wings Theater | Members: Free; Non-Members: $10
Get your Elvis fix every Wednesday in January with a lineup of movies, concerts and documentaries celebrating the King. $1 concessions available for purchase.

*Meet Me in the Middle
January 8 | 5:00 p.m. - 7:00 p.m. | Ballrooms | Members Only: $5
Whether you're hoping to make new friends or meet someone special, come ready to mix and mingle! Icebreaker activities and sweet treats provided.



Celebration of Life
January 14 | 12:30 p.m. - 7:00 p.m. | Wings Theater | Free & Open to the Public
As we welcome the new year, we remember and honor our friends and members from the center who passed away in 2026 through a special slideshow celebrating their lives, memories, and lasting impact on our community. If you would like to include a member in our memorial, contact Angie at alynch@gptx.org

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 | 6:20 p.m. | Pool

aquatictraining

*Learn-To-Swim (LTS) Classes
Swim lessons for members, led by certified lifeguards.
Select one time slot for four scheduled classes in December.
For more information, please contact
Aquatics Coordinator at 972-237-4169 or gvargas@gptx.org



December Sessions w/Ryan: Dec 1st - 10th

Individual Lessons: $75
2-Person Lessons: $120

Tuesday & Thursday
2-week Session

Time Slots:
8:20 - 8:50 a.m.
9:00 - 9:30 a.m.
9:40 - 10:10 a.m.
10:20 - 10:50 a.m.

**Approval needed for Intermediate/Advanced level*

Registration for January classes will open Monday, December 28 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 - Adapted for sitting & standing
M & W | 8:00 - 8:30 a.m. | Aerobic Room

Dance Fitness - Modern choreographed dances
Tu & Th | 6:00 - 6:45 p.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. | Aerobic Room
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

Tai Chi
Th & F | 1:00 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 | 7:30 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

*Yoga with Sound Healing ($5/class)
Intermediate & advanced mat yoga with sound healing
1st Saturday in December - Saturday, Dec 5 | 9:00 a.m.

Fitness Orientation

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



Personal Training

3 sessions: $100
6 sessions: $180
10 sessions: $250
Each session lasts 30 minutes
Ask front desk staff for more information

openplay

Pickleball

M | 6 a.m. - 8:00 a.m. & 12 p.m. - 3:45 p.m.
Tu - Th | 6 a.m. - 8:00 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

Tuesday | 4 - 7:00 p.m. | Gym Court
Thursday | 4 - 7:45 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
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 carpools to the restaurant to meet at 11:15 a.m.
December Restaurant: Blue Goose Cantina
2536 W I 20, Grand Prairie, TX 75052

*Sassy Jewels Club ($) - Annual $10 dues
1st Wednesday | Lunch | 11:30 a.m.
Transportation is not available at this time.
No outside lunch destination in December.

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:

massagetherapy

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

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.

*Indicates registration is REQUIRED

DROP-IN ACTIVITIES

American Mah Jongg
Monday | 1 - 4:00 p.m. | BR2
Friday | 9:00 a.m. - 12:00 p.m. | BR2

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

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

Book Club
November: The Retirement Plan by Sue Hincenbergs
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. | BR1

Estudios Biblicos (Bible Study)
Jueves (Thursday) | 10:30 - 11:30 a.m. | BR1

Grief Support Circle
1st Tuesday | 10:30 a.m. | BR2

Hand & Foot
Thursday | 3 - 6 p.m. | BR3

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

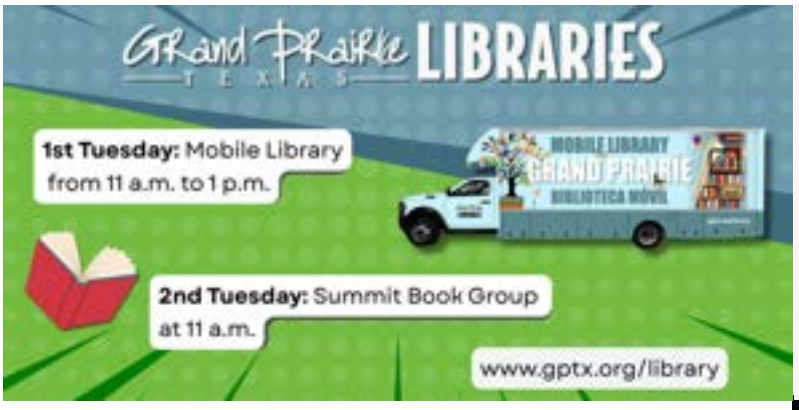
Scrap Happens (Scrapbooking)
Monday | 9:00 a.m. - 10:00 a.m. | BR2

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

Gambling and soliciting of any kind are prohibited. Membership is subject to suspension if it is discovered that any monetary funds have been exchanged for any reason within the facility. The Dining Room will be closed Monday - Friday from 1:00 p.m. - 2:00 p.m. for cleaning. Ballroom availability is dependent on rentals and other Summit events. We will do our best to accomodate.









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the summit
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