



# summitnews

July 2026

## summitfeatures



Throwback Movies  
Starting July 1  
1:00 p.m.



July 4<sup>th</sup> Cafe Treats  
Thursday, July 2  
11:00 a.m. - 1:00 p.m.



Name That Movie Tune  
Friday, July 17  
10:00 a.m. - 11:00 a.m.



Christmas in July  
Friday, July 24  
1:00 p.m. - 3:00 p.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

## Throwback Movie

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

Enjoy a classic throwback movie every Wednesday in July with delicious popcorn and a refreshing drink!

## July 4<sup>th</sup> Cafe Treats

July 2 | 11:00 a.m. - 1:00 p.m. | Cafe

Hot dogs, chips and popsicles available for purchase at the Terrace Cafe. While supplies last.

## Scrap Happens

July 6 | Every Monday | 9:00 a.m. - 10:00 a.m. | Ballroom 2 | Members: Free; Non-Members: \$10

Emily will lead a scrapbooking/junk journaling session every Monday in July. Limited art supplies available. Bring your own supplies.

## Grief Support Circle

July 7 | 10:30 a.m. - 11:30 a.m. | Ballroom 3 | Members: Free; Non-Members: \$10

A supportive space to share memories, express feelings and heal with others. Led by Dee Johnson with Dignity Memorial.

## \*Skin Cancer & Sun Safety

July 7 | 10:30 am - 11:30 a.m. | Wings Theater | Members: Free; Non-Members: \$10

Health presentation by Sherry with Tarrant County Public Health.

## Grand Prairie Mobile Library

July 7 | Every 1<sup>st</sup> Tuesday | 11:00 a.m. - 1:00 p.m. | Near Front Entrance | Open to the Public

## Karaoke Night

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

## Commission on Aging

July 8 | 10:30 a.m. | Wings Theater | Open to the Public

## \*Bingo

July 10 | 9:30 a.m.- 10:30 a.m. | Dining Room | Members: Free; Non-Members: \$10

Come ready to play and get the chance to win a prize!

## \*You Can Paint

July 10 | 1:00 p.m. - 4:00 p.m. | Discovery 1 | Members: \$35; Non-Members \$45

Instructor led class. Topic : "Sailing Away" in oils.

## \*Good Nutrition Level 1

Starting July 13 | 8:30 a.m. - 10:00 a.m. | Ballroom 1 | Members: \$175

Meets on Mondays for a 6 week course provided by Pamela Cruse, a certified Precision Nutrition Instructor.

## \*Heat Exhaustion Precautions

July 14 | 10:30 a.m. - 11:30 a.m. | Wings Theater | Members: Free; Non -Members: \$10

Presentation by Baylor Scott & White.

## \*Online Registration Training

July 16 | 10:00 a.m. - 11:00 a.m. | Wings Theater | Members: Free; Non-Members: \$10

## \*Name That Movie Tune

July 17 | 10:00 a.m. - 11:00 a.m. | Wings Theater | Members: Free; Non-Members: \$10

Emily will lead movie soundtrack trivia!

## \*Mindful Coloring

July 23 | 9:30 a.m. - 10:30 a.m. | Dining Room | Members: Free; Non-Members: \$10

Unwind with a coloring session. Feel free to bring your own supplies or use ours.

## \*Christmas in July



July 24 | 1:00 p.m.- 3:00 p.m. | Ballroom 1 | Members: \$3; Non-Members: \$13

Celebrate the season with holiday treats, savory chips and dips, and fresh veggie trays. Entertainment and festive enhancements provided by CenterWell. Please consider bringing dry goods and other non-perishable food items to support the Grand Prairie Food Co-Op.



Registration for August activities will open July 20 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).

# JULY 2026

SUN	MON	TUES	WED	THURS	FRI	SAT
<b>Calendar Key</b> Presentation Program Event Trip Other			1 Throwback Movie 1:00 p.m.	2 July 4th Cafe Treats 11:00 a.m. Fitness Orientation 2:00 p.m.	3  CLOSED FOR HOLIDAY	4 
5	6 Scrap Happens 9:00 a.m. <i>Every Monday</i>	7 Grief Support Circle 10:30 a.m. Skin Cancer & Sun Safety 10:30 a.m. GP Mobile Library 11:00 a.m. Karaoke Night 6:00 p.m.	8 Arlington Museum of Art 10:00 a.m. Commission on Aging 10:30 a.m. Throwback Movie 1:00 p.m.	9	10 Bingo 9:30 a.m. You Can Paint 1:00 p.m. Movie at 6:00 p.m.	11 AmeriLife Sponsoring Movie at 12:00 p.m.
12	13 Good Nutrition Level 1 8:30 a.m.	14 Heat Exhaustion Precautions 10:30 a.m. Book Club 11:00 a.m.	15 Throwback Movie 1:00 p.m. Dinner at Magic Time Machine 5:00 p.m. Women's Locker Room Shutdown 1:00 - 3:00 p.m.	16 Online Registration Training 10:00 a.m. Men's Locker Room Shutdown 1:00 - 3:00 p.m.	17 Name That Movie Tune 10:00 a.m. Movie at 6:00 p.m.	18 Movie at 12:00 p.m.
19	20 Register for August Classes & Activities at 8:00 a.m.	21 Register for August Trips at 8:00 a.m.	22 Winstar Casino 8:00 a.m. Throwback Movie 1:00 p.m.	23 Mindful Coloring 9:30 a.m.	24 Monthly Billiards Tournament 9:30 a.m. Christmas in July 1:00 p.m. Movie at 6:00 p.m.	25 Movie at 12:00 p.m.
26	27	28	29 Thrifting with Angie 9:00 a.m. Throwback Movie 1:00 p.m.	30	31 Movie at 6:00 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.

# summitrips

\*Indicates registration is REQUIRED

**\*Arlington Museum of Art: *More Than a Match***

July 8 | Departure at 10:00 a.m.; Return at 3:00 p.m. | Arlington, TX | \$32 ride & ticket  
An ultimate fan experience comprised of 4 exhilarating exhibitions that spotlight the rich world of soccer and the vibrant culture of its passionate fans.  
Bring money for lunch at Twisted Root Burger Co.

**\*Dinner at Magic Time Machine**

July 15 | Departure at 5:00 p.m.; Return at 8:00 p.m. | Dallas, TX | \$10 ride  
Bring money for dinner.

**\*WinStar Casino**

July 22 | Departure at 8:00 a.m.; Return at 4:00 p.m. | Thackerville, OK | \$40 ride; no perks  
Please arrive by 7:30 a.m. and park in the overflow parking lot.

**\*Thrifting with Angie**

July 29 | Departure at 9:00 a.m.; Return at 3:00 p.m. | Arlington, TX | \$10 ride  
Bring money for lunch and shopping.



# upcomingtrips

REGISTRATION FOR AUGUST TRIPS WILL OPEN  
TUESDAY, JULY 21

**\*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.

Active membership is required for all trips. Registration for August trips will open on Tuesday, July 21 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

## \*A Matter of Balance

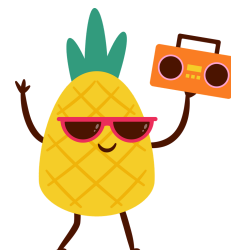
August 7 | 9:30 a.m. - 11:30 a.m. | Ballroom 3 | Members: Free; Non-Members: \$10

Reduce the fear of falling and increase activity with this nationally recognized 8 week program. Every Friday beginning August 7<sup>th</sup>.

## \*Summer Bash

August 7 | 6:00 p.m. - 8:00 p.m. | Ballrooms | Members: \$5; Non-Members: \$15

End of summer fun with DJ music and dancing! Snacks and refreshments provided.



# summitaquatics

Goofball | Pool

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

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

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

Tu & Th | 11:00 - 11:40 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 July.

For more information, please contact

Aquatics Coordinator at 972-237-4169 or [gvargas@gptx.org](mailto:gvargas@gptx.org)



**Tuesday Sessions w/Gisselle**  
July 7<sup>th</sup> - 28<sup>th</sup>

Beginner  
9:00 - 9:30 a.m.  
9:40 - 10:10 a.m.

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

**Thursday Sessions w/Ryan**  
July 9<sup>th</sup> - 30<sup>th</sup>

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**  
July 10<sup>th</sup> - 31<sup>st</sup>

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 August classes will open Monday, July 20 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 Belly Dancing

Th | July 16, 23, & 30 | 12:00 p.m. | Aerobic Room

### 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

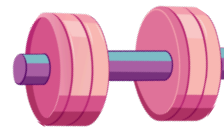
\*Essentrics® Aging Backwards® (\$20/mo)  
Dynamic and gentle full-body workout w/Diane Keeble  
M & W | 6:00 p.m. | Aerobic Room

\*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.



# 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 carpools to the restaurant to meet at 11:15 a.m.  
July Restaurant: Rosa's Cafe 1513 Mayfield Rd.  
Grand Prairie, TX 75052

\*Sassy Jewels Club (\$) - Annual \$10 dues  
1st Wednesday | Lunch | 11:30 a.m.  
Transportation is not available at this time.  
1<sup>st</sup> Wednesday Lunch not available in July

# 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.



# commissioning

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  
June: Coral Cottage by Jan Moran  
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  
1<sup>st</sup> Tuesday | 1 0:30 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



**For Information on available ad space,  
please send inquiries to [summitads@gptx.org](mailto:summitads@gptx.org)**



The Summit  
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2975 Esplanade  
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**Summit Website**

