



# summitnews

June 2026

## summitfeatures



**Wacky Wednesdays**  
Starting June 3  
1:00 p.m.



**Father's Day Breakfast**  
Wednesday, June 17  
9:00 a.m. - 10:00 a.m.



**Juneteenth Celebration**  
Thursday, June 18  
10:30 a.m. - 11:30 a.m.



**You're Amazing!  
Talent Show**  
Friday, June 26  
10:00 a.m. - 12:00 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

## \*Grief Support Circle

June 2 | 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.

Grand Prairie Mobile Library

June 2 | Every 1<sup>st</sup> Tuesday | 11:00 a.m. - 1:00 p.m. | Near Front Entrance | Open to the Public

Karaoke Night

June 2 | 6:00 p.m. - 7:30 p.m. | Wings Theater | Members: Free; Non-Members: \$10

Wacky Wednesdays

June 3 | Every Wednesday in June | 1:00 p.m. | Wings Theater | Members: Free; Non-Members: \$10

A lighthearted comedy movie series guaranteed to bring laughs and a dose of midweek fun!



## \*Widows Brunch

June 4 | 10:30 a.m. - 11:30 a.m. | Ballroom 3 | Members: Free; Non-Members: \$10

Widows and widowers are welcome. Event enhancements by Celia with Nations Insurance Solutions.

## \*Judge's Perspective on Probate

June 8 | 10:30 a.m. - 11:30 a.m. | Wings Theater | Members: Free; Non-Members: \$10

Dallas County Judge Warren and Judge Monroe will be here to inform and discuss on probate matters.

## \*Essential Oils Presentation

June 9 | 10:00 a.m. - 11:00 a.m. | Wings Theater | Members: Free; Non-Members: \$10

Benefits of essential oils presentation by Laverne Ferrell. Hosted by COA commissioner, Madiola Harper.

## \*7 Habits of Healthy People

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

Centerwell representative Chrissy will be here to teach healthy habits for healthy people.

## \*Origami Craft

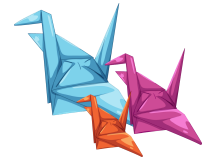
June 12 | 10:00 a.m. - 11:00 a.m. | Ballroom 1 | Members: Free; Non-Members: \$10

Get crafty with COA commissioner Stephanie Moreno.

Daytime Karaoke

June 12 | 10:00 a.m. - 11:00 a.m. | Wings Theater | Members: Free; Non-Members: \$10

Sing your heart out with Rachel Arista!



## \*You Can Paint

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

Instructor led class. Topic : "Sunset Sail" in oils.

## \*Father's Day Breakfast

June 17 | 9:00 a.m. - 10:00 a.m. | Ballroom 1 | Members: Free; Non-Members: \$10

Let's celebrate Father's Day together! Chick-fil-A breakfast sponsored by AmeriLife.



## \*Juneteenth Celebration

June 18 | 10:30 a.m. - 11:30 a.m. | Ballrooms 1 & 2 | Members: Free; Non-Members: \$10

Enjoy bingo, traditional red foods, and root beer floats. Hosted by Levi with the Trusted Brokerage Group.

## \*Sleep Apnea Presentation

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

Pablo Luna will present the basics of sleep apnea, warning signs and simple steps for prevention.

## \*Brain Health Presentation

June 23 | 10:30 a.m. - 11:30 a.m. | Wings Theater | Members: Free; Non-Members: \$10

An education program presented by Alzheimer's Association on "Building Brain-Healthy Habits."

You're Amazing! Talent Show

June 26 | 10:00 a.m. - 11:30 a.m. | Ballroom 1 | Members: Free; Non-Members: \$10

Join our celebration of amazing talent at the Summit!

Participant applications will be available at the front desk from May 18<sup>th</sup> thru June 18<sup>th</sup>.

Please feel encouraged to sing, dance, tell stories, read poetry or share any special talent.

Individual and group acts are welcome.



Registration for July activities will open June 22 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).

# JUNE 2026

SUN	MON	TUES	WED	THURS	FRI	SAT
<b>Calendar Key</b> <i>Presentation</i> <i>Program</i> <i>Event</i> <i>Trip</i> <i>Other</i>	1	2	3	4	5	6
		Grief Support Circle 10:30 a.m. GP Mobile Library 11:00 a.m. Karaoke Night 6:00 p.m.	Modern Art Museum of Fort Worth 10:00 a.m. Wacky Wednesdays 1:00 p.m.	Widows Brunch 10:30 a.m. Fitness Orientation 2:00 p.m.	Movie at 6:00 p.m.	AmeriLife Sponsoring Movie at 12:00 p.m.
7	8	9	10	11	12	13
	Judge's Perspective on Probate 10:30 a.m.	Essential Oils Presentation 10:00 a.m. Book Club 11:00 a.m.	Pinstack Bowling Alley 10:00 a.m. Wacky Wednesdays 1:00 p.m.	7 Habits of Healthy People 10:30 a.m.	Origami Craft 10:00 a.m. Daytime Karaoke 10:00 a.m. You Can Paint 1:00 p.m. Movie at 6:00 p.m.	Movie at 12:00 p.m.
14	15	16	17	18	19	20
		Texas Rangers Baseball Game 5:00 p.m.	Father's Day Breakfast 9:00 a.m. Wacky Wednesdays 1:00 p.m. Women's Locker Room Shutdown 1:00 - 3:00 p.m.	Juneteenth Celebration 10:30 a.m. Sleep Apnea Presentation 10:30 a.m. Men's Locker Room Shutdown 1:00 - 3:00 p.m.	<b>JUNETEENTH</b> CLOSED FOR HOLIDAY	Movie at 12:00 p.m.
21	22	23	24	25	26	27
	Register for July Classes & Activities at 8:00 a.m.	Register for July Trips at 8:00 a.m. Brain Health Presentation 10:30 a.m.	Wacky Wednesdays 1:00 p.m. Dinner at Chimy's 5:00 p.m.		Monthly Billiards Tournament 9:30 a.m. You're Amazing! Talent Show 10:00 a.m. Movie at 6:00 p.m.	Movie at 12:00 p.m.
28	29	30				

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

## \*Modern Art Museum of Fort Worth

June 3 | Departure at 10:00 a.m.; Return at 3:00 p.m. | Fort Worth, TX | \$10 ride

This museum is an exceptional destination for art lovers and architecture enthusiasts alike.  
Bring money for lunch at The Cookshack.

## \*Pinstack Bowling Alley

June 10 | Departure at 10:00 a.m.; Return at 3:00 p.m. | Irving, TX | \$10 ride

We'll take care of the ride - just bring money for spending!  
Participants are responsible for games, food or purchases at the bowling alley.

## \*Texas Rangers Baseball Game

June 16 | Departure at 5:00 p.m.; Return at 11:00 p.m. | Arlington, TX | \$80 ride & ticket

Texas Rangers vs. Minnesota Twins. All You Can Eat section.

## \*Dinner at Chimy's

June 24 | Departure at 5:00 p.m.; Return at 8:00 p.m. | Fort Worth, TX | \$10 ride

Bring money for dinner.

# upcomingtrips

REGISTRATION FOR JULY TRIPS WILL OPEN  
TUESDAY, JUNE 23

## \*National Soccer Hall of Fame

July 8 | Departure at 12:30 p.m.; Return at 6:00 p.m. | Frisco, TX | \$23 ride & ticket

Explore interactive exhibits that bring U.S. soccer history to life.  
Bring money for lunch on premises.

## \*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.

Active membership is required for all trips. Registration for July trips will open on Tuesday, June 23 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

## Throwback Movies

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!

## \*Christmas in July

July 24 | 1:00 pm - 3:00 p.m. | Dining Room | Members: \$5; Non-Members: \$15

Christmas themed treats, chips, dips and veggie trays will be served.

Entertainment and event enhancements provided CenterWell.

We will be hosting a food drive to benefit Grand Prairie Food Co-Op.

Please bring dry goods and other non-perishable food items to donate.



# 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

AquaYoga (Free) - Yoga in the water for seniors led by Volunteer Pamela B.

Tu & Th | 8:00 - 8:45 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 June.

For more information, please contact Aquatics Coordinator,

Gisselle Vargas at 972-237-4169 or gvargas@gptx.org



**June Dates/Times to be determined**

*\*Approval needed for Intermediate level*

Registration for July classes will open Monday, June 22 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.

## 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

Golf Putting Lessons - Instruction & practice  
Bring your own putter. Supplies limited  
Tuesday | 10:00 a.m. | Patio

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 | 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

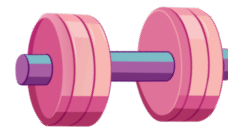
\*Yoga (\$30/mo) - Intermediate-advanced level moves  
M, W, F | 9:00 a.m. | Aerobic Room

\*Zumba (\$10/mo) - Latin-based dance workout  
Monday | 7:00 p.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 carools to the restaurant to meet at 11:15 a.m.

June Restaurant: Chapp's Burgers

4146 S. Carrier Pkwy Grand Prairie, TX 75052

\*Sassy Jewels Club (\$) - Annual \$10 dues

1st Wednesday | Lunch | 11:30 a.m.

Transportation is not available at this time.

June Restaurant: Mimi's Cafe

301 E. Interstate 20, Arlington, TX 76018

# 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. - 2 p.m. | BR2

Thursday | 1 - 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

Crochet

Tuesday 12:00 p.m. - 2 p.m. | BR1

Thursday 12:00 p.m. - 2 p.m. | BR1

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. | BR3

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

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 accommodate.



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



The Summit  
50+ Active Adult Center  
2975 Esplanade  
Grand Prairie, Texas 75052  
972.237.4141  
GrandFunGP.com

**Summit Website**

