



summitnews

May 2026

summitfeatures



Cinco de Mayo Fiesta
Tuesday, May 5
2:00 p.m. - 4:00 p.m.



Moonlit Garden Prom
Friday, May 15
6:00 p.m. - 8:00 p.m.



Marty Party
Saturday, May 9
9:00 a.m. - 1:00 p.m.



Daytime Karaoke
Friday, May 22
10:00 a.m. - 12:00 p.m.

A heartfelt thank you to everyone who donated plastic eggs for our annual Easter Egg Hunt!



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

Sweet 16 Photos

May 1 - May 31 | Front Desk | Members Only

To celebrate the Summit's 16th birthday this May, please bring a teenage photo of yourself for a shared memory collage. Email photos to alynch@gptx.org. If needed, a photocopy can be made at the front desk.

Summit Steppers Participation Packet Pickup

May 1 - May 6 | Front Desk | Registered Members Only

In preparation for our Summit Steppers event on May 8, please stop by the front desk to pick up your participation packet. Each packet will include a T-shirt, sweatbands, and a race bib.

Election Day

May 2 | 7:00 a.m. - 7:00 p.m. | Ballroom 1 | Open to Dallas County Residents

*Lotería

May 5 | 10:00 a.m. - 11:00 a.m. | Dining Room | Members: Free; Non-Members: \$10

Enjoy staff-led lotería with prizes available.

*Grief Support Circle

May 5 | 10:30 a.m. - 11:30 a.m. | Ballroom 3 | Members: Free; Non-Members: \$10

Grand Prairie Mobile Library

May 5 | Every 1st Tuesday | 11:00 a.m. - 1:00 p.m. | Near Front Entrance | Open to the Public

*Cinco de Mayo Fiesta

May 5 | 2:00 p.m. - 4:00 p.m. | Ballrooms | Members: \$5; Non-Members: \$15

Let's celebrate together! DJ music and food provided. Event enhancements by Celia with Nations Insurance Solutions.

Jackson Middle School Jazz/Mariachi Band Concert

May 6 | 10:30 a.m. - 11:30 a.m. | Ballrooms 1 & 2 | Members: Free; Non-Members: \$10

Wednesday Concert Series

Starting May 6 | 1:00 p.m. | Wings Theater | Members: Free; Non-Members: \$10

Enjoy a big-screen concert experience every Wednesday in May, showcasing iconic performances from your favorite artists across the decades.

*You Can Paint

May 6 | 1:00 p.m. - 4:00 p.m. | Discovery 1 | Members: \$35; Non-Members: \$45

Instructor led class. Topic: "Mid Summer Nights Dream" in acrylic.

*Online Registration Training

May 7 | 10:00 a.m. - 11:00 a.m. | Wings Theater | Members: Free; Non-Members: \$10

Marty Party

May 9 | 9:00 a.m. - 1:00 p.m. | Ballrooms & Summit Grounds | Free | Open to the Public

Learn about purple martins, the beloved migratory birds, and enjoy family fun activities! Food provided.

*You Can Paint

May 11 | 9:30 a.m. - 12:30 p.m. | Discovery 1 | Members: \$35; Non-Members \$45

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

*Mother's Day Breakfast

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

Let's make Mother's Day special together with a craft. Chick-fil-A breakfast provided.

Bring a copy of your favorite recipe to share with others.

*JFK Oral History Project

May 13 | 10:00 a.m. - 11:30 a.m. | Wings Theater | Members: Free; Non-Members \$10

The Sixth Floor Museum will present a brief presentation, followed by an opportunity to share your memories on film for the museum's archives.

Jackson Middle School Choir Performance

May 15 | 10:45 a.m. - 11:30 a.m. | Ballroom 1 | Members: Free; Non-Members: \$10

*Moonlit Garden Prom

May 15 | 6:00 p.m. - 8:00 p.m. | Ballrooms | Members: \$20; Non-Members: \$30

Join us for an enchanting evening of dancing, laughter and time with friends in a beautiful garden-inspired setting. Music by Smooth as Ice Jazz. Catering by Roma's Italian Bistro.

Daytime Karaoke

May 22 | 10:00 a.m. - 12:00 p.m. | Wings Theater | Members: \$35; Non-Members: \$45

Sing your heart out! Hosted by Rachel Arista.

Registration for June activities will open May 18 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 valid 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).



MAY 2026

SUN	MON	TUES	WED	THURS	FRI	SAT
Calendar Key Presentation Program Event Trip Other					1 Sweet 16 Photos Begins Summit Steppers Participation Packet Pickup Begins Movie at 6:00 p.m.	2 Election Day 7:00 a.m. Canton Trade Days 9:00 a.m. AmeriLife Sponsoring Movie at 12:00 p.m.
3	4	5 Lotería 10:00 a.m. GP Mobile Library 11:00 a.m. Cinco de Mayo Fiesta 2:00 p.m. Karaoke Night 6:00 p.m.	6 Jazz/ Mariachi Band 10:30 a.m. Wednesday Concert Series 1:00 p.m. You Can Paint 1:00 p.m.	7 Online Registration Training 10:00 a.m. Fitness Orientation 2:00 p.m. Theatre Arlington 5:00 p.m.	8 Summit Steppers 3K 1 Mile Walk/Run 9:00 a.m. Movie at 6:00 p.m.	9 Marty Party 9:00 a.m. Movie at 12:00 p.m.
10 Happy Mother's Day	11 You Can Paint 9:30 a.m. Mother's Day Breakfast 10:00 a.m.	12 Book Club 11:00 a.m.	13 JFK Oral History Project 10:00 a.m. Wednesday Concert Series 1:00 p.m.	14 Dallas Wings Basketball Game 5:00 p.m.	15 Choir Performance 10:45 a.m. Moonlit Garden Prom 6:00 p.m. Movie at 6:00 p.m.	16 Movie at 12:00 p.m.
17	18 Register for June Classes & Activities at 8:00 a.m.	19 Register for June Trips at 8:00 a.m.	20 Wednesday Concert Series 1:00 p.m. Dinner at Smoke'N Ash BBQ 5:00 p.m. Women's Locker Room Shutdown 1:00 - 3:00 p.m.	21 Men's Locker Room Shutdown 1:00 - 3:00 p.m.	22 Daytime Karaoke 10:00 a.m. Movie at 6:00 p.m.	23 Movie at 12:00 p.m.
24	25 Happy Memorial Day	26	27 Wednesday Concert Series 1:00 p.m.	28	29 Monthly Billiards Tournament 9:30 a.m. Movie at 6:00 p.m.	30 Movie at 12:00 p.m.
30 CLOSED FOR HOLIDAY						

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**

*Canton Trade Days

May 2 | Departure at 9:00 a.m.; Return at 3:00 p.m. | Canton, TX | \$10 ride
Enjoy outdoor shopping at the world's largest flea market.

*Theatre Arlington

May 7 | Departure at 5:00 p.m.; Return at 10:00 p.m. | Arlington, TX | \$48 ride and ticket
Agatha Christie's Murder on the Orient Express, the classic whodunit, follows detective Hercule Poirot as he investigates a murder on a snowbound train. Dinner at Papaya Mexican Grill.

*Dallas Wings Basketball Game at UTA

May 14 | Departure at 5:00 p.m.; Return at 10:00 p.m. | Arlington, TX | \$32 ride and ticket
Dallas Wings vs. Minnesota Lynx. Stadium concessions available.

*Dinner at Smoke'N Ash BBQ

May 20 | Departure at 5:00 p.m.; Return at 8:00 p.m. | Arlington, TX | \$10 ride
Bring money for dinner.



upcomingtrips

REGISTRATION FOR JUNE TRIPS WILL OPEN
TUESDAY, MAY 19

*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.

Trips are for members only. Registration for June trips will open on Tuesday, May 19 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 valid 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

*Widows Brunch

June 4 | 10:30 am. | Ballroom 1 | Members: Free; Non-Members: \$10
Widows and widowers are welcome.



You're Amazing Talent Show!

June 26 | 10:00 a.m. - 11:30 a.m. | Ballrooms 1 & 2 | 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 18th thru June 18th.
Please feel encouraged to sing, dance, tell stories, read poetry or share any special talent.
Individual and group acts are welcome.

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

AquaYoga (Free) - Yoga in the water for seniors led by Volunteer Pamela B.
Tu & Th | 8:00 - 8:45 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 (\$18/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 May.
For more information, please contact Aquatics Coordinator,
Gisselle Vargas at 972-237-4169 or gvargas@gptx.org



May 5th - 26th

Tuesday Sessions w/Gisselle
(Beginner)
9:00 - 9:30 a.m.

*Tuesday Sessions w/Gisselle
(Intermediate)
9:40 - 10:10 a.m.
10:20 - 10:50 a.m.

May 7th - 28th

Thursday Sessions w/Ryan
(Beginner)
9:00 - 9:30 a.m.

*Thursday Sessions w/Ryan
(Intermediate)
9:40 - 10:10 a.m.
10:20 - 10:50 a.m.

May 8th - 29th

Friday Sessions w/Celeste
(Beginner)
2:30 - 3:00 p.m.
3:10 - 3:40 p.m.
3:50 - 4:20 p.m.

*Approval needed for
Intermediate level

Registration for June classes will open Monday, May 18 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*

Beginner Belly Dancing
Thursday | 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

Golf Lessons - Putting instruction & practice
Bring your own putter. Supplies limited
Starting May 19 | 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
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

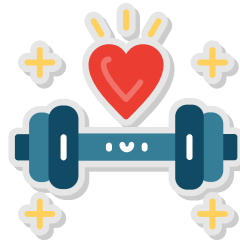
**Good Morning: Strength, Balance & Flexibility (\$20/mo)*
Walking with interval training w/weights & bands
Tu & Th | 7:30 a.m. | Patio/Aerobic Room

**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

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 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 (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.

May Restaurant: Fuzzy's Taco Shop

3144 State Hwy 161 Grand Prairie, TX 75051

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

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

Transportation is not available at this time.

May: On the Border Restaurant

1121 W. I-20 Arlington, TX 76017

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

May: The Year of Yes by Shonda Rhimes

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



**For Information on available ad space,
please send inquiries to summitads@gptx.org**



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

Summit Website

