



summitnews

March 2024

summitfeatures



R&B Dance
Saturday, March 9
6:00 p.m. - 8:00 p.m.



Medicare Q&A
Thursday, March 14
10:30 a.m. - 11:30 a.m.



Spring Bazaar
Friday, March 22
9:00 a.m. - 12:00 p.m.



Ins and Outs of
Assisted Living
Presentation
Tuesday, March 26
10:30 a.m. - 11:30 a.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
February 20-March 5 | Ballroom 1



*Citizens on Patrol Presentation

March 1 | 11:00 a.m. - 12:00 p.m. | Wings Theater | Free

Don't miss this informative opportunity to learn about and become part of your world class Grand Prairie Police Department. Presented by Investigator JD.

*Fire Safety Presentation

March 6 | 10:30 a.m. - 11:30 a.m. | Wings | Free

Information session on fire safety presented by Darwin Case of the Grand Prairie Fire Department. Hosted by Commission on Aging Chair, Freddie Evans.

*Mind Care Support Group

1st Wednesday of Each Month | 12:30 p.m. - 1:30 p.m. | Ballroom 1 | Free

The Mission of Texas Mental Health Resources assist in providing resources, training, and other support systems.

*R&B Dance

March 9 | 6:00 p.m. - 8:00 p.m. | Ballrooms | \$8 for members, \$18 for non-members

Featuring DJ Hamilton. Snacks and cash bar available. Sponsored by AmeriLife.



*Junta de Viudas (Widow's Brunch)

Marzo 11 (March 11) | 10:30 a.m. - 11:30 a.m. | Ballroom 1 | Gratis (Free)

Patrocinado por Nations Insurance Solutions.

*Medicare Q&A

March 14 | 10:30 a.m. - 11:30 a.m. | Wings Theater | Free

Presented by Nations Insurance Solutions.

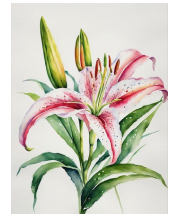
St. Patrick's Day Bingo

March 15 | 10:30 a.m. - 11:30 a.m. | Dining Room | Free

*You Can Paint

March 18 | 9:30 a.m. | Discovery 1 | \$35

Instructor led painting class. \$35 per class. Topic: "Stargazer Lily"



*Emergency Preparedness Presentation

March 19 | 10:00 a.m. - 11:00 a.m. | Wings Theater | Free

Presented by Tarrant County Public Health Department.

Variety Show with Bud

March 20 | 12:30 p.m. - 2:00 p.m. | Wings Theater | Free

Hosted by Rachel Arista.

*Spring Bazaar

March 22 | 9:00 a.m. - 12:00 p.m. | Ballrooms | Free

Bring money for shopping! Interested in being a vendor? Registration forms with W9 must be submitted to front desk staff by March 11. \$15 for members, \$20 for non-members.



*Ins and Outs of Assisted Living Presentation

March 26 | 10:30 a.m. - 11:00 a.m. | Wings Theater | Free

Presented by Wes Staub with Mayberry Gardens of Grand Prairie.

*Health Hour

March 28 | 10:30 a.m. - 11:00 a.m. | Wings Theater | Free

Presented by urologist, Dr. Han, from USMD.

Registration for March will open February 26th 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.

SUN	MON	TUES	WED	THURS	FRI	SAT
					1 Citizens on Patrol Presentation 11:00 a.m. Movie at 6:00 p.m.	2 Movie sponsored by AmeriLife  Movie at 12:00 p.m.
3	4	5 R.O.M.E.O's Lunch 11:00 a.m.	6 Fire Safety Presentation 10:30 a.m. Sassy Jewels Lunch 11:00 a.m. Mind Care Support Group 12:30 p.m.	7 Fitness Orientation 2:00 p.m.	8 Movie at 6:00 p.m.	9 R&B Dance 6:00 p.m.  Movie at 12:00 p.m.
10 One Night in Memphis Show 12:30 p.m.	11 Junta de Viudas 10:30 a.m. 	12 WinStar Casino 8:00 a.m.	13	14 Medicare Q&A 10:30 a.m. 	15 Bingo 10:30 a.m. Uptown Theater 9 to 5: The Musical 5:00 p.m. Movie at 6:00 p.m.	16 Movie at 12:00 p.m.
17	18 AmeriLife Help Desk 9:00 a.m.	19 Emergency Preparedness Presentation 10:00 a.m.	20 Variety Show with Bud 12:30 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 Spring Bazaar 9:00 a.m. Movie at 6:00 p.m.	23 Movie at 12:00 p.m.
24	25 Register for April Activities at 8:00 a.m.	26 Ins and Outs of Assisted Living Presentation 10:30 a.m.	27 GP Historical Museum & Tourist Info. Center 10:30 a.m.	28 Health Hour 10:30 a.m.	29 Monthly Billiards Tournament 9:30 a.m. Movie at 6:00 p.m.	30 Movie at 12:00 p.m.
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*One Night in Memphis Show

March 10 | Departure at 12:30 p.m. | Richardson, TX | \$50 ride and admission

Bring money for lunch at Porta Di Roma. Approximate return at 6:00 p.m.

*WinStar Casino

March 12 | Departure at 8:00 a.m. | Thackerville, OK | \$35 ride, no perks

Please arrive by 7:30 a.m. and park in the overflow parking lot. We will depart casino at 3:00 p.m.

*Uptown Theater - 9 to 5: The Musical

March 15 | Departure at 5:00 p.m. | Grand Prairie, TX | \$20 ride and admission

Bring money for dinner at Monterey's Little Mexico. Approximate return at 11:00 p.m.

*Grand Prairie Historical Museum & Tourist Information Center

March 27 | Departure at 10:30 a.m. | Grand Prairie, TX | \$5 ride and admission

Bring money for lunch at Tuscany's Pasta & Pizza. Approximate return at 3:00 p.m.

Registration for March will open February 26th 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

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

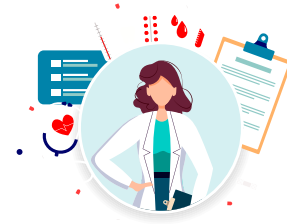
* indicates registration is required.

*Widow's Brunch

April 15 | 10:30 a.m. | Ballroom 1 | Free
Sponsored by Nations Insurance Solutions.

*Ask A Doctor

April 16 | 10:30 a.m. | Wings Theater | Free
Hosted by CenterWell.



*AARP Defensive Driving Course

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

Dallas County Election Site

April 22-May 4 | Ballroom 1

upcomingtrips

* 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 shopping and eating at the festival.

*Planes & Trains Guided Tour

April 20 | Departure at 9:15 a.m. | Grapevine, TX | \$25 for ride and admission
Bring money for lunch.

*Dinner at Aspen Creek Grill

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



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. 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 (\$19/mo) - Aqua aerobic exercise for all levels
M, W, F | 6:30 a.m. | [Pool](#)

Aqua-fit (\$15/mo) - Aqua aerobic exercise for all levels
Tu & Th | 6:00 p.m. | [Pool](#)

Aqua High-Impact (\$10/mo) - Advanced aqua exercise
Tu & Th | 8:00 a.m. | 45 minutes | [Pool](#)

Aqua-Water X (\$15/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.
T & Th | 7:00 p.m. | Gym Court
Wednesdays | 10:45 a.m. | Aerobic Room
Fridays | 11:15 a.m. | Aerobic Room

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
March Restaurant: Tuscany's. 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.
March Restaurant: J. Gilligan's Bar & Grill
400 E Abram St, Arlington, TX 76010

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
"The Dictionary of Lost Words" by Pip Williams
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

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

