



summitnews

November 2026

summitfeatures



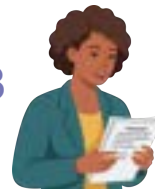
Line Dance Social
Thursday, November 5
2:00 p.m. - 4:00 p.m.



Veterans Dinner & Dance
Friday, November 6
5:00 p.m. - 8:00 p.m.



Fall Bazaar
Wednesday, November 18
10:00 a.m. - 12:00 p.m.



Tales from the Summit
Thursday, November 19
10:30 a.m. - 11:30 a.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

November 3 | Every 1st Tuesday | 10:30 a.m. - 11:30 a.m. | Ballroom 2 | Members: Free; Non-Members: \$10

Grand Prairie Mobile Library

November 3 | Every 1st Tuesday | 11:00 a.m. - 1:00 p.m. | Near Front Entrance | Open to the Public

Karaoke Night

November 3 | Every 1st Tuesday | 6:00 p.m. - 7:30 p.m. | Wings Theater | Members: Free; Non-Members: \$10

*Holiday Craft Time

November 4 | 9:00 a.m. - 10:00 a.m. | Ballroom 1 | Members: Free; Non-Members: \$10

Staff led craft session to make Thanksgiving suncatchers.

*Line Dance Social

November 5 | 2:00 p.m. - 4:00 p.m. | Ballrooms | Members: \$3; Non-Members: \$13

Get ready to dance the afternoon away! Snacks provided.

*Veterans Dinner & Dance

November 6 | 5:00 p.m. - 8:00 p.m. | Ballrooms | Free for Veterans plus One Guest (Age 50 and up)

Join us to commemorate our Veterans. Dinner: 5:00 p.m.- 6:00 p.m. Dance: 6:00 p.m. - 8:00 p.m. Music by Richard Palomino.

Photobooth sponsored by Celia with Nations Insurance Solutions. Catering by Roma's Italian Bistro. Food and music sponsored by Lee Lee Lee.

*Origami

November 9 | 10:00 a.m. - 11:00 a.m. | Ballroom 1 | Members: Free; Non-Members: \$10

Learn origami skills with COA Commissioner, Stephanie.

*Lunch & Learn with AmeriLife

November 11 | 11:00 a.m. - 12:30 p.m. | Wings Theater | Members: Free; Non-Members: \$10

What Medicare Doesn't Cover - The Truth About Long Term Care.

*You Can Paint

November 11 | 1:00 p.m. - 4:00 p.m. | Discovery 1 | Members: \$45; Non-Members: \$55

Instructor led class. Topic: "Northern Lights" in acrylic.

*Holiday Stress Management

November 12 | 10:30 a.m. - 11:30 a.m. | Wings Theater | Members: Free; Non-Members: \$10

Presentation by Sherry with Tarrant County Public Health Department.

Sensational Steppers

November 13 | 10:30 a.m. - 11:30 a.m. | Ballroom 1 | Members: Free; Non-Members: \$10

Join us as one of our talented line dance groups takes the floor and shows us what they've got!

*Christmas Wreath Tutorial

November 16 | 9:00 a.m. - 11:00 a.m. | Ballroom 1 | Members: Free; Non-Members: \$10

Learn the basics of Christmas wreath making with Mountain Creek Retirement Living. Supplies included.

*Prostate & Kidney Health

November 16 | 10:30 a.m. - 11:30 a.m. | Wings Theater | Members: Free; Non-Members: \$10

Presentation by Parkland Cancer Center Outreach Team.

Fall Bazaar

November 18 | 10:00 a.m. - 1:00 p.m. | Ballrooms | Free & Open to the Public

Come and enjoy fantastic shopping opportunities from various crafters! Vendor sign up starts Oct 26th and ends on Nov 13th.

Please get forms from front desk. For more information contact Angie Lynch at 972-237-4145 or alynch@gptx.org

*Tales from the Summit

November 19 | 10:30 a.m. - 11:30 a.m. | Wings Theater | Members: Free; Non-Members: \$10

Discover the creativity of our very own Summit Writer's Group as they showcase a selection of their favorite work, including short stories, poetry, and more! Door prizes available.

*Family Feud

November 23 | 10:00 a.m. - 12:00 p.m. | Ballrooms | Members: Free; Non-Members: \$10

Levi with Trusted Brokerage will host a family favorite game show!

*Weighing on Wellness

November 24 | 10:00 a.m. - 11:00 a.m. | Wings Theater | Members: Free; Non-Members: \$10

Presentation by Tarrant County Public Health.

*Retirement Planning and Medicare 2027

November 25 | 10:30 a.m. - 11:30 a.m. | Wings Theater | Members: Free; Non-Members: \$10

Presentation by Bankers Life.

*You Can Paint

November 30 | 9:30 a.m. - 12:00 p.m. | Discovery 1 | Members: \$45; Non-Members: \$55

Instructor led class. Topic: "Peppermint Pines" in oils.



Registration for November activities will open October 19 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).

NOVEMBER 2026

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2	3 Thriftling with Angie 9:00 a.m. Writer's Group Every Tuesday 1:00 pm Karaoke Night 6:00 p.m.	4 Holiday Craft Time 9:00 a.m.	5 Line Dance Social 2:00 p.m. Fitness Orientation 2:00 p.m.	6 Veterans Dinner & Dance 5:00 p.m. Movie at 6:00 p.m.	7 AmeriLife Sponsoring Movie at 12:00 p.m.
8	9 Origami 10:00 a.m.	10	11 Lunch & Learn 11:00 a.m. You Can Paint 1:00 p.m. Dinner at Tolbert's 5:00 p.m.	12 Holiday Stress Management 10:30 a.m.	13 Fort Worth Stockyards 10:00 a.m. Sensational Steppers 10:30 a.m. Movie at 6:00 p.m.	14 Movie at 12:00 p.m.
15	16 Register for December Classes and Activities at 8:00 a.m. Christmas Wreath Tutorial 9:00 a.m. Prostate & Kidney Health 10:30 a.m.	17 Register for December Trips at 8:00 a.m.	18 Fall Bazaar 10:00 a.m. Women's Locker Room Shutdown 1:00 - 3:00 p.m.	19 Tales from the Summit 10:30 a.m. Men's Locker Room Shutdown 1:00 - 3:00 p.m.	20 Monthly Billiards Tournament 9:30 a.m. Movie at 6:00 p.m.	21 Vintage Market Days 9:00 a.m. Movie at 12:00 p.m.
22	23 Family Feud 10:00 a.m.	24 Weighing on Wellness 10:00 a.m.	25 Retirement Planning and Medicare 2027 10:30 a.m.	26  CLOSED DUE TO HOLIDAY	27	28 Movie at 12:00 p.m.
29	30 You Can Paint 9:30 a.m.					Calendar Key. Registration Days Presentation Program Event Trip Other

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

*Thrifting with Angie

November 3 | Departure at 9:00 a.m.; Return at 3:00 p.m. | Irving, TX | \$10 ride

Join us for a day of treasure hunting and lunch at Po' Melvin's.

*Dinner at Tolbert's Restaurant & Chili Parlor

November 11 | Departure at 5:00 p.m.; Return at 8:00 p.m. | Grapevine, TX | \$10 ride

Bring money for dinner.

*Fort Worth Stockyards

November 13 | Departure at 10:00 a.m.; Return at 3:00 p.m. | Fort Worth, TX | \$10 ride

Watch real drovers guide a majestic line of longhorn cattle down the brick-paved main street.

Lunch at Second Rodeo Brewing.

*Vintage Market Days

November 21 | Departure at 9:00 a.m.; Return at 3:00 p.m. | McKinney, TX | \$10 ride

Join us for an exciting event featuring vintage home décor, original artwork, unique antiques, delicious food trucks, live music, and so much more! Admission: \$10 at the door.

*Gift of Christmas

December 5 | Departure 9:30 a.m.; Return at 3:00 p.m. | Plano, TX | \$95 ticket, buffet & ride

Experience a massive annual multimedia Christmas production featuring a 1,000+ member cast and choir, live orchestra, and a living nativity presented by Prestonwood Baptist Church.

Registration opens Tuesday, October 20.

upcomingtrips

REGISTRATION FOR NOVEMBER TRIPS WILL OPEN
TUESDAY, NOVEMBER 17

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 | Depart 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!

*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 | TBD

Dinner at Roma's Italian Bistro followed by the musical, Annie.

Active membership is required for all trips. Registration for November trips will open on Tuesday, October 20 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

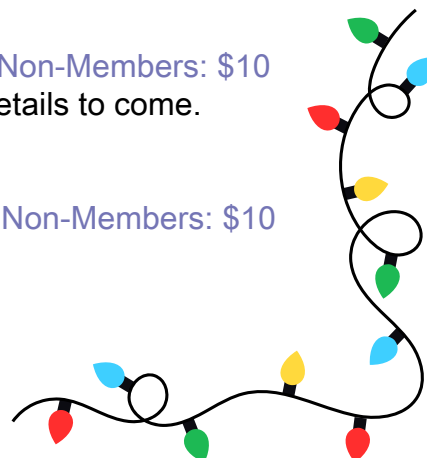
*Indicates registration is REQUIRED

*Jingle Bell Jubilee

December 11 | 11:00 a.m. - 1:00 pm | Ballrooms | Members: Free; Non-Members: \$10
Get ready to jingle and mingle as we celebrate the season! More details to come.

*A Very Merry Movie

Starting December 2 | 1:00 p.m. | Wings Theater | Members: Free; Non-Members: \$10
Enjoy a classic Christmas movie every Wednesday in December!
\$1 concessions available for purchase.



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

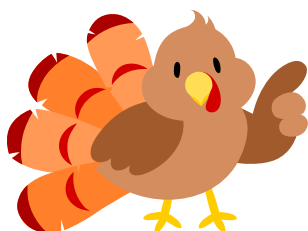
*Learn-To-Swim (LTS) Classes (\$60 for a 4-week session)

Group swim lessons for members, led by certified lifeguards.
Select one instructor and one time slot for four scheduled classes in November.

For more information, please contact
Aquatics Coordinator at 972-237-4169 or gvargas@gptx.org



November LTS class schedule TBD.



*Approval needed for
Intermediate/Advanced level

Registration for November classes will open Monday, October 19 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. | 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

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 | 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

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

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

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.

October Restaurant: Theo's Grill & Bar

107 NW 8th St, Grand Prairie, TX 75050

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

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

Transportation is not available at this time.

November: Pantego Cafe, 2400 W. Pioneer Parkway, Pantego, TX 76013

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:



massage therapy

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

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: Sipsworth by Simon Van Booy

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 accommodate.

MEDICARE
ANNUAL ENROLLMENT PERIOD
— 2027 CHANGES —
REVIEW • QUESTIONS • ANSWERS



Get the information you need to make confident Medicare decisions for 2027.

KEVIN RISTAU
OWNER / BROKER / AGENT

214-952-6339
kevin@ristauinsurance.com
www.ristauinsurance.com

I CAN HELP YOU:

- Understand 2027 Medicare changes
- Review your current Medicare options
- Compare plans and costs
- Answer your questions
- Find the best fit for your needs

LOCAL. TRUSTED. HERE TO HELP.

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- House Sitting
- Plant Watering
- Daily Pet Updates & Photos

214-708-2804
Emily.N.Herrera@outlook.com



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