



summitnews

October 2026

summitfeatures



Summit Spirit Month
Every Monday in October
Begins October 5



Denim & Diamonds
Country Western Dance
Friday, October 9
6:00 p.m. - 8:00 p.m.



Summit Health Fair
Friday, October 16
10:00 a.m. - 12:00 p.m.



Halloween Catwalk
Friday, October 30
12:30 p.m.- 1:00 p.m.

***Thank you to all who donated over 140 lbs of snacks to the
Texas Army National Guard Snack Drive!***



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**

Summit Spirit Month

Show your Summit Spirit every Monday in October by dressing for the weekly theme:
10/5: Motivational Quote Day; 10/12: Western Day; 10/19: '80s Day; 10/26: Jersey Day

*The Price is Right

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

Come on down to an interactive experience of a favorite game show! Event enhanced and led by Levi with Trusted Brokerage Group.

Grief Support Circle

October 6 | Every 1st Tuesday | 10:30 a.m. - 11:30 a.m. | Ballroom 2 | Members: Free; Non-Members: \$10

Bible Study

October 6 | Every Tuesday | 10:30 a.m. - 11:30 a.m. | Ballroom 1 | Members: Free; Non-Members: \$10

Grand Prairie Mobile Library

October 6 | Every 1st Tuesday | 11:00 a.m. - 1:00 p.m. | Near Front Entrance | Open to the Public

Karaoke Night

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

*Men's Health and Cancer Awareness

October 6 | 10:30 a.m. - 11:30 a.m. | Wings Theater | Members Free; Non-Members: \$10

Presentation by Dulce with Parkland Health.

*Lunch & Learn with AmeriLife

October 8 | 11:00 a.m. - 11:30 a.m. | Wings Theater | Members: Free; Non-Members: \$10

Medicare 2027 Masterclass: What's Changing, What it Costs and How to Protect Your Wallet.

*Social Security: Your Questions Answered

October 9 | 10:30 a.m. - 11:30 a.m. | Wings Theater | Members: Free; Non-Members: \$10

Presentation by Levi with Trusted Brokerage Group.

*Denim & Diamonds Country Western Dance

October 9 | 6:00 p.m. - 8:00 p.m. | Ballrooms | Members: \$10; Non-Members: \$20

Pull out your cowboy hats and come ready to two-step! Music by Texas Twofold.

Dinner included: Pulled pork sandwiches, macaroni salad and a drink.

*Snacks & Facts

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

Dr. Elise with Vitality Chiropractic will be here to discuss "Younger Tomorrow," a longevity workshop.

Commission on Aging

October 14 | 10:30 a.m. | Ballroom 1 | Free and Open to the Public

*Medicare Eligibility Requirements for Hospice

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

Presentation by Shaun with Suncrest Hospice.

*Medicare: What Do You Need to Know about 2027?

October 15 | 10:30 a.m. - 11:30 a.m. | Wings Theater | Members: Free; Non-Members: \$10

Presentation by Celia with Nations Insurance Solutions.

Summit Health Fair

October 16 | 10:00 a.m. - 12:00 p.m. | Ballrooms | Free and Open to the Public

Take charge of your health! Visit with local health and wellness vendors, gather helpful resources and discover services available to you.

*You Can Paint

October 21 | 1:00 p.m. - 4:00 p.m. | Discovery 1 | Members: \$45; Non-Members: \$55

Instructor led class. Topic: "Into the Dreamy Woods" in watercolor.

*Depression Screening & Mental Health Awareness

October 22 | 10:30 a.m. - 11:30 a.m. | Wings Theater | Members: Free; Non-Members: \$10

Presentation by Valora Medical Group.

*You Can Paint

October 26 | 9:30 a.m. - 12:00 p.m. | Discovery 1 | Members: \$45; Non-Members: \$55

Instructor led class. Topic: "Alpine Vista" in oils.

*Wine Tasting

October 29 | 5:00 p.m. - 7:00 p.m. | Dining Room | Members: \$35; Non-Members: \$45

Larry with A Wine Know will be here to showcase an array of wine selections paired with a delicious meal.

Halloween Catwalk

October 30 | 12:30 p.m. - 1:00 p.m. | Dining Room | Members: Free; Non-Members: \$10

Dress up in your favorite costume and join us as we strut through the Summit, spreading Halloween cheer and handing out candy!

**Congratulations to
pottery participants for
winning at the
State Fair of Texas!**

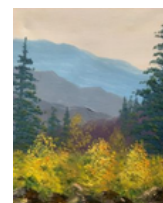
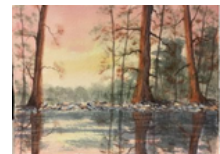


Top Photos

Barbara Wiseman:
3rd Place Winner

Bottom Photo

Ja'Net Nash:
2nd Place Winner



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).

OCTOBER 2026

SUN	MON	TUES	WED	THURS	FRI	SAT
<u>Calendar Key</u> Registration Days Presentation Program Event Trip Other				1 Empowering Seniors Expo 2026 8:00 a.m. Fitness Orientation 2:00 p.m.	2 Dallas Arboretum 10:00 a.m. The Price is Right 10:30 a.m. Movie at 6:00 p.m.	3 AmeriLife Sponsoring Movie at 12:00 p.m.
4	5 Summit Spirit Month: Motivational Quote Day	6 Men's Health and Cancer Awareness 10:30 a.m. Writer's Group Every Tuesday 1:00 pm Karaoke Night 6:00 p.m.	7 Online Registration Training 10:00am Spooky Wednesday Every Wednesday 1:00 p.m.	8 State Fair 9:00 a.m. Lunch & Learn 11:00 a.m.	9 Social Security: Your Questions Answered 10:30 a.m. Denim & Diamonds Country Western Dance 6:00 p.m. Movie at 6:00 p.m.	10 Movie at 12:00 p.m.
11	12 Snacks & Facts 10:30 a.m. Summit Spirit Month: Western Day	13	14 Commission on Aging 10:30 a.m. Medicare Eligibility Requirements for Hospice 10:30 a.m. Dinner at Rockin S Bar and Grill 5:00 p.m.	15 Medicare: What Do You Need to Know About 2027? 10:30 a.m. State Fair 3:00 p.m.	16 Summit Health Fair 10:00 a.m. Movie at 6:00 p.m.	17 Movie at 12:00 p.m.
18	19 Register for November Classes and Activities at 8:00 a.m. Summit Spirit Month: '80s Day	20 Register for November Trips at 8:00 a.m.	21 You Can Paint 1:00 p.m. Spooky Wednesday 1:00 p.m. Women's Locker Room Shutdown 1:00 - 3:00 p.m.	22 Depression Screening & Mental Health 10:30 a.m. Men's Locker Room Shutdown 1:00 - 3:00 p.m.	23 Movie at 6:00 p.m.	24 Movie at 12:00 p.m.
25	26 You Can Paint 9:30 a.m. Summit Spirit Month: Jersey Day	27	28 Spooky Wednesday 1:00 p.m.	29 Wine Tasting 5:00 p.m.	30 Monthly Billiards Tournament 9:30 a.m. Halloween Catwalk 12:30 p.m. Movie at 6:00 p.m.	31 Movie at 12:00 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.

summittrips

*Indicates registration is REQUIRED

*Empowering Seniors Expo 2026

October 1 | Departure at 8:00 a.m.; Return at 2:00 p.m. | Fort Worth, TX | \$10 ride

A health and lifestyle expo for boomers, seniors and caregivers.

Lunch provided at event.

*Dallas Arboretum and Botanical Garden

October 2 | Departure at 10:00 a.m.; Return at 3:00 p.m. | Dallas, TX | \$35 ride and ticket

Visit a nationally acclaimed garden featuring breathtaking floral displays.

Bring money for lunch at Ellen's Southern Kitchen.

*State Fair of Texas

October 8 | Departure at 9:00 a.m.; Return at 3:00 p.m. | Dallas, TX | \$10 ride

Discounted Senior ticket at Fair entrance.

*Dinner at Rockin S Bar and Grill

October 14 | Departure at 5:00 p.m.; Return at 8:00 p.m. | Grand Prairie, TX | \$10 ride

Bring money for dinner.

*State Fair of Texas

October 15 | Departure at 3:00 p.m.; Return at 9:00 p.m. | Dallas, TX | \$10 ride

Discounted Senior ticket at Fair entrance.

upcomingtrips

REGISTRATION FOR NOVEMBER TRIPS WILL OPEN
TUESDAY, OCTOBER 20

*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.

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

*Veterans Dinner & Dance

November 6 | 5:00 pm - 8:00 pm | Ballrooms | Free for Veterans plus One Guest (Age 50+)

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.



*Fall Bazaar

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

Come enjoy fantastic shopping opportunities from various crafters! Vendor sign up starts October 26th and ends on November 13th. Please get forms from front desk. For more information contact

Angie Lynch at 972-237-4145 or alynch@gptx.org

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 October.

For more information, please contact

Aquatics Coordinator at 972-237-4169 or gvargas@gptx.org



Tuesday Sessions w/Gisselle October 6th - 27th

Beginner

9:00 - 9:30 a.m.

*Intermediate

9:40 - 10:10 a.m.

10:20 - 10:50 a.m.

Thursday Sessions w/Ryan October 8th - 29th

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 October 9th - 30th

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 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
M & W | 8:00 - 8:30 a.m. | Aerobic Room

Dance Fitness - Modern choreographed dances
Tuesday | 6:00 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
Friday | 12:30 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

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 (\$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.

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.

October: Quarterly Party at the Summit

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:



massagetherapy

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

October: Atmosphere by Taylor Jenkins Reid

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

42

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.

Emily Herrera
 Pet & House Sitting

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

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



Grand Prairie LIBRARIES
 — T E X A S —

1st Tuesday: Mobile Library
 from 11 a.m. to 1 p.m.

2nd Tuesday: Summit Book Group
 at 11 a.m.

www.gptx.org/library





ENCOMPASS
 OVERHEAD DOOR

GARAGE DOOR
 SALES • SERVICE • REPAIR



469-766-4632



encompassoverheaddoor.com



LONEWOLF
 THE DJ

Call/Text: 469-766-5224
 E-Mail: thelonewolfdfw@gmail.com

AMERILIFE®



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



Grand Prairie
 — T E X A S —
 PARKS, ARTS & RECREATION

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

Summit Website

