



summitnews

September 2026

summitfeatures



Tejano Dance
Friday, September 4
6:00 p.m. - 8:00 p.m.



Lotería
Friday, September 11
9:30 a.m. - 10:30 a.m.



Grandparent's Day
Sunday, September 13
3:00 p.m. - 6:30 p.m.



Widows Brunch
Thursday, September 17
10:30 a.m. - 11:30 a.m.

*Thank you to all members who contributed 100 lbs of food donations
to the Grand Prairie Food Co-Op!*



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

September 1 | 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.

Bible Study

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

Grand Prairie Mobile Library

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

Karaoke Night

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

Musical Wednesdays

Starting September 2 | 1:00 p.m. | Wings Theater | Members: Free; Non-Members: \$10

Experience the magic of musicals every Wednesday in September. \$1 concessions available for purchase.



*Tejano Dance

September 4 | 6:00 p.m. - 8:00 p.m. | Ballrooms | Members: \$10; Non-Members: \$20

Enjoy the lively sounds of Tejano music and dance the night away. Event enhanced by Nations Insurance Solutions.

Chicken Pozole will be served. Cash Bar available (no card). Register by September 2nd.

*Grandparent Writing Tips

September 5 | 10:30 a.m. - 11:30 a.m. | Wings Theater | Members & Grandchildren (Ages 6+): Free

A presentation by Lee Lee Lee for grandparents and grandchildren on writing for fun. Spots are limited.

*You Can Paint

September 9 | 1:00 p.m. - 4:00 p.m. | Discovery 1 | Members: \$45; Non-Members: \$55

Instructor led class. Topic: "Midnight Monstera" in oils.



*Dermatology Presentation

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

Presentation on practical tips for maintaining healthy skin by Dr. Amir with Amir Warthan Dermatology.

*Lotería

September 11 | 9:30 a.m. - 10:30 a.m. | Dining Room | Members: Free; Non-Members: \$10

Enjoy playing spanish bingo with the chance to win a prize!

*Grandparent's Day

September 13 | 3:00 p.m. - 6:30 p.m. | Wings Theater and Pool | Members & Family: Free; 1 adult per 2 children (Ages 3+)

Bring the grandkids for a fun-filled day! \$1 concessions available for purchase starting at 3:00 p.m. Concessions include popcorn, hot dogs, chips, candy and drinks. Movie starts at 3:30 p.m. Enjoy open swim in the pool from 5:00 p.m. - 6:30 p.m.

Scrap Happens

September 14 | 9:00 a.m. - 10:30 a.m. | Ballroom 1 | Members: Free; Non-Members: \$10

Join Emily in scrapbooking/junk journaling. Bring your creativity.

*Dispelling Myths about Hospice Care

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

Presentation by Shaun from Suncrest Hospice.

*Online Registration Training

September 17 | 10:00 a.m. - 11:00 a.m. | Wings Theater | Members: Free; Non-Members: \$10

*Widows Brunch

September 17 | 10:30 a.m. - 11:30 a.m. | Ballroom 1 | Members: Free; Non-Members: \$10

A brunch designed for widows and widowers to gather, connect and enjoy meaningful conversation in a warm atmosphere.

Event enhanced by Nations Insurance Solutions.

*You Can Paint

September 21 | 9:30 a.m. - 12:00 p.m. | Discovery 1 | Members: \$45; Non-Members: \$55

Instructor led class. Topic: "Hibiscus Flower" in acrylic.



*Gait & Balance Awareness Presentaion

September 24 | 10:30 a.m. - 11:30 a.m. | Wings Theater | Members: Free; Non-Members: \$10

A discussion presented by Vibrant Care Rehab.

Registration for October activities will open September 21 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).

SEPTEMBER 2026

SUN	MON	TUES	WED	THURS	FRI	SAT
<u>Calendar Key.</u> Presentation Program Event Trip Other		1 Grief Support Circle 10:30 a.m. Bible Study 10:30 a.m. <i>Every Tuesday</i> GP Mobile Library 11:00 a.m. Karaoke Night 6:00 p.m.	2 Musical Wednesday 1:00 p.m.	3 Fitness Orientation 2:00 p.m.	4 Tejano Dance 6:00 p.m. Movie at 6:00 p.m.	5 Grandparent Writing Tips 10:30 a.m. AmeriLife Sponsoring Movie at 12:00 p.m.
6	7 ★★★★★ LABOR DAY ★★★★★ CLOSED FOR HOLIDAY	8 Book Club 11:00 a.m.	9 You Can Paint 1:00 p.m. Musical Wednesday 1:00 p.m. Dinner at Rodeo Goat 5:00 p.m.	10 Dermatology Presentation 10:30 a.m.	11 Loteria 9:30 a.m. Silks at Lone Star Park 5:00 p.m. Movie at 6:00 p.m.	12 Movie at 12:00 p.m.
13 Grandparent's Day 3:00 p.m.	14 Scrap Happens 9:00 a.m.	15 Dispelling Myths about Hospice Care 10:30 a.m.	16 Dr. Pepper Museum 9:00 a.m. Musical Wednesday 1:00 p.m. Women's Locker Room Shutdown 1:00 - 3:00 p.m.	17 Online Registration Training 10:00 a.m. Widows Brunch 10:30 a.m. Men's Locker Room Shutdown 1:00 - 3:00 p.m.	18 Movie at 6:00 p.m.	19 Movie at 12:00 p.m.
20	21 Register for October Classes and Activities at 8:00 a.m. You Can Paint 9:30 a.m.	22 Register for October Trips at 8:00 a.m.	23 Musical Wednesday 1:00 p.m.	24 Gait & Balance Awareness 10:30 a.m.	25 Monthly Billiards Tournament 9:30 a.m. Movie at 6:00 p.m.	26 The Chisolm Trail Outdoor Museum 9:00 a.m. Movie at 12:00 p.m.
27	28	29	30 Musical Wednesday 1:00 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

*Dinner at Rodeo Goat

September 9 | Departure at 5:00 p.m.; Return at 8:00 p.m. | Arlington, TX | \$10 ride
Bring money for dinner.

*Silks at Lone Star Park

September 11 | Departure at 5:00 p.m.; Return at 11:00 p.m. | Grand Prairie, TX | \$65 ride & ticket
Enjoy panoramic racetrack views, a chef-inspired buffet, unlimited non-alcoholic beverages, convenient table-side wagering, and a personal HD TV included with your ticket for an unforgettable race day experience.

*Dr. Pepper Museum

September 16 | Departure at 9:00 a.m.; Return at 3:00 p.m. | Waco, TX | \$10 ride
Come ride to Waco and enjoy an ice-cold DP! Admission fee is \$12 at the door.
Debit/credit cards only (no cash).

*The Chisolm Trail Outdoor Museum

September 26 | Departure at 9:00 a.m.; Return at 3:00 p.m. | Cleburne, TX | \$20 ride & ticket
Explore 1850's life at a unique Texas museum located in Johnson County that brings the Old West to life.

upcomingtrips

REGISTRATION FOR OCTOBER TRIPS WILL OPEN
TUESDAY, SEPTEMBER 22

*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.

Active membership is required for all trips. Registration for October trips will open on Tuesday, September 22 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.

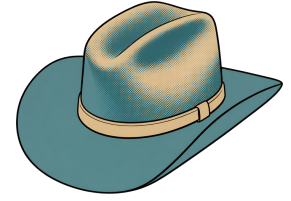
upcoming programs

*Indicates registration is REQUIRED

*Denim & Diamonds Country Music Dance

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

Texas Two-Fold is back! Pull out the boots and cowboy hats and come ready to two-step. More details to come.



Health Fair

October 16 | 10:00 a.m. - 12:00 p.m. | Ballrooms | Free | 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.

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

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 | 6:15 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 October.

For more information, please contact

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



LTS classes will resume in October 2026.

Registration for October classes will open Monday, September 21 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

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 (\$17.50/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 (\$27.50/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. - 8:30 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 carpools to the restaurant to meet at 11:15 a.m.

September Restaurant: Jake's Burgers

2860 State Hwy 161 Ste 180, Grand Prairie, TX 75052

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

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

Transportation is not available at this time.

September 9th : Golden Corral 2820 I-20

Grand Prairie, TX 75052

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

September: Change of Heart by Jodi Picoult

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. | BR3

Grief Support Circle

1st Tuesday | 10:30 a.m. | BR3

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 accomodate.

Emily Herrera
 Pet & House Sitting

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

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

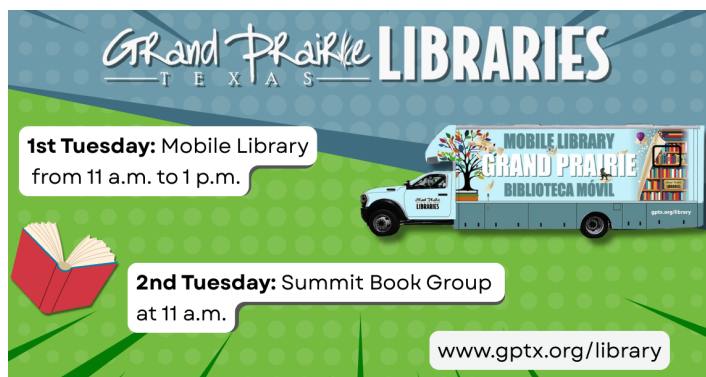


Grand Prairie LIBRARIES
 T E X A S

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




**GARAGE DOOR
 SALES • SERVICE • REPAIR**



469-766-4632



encompassoverheaddoor.com

**FOR BOOKING
 TEXT/CALL:**
 469-766-5224
lonewolfdfw@gmail.com



A M E R I L I F E[®]



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



Grand Prairie
 T E X A S
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