



summitnews

June 2024

summitfeatures



Karaoke Night
Tuesday, June 4
6:00 p.m. - 7:30 p.m.



Retirement Planning Workshop
Thursday, June 6
6:00 p.m. - 7:00 p.m.



Juneteenth Spades Spectacular
Tuesday, June 18
9:00 a.m. - 12:00 p.m.



Chronic Disease Self-Management
Monday, June 24
10:00 a.m. - 12:30 p.m.

Volunteer Needed for Golf Cart Driver



Fill out the volunteer form at the front desk or contact Eduvina Cruz at 972-237-4148 or ecruz@gptx.org



**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

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* indicates registration is required.

*Karaoke Night

1st Tuesday of each month | 6:00 p.m. - 7:30 p.m. | Wings Theater | Free

*MindCare Support Group

1st Wednesday of each month | 12:30 p.m. - 1:30 p.m. | Wings Theater | Free

Led by the Mission of Texas Mental Health Resources.

*Skin Cancer & Skin Health

June 4 | 10:30 a.m. - 11:30 a.m. | Wings Theater | Free

Informational session with Dr. Yasmin Amir to discuss common skin topics.

*Retirement Planning Workshop

June 6 | 6:00 p.m. - 7:00 p.m. | Wings Theater | Free

This class will provide proprietary information regarding the retirement planning process and address common concerns facing retirees today. Followed by a complimentary Chick-fil-A meal.

*Healthy Living for Brain and Body

June 7 | 10:30 a.m. - 11:30 a.m. | Dining Room | Free

Research-based recommendations on taking care of our brains and our bodies in order to age as well as possible.

*Widows Brunch

June 10 | 10:30 a.m. - 11:30 a.m. | Ballroom 2 | Free

Widows and widowers are welcome to join us for snacks and refreshments.

*Medication Safety

June 13 | 10:30 a.m. - 11:30 a.m. | Wings | Free

Presentation by Parkland Hospital.

Donuts for Dad

June 14 | 8:00 a.m. - 10:00 a.m. | Lobby | Free

Information table with donuts provided by CenterWell.

*STAP Senior Assist Texas Presentation

June 17 | 10:30 a.m. - 11:30 a.m. | Ballroom 1 | Free

The Specialized Telecommunications Assistance Program (STAP) helps people who have a disability that interferes with their access to telephone networks purchase basic specialized assistive equipment or services.

*Juneteenth Spades Spectacular

June 18 | 9:00 a.m. - 12:00 p.m. | Ballroom 2 | Free

Come and join our spades tournament to celebrate Juneteenth! Snacks and refreshments available. Sponsored by CenterWell.

*Power of Mentoring: Unlocking the Future

June 20 | 11:00 a.m. - 12:00 p.m. | Wings Theater | Free

Presentation hosted by Commission on Aging Commissioner, Dexter Coleman.

Carter Blood Care Mobile Drive

June 21 | 9:00 a.m. - 2:00 p.m. | Parking lot closest to Warrior Trail | Free

Hosted by Carter Blood Care.

*Chronic Disease Self-Management

June 24 | 10:00 a.m. - 12:30 p.m. | Ballroom 1 | Free

Class meets once a week for 6 weeks.

*You Can Paint


June 28 | 9:00 a.m. | Discovery 1 | \$35 per class

Instructor led painting class. Topic: "Poppies with Knife"



Registration for June will open May 20th at 8:00 a.m. All events & presentations are subject to change. Refunds will only be given if at least 48-hour cancellation notice is provided (card transactions only).

JUNE 2024

| SUN | MON | TUES | WED | THURS | FRI | SAT |
|---|---|---|---|--|---|-------------------------------|
| | | | | | | 1 Movie at 12:00 p.m. |
| 2 | 3 | 4 Skin Cancer & Skin Health 10:30 a.m. R.O.M.E.O.'s Lunch 11:00 a.m. Karaoke Night 8:00 p.m. | 5 Billiards Tournament Summit v WellMed 9:00 a.m. Sassy Jewels Luncheon 11:00 a.m. MindCare Support Group 12:30 p.m. | 6 Fitness Orientation 2:00 p.m. Retirement Planning Workshop 6:00 p.m. | 7 Healthy Living for Brain & Body 10:30 a.m. Movie at 6:00 p.m. | 8 Movie at 12:00 p.m. |
| 9 | 10 Widow's Brunch 10:30 a.m. | 11 | 12 | 13 Medication Safety 10:30 a.m. | 14 Donuts for Dad 8:00 a.m. Sea Life Aquarium 9:30 a.m. Movie at 6:00 p.m. | 15 Movie at 12:00 p.m. |
| 16  | 17 STAP Senior Assist Texas Presentation 10:30 a.m. | 18 Juneteenth Spades Spectacular 9:00 a.m. | 19 CLOSED IN OBSERVANCE OF JUNETEENTH  | 20 Power of Mentoring 11:00 a.m. Men's & Women's Locker Room Shutdown 1:00 - 3:00 p.m. | 21 Theatre Arlington 9:00 a.m. Carter Blood Drive 9:00 a.m. Movie at 6:00 p.m. | 22 Movie at 12:00 p.m. |
| 23 | 24 Register for July Activities at 8:00 a.m. Chronic Disease Self-Management 10:00 a.m. | 25 | 26 Dinner at Bebe's Chicken 5:00 p.m. | 27 | 28 Monthly Billiards Tournament 9:30 a.m. You Can Paint 9:00 a.m. Movie at 6:00 p.m. | 29 Movie at 12:00 p.m. |
| 30 | | | | | | |

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*Sea Life Aquarium

June 14 | Departure at 9:30 a.m. | Grapevine, TX | \$24 admission and ride
Bring money for food and shopping. Approximate return time at 3:00 p.m.

*Theatre Arlington - *Matilda Jr The Musical*

June 21 | Departure at 9:00 a.m. | Arlington, TX | \$15 admission and ride
Bring money for lunch at Mellow Mushroom. Approximate return time at 3:00 p.m.

*Dinner at Babe's Chicken

June 26 | Departure at 5:00 p.m. | Cedar Hill, TX | \$10 ride
Bring money for dinner. Approximate return time at 7:30 p.m.



upcomingtrips

* indicates registration is required.

*Nebraska Furniture Mart

July 10 | Departure at 10:00 a.m. | The Colony, TX | \$10 for ride
Bring money for food and shopping. Approximate return time at 3:00 p.m.

*Uptown Theatre - *Forever Elvis*

July 20 | Departure at 5:00 p.m. | Grand Prairie, TX | TBD
Tribute concert starring Kraig Parker with the Royal Tribute Band.
Bring money for dinner at Monterey's Little Mexico. Approximate return time at 10:00 p.m.

*Thrift Crawl with Angie

July 23 | Departure at 9:00 a.m. | Arlington, TX | \$10 for ride
Thrifting at multiple locations. Bring money for shopping and lunch.
Approximate return time at 2:00 p.m.



Trips are for members only. Registration for June will open on May 20th at 8:00 a.m. unless otherwise noted alongside the trip. Please arrive 30 minutes prior to the listed departure time. 5 person minimum on all trips. Bring money for lunch or shopping. Refunds will only be given if at least 48-hour cancellation (or trip-specific) notice is provided.

upcoming events

* indicates registration is required.

*4th of July Celebration

July 3 | 12:00 p.m. - 1 p.m. | Ballroom 1 | \$8 for members; \$18 for non-members (Ages 50+)
Music by singer, Leticia Feliciano. Meal Provided: Hamburger, chips and a drink.

*Country Western Night

July 13 | 7:00 p.m. - 9:00 p.m. | Ballrooms | \$8 for members; \$18 for non-members (Ages 50+)
Music by Country Western Band *TwoFold*. Snacks and refreshments provided.

*Singles Mixer

July 19 | 6:00 p.m. - 8:00 p.m. | Ballroom 1 & 2 | Free
Snacks, refreshments and DJ music provided in a "get acquainted" setting.
Sponsored by Nations Insurance Solutions.



summit pickleball

Open Play Times

M - Th | 6 a.m. - 8:30 a.m. & 11 a.m. - 3:45 p.m.

Friday | 6 a.m. - 9 a.m. & 10 a.m. - 7:45 p.m.

Saturday | 8 a.m. - 1 p.m.

Sunday | 1p.m. - 3 p.m.

*Group Lessons (\$0)

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 (\$0)

Thursdays | 1:00 p.m.

openplay

Basketball

Tuesday & Thursday | 4 - 7:00 p.m.
Sunday | 3 - 4:45 p.m.

Shuffleboard

Tuesday & Wednesday | 3 - 7:45 p.m.

Volleyball

Monday & Wednesday | 4 - 7:45 p.m.
Saturday | 1:30 - 3:30 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.

Ping Pong

Tuesday & Thursday | 2 - 5 p.m.
Friday | 2 - 6 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.)*

summitaquatics

Swim Lessons

Swim Lessons at The Summit will be provided by Safe Splash Swim School. Classes will take place Wednesdays from 10:00 a.m. - 3:00 p.m.

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.

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

Aqua-Water X (\$20/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 - 10:30 a.m. | Gym Court

Line Dancing - Popular choreographed dances

Saturday | 10:00 a.m. | Aerobic Room

T & Th | 7:00 p.m. | Gym Court

Wednesdays | 10:45 a.m. | Aerobic Room

Fridays | 9:00 a.m. | Gym Court

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 | Register for the month at the front desk.
Must check in at the fitness desk.

Beginner Yoga (\$20/mo) - Beginner level moves
Tu & Fri | 1:00 p.m. | Aerobic Room

Chair Yoga (\$20/mo) - Yoga with a chair
M & W | 12:00 or 1:00 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) - Intermed. adv. 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

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
June Restaurant: Chapps Burgers. 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.

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

1st Wednesday | Transportation is not available at this time
Application at front desk.
June Restaurant: King Buffet
300 E. I-20 Arlington, TX 76018

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

American Mah Jongg
Friday | 10 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 - "Anthem" by Ayn Rand
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 | 10:30 a.m. - 12 p.m. | D1

Chicken Foot
Monday | 10 a.m. - 12 p.m. | BR3
Saturday | 2 - 4 p.m. | DR

Dominoes
Monday | 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

Paper Arts
Wednesday | 1:00 - 3:00 p.m. | D1

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

Yarn Crafts
Tuesday | 12:30 - 3:30 p.m. | BR1
Sunday | 1 - 4 p.m. | D1

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Tuesday and Thursday | 12 - 5 p.m. | BR3
Saturday | 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 accommodate.



The Summit
2975 Esplanade
Grand Prairie, Texas 75052
972.237.4141
GrandFunGP.com



Grand Prairie
TEXAS
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