



summitnews

April 2025

summitfeatures



Line Dance Party
Thursday, April 10
5:00 p.m. - 7:00 p.m.



The Aging Brain
Monday, April 14
10:30 a.m. - 11:30 a.m.



Easter Egg Hunt
Friday, April 18
11:00 a.m. - 12:00 p.m.



Summit Prom
Saturday, April 19
6:00 p.m. - 8:00 p.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

summitprograms

*Indicates registration is REQUIRED

Dallas County Early Voting
April 22-29 | Open to the Public



*Pickleball Feedback Meeting

April 7 | 2:30 p.m. | Wings Theater | Members: Free; Non-Members: \$10

Calling all Summit pickleball players! Come to review current rules/practices and participate in open discussion on how to improve overall playing experience.

Make Your Wishes Known

April 8 | 10:30 a.m. - 11:30 a.m. | Wings Theater | Open to the Public

Presentation on pre-planning a burial by Shaun Miska with Dignity Memorial.
Hosted by Commission on Aging (COA).

*Line Dance Party

April 10 | 5:00 p.m. - 7:00 p.m. | Ballrooms | Members: \$10; Non-Members (Ages 50+): \$20

Let's dance! Music by DJ Keith. Snacks provided: Hot dog, chips and a cookie.

*You Can Paint

April 14 | 9:30 a.m. - 12:30 p.m. | Discovery 1 | Members: \$35; Non-Members: \$45

Instructor led painting class. Topic: "Santorini" in oils.



*The Aging Brain

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

Presentation on how the mind and brain change as people get older.
Offered by Aging Well Lab at UT Dallas.

*A Matter of Balance

April 15 | 10:00 a.m. - 12:00 p.m. | Ballroom 2 | Members: Free; Non-Members: \$10

Reduce the fear of falling and increase activity with this nationally recognized 8 week program.

*Easter Egg Hunt

April 18 | 11:00 a.m. - 12:00 p.m. | Back Lawn | Member: Free; Non-Member: \$10

Egg-straight fun for all! Hosted by the Summit Nutrition Program. Be sure to bring your Easter basket!

*Summit Prom

April 19 | 6:00 p.m. - 8:00 p.m. | Ballrooms | Members: \$8; Non-Members: \$18

Join us for a night to remember! Theme: Masquerade. Formal attire encouraged.

Food, photobooth and DJ music sponsored by Centerwell. Door prizes and Terrace Cafe Bar available.

*Grief Presentation

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

Presented by Shaun Miska with Dignity Memorial.

*You Can Paint

April 24 | 1:00 p.m. - 4:00 p.m. | Discovery 1 | Members: \$35; Non-Members: \$45

Instructor led painting class. Topic: "Casa De Adobe" in watercolor.



Registration for May activities will open April 21 at 8:00 a.m. Registration tickets available at 6:00 a.m.
Each member may register for classes or programs for one other member who has valid membership.

Non-Members (Ages 50+) will be required to pay a \$10 day pass fee.

Waiting list options are not available for events. All events & presentations are subject to change.

Refunds will only be given if at least 48-hour cancellation notice is provided (card transactions only).

APRIL 2025

SUN	MON	TUES	WED	THURS	FRI	SAT
		1 R.O.M.E.O's Lunch 11:00 a.m. Watch & Discuss 12:30 p.m. Karaoke Night 6:00 p.m.	2 Sassy Jewels Lunch 11:30 a.m.	3 Fitness Orientation 2:00 p.m.	4 Movie Sponsor: Dignity Memorial Movie at 6:00 p.m.	5 Movie at 12:00 p.m.
6	7 Pickleball Feedback Meeting 2:30 p.m.	8 Make Your Wishes Known 10:30 a.m. Book Club 11:00 a.m.	9	10 Line Dance Party 5:00 p.m.	11 Movie at 6:00 p.m.	12 Caldwell Zoo 9:00 a.m. Movie at 12:00 p.m.
13	14 You Can Paint 9:30 a.m. The Aging Brain 10:30 a.m.	15 A Matter of Balance 10:00 a.m.	16 Women's Locker Room Shutdown 1:00 - 3:00 p.m.	17 Top O' Hill Terrace Tour 10:00 a.m. Men's Locker Room Shutdown 1:00 - 3:00 p.m.	18 Easter Egg Hunt 11:00 a.m. Movie at 6:00 p.m.	19 Summit Prom 6:00 p.m. Movie at 12:00 p.m.
20 	21 Register for May Activities & Classes at 8:00 a.m.	22 Register for May Trips at 8:00 a.m.	23 Dinner at Okinawa Asian Cuisine 5:00 p.m.	24 Grief Presentation 10:30 a.m. You Can Paint 1:00 p.m.	25 Monthly Billiards Tournament 9:30 a.m. Movie Sponsor: Dignity Memorial Movie at 6:00 p.m.	26 Family Fit Fest & Health Expo 10:30 a.m. Movie at 12:00 p.m.
27	28	29	30			

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*Indicates registration is REQUIRED

*Caldwell Zoo

April 12 | Departure at 9:00 a.m. ; Return at 4:00 p.m. | Tyler, TX | \$25 ride and ticket
Bring money for lunch and gift shop.

*Top O' Hill Terrace Tour

April 17 | Departure at 10:00 a.m.; Return at 2:00 p.m. | Arlington, TX | \$20 ride and ticket
Enjoy a nice tour of a historical landmark that was once a 1920's casino.
Bring money for lunch at Catfish Sam's.

*Dinner at Okinawa Asian Cuisine

April 23 | Departure at 5:00 p.m.; Return at 8:00 p.m. | Arlington, TX | \$10 ride
Bring money for dinner.

*Family Fit Fest & Health Expo

April 26 | Departure at 10:30 a.m.; Return at 3:30 p.m. | Dallas, TX | \$10 ride
Free family friendly health expo at Dallas Market Hall.



upcomingtrips

REGISTRATION FOR MAY TRIPS WILL OPEN TUESDAY,
APRIL 22

*Canton First Monday

May 3 | Departure at 9:00 a.m.; Return at 4:00 p.m. | Canton, TX | \$10 ride
Bring money for shopping and food.

*Titanic: The Exhibition

May 7 | Departure at 9:30 a.m.; Return at 3:00 p.m. | Dallas, TX | \$40 ride and ticket
Embark on an awe-inspiring journey into history with an immersive, interactive tour of the Titanic.
Bring money for lunch.

*Asian American Pacific Islander (AAPI) Heritage Month Family Weekend

May 10 | Departure at 10:00 a.m.; Return at 2:00 p.m. | Dallas, TX | \$10 ride
Celebrate at Sammons Park! Expect Asian food vendors, lion dance, cultural performances, etc.

*Texas Rangers Baseball Game

May 16 | Departure at 5:30 p.m.; Return at 10:30 p.m. | Arlington, TX | \$70 ride and ticket
Take me out to the ballgame! All you can eat section. Texas Rangers vs. Houston Astros.

Trips are for members only. Registration for May trips will open on Tuesday, April 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 valid 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

Resource Day

May 9 | 9:30 a.m. | Ballrooms | Open to the Public

Connect with local organizations offering valuable services and support.

Marty Party

May 10 | 10:00 a.m. - 1:00 p.m. | Ballrooms | Open to the Public

Come celebrate World Migratory Bird Day with us in Grand Prairie, the official Purple Martin Conservation Capital of Texas!

*Collette Presentation: Alaskan Cruise

May 23 | 10:30 a.m. | Wings Theater | Member: Free; Non-Member: \$10

Summit Birthday Party

May 30 | 11:00 a.m. - 1:00 p.m. | Ballrooms | Open to the Public

Join us as we celebrate 15 years at the Summit! Music by DJ Keith. Sponsored by AmeriLife.



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 (\$10)

Beginners (Wednesdays) | 1 - 2:30 p.m.

Intermediate (Tuesdays) | 1 - 2:30 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 - 2:30 p.m.

Register at the front desk
at least one hour before the lesson starts

openplay

Basketball

Tu & Th | 4 - 7:00 p.m. | Gym Court

Sunday | 3 - 4:45 p.m. | Gym Court

Volleyball

M & W | 4 - 7:45 p.m. | Gym Court

Saturday | 1:30 - 3:30 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. |
Game Room

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

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

Goofball | Pool

Monday, Wednesday & Friday
11 a.m. - 1 p.m. & 4:30 - 5:45 p.m.

Aqua Stretch (Free) - Low-impact routine stretching class

T & 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

High-Impact Aqua (\$10/mo) - 30 min. adv. aqua aerobics
Tu & Th | 8:00 a.m. | Pool

Water X (\$20/mo) - Intermed. adv. aqua aerobics
M & W | 6:00 p.m. | Pool

Aqua-fit (\$20/mo) - Aqua aerobic exercise for all levels
Tu & Th | 6:00 p.m. | Pool

summitfitness

Fitness Orientation

Learn how to use the fitness equipment. Limited capacity. Sign up at the 2nd Floor Fitness Podium
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
Monday | 10:45 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

Meditation Class

Simple guided breathing meditations
T & Th | 10:45 am | Aerobic Room

Summit Cycle - Cardio training
Fridays | 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 & Fri | 9:00 a.m. | Aerobic Room

Chair Yoga (\$20/mo) - Yoga with a chair
M & W | 12:00, 1:00, 2:00 or 3:00 p.m. | Aerobic Room

Essentrics® Aging Backwards® (\$20/mo) - Dynamic and gentle full-body workout w/Diane Keeble
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 (\$20/mo) - Intermediate-advanced level moves
M & W | 9:00 a.m. | Aerobic Room

Zumba (\$20/mo) - Latin-inspired dance workout
M & W | 7:00 p.m. | Aerobic Room
Not available in April

Registration for May classes will open on Monday, April 21 at 8:00 a.m.

Registration tickets available at 6:00 a.m.

Each member may register for paid classes for one other member who has valid membership.

All classes are subject to change.

clubsandgroups

*Garden Group (\$) - 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

1st Tuesday | Lunch | 11:00 a.m. departure
Retired Old Men Eating Out
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.
April Restaurant: Yes! Buffet
980 W Pioneer Pkwy, Grand Prairie, TX 75051

*Sassy Jewels Club (\$) - Annual \$10 dues.
1st Wednesday | Lunch | 11:30 a.m.
Transportation is not available at this time.
April Restaurant: IHOP near Camp Wisdom
5252 S State Hwy 360 Grand Prairie, TX 75052

***Indicates registration is REQUIRED**

American Mah Jongg
Friday | 9:30 a.m. - 12:00 p.m. | BR2
Monday | 2:00 p.m. - 4:00 p.m. | BR2

Bible Study
Tuesday | 10:30 - 11:30 a.m. | BR1

Bid Whist
Wednesday & Friday | 2 - 6 p.m. | BR2

Book Club -
Killers of a Certain Age by Deanna Raybourn
2nd Tuesday | 11 a.m. - 12 p.m. | BR2

Bridge
Thursday | 10:30 a.m. - 2 p.m. | BR2
Thursday | 1:00 p.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
Monday | 10 a.m. - 12 p.m. | BR3
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. | BR 1

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

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

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Tuesday and Thursday | 12 - 5 p.m. | BR3
Saturday | 12 - 3 p.m. | DR

commissiononaging

Quarterly Meeting (January, April, July, October)
2nd Wednesday of Every Month | 10:30 a.m. | Wings Theater
Free and Open to the Public
Next Meeting: April 9 at 10:30 a.m.

Senior Resources available at:



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.



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

