



summitnews

July 2025

summitfeatures



4th of July
Backyard Games
Thursday, July 3
10:00 a.m. - 12:00 p.m.



Dementia Presentation
Tuesday, July 15
10:30 a.m. - 11:30 a.m.



Christmas in July
Friday, July 25
10:00 a.m. - 11:00 a.m.



Summer of Love Dance
Saturday, July 26
6:00 p.m. - 8:00 p.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

July 1 | 10:30 a.m. - 11:30 a.m. | Ballroom 3 | Members: Free; Non-Members: \$10

A safe, supportive space to share memories, express feelings, and begin healing after loss.

Karaoke Night

July 1 | 6:00 p.m. - 7:30 p.m. | Dining Room | Members: Free; Non-Members: \$10

*4th of July Backyard Games

July 3 | 10:00 a.m. - 12:00 p.m. | Patio | Members: Free; Non-Members: \$10

Enjoy a fun-filled day with classic backyard games like cornhole and horseshoes, all set to the sound of lively music! Hot dogs, popsicles, and sweet treats available for purchase. Sponsored by Dignity Memorial.



*How Do You Know What You Do Not Know?

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

Medicare information provided by Celia with Nations Insurance Solutions.

*You Can Paint

July 11 | 9:00 a.m. - 12:00 p.m. | Discovery 1 | Members: \$35; Non-Members: \$45

Instructor led painting class. Topic: "Doorway to Greece" in watercolor.



*Mindful Coloring

July 11 | 9:30 a.m. - 11:00 a.m. | Dining Room | Members: Free; Non-Members: \$10

*Dementia Presentation

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

Dementia support services presentation by The Senior Source.

*Name That Tune

July 17 | 10:30 a.m. - 11:30 a.m. | Wings Theater | Members: Free; Non-Members: \$10

Join Emily for a music-themed trivia game with hits from the '60s, '70s, and '80s!

*Boots On the Ground Line Dance Social

July 22 | 2:00 p.m. - 5:00 p.m. | Ballrooms 2 & 3 | Members: \$5; Non-Members: \$15

Get ready to stomp, shuffle, and slide! Snacks provided. Western themed attire welcome.



*Christmas in July

July 25 | 10:00 a.m. - 11:30 a.m. | Dining Room | Members: Free; Non-Members: \$10

Come for festive fun featuring frozen hot chocolate, tasty treats, and live music by Daymar, hosted by CenterWell! Please consider bringing school supplies to donate to support elementary-aged GPISD students. Wear your Christmas outfits!

*Summer of Love Dance

July 26 | 6:00 p.m. - 8:00 p.m. | Ballrooms | Members: \$5; Non-Members: \$15

Get ready to groove to the top hits of the '60s and '70s, featuring music by DJ Keith! Come dressed in your best era-themed fashion. Sponsored by Mountain Creek Retirement Living and MedixCar.



*Healthy Relationships

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

Discussion about healthy relationships and tips for grandparents raising grandchildren. Presented by Parkland Health.

Registration for August activities will open July 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).

JULY 2025

SUN	MON	TUES	WED	THURS	FRI	SAT
		<div>1</div> <div>Thrifting with Angie 10:00 a.m.</div> <div>Grief Support Circle 10:30 a.m.</div> <div>R.O.M.E.O's Lunch 11:00 a.m.</div> <div>Karaoke Night 6:00 p.m.</div>	<div>2</div> <div>Throwback Movie 1:00 p.m.</div>	<div>3</div> <div>4th of July Backyard Games 10:00 a.m.</div> <div>Fitness Orientation 2:00 p.m.</div>	<div>4</div> <div>HAPPY 4TH OF JULY</div> <div>CLOSED FOR HOLIDAY</div>	<div>5</div> <div>Movie at 12:00 p.m.</div>
<div>6</div>	<div>7</div>	<div>8</div> <div>Book Club 11:00 a.m.</div>	<div>9</div> <div>COA Meeting 10:30 a.m.</div> <div>Throwback Movie 1:00 p.m.</div>	<div>10</div> <div>How Do You Know What You Do Not Know? 10:30 a.m.</div>	<div>11</div> <div>You Can Paint 9:00 a.m.</div> <div>Mindful Coloring 9:30 a.m.</div> <div>Movie at 6:00 p.m.</div>	<div>12</div> <div>Movie at 12:00 p.m.</div>
<div>13</div>	<div>14</div>	<div>15</div> <div>Dementia Presentation 10:30 a.m.</div>	<div>16</div> <div>Throwback Movie 1:00 p.m.</div> <div>Dallas Wings Game 5:30 p.m.</div> <div>Women's Locker Room Shutdown 1:00 - 3:00 p.m.</div>	<div>17</div> <div>Name That Tune 10:30 a.m.</div> <div>Men's Locker Room Shutdown 1:00 - 3:00 p.m.</div>	<div>18</div> <div>Movie at 6:00 p.m.</div>	<div>19</div> <div>Movie at 12:00 p.m.</div>
<div>20</div>	<div>21</div> <div>Register for August Activities & Classes at 8:00 a.m.</div>	<div>22</div> <div>Register for August Trips at 8:00 a.m.</div> <div>Line Dance Social 2:00 p.m.</div>	<div>23</div> <div>Throwback Movie 1:00 p.m.</div> <div>Dinner at Miranda's 5:00 p.m.</div>	<div>24</div>	<div>25</div> <div>Monthly Billiards Tournament 9:30 a.m.</div> <div>Christmas in July 10:00 a.m.</div> <div>Movie at 6:00 p.m.</div>	<div>26</div> <div>Summer of Love Dance 6:00 p.m.</div> <div>Movie at 12:00 p.m.</div>
<div>27</div>	<div>28</div>	<div>29</div>	<div>30</div> <div>Healthy Relationships 10:30 a.m.</div> <div>Throwback Movie 1:00 p.m.</div>	<div>31</div>		

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*Indicates registration is REQUIRED

*Thrifting with Angie

July 1 | Departure at 10:00 a.m.; Return at 3:00 p.m. | Mansfield, TX | \$10 ride
Let's go treasure hunting for the best finds! Bring money for lunch at Mama Cuca's.

*Dallas Wings Basketball Game

July 16 | Departure at 5:30 p.m.; Return at 11:00 p.m. | Arlington, TX | \$55 ride & ticket
Women's basketball at UTA. Dallas Wings vs. Las Vegas Aces. Bring money for concessions.

*Dinner at Miranda's Mexican Restaurant

July 23 | Departure at 5:00 p.m.; Return at 10:00 p.m. | Burleson, TX | \$10 ride
Bring money for dinner. Bingo starts at 7:00 p.m.



upcomingtrips

REGISTRATION FOR AUGUST TRIPS WILL OPEN
TUESDAY, JULY 22

*National Medal of Honor Museum

August 6 | Departure at 10:00 a.m.; Return at 3:00 p.m. | Arlington, TX | \$36 ride & ticket
Visit a museum that honors United States Armed Forces Medal of Honor recipients.
Bring money for lunch.

*Dinner at Cane Rosso

August 13 | Departure at 5:00 p.m.; Return at 8:00 p.m. | Arlington, TX | \$10 ride
Bring money for dinner.

*Winstar Casino

August 20 | Departure at 8:00 a.m.; Return at 5:00 p.m. | Thackerville, OK | \$35 ride; no perks
Please arrive by 7:30 a.m. and park in the overflow parking lot.

*John Wayne: An American Experience

August 22 | Departure at 10:00 a.m.; Return at 3:00 p.m. | Fort Worth, TX | \$30 ride & ticket
A museum dedicated to the iconic actor, showcasing personal and professional artifacts.
Bring money for lunch.

Trips are for members only. Registration for August trips will open on Tuesday, July 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

*Sock Hop

August 9 | 7:00 p.m. - 9:00 p.m. | Ballrooms | Members: \$10 ; Non-Members: \$20

Get ready to rock around the clock! Dress in your best '50s attire and dance the night away.

*Talent Showcase

August 29 | 9:30 a.m. - 11:30 a.m. | Ballroom 1 | Members: Free; Non-Members: \$10

Show us your talent! Applications will be available July 28th at the front desk and must be submitted by August 15th to participate.

Each act/performance will have a 5 minute time limit.



openplay

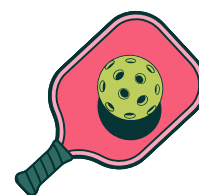
Pickleball

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.



Basketball

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

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

Shuffleboard

Tu & W | 3 - 7:45 p.m. | Game Room

Volleyball

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

Saturday | 1:30 - 3:30 p.m. | Gym Court

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

Ping Pong

Tu & Th | 2 - 5 p.m. | Aerobic Room

Friday | 2 - 6 p.m. | Aerobic Room

aquatic training

*Dive In, Ride On (\$120)

2 Week Water Specialty Training

Session 1: June 26th, 28th, July 3rd, 5th

Session 2: July 10th, 12th, 17th, 19th

Th | 5:00 - 6:00 p.m.

Sat | 8:30 - 9:30 a.m.



*Learn-To-Swim (LTS) Classes (\$60)

Swim lessons for members, led by certified lifeguards

Select one instructor and one time slot for four scheduled sessions in July

Prior to registration, contact Aquatics Coordinator, Gisselle Vargas at 972-237-4169 or gvargas@gptx.org

Monday Sessions w/Ryan

1:00 - 1:30 p.m.

1:40 - 2:10 p.m.

2:20 - 2:50 p.m.

Tuesday Sessions w/Gisselle

9:00 - 9:30 a.m.

9:40 - 10:10 a.m.

10:20 - 10:50 a.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

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](#)

Aqua Yoga (Free) - Guided stretches and muscle strengthening

M, W, F | 9:00 - 9:40 a.m. | [Pool](#)

Hydra HIIT (\$20/mo) - Aqua aerobic exercise for all levels
M, W, F | 6:30 a.m. | [Pool](#)

Aqua-cise (\$20/mo) - Aqua aerobic exercise for all levels
M, W, F | 8:00 a.m. | [Pool](#)

Water X (\$20/mo) - Intermed. adv. aqua aerobics
M & W | 6:15 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

Tu & 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

Tu & Th | 10:45 a.m. | Aerobic Room

Senior Fitness Class

Muscular endurance w/bands & weights

Free Trial Class: July 3-19

Tu & Th | 9:00 a.m. | 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 & F | 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 | 7:30 a.m. | Patio

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

Morning Glory: Intermediate Walking Club (\$20/mo)

Tu & Th | 6:15 a.m. | Outdoor Trails

Yoga (\$20/mo) - Intermediate-advanced level moves

M & W | 9:00 a.m. | Aerobic Room

Zumba (\$10/mo) - Latin-based dance workout

M | 7:00 p.m. | Aerobic Room

Registration for August classes will open on Monday, July 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.

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.

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.
July Restaurant: Pei Wei
2810 S State Hwy 161 #110, Grand Prairie, TX 75052

*Sassy Jewels Club (\$) - Annual \$10 dues.
1st Wednesday | Lunch | 11:30 a.m.
Transportation is not available at this time.
Lunch will reconvene in August.

***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
Wednesday | 2:00 p.m. - 5:00 p.m. |
Behind Dining Room Dividers

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

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

Book Club -
July- Your Pick- open read
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

commissioning

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



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

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