



# summitnews

May 2025

## summitfeatures



Mother's Day Craft  
Friday, May 2  
9:30 a.m. - 11:30 a.m.



Resource Fair  
Friday, May 9  
9:30 a.m. - 11:00 a.m.



Marty Party  
Saturday, May 10  
10:00 a.m. - 1:00 p.m.



Summit Birthday Party  
Friday, May 30  
11:00 a.m. - 1:00 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

## \*Mother's Day Craft

May 2 | 9:30 a.m. - 11:30 a.m. | Dining Room | Members: Free; Non-Members: \$10  
Get creative and celebrate Mother's Day with a special craft: flower vases.

Dallas County Election Day

May 3 | 7:00 a.m. - 7:00 p.m. | Ballroom 1 | Open to the Public

## \*Cinco De Mayo Lotería

May 5 | 12:30 p.m. - 1:30 p.m. | Ballroom 2 | Members: Free; Non-Members: \$10  
A fun filled hour of a classic Mexican bingo style game to celebrate Cinco de Mayo.

## \*Dignity Grief Support

May 6 | 10:30 a.m. - 11:30 a.m. | Ballroom 2 | Members: Free; Non-Members: \$10  
Coping with loss can be challenging, you don't have to go through it alone.  
1<sup>st</sup> Tuesday every month with Shaun from Dignity Memorial.

## \*You Can Paint

May 7 | 1:00 p.m. - 4:00 p.m. | Discovery 1 | Members: \$35; Non-Members: \$45  
Instructor led painting class. Topic: "Palms in the Moonlight" in oils.

## \*How Do You Know What You Don't Know?

May 8 | 10:30 a.m. - 11:30 a.m. | Wings Theater | Members: Free; Non-Members: \$10  
Medicare questions answered and presentation by Celia with Nations Insurance Solutions.

Resource Fair

May 9 | 9:30 a.m. - 11:30 a.m. | Ballrooms | Open to the Public

Stop by to gather valuable information and resources from local organizations and service providers.

Marty Party

May 10 | 10:00 a.m. - 1:00 p.m. | Ballrooms, Dining Room & Purple Martin Conservatory | Open to the Public  
Learn about purple martins, shop, eat and enjoy fun activities!

## \*You Can Paint

May 12 | 9:30 a.m. - 12:30 p.m. | Discovery 1 | Members: \$35; Non-Members: \$45  
Instructor led painting. Topic: "Dreams of Mo'orea" in oils with palette knife

## \*Mindful Coloring

May 13 | 9:30 a.m. - 11:30 a.m. | Dining Room | Members: Free; Non-Members: \$10

GPISD Mariachi Jazz Band Performance

May 14 | 10:30 a.m. - 11:15 a.m. | Ballroom 1 & 2 | Open to the Public

## \*Ways to Save on Prescription Medications

May 15 | 10:30 a.m. - 12:30 p.m. | Wings Theater | Members: Free; Non-Members: \$10  
Presentation by Raegan Felker with Medicare University.

Jackson Middle School Choir Performance

May 16 | 10:45 - 11:30 a.m. | Ballroom 1 | Open to the Public

## \*Asian American Pacific Islander Discussion

May 19 | 10:30 - 11:30 am | Wings Theater | Members: Free; Non-Members: \$10  
Presentation by Lee Lee Lee. Come dressed in your traditional Asian/Pacific Islander attire!

## \*Meditation Talk

May 21 | 10:30 a.m. - 11:30 a.m. | Wings Theater | Members: Free; Non-Members: \$10  
Presentation about the benefits of practicing meditation by Steve Kille.

## \*Origami with Stephanie

May 22 | 9:30 a.m. - 11:00 a.m. | Ballroom 1 | Members: Free; Non-Members: \$10  
Learn to create origami with Stephanie from Commission on Aging.

## \*Alaskan Cruise Information Session

May 23 | 10:30 a.m. - 12:00 p.m. | Wings Theater | Members: Free; Non-Members: \$10  
Collette travel presentation by Vicky.

Summit Birthday Party

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

Join us to celebrate 15 years of community, friendship, and fun at the Summit.



Enjoy refreshments, birthday cake, and wear your Summit t-shirts to mark the occasion!



Registration for June activities will open May 19 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).

# MAY 2025

SUN	MON	TUES	WED	THURS	FRI	SAT
				1 Fitness Orientation 2:00 p.m.	2 Mother's Day Craft 9:30 a.m.  Movie at 6:00 p.m.	3 Dallas County Election Day 7:00 a.m.  Canton First Monday 9:00 a.m.  Movie at 12:00 p.m.
4	5 Cinco de Mayo Lotería 12:30 p.m.	6 Dignity Grief Support 10:30 a.m.  R.O.M.E.O's Lunch 11:00 a.m.  Karaoke Night 6:00 p.m.	7 Titanic: The Exhibition 9:30 a.m.  Sassy Jewels Lunch 11:30 a.m.  You Can Paint 1:00 p.m.	8 How Do You Know What You Don't Know? 10:30 a.m.	9 Resource Fair 9:30 a.m.  Movie at 6:00 p.m.	10 Marty Party 10:00 a.m.  AAPI Heritage Month Family Weekend 10:00 a.m.  Movie at 12:00 p.m.
11 	12 You Can Paint 9:30 a.m.	13 Mindful Coloring 9:30 a.m.  Book Club 11:00 a.m.	14 GPISD Mariachi Jazz Band 10:30 a.m.	15 Ways to Save on Prescription Medications 10:30 a.m.	16 Jackson MS Choir 10:45 a.m.  Texas Rangers Baseball Game 5:30 p.m.  Movie at 6:00 p.m.	17      Movie at 12:00 p.m.
18	19 Register for June Activities & Classes at 8:00 a.m.  AAPI Discussion 10:30 a.m.	20 Register for June Trips at 8:00 a.m.	21 Winstar Casino 8:00 a.m.  Meditation Talk 10:30 a.m.  Women's Locker Room Shutdown 1:00 - 3:00 p.m.	22 Origami with Stephanie 9:30 a.m.  Men's Locker Room Shutdown 1:00 - 3:00 p.m.	23 Alaskan Cruise Information Session 10:30 a.m.  Movie at 6:00 p.m.	24      Movie at 12:00 p.m.
25	26  HAPPY MEMORIAL DAY CLOSED IN HONOR OF MEMORIAL DAY	27	28	29	30 Monthly Billiards Tournament 9:30 a.m.  Summit Birthday Party 11:00 a.m.  Movie at 6:00 p.m.	31      Movie at 12:00 p.m.

# summittrips

\*Indicates registration is REQUIRED

## \*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.

## \*Winstar Casino

May 21 | 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.

# upcomingtrips

REGISTRATION FOR JUNE TRIPS WILL OPEN  
TUESDAY, MAY 20

## \*Weatherford Vintage Car Museum

June 4 | Departure at 10:00 a.m.; Return at 3:00 p.m. | Weatherford, TX | \$10 ride  
Classic cars and trucks lovingly showcased for your viewing pleasure.  
Bring money for lunch at Downtown Cantina.

## \*Texas Rangers Baseball Game

June 18 | Departure at 5:30 p.m.; Return at 11:00 p.m. | Arlington, TX | \$70 ride and ticket  
All You Can Eat section. Kansas City Royals vs. Texas Rangers.

## \*Dinner at Cafe Sicilia

June 25 | Departure at 5:00 p.m.; Return at 8:00 p.m. | Arlington, TX | \$10 ride  
Bring money for dinner.

Trips are for members only. Registration for June trips will open on Tuesday, May 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 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**

## \*Singles Mixer

June 6 | 5:00 p.m. - 7:00 | Ballrooms 2 & 3 | Member: Free; Non-Member: \$10  
Ready to meet new people, spark conversations, and maybe find a connection?  
Join us for a night of fun, laughter, and romance!



## \*Widows Brunch

June 12 | 10:30 a.m. - 11:30 a.m. | Ballroom 1 | Member: Free; Non-Member: \$10  
Connect with others who share similar experiences with loss. Widows and widowers welcome.

## \*Black Aviation History

June 17 | 10:30 a.m. - 11:30 a.m. | Wings Theater | Member: Free; Non-Member: \$10  
Presenter C.B. Rice will share stories and discuss his experiences from Tuskegee Airmen Inc.

# 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 (**FREE in May**)  
Thursdays | 1 - 2:30 p.m.

Register at the front desk  
at least one hour before the lesson starts.  
Please inform staff at least 24 hours in advance if  
you are unable to attend a lesson.

# 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

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## 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

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## 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® (\$15/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

Registration for June classes will open on Monday, May 19 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 carools to the  
restaurant to meet at 11:15 a.m.  
May Restaurant: Fuzzy's Taco Shop  
3144 State Hwy 161 Suite 340, Grand Prairie, TX 75052

\*Sassy Jewels Club (\$) - Annual \$10 dues.  
1st Wednesday | Lunch | 11:30 a.m.  
Transportation is not available at this time.  
May Restaurant: Golden Corral  
465 E. Interstate 20 Arlington, TX 76018

## \*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 -  
*Daisy Jones and the Six by Taylor Jenkins Reid*  
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:





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

