

September 2019

Lunch is served at noon.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>THE SUMMIT IS CLOSED FOR LABOR DAY.</p>	<p>3</p> <p>Cajun Pork Patty~* Country Corn Green Beans Wheat Bread Fresh Orange Milk</p> <p><u>Shopping: Kroger</u></p>	<p>4</p> <p>Meatballs with Spaghetti~ Oregano Broccoli Glazed Carrots Dinner Roll Creamsicle Pudding Milk</p>	<p>5</p> <p>Cranberry Turkey Breast Mashed Spiced Yams Cabbage Whole Wheat Breadstick Chocolate Chip Cookie Milk</p>	<p>6</p> <p>Teriyaki Diced Chicken Egg Fried Rice Japanese Vegetables Dinner Roll Mixed Fruit Crisp Milk</p>
<p>9</p> <p>Turkey Gumbo Cajun Rice Stewed Tomatoes Saltine Crackers Oatmeal Cream Cookie Milk</p>	<p>10</p> <p>Pizza Casserole* Broccoli Beef Braised Carrots Texas Bread Peanut Butter Cookie Milk</p> <p><u>Shopping: Kroger</u></p>	<p>11</p> <p>Oven Fried Chicken Thigh Whipped Potatoes Brussels Sprouts Wheat Bread Frosted Birthday Cake Vanilla Ice Cream Milk</p> 	<p>12</p> <p>Glazed Ham* Sweet Potato Puffs Mixed Greens Corn Muffin Oreo Vanilla Pudding Milk Margarine</p>	<p>13</p> <p>Hamburger Patty~ Lettuce/Tomato/Onion Ranch Beans Hamburger Bun Bread Pudding Milk Mustard and Ketchup</p>
<p>16</p> <p>Diez y Seis Beef Taco Mexican Rice Pinto Beans Flour Tortilla Oreo Cookies Milk Taco Sauce</p>	<p>17</p> <p>Turkey Wild Rice Casserole Herbed Green Peas Parsley Carrots Multi Grain Bread Brownie Milk</p> <p><u>Shopping: El Rancho</u></p>	<p>18</p> <p>Shredded BBQ Pork* Macaroni and Cheese Broccoli Hamburger Bun Fresh Orange Milk</p>	<p>19</p> <p>Turkey Pastrami Swiss Cheese Kidney Bean Salad Tomato Spoon Relish Wheat Bread (2) Orange Gelatin w/ Pineapple Milk</p>	<p>20</p> <p>Meatloaf~ Tomato Gravy Parslied Potatoes Italian Green Beans Dinner Roll Ranger Cookie Milk</p>
<p>23</p> <p>Country Fried Steak with Gravy Garlic Whipped Potatoes Green Beans Wheat Bread Fresh Apple Milk</p>	<p>24</p> <p>Margarita Chicken Mixed Beans Country Vegetables Multi Grain Bread Nutty Buddy Bar Milk</p> <p><u>Shopping: Albertson's</u></p>	<p>25</p> <p>Beef Chili with Beans Rice Braised Carrots Saltine Crackers Fruited Yogurt Milk</p>	<p>26</p> <p>Grilled Pork with Gravy~* Baked Beans Asian Cabbage Wheat Bread Sugar Cookie Milk</p>	<p>27</p> <p>Hamburger Patty~ Lettuce/Tomato/Onion Tater Tot Casserole Hamburger Bun Cinnamon Applesauce Milk Mustard & Ketchup</p>
<p>30</p> <p>Lemon Herb Chicken Scalloped Potatoes Capri Vegetables Wheat Bread Fig Bar Milk Margarine</p>	<p>Transportation Applications are available at the front desk. Grand Prairie Residents ONLY. Call Grand Connection at 972-237-8546 to schedule. ONLY for Nutrition Program members 60 and up.</p>	<p>Meal Program Applicants must be 60 years or older and live in Dallas County. Applications are available at the front desk. 2 day advanced reservations required.</p>		

If you have any questions regarding the Nutrition Program or Transportation, please contact: **Recreation Supervisor Eduvina Cruz** at 972-237-4148 or ecruz@gptx.org.

Wellness at The Summit

Innovative Memory Care at Joe Pool Lake

**MAKING
every
DAY
great**



“
Oxford Glen
caregivers are
special & will
always shine in
my heart. God is
smiling down
on you!
”

- 24-hour nursing
- Life engagement 7 days a week
- Exceptional staff-to-resident ratio
- Home-like environment
- Medication management



#106040

OxfordAtGrandPrairie.com | 2424 N Grand Peninsula Dr, Grand Prairie

(214) 491-5155

Wednesday | September 11 | 10:30am | Wings
Commission on Aging: Grand Connection-Transportation

Wednesday | September 11 | 11:45 am | Dining
Birthday Celebration - Wear your Summit T-shirt

Thursday | September 12 | 11am | Ballroom 3
Emma Hamilton Dance Group

Friday | September 13 | 9:30am-12pm
Nutrition Program Advisory Council Nominations

Monday | September 16 | 11am | Wings
Urology Presentation by Dr. Tracy Cannon-Smith

Monday | September 23 | 11:30am | Dining Room
Nutrition Class: Diabetes Awareness

Wednesday | September 18 | 10am | 3pm | 7pm
Medicare Presentation by Frank Baker in Wings Theater

Thursday | September 19 | 10:30am | Conf Room
Advisory Council Meeting

Thursday | September 19 | 12-4pm | Discovery 2
AARP Driver Safety Course | Register at Front Desk

Friday | September 27 | 9am-12pm |
Benefits Counselors. Have your questions answered.

Call **211** or visit **211.org**. A FREE and confidential service that helps you find local services for older adults. Get help with housing, utilities, crisis, assistance, health information, food, jobs, support, and veteran services.

Last Day to Register for Greece

Monday, September 23 is the LAST day to register for the Classical Greece trip for March 2020. Rates go up after said date; book now and save the most! Highlights include: Athens, Taverna Dinner show, Delphi, Olympia, Greek Farm Visit, Cooking and Dance classes and more!

Contact Amber Sotelo
for more information.

972-237-4146 or
asotelo@gptx.org

September Events

Happy Hour in the Lobby

Friday | September 6 | 5:00pm | Lobby
Drink specials and concessions for sale in Cafe. Andy Goin performing.

Aging Mastery Program

Tuesdays | Sept 10-Nov 12 | 10:30am | Disc 2
Drink specials and concessions for sale in Cafe. Andy Goin

Grandparent's Day Movie Showing - Aladdin

Saturday | September 14 | 12pm & 4pm | Wings
Family and friends of all ages welcome. Adults are \$5. Children under 16 are \$1. Members free with an active membership.

Gospel Concert Brunch

Saturday | September 28 | \$10 presale; \$15 day of event

www.facebook.com/thesummitgptx

The City of Grand Prairie, Dallas Area Agency and HHS, does not discriminate on the basis of race, creed, color, sex, age, ancestry, national origin, religion, or handicap in services or employment. Call 1.800.Relay.Texas for assistance for hearing or sight impaired individuals.