



summitnews

AUGUST 2020

To our valued Summit Members, from the bottom of our hearts, we want you to know... We hear the pleas to reopen. We know that many of you are ready to come back. We know and appreciate that The Summit is a "home away from home" for many. And we know that having social, recreational, and fitness opportunities is important on so many levels. Believe us - staff is just as ready to see you as you are ready to return. We look forward to the day that we can re-open the doors, see each of you face-to-face, and once again provide in-person events and activities.

As things continue to develop we will keep you updated.

summitevents

TRIVIA WEEK!

Three Days of Trivia Fun!

Tuesday, August 18 - Questions 1 - 3

- Question 1 at 9:00 a.m.
- Question 2 at 12:00 p.m.
- Question 3 at 3:00 p.m.

Wednesday, August 19 - Questions 4 - 6

- Question 4 at 9:00 a.m.
- Question 5 at 12:00 p.m.
- Question 6 at 3:00 p.m.

Thursday, August 20 - Questions 7 - 9

- Question 7 at 9:00 a.m.
- Question 8 at 12:00 p.m.
- Question 9 at 3:00 p.m.

Friday, August 21

- Prize Pick Up for the Trivia Winner

Questions will be posted on the Summit Facebook page at the designated times above. Answer correctly before the next question is posted for a chance to win a prize! The winner is decided on the total correct answers within the allotted timeframe. See our Facebook page for details.

Diabetes: What you don't know CAN hurt you! Friday, August 7 - 1:00 p.m.

Join the Summit and presenter, Don Smarto, for a presentation on Diabetes.

Zoom Link: <https://gptx.zoom.us/j/99837851306>

Zoom Meeting ID: 998 3785 1306

Telemedicine Presentation

Thursday, August 13 - 1:00 p.m.

Join the Summit and presenter, Lee Lee Lee, for a presentation on Telemedicine and Telehealth.

Zoom Link: <https://gptx.zoom.us/j/98303921993>

Zoom Meeting ID: 983 0392 1993

End of Summer Summit BASH!

Monday, August 24 - 3:00 p.m.

Join us on Facebook Live and enjoy some live music by Patty Torrez. We will see you there, don't miss out!

Summit Staff / Member Chat

Tuesday, August 25 - 1:00 p.m.

Say hello to Summit staff and friends. Ask us anything! We want to hear from you.

Zoom link: <https://gptx.zoom.us/j/93095700789>

Zoom Meeting ID: 930 9570 0789

upcomingevents

Summit S'mores Social

Saturday, September 12 - 11:00 a.m.

The Summit will be live on Zoom to snack & socialize with YOU! Swing by the Summit between 11:00 a.m. - 12:30 p.m. (M-F, September 7-11) to pick up a goodie bag of mini s'mores! (Limited S'mores Supplies - first come first serve)

Zoom link: <https://gptx.zoom.us/j/99409729016>

Zoom Meeting ID: 994 0972 9016

Wheel of Fortune!

Thursday, September 17 - 3:00 p.m.

Join the Summit on Zoom live to play WHEEL OF FORTUNE! (No cash prizes. Winner can be announced on the Summit Facebook page if so desired.)

Zoom link: <https://gptx.zoom.us/j/92380184125>

Zoom Meeting ID: 923 8018 4125

Recurring Summit Staff/Member Chat Last Tuesday of Every Month - 2:00 p.m.

Say hello to Summit staff and friends. Ask us anything! We want to hear from you.

Zoom link: <https://gptx.zoom.us/j/93095700789>

Zoom Meeting ID: 930 9570 0789

Stay tuned for more information about the following upcoming classes/events:

Safe Driving Tips Presentation, Fall Prevention Presentation and Beginner Spanish.

Dates and times will be announced at a later date.

AUGUST 2020 - EVENTS

SUN	MON	TUES	WED	THURS	FRI	SAT
						1
2	3	4	5	6	7 Diabetes Presentation at 1pm	8
9	10	11	12	13 Telemedicine Presentation at 1pm	14	15
16	17	18 TRIVIA WEEK! Questions 1-3	19 Questions 4-6	20 Questions 7-9	21 Prize Pick-Up for the Trivia Winner	22
23	24 End of Summer Surprise Singer at 3pm	25 Summit Staff / Member Chat at 2pm	26	27	28	29
30	31					

Due to COVID 19, all events will be virtual until further notice. If you need assistance with Zoom, Facebook, or have any technology questions in general please feel free to call the Summit Monday - Friday (8:00 a.m. - 5:00 p.m.), and someone will assist you.

972-237-4141 or 972-237-4145

zoomprograms

We want to see and hear from you! Turn on your camera/video during a Zoom fitness class, program, or special event for a better experience.

- Speak to fitness instructors before and after class, get assistance with your form and address your fitness concerns.
- Engage with presenters, ask them questions and get personalized feedback.
- Socialize with friends by using the chat feature during a LIVE event or program.
- Give a “high-five” or “thumbs up” after the program. Let us know you liked it!

Call: 972-237-4141 or 972-237-4145

benefitscounseling

Dallas Area Agency on Aging Benefits Counseling Program can help via telephone for the these services:

- **SNAP Program** - helps you buy food you need for good health
- **Transportation** - identify your local transportation options
- **Legal Services** - Wills and Power of Attorney
- **Advance Directives** - Health care directives
- **Minor Home Repairs** - for Dallas County homeowners 60+
- **Appeals** - help to reverse a denial on a service provided or
- **Forms** - FREE help completing complex government forms
- **Interpreting Government Letters** - Help to interpret letters received from government agencies

Call: 214-871-5065 or 1-800-252-9240

Monday - Friday 8:30 a.m. - 5:00 p.m.

AUGUST 2020 - MENU

MON	TUES	WED	THURS	FRI
<p>Meal Program Applications are available Monday - Friday, 11:30 a.m. - 12:30 p.m. at the Summit front entrance. Applicants must be 60 years or older and live in Dallas County. Two day advanced reservations required.</p> <p>Transportation Applications are available Monday - Friday, 11:30 a.m. - 12:30 p.m. at the Summit front entrance. Grand Prairie Residents ONLY. Call Grand Connection at 972-237-8546 to schedule. ONLY for Nutrition Program members 60 and up.</p>				1
3	4	5	6	7
Turkey Tetrazzini Catalina Vegetables Brussels Sprouts Chocolate Chip Cookie Wheat Bread / Milk	Breaded Chicken Breast Parsleyed Rice California Vegetables Cherry Gelatin w/ Peaches Wheat Bread / Milk	Tuna Salad Pasta Salad Beet Salad Oatmeal Cream Cookie Saltine Crackers / Milk	Meatloaf/Tomato Gravy Ranch Whipped Potatoes Herbed Green Beans Cinnamon Swirl Pudding Multi Grain Bread / Juice	Ham & Lima Beans* Stewed Tomatoes Cabbage Fresh Orange Corn Muffin / Milk / Margarine
10	11	12	13	14
Southwest Chicken Pinto Beans Country Tomatoes Butterscotch Swirl Pudding Texas Bread / Milk	Smoked Sausage on Bun* Black-Eyed Peas Country Vegetables Lime Gelatin w/ Pears Mustard / Milk	Salisbury Steak/Gravy Whipped Potatoes Italian Green Beans Sugar Cookie Dinner Roll / Milk	Meatballs Marinara Penne Pasta Peas & Carrots Fresh Apple Breadstick / Juice	Hamburger on Bun Lettuce & Tomato Ranch Style Beans Apple Crisp Mustard / Ketchup / Milk
17	18	19	20	21
Beef & Spanish Rice Chuckwagon Corn Cauliflower Chocolate Chip Cookie Wheat Bread / Milk	BBQ Pork on Bun* Macaroni & Cheese Steamed Cabbage Craisins Milk	Chicken Breast w/ Gravy Scalloped Potatoes Braised Carrots Strawberry Gelatin w/ Fruit Dinner Roll / Milk	Hot Dog on Bun Baked Beans Coleslaw Peach Cobbler Juice/Mustard	Margarita Chicken Breast Mexican Rice Broccoli Creamsicle Pudding Wheat Bread / Milk
24	25	26	27	28
BBQ Pork Ribette* Parsleyed Rice Italian Green Beans Gingerbread Cookie Dinner Roll / Milk	Pasta w/ Meatballs Sliced Carrots Broccoli Cherry Gelatin w/ Peaches Texas Bread / Milk	Honey Glazed Turkey Red-Skin Whipped Potatoes Glazed Beets Strawberry Swirl Pudding Multi Grain Bread / Milk	Chicken Broccoli Alfredo Peas & Carrots Country Tomatoes Fresh Orange Texas Bread / Juice	Hamburger on Bun Lettuce & Tomato Tater Tot Casserole Oatmeal Cream Cookie Mustard / Ketchup / Milk
31	<p>NUTRITION TIP: It is never too late to make healthy changes! Healthy eating and regular physical activity may lower the risk for the following:</p> <ul style="list-style-type: none"> • Type II Diabetes • Heart Disease • Obesity • Depression • Certain Cancers • Bone and Muscle Loss 			
Turkey Pot Pie Broccoli Country Tomatoes Cinnamon Crisp Bar Dinner Roll / Milk				

Note: *Contains pork - Due to unavailability of certain items, appropriate substitutions may need to be used.



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