



summitnews

SEPTEMBER 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

CLOSED FOR LABOR DAY - MONDAY, SEPT. 7

Virtual Travel Series - SPAIN

Thursday, Sept. 3 - 2:00 p.m.

Travel virtually to beautiful places with your guide and Summit guest, Don Smarto!

Zoom Link: <https://gptx.zoom.us/j/92925926853>

Zoom Meeting ID: 929 2592 6853

Computer Training Tuesdays September - MS WORD

Each Tuesday, Starting Sept. 8 - 10:00 a.m.

FREE class, accepting 10 participants. First come, first served (Summit Staff will admit the first 10 people into the meeting).

Zoom link: <https://gptx.zoom.us/j/92925926853>

Zoom Meeting ID: 929 2592 6853

Summit S'mores Social

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

The Summit will be live on Zoom to snack & socialize with YOU! Swing by the Summit between 11:00 am - 12:30 p.m., Tue - Fri, Sept. 8 - 11, to pick up a goodie bag of mini s'mores! (Limited S'mores Supplies - first come first served.)

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

Zoom Meeting ID: 994 0972 9016

Passport to Grand Prairie (City Scavenger Hunt)

Sept. 10 - 14 - 1:00 p.m.

Register before September 9th at

<https://www.grandprairiechamber.org/passport-to-grand-prairie>

Wheel of Fortune!

Thursday, Sept. 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 Tuesday, Sept. 29 - 2:00 p.m.

Join in on this Zoom meeting and say hi! We would love to see you and hear from you!

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

Zoom Meeting ID: 930 9570 0789

upcomingevents

Empowering Seniors 2020

Friday, Oct. 2 - 10:00 a.m.

Virtual Event hosted by Tarrant County Commissioner, Gary Fickes, on October 2nd at 10:00 a.m.

More info on this at <http://www.empoweringseniors.com/>

Fair Food Creations Week

Week of Oct. 5 - 9

Pre-recorded videos each day.

Monday - Deep Fried PB&J

Tuesday - Funnel Cakes

Wednesday - Fried Oreos

Thursday - Frozen Chocolate-Covered Bananas

Friday - Mini Corn Dogs

Virtual Travel Series - ITALY

Thursday, Oct. 1 - 3:00 p.m.

Virtually travel to beautiful places on the first Thursday of every month at 2:00 pm.

Zoom link: <https://gptx.zoom.us/j/98154373225>

Zoom Meeting ID: 981 5437 3225

Recurring Summit Staff - Member Chat Tuesday, Oct. 27 - 2:00 p.m.

Join in on this Zoom meeting and say hi! We would love to see you and hear from you!

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

Zoom Meeting ID: 930 9570 0789

SEPTEMBER 2020 - EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3 Virtual Travel Series SPAIN 2 p.m.	4	5
6	7 CLOSED FOR HOLIDAY	8 Computer Training Tuesdays 10 a.m.	9	10	11	12 Summit S'mores Social 11 a.m.
13 PASSPORT TO GRAND PRAIRIE (City Scavenger Hunt)	14	15 Computer Training Tuesdays 10 a.m.	16	17 Wheel of Fortune! 3 p.m.	18	19 PASSPORT TO GRAND PRAIRIE (City Scavenger Hunt)
20	21	22 Computer Training Tuesdays 10 a.m.	23	24	25	26
27	28	29 Computer Training Tuesdays 10 a.m. Summit Staff - Member Chat 2 p.m.	30			

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.

fitnessclasses

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8 a.m.	YOGA				
9 a.m.		FULL BODY WORKOUT		FULL BODY WORKOUT	
10 a.m.	L&L		L&L		L&L
11 a.m.		CARDIO DANCE		CARDIO DANCE	

Zoom Info:

Zoom link: <https://gptx.zoom.us/j/2312759585>

Meeting ID: 231 275 9585

Call 972-237-4141 for the password.

Recordings of all fitness classes will be posted to the Summit Facebook page as well as the Grand Fun GP YouTube page.

<https://www.facebook.com/thesummitgptx/>

<https://www.youtube.com/c/GrandFunGP/playlists>

We Look Forward To Seeing You!

SEPTEMBER 2020 - MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Turkey Tetrizzini Broccoli Squash & Tomatoes Cherry Gelatin w/ Pineapple Wheat Bread/Milk	2 Tukey Swiss Sandwich Lettuce & Tomato Pinto Bean Salad Craisins Juice/Mustard	3 BBQ Pork on Bun* Macaroni & Cheese Italian Green Beans Fresh Apple Milk	4 Soft Beef Taco Pinto Beans Mexican Style Tomatoes Oreo Cookies Milk/Taco Sauce
7 Closed for Holiday	8 Beef Stroganoff Broccoli Zucchini & Tomatoes Fresh Orange Texas Bread/Milk	9 Chicken Breast w/ Gravy Whipped Potatoes Italian Green Beans Caramel Vanilla Pudding Dinner Roll/Milk	10 Chopped Pastrami on Bun Macaroni & Cheese Catalina Vegetables Nutty Buddy Bar Milk	11 Hamburger on Bun Lettuce & Tomato Ranch Style Beans Hot Spiced Peaches Milk/Mustard/Ketchup
14 Meatloaf w/ Brown Gravy Garlic Whipped Potatoes Peas & Carrots Fig Bar Dinner Roll/Milk	15 Turkey Noodle Casserole Lemon Brussels Sprouts Seasoned Cauliflower Fresh Orange Texas Bread/Milk	Happy Diez y Seis! 16 Soft Beef Taco Spanish Rice Charro Beans Brownie Milk/Taco Sauce	17 Mushroom Pork Patty* Black - Eyed Peas Steamed Cabbage Oatmeal Raisin Cookie Corn Muffin Milk/Margarine	18 Spinach Lasagna Tossed Salad Parsleyed Carrots Pineapple Tidbits Wheat Bread/Milk
21 BBQ Pork Ribette* Chuckwagon Corn Brussels Sprouts Fresh Orange Dinner Roll/Milk	22 Beef Burgundy Patty Whipped Potatoes Mixed Vegetables Gingerbread Cookie Wheat Bread/Milk	23 Pasta Bolognese Italian Green Beans Sliced Carrots Lemon Gelatin w/ Pineapple Dinner Roll/Milk	24 Cheesy Chicken Breast Confetti Rice Country Tomatoes Chocolate Chip Cookie Wheat Bread/Milk	25 Hamburger on Bun Lettuce & Tomato Baked Beans Cranberry Crisp Milk/Mustard/Ketchup
28 Chicken Broccoli Alfredo Sliced Carrots Green Beans Chocolate Graham Crackers Texas Bread/Milk	29 Sloppy Joe on Bun Herbed Green Peas Cauliflower w/ Red Peppers Lemon Berry Pudding Milk	30 Breaded Fish Filet Macaroni & Cheese Garden Vegetables Fresh Apple Dinner Roll/Milk		

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

Meal Program

Applicants must be 60 years or older and live in Dallas County.

Applications are available Mon - Fri, 11:30 a.m. - 12:30 p.m. at the Summit front entrance. Two day advanced reservations required.

Transportation (Not currently available)

ONLY for Nutrition Program members 60 and up.

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.

NUTRITION TIP: September is National Cholesterol Education Month!

Living a healthy lifestyle can help keep your cholesterol level in a healthy range:

- Avoid saturated and trans fats from fatty meats, fried foods, and margarines.
- Choose low-fat or fat-free milk, cheese, and yogurt.
- Eat more foods that are high in fiber, like oatmeal, beans, oat bran, and lentils.

SEPTIEMBRE 2020 - MENÚ

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
	1 Tetraxini de pavo Brócoli Calabaza y tomates Gelatina de cereza con pina Pan de trigo Leche	2 Pechuga de pavo Lechuga y tomate Ensalada de frijoles pintos Pasas Pan de trigo (2) Leche/mostaza	3 Cerdo deshebrado* Macarrones con queso Judías italianas verdes Manzana Pan de hamburguesas Leche	4 Carne para taco Frijoles pintos Tomates a la mexicana Galleta Oreo Tortilla de harina Leche/salsa para tacos
7 Cerrado por día festivo	8 Pasta con carne Brócoli Calabacita y tomates Naranja Pan Tejano Leche	9 Pollo horneado en salsa Pure de papas Pudín de vainilla y caramelo Panecillo Leche	10 Pastrami de pavo Macarrones con queso Mezcla de verduras Barra Nutty Buddy Pan de hamburguesas Leche	11 Hamburguesa Lechuga y tomate Frijoles rancheros Duraznos con especias Pan de hamburguesas Leche/mostaza/cátsup
14 Pan de carne Pure de papas con ajo Guisantes y zanahorias Barra de higo Panecillo Leche	15 Platillo de pavo y fideo Coles con limón Coliflor sazónada Naranja Pan Tejano Leche	Diez y Seis! 16 Carne para tacos Arroz español Frijoles charros Pastelito de chocolate Tortilla de harina Leche/salsa para tacos	17 Fritata de cerdo* Frijoles de ojo negro Repollo Galleta de avena y pasas Panecillo de elote Leche	18 Lasaña de espinacas Ensalada Zanahorias al perejil Trocitos de pina Pan de trigo Leche
21 Fritata de Cerdo* Elote con verduras Repollitos Naranja Panecillo Leche	22 Fritata de res Pure de papas Mezcla de verduras Galleta de jengibre Pan de trigo Leche	23 Pasta a la boloñesa Judías Italianas verdes Zanahorias glaseadas Gelatina de lima con pina Panecillo Leche	24 Pollo con champiñones Arroz confeti Tomates campestres Galleta de chocolate Pan de trigo Leche	25 Hamburguesa Lechuga y Tomate Frijoles horneados Postre de arándano Pan de hamburguesa Leche/mostaza/cátsup
28 Pollo Alfredo con brócoli Zanahorias rebanadas Habichuelas Galletas integrales Pan Tejano Leche	29 Carne para hamburguesas Guisantes Coliflor con pimientos rojos Pudín de lima Pan de hamburguesas Leche	30 Pescado con limón Macarrones con queso Mezcla de verduras Manzana Panecillo Leche		

Nota: *contiene cerdo - Debido a la disponibilidad de ciertos productos, sustitución apropiada pudiera ser utilizada.

Programa de Comidas

Los solicitantes deben tener 60 años o más y vivir en el Condado de Dallas.

Las solicitudes están disponibles de lunes a viernes, 11:30 a.m.- 12:30 p.m. en la entrada principal de Summit. Se requieren reservas con dos días de anticipación.

Transporte (No esta disponible ahora)

SOLO para miembros del Programa de Nutrición 60 en o mas.

Grand Prairie Residentes SOLAMENTE. Llame a Grand Connection al 972-237-8546 para programar.

CONSEJOS DE NUTRICIÓN:

Un estilo de vida saludable puede ayudar a mantener su colesterol en un rango saludable:

- Evitar la saturada y trans-grasas de carnes grasas, frituras y margarinas. • Escoger leche baja en grasa o sin grasa, yogur y queso.
- Comer más alimentos que son altos en fibra, como avena, salvado de avena, frijoles y lentejas. • Una dieta saludable que incluya frutas y verduras y baja en sal y azúcar.



The Summit
2975 Esplanade
Grand Prairie, Texas 75052
972.237.4141
GrandFunGP.com

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