



summitnews

OCTOBER 2020

Reopening Date Announcement & Facility Updates!

The Summit is scheduled to reopen to its members beginning Saturday, January 2, 2021 with a phased opening and limited capacity. Phase I will include access to fitness equipment, pool & spa, track, and Pickleball.

These updates include a much-needed HVAC system upgrade, roof repairs, 11 new handicapped parking spaces, a new parking lot, locker room & sauna renovations, and aquatic area renovations/upgrades; all of which will help to ensure that The Summit continues to be a world-class facility for its valued members and guests.

Additional details along with the adjusted operating policies and procedures will be communicated to The Summit members via email, website, and social media.

summitevents

Halloween Costume Contest!

Monday, Oct. 5 - Wednesday, Oct. 28

Winner Announced Oct. 30

Halloween Costume Contest. Send your best Halloween costume photo to jgunderson@gptx.org by 12:00 p.m. on October 28. Pictures will be posted on the Summit Facebook page on October 29 and voting will end on October 30. Winners decided based on number of likes. Prize for 1st and 2nd place! Winners will be announced October 31st.

The History & Culture of Foreign Countries through the eyes of world traveler, Don Smarto **This month we visit, ITALY.**

Thursday, Oct. 1 - 2:00 p.m.

Explore a unique perspective of many different foreign countries' history and culture with your guide and Summit guest, Don Smarto!

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

Zoom Meeting ID: 981 5437 3225

Fair Food Creations Week!

Monday, Oct. 5 - Friday, Oct. 9

Pre-recorded videos posted on our Facebook page each day.

Monday - Deep Fried PB&J

Tuesday - Funnel Cakes

Wednesday - Fried Oreos

Thursday - Frozen Chocolate-Covered Bananas

Friday - Mini Corn Dogs

Computer Training Tuesdays

October - Microsoft Excel

Each Tuesday, Starting Oct. 6 - 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

Gospel Concert

Thursday, Oct. 16 - 1:00 p.m.

Join in on this awesome virtual experience on our Facebook page! We will have a variety of prerecorded performances by talented singers, dancers, and mimes! Don't miss out!

Your Health is Your Wealth

- Presentation by Dr. Flowers

Friday, Oct. 23 - 10:30 a.m.

Tune in Friday, October 23rd at 10:30am with Summit guest, Dr. LaTosha Flowers, for a presentation about how Your Health is Your Wealth. Preregister for this presentation by emailing jgunderson@gptx.org or call/leave a voicemail at 972-237-4145, and then click the link below to watch this LIVE presentation!

Zoom link: <https://gptx.zoom.us/j/99858513196>

Zoom meeting ID: 998 5851 3196

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

upcomingevents

Chronic Disease Self-Management Program

Every Tuesday, Nov. 3 - Dec. 8, 1:00 p.m.

Learn about the symptom cycle, healthy nutrition and exercise choices, communication skills, relaxation techniques, and better sleep. The workshop is FREE! Sessions are held for 2 and a half hours once a week for 6 weeks.

Register here: <https://www.psychdata.com/s.asp?SID=190344>

Computer Training Tuesdays

November - Microsoft PowerPoint

Each Tuesday, Starting Nov. 3 - 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

The History & Culture of Foreign Countries through the eyes of world traveler, Don Smarto

In November we visit, RUSSIA.

Thursday, Nov. 5 - 3:00 p.m.

Explore a unique perspective of many different foreign countries' history and culture with your guide and Summit guest, Don Smarto!

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

Zoom Meeting ID: 981 5437 3225

Recurring Summit Staff - Member Chat

Tuesday, Nov. 24 - 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

OCTOBER 2020 - EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 The History & Culture of Foreign Countries ITALY 2:00 p.m.	2	3
4	5 Halloween Costume Contest First Day for Entries	6 Computer Training Tuesdays 10:00 a.m.	7	8	9	10
<hr style="width: 80%; margin: auto;"/> Fair Food Creations Week! <hr style="width: 80%; margin: auto;"/>						
11	12	13 Computer Training Tuesdays 10:00 a.m.	14	15	16 Gospel Concert 1:00 p.m.	17
18	19	20 Computer Training Tuesdays 10:00 a.m.	21	22	23 Your Health is Your Wealth 10:30 a.m.	24
25	26	27 Computer Training Tuesdays 10:00 a.m. Summit Staff - Member Chat 2:00 p.m.	28 12:00 p.m. deadline for entries	29 Voting Begins	30 Voting Ends	31 Winners Announced!
<hr style="width: 80%; margin: auto;"/> Halloween Costume Contest <hr style="width: 80%; margin: auto;"/>						

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!

additionalofferings

Celebration Magazine

Live Zoom events: <https://www.celebrationmagazine.com/online-zoom-events-seniors>

Area Agency on Aging

Workshop Interest Survey: <https://www.psychdata.com/s.asp?SID=187475>

Self-Management Workshop Registration: <https://www.psychdata.com/s.asp?SID=190344>

OCTOBER 2020 - MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Beef Chili with Beans Whole Kernel Corn Mixed Greens Saltine Crackers Brownie Apple Juice	2 Diced Chili Coconut Curry Chicken Over Rice Lentil Vegetable Pilaf Sliced Carrots Wheat Bread Fortune Cookie Milk
5 Salisbury Beef~ Brown Gravy Ranch Whipped Potatoes Italian Green Beans Wheat Bread Fudge Cream Cookie Milk	6 Bruschetta Meatballs~ Over Penne Pasta Cabbage Parsley Carrots Texas Bread Lime Gelatin with Peaches Chocolate Milk	7 Beef Spanish Rice Whole Kernel Corn Broccoli Wheat Bread Cinnamon Swirl Pudding Milk	8 Honey Glazed Ham* Lima Beans Stewed Tomatoes Corn Muffin Fresh Orange Apple Juice Margarine	9 Hamburger Patty~ Lettuce and Tomato Tater Gems Hamburger Bun Hot Applesauce Milk Mustard and Ketchup
12 Parmesan Chicken~ Whipped Potatoes Honey Carrots Wheat Bread Oatmeal Cream Cookie Milk	13 Turkey Tetrazzini Broccoli Squash and Tomatoes Wheat Bread Cherry Gelatin w/ Pineapple Chocolate Milk	14 Shredded BBQ Pork* Macaroni and Cheese Italian Green Beans Hamburger Bun Fresh Apple Milk	15 Turkey Breast Swiss Cheese & Mustard Lettuce and Tomato Pinto Bean Salad Wheat Bread (2) Craisins Apple Juice	16 Beef Taco Pinto Beans Mexican Style Tomatoes Flour Tortilla Oreo Cookies Milk Taco Sauce
19 Deviled Pork Patty~* Fried Rice Asian Cabbage Wheat Bread Fortune Cookie Milk	20 Beef Stroganoff Broccoli Zucchini and Tomatoes Texas Bread Fresh Orange Chocolate Milk	21 Baked Chicken with Gravy Whipped Potatoes Italian Green Beans Dinner Roll Caramel Vanilla Pudding Milk	22 Chopped Turkey Pastrami Macaroni and Cheese Catalina Vegetables Hamburger Bun Nutty Buddy Bar Apple Juice	23 Hamburger Patty~ Lettuce and Tomato Ranch Beans Hamburger Bun Hot Spiced Peaches Milk Mustard and Ketchup
26 Meatloaf~ Brown Gravy Garlic Whipped Potatoes Peas and Carrots Dinner Roll Fig Bar Milk	27 Turkey Noodle Casserole Lemon Brussels Sprouts Seasoned Cauliflower Texas Bread Fresh Orange Chocolate Milk	28 Swiss Steak~ Parslied Rice Cheesy Broccoli Dinner Roll Strawberry Gelatin w/Pears Milk	29 Mushroom Pork Patty~* Black-Eyed Peas Cabbage Corn Muffin Oatmeal Raisin Cookie Apple Juice Margarine	30 Chicken Chili Tossed Salad Sliced Carrots Corn Chips Cinnamon Crisp Bar Milk Ranch Salad Dressing

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.



The Summit
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Grand Prairie, Texas 75052
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GrandFunGP.com

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