



# summitnews

NOVEMBER 2020

The Summit 50+ Club is temporarily closed until further notice.

For the latest information and details, visit [GrandFunGP.com/TheSummit](http://GrandFunGP.com/TheSummit) or [facebook.com/TheSummitGPTX](https://facebook.com/TheSummitGPTX).

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

**The Summit**  
2975 Esplanade, Grand Prairie, Texas 75052  
972.237.4141 • [GrandFunGP.com](http://GrandFunGP.com)

# summitevents

---

## **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 This month we visit, ITALY. Thursday, Nov. 5 - 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

## **Safe Driving Tips Monday, Nov. 9 - 10:00 a.m.**

Join the Summit for a live Zoom presentation on safe driving tips. Call the Summit for the password, 972-237-4141.

**Zoom link:** <https://us04web.zoom.us/j/3412124023?pwd=TDBvenQrL1NoWC8zS01Kc285M0swdz09>

**Zoom meeting ID:** 341 212 4023

## **Veterans Day Slideshow Wednesday, Nov. 11 - 12:00 p.m.**

On November 11th at 12:00pm a slideshow will appear on the Summit Facebook page. The purpose of this slideshow will be to recognize and honor the men and women who served our country. (Send in a picture to [jgunderson@gptx.org](mailto:jgunderson@gptx.org) before November 3rd to be included in this slideshow.)

Happy Veterans Day, and thank you!

## **Veterans Day Drive Thru Lunch Wednesday, Nov. 11 - 12:30 p.m.**

Limited amount. Preregister before November 6th by emailing Eduvina Cruz at [ecruz@gptx.org](mailto:ecruz@gptx.org) or call the Summit at 972-237-4141. Each Veteran will receive a free boxed lunch from Jason's Deli, a bottle of water from our friends at Attiva, a Certificate of Appreciation, and a special face mask. This is a drive through lunch only. Please stay in your cars. Thank you and Happy Veterans Day!

## **Medicare 101 Presentations Tuesday, Nov. 17 - 10:00 a.m. Monday, Nov. 23 - 11:00 a.m.**

Join the Summit for live Zoom presentations on Medicare. Call the Summit for the password, 972-237-4141.

**Zoom link:** <https://us04web.zoom.us/j/3412124023?pwd=TDBvenQrL1NoWC8zS01Kc285M0swdz09>

**Zoom meeting ID:** 341 212 4023

## **SUMMIT MEET & GREET!! Tuesday, Nov. 17 - 2:00 p.m.**

This will be a great opportunity to meet and welcome the Summit's new General Manager, Daniel Cauthen! We hope to see you there!

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

**Zoom Meeting ID:** 930 9570 0789

## **How to Prevent Fraud Presentation Wednesday, Nov. 18 - 1:00 p.m.**

Have you or do you know someone who has been a victim of fraud? Find out what you can do to prevent fraud from happening to you! Join us on November 18th at 1:00 pm for an interactive session with Summit guest, Andrea Prater and her co-presenter, Detective Swindle. To sign up for this event please register by emailing [jgunderson@gptx.org](mailto:jgunderson@gptx.org) by 3:00pm on November 13th.

# upcomingevents

---

## **The History & Culture of Foreign Countries through the eyes of world traveler, Don Smarto In November we visit, RUSSIA. Thursday, Dec. 3 -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

## **Christmas Caroling Choir Wednesday, Dec. 23 - 11:00 a.m. - 12:00 p.m.**

Singers will be singing Christmas Carols at the Summit. We hope you'll stop by to see/hear them.

## **Recurring Summit Staff - Member Chat December Chat CANCELLED due to Christmas holiday**

# NOVEMBER 2020 - EVENTS

| SUNDAY | MONDAY                               | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY | SATURDAY |
|--------|--------------------------------------|---|---|---|--------|----------|
| 1      | 2                                    | 3<br>Computer Training Tuesdays<br>10:00 a.m.   | 4   | 5<br>The History & Culture of Foreign Countries<br>ITALY<br>2:00 p.m. | 6      | 7        |
| 8      | 9<br>Safe Driving Tips<br>10:00 a.m. | 10<br>Computer Training Tuesdays<br>10:00 a.m.  | 11<br>Veterans Day Slideshow<br>12:00 p.m.<br>Veterans Day Drive Thru Lunch<br>12:30 p.m. | 12  | 13     | 14       |
| 15     | 16                                   | 17<br>Medicare101<br>10:00 a.m.<br>Computer Training Tuesdays<br>10:00 a.m.<br><b>MEET &amp; GREET!!</b><br>2:00 p.m. | 18<br>How to Prevent Fraud Presentation<br>1:00 p.m.                                      | 19  | 20     | 21       |
| 22     | 23<br>Medicare101<br>11:00 a.m.      | 24<br>Computer Training Tuesdays<br>10:00 a.m.  | 25  | 26<br><b>THANKSGIVING DAY</b>   | 27     | 28       |
| 29     | 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!**

# additionalofferings

---

## Methodist Hospital Online Classes

<https://www.methodisthealthsystem.org/patients-visitors/online-classes-events/>

## 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>

# NOVEMBER 2020 - MENU

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   |  |
|---|---|---|---|--|--|
| <b>2</b><br>BBQ Pork Rib Patty~*<br>Chuckwagon Corn<br>Brussel Sprouts<br>Dinner Roll<br>Fresh Orange<br>Milk                               | <b>3</b><br>Beef Burgundy~<br>Whipped Potatoes<br>Mixed Vegetables<br>Wheat Bread<br>Gingerbread Cookie<br>Milk   | <b>4</b><br>Pasta Bolognese<br>Italian Green Beans<br>Glazed Carrots<br>Dinner Roll<br>Lemon Gelatin<br>with Pinapple<br>Milk                               | <b>5</b><br>Cheesy Mushroom<br>Chicken<br>Confetti Rice<br>Country Potatoes<br>Wheat Bread<br>Chocolate Chip Cookie<br>Milk | <b>6</b><br>Hamburger Patty~<br>Lettuce & Tomato<br>Baked Beans<br>Hamburger Bun<br>Cranberry Crisp<br>Milk<br>Mustard & Ketchup                 |  |
| <b>9</b><br>Chicken Alfredo<br>Sliced Carrots<br>Green Beans<br>Texas Bread<br>Chocolate Graham<br>Crackers<br>Milk                         | <b>10</b><br>Sloppy Joe<br>Herbed Green Peas<br>Cauliflower with<br>Red Peppers<br>Hamburger Bun<br>Lemon Berry Pudding<br>Chocolate Milk   | <b>11</b><br>Lemon Pepper Fish<br>Macaroni & Cheese<br>Garden Vegetables<br>Dinner Roll<br>Fresh Apple<br>Milk  | <b>12</b><br>Beef Chili with Beans<br>Whole Kernel Corn<br>Mixed Greens<br>Saltine Crackers<br>Brownie ♣<br>Apple Juice     | <b>13</b><br>Diced Chili Coconut Curry<br>Chicken over Rice<br>Lentil Vegetable Pilaf<br>Sliced Carrots<br>Wheat Bread<br>Fortune Cookie<br>Milk |  |
| <b>16</b><br>Salisbury Beef~<br>Brown Gravy<br>Ranch Whipped Potatoes<br>Italian Green Beans<br>Wheat Bread<br>Fudge Cream Cookie ♣<br>Milk | <b>17</b><br>Bruchetta Meatballs~<br>Over Penne Pasta<br>Cabbage<br>Parslet Carrots<br>Texas Bread<br>Lime Gelatin with Peaches<br>Chocolate Milk   | <b>18</b><br>Beef Spanish Rice<br>Whole Kernel Corn<br>Broccoli<br>Wheat Bread<br>Cinnamon Swirl Pudding<br>Milk  | <b>19</b><br>Honey Glazed Ham*<br>Lima Beans<br>Stewed Tomatoes<br>Corn Muffin<br>Fresh Orange<br>Apple Juice<br>Margarine  | <b>20</b><br>Hamburger Patty~<br>Lettuce & Tomato<br>Tater Gems<br>Hamburger Bun<br>Hot Applesauce<br>Milk<br>Mustard & Ketchup                  |  |
| <b>23</b><br>Parmesan Chicken~<br>Whipped Potatoes<br>Honey Carrots<br>Wheat Bread<br>Oatmeal Cream Cookie ♣<br>Milk                        | <b>24</b><br>Turkey Tetrzzini<br>Broccoli<br>Squash & Tomatoes<br>Wheat Bread<br>Cherry Gelatin<br>with Pineapple<br>Chocolate Milk   | <b>THANKSGIVING 25</b><br>Turkey Breast w/ Gravy<br>Combread Dressing<br>Green Beans Almandine<br>Dinner Roll<br>Pumpkin Pudding<br>Milk<br>Cranberry Sauce | <b>26</b><br><b>27</b><br><b>CLOSED</b>   |  |  |
| <b>30</b><br>Deviled Pork Patty~*<br>Fried Rice<br>Asian Cabbage<br>Wheat Bread<br>Fortune Cookie<br>Milk                                   | <p>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.</p> |   |   | <p>★ Contains Pork<br/>♣ Contains Peanuts<br/>~ Entree Contains Soy</p>  |  |

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**  
2975 Esplanade  
Grand Prairie, Texas 75052  
972.237.4141  
GrandFunGP.com

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