



# summitnews

JANUARY 2021

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

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## **Move Your Body to Feel Better** **Monday, Jan. 4 - 12:00 p.m.**

Health Presentation - Come learn about how you can fuel your body to feel better with our friend Maggie Rodriguez!

**Zoom link:** <https://gptx.zoom.us/j/98197295807>

**Zoom Meeting ID:** 981 9729 5807

## **Summit Book Club** **Tuesday, Jan. 12 - 11:00 a.m.**

Love to read? Want to socialize and discuss what you read? Well look no further, the Summit book club is the club for you!

This month is any book from a "best of 2020" list.

For more information contact Jennifer Douglas ([jdouglas@gptx.org](mailto:jdouglas@gptx.org)) or Jackie Gunderson ([jgunderson@gptx.org](mailto:jgunderson@gptx.org)).

## **The History & Culture of Foreign Countries through the eyes of world traveler, Don Smarto** **This month we visit, ITALY: Part 2.** **Thursday, Jan. 7 - 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

## **The History & Culture of Foreign Countries through the eyes of world traveler, Don Smarto** **In November we visit, AUSTRALIA.** **Thursday, Feb. 4 - 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

## **Summit Book Club** **Tuesday, Feb. 9 - 11:00 a.m.**

For more information contact Jennifer Douglas ([jdouglas@gptx.org](mailto:jdouglas@gptx.org)) or Jackie Gunderson ([jgunderson@gptx.org](mailto:jgunderson@gptx.org)).

## **Commission on Aging Meeting** **Wednesday, Jan. 13 - 10:30 a.m.**

The Commission on Aging (COA) makes recommendations to the city council concerning the needs of Grand Prairie's aging population. They meet on a quarterly basis.

If you have any questions concerning the COA please contact Jackie Gunderson at 972-237-4145.

## **Purpose Presentation** **Wednesday, Jan. 20 - 1:00 p.m.**

Prerecorded presentation by Gwen Massey on finding your purpose. Posted on the Summit Facebook page.

## **Texas Winds Live** **Friday, Jan. 22 - 10:00 a.m.**

Virtual performance via Zoom

**Zoom link:** <https://gptx.zoom.us/j/99006897607>

**Zoom Meeting ID:** 990 0689 7607

## **Recurring Summit Staff - Member Chat** **Tuesday, Jan. 26 - 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

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## **Name That Love Song** **Monday - Friday, Feb. 8 - 12**

Lyrics from love songs from the 70's, 80's and 90's will be posted at 9am, 12pm, and 3pm every day. Join us on our Summit Facebook page and name those love songs! (Chance to win a Summit Shoutout on our Facebook!)

## **Recurring Summit Staff - Member Chat** **Tuesday, Feb. 23 - 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

# JANUARY 2021 - EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>1</b> <b>CLOSED</b> NEW YEARS DAY	<b>2</b>
<b>3</b>	<b>4</b> Move Your Body to Feel Better 12:00 p.m.	<b>5</b>	<b>6</b>	<b>7</b> The History & Culture of Foreign Countries: ITALY 2:00 p.m.	<b>8</b>	<b>9</b>
<b>10</b>	<b>11</b>	<b>12</b> Summit Book Club 11:00 a.m.	<b>13</b> Commission on Aging Meeting 10:30 a.m.	<b>14</b>	<b>15</b>	<b>16</b>
<b>17</b>	<b>18</b> <b>CLOSED</b> MLK HOLIDAY	<b>19</b>	<b>20</b> Purpose Presentation 1:00 p.m.	<b>21</b>	<b>22</b> Texas Winds Live 10:00 a.m.	<b>23</b>
<b>24</b>	<b>25</b>	<b>26</b> Summit Staff - Member Chat 2:00 p.m.	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<b>31</b>						

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

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**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

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**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

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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

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## 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>

## Senior Planet

<https://seniorplanet.org/get-involved/online/>

# JANUARY 2021 - MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> <li>* Contains Pork</li> <li>❖ Contains Peanuts</li> <li># New Menu Item</li> </ul>				<b>1</b>  <b>CLOSED</b> <b>NEW YEARS DAY</b>
<b>4</b> Breaded Chicken Patty Mashed Spiced Yams California Vegetables Dinner Roll Cherry Gelatin w/ Peaches Milk	<b>5</b> Salisbury Beef Brown Gravy Twice Whipped Potatoes Herbed Green Beans Wheat Bread Chocolate Chip Cookie Milk	<b>6</b> Turkey Taco Pinto Beans Cilantro Lime Corn Flour Tortilla Piña Colada Pudding # Milk Taco Sauce	<b>7</b> Chicken Etouffee # Cajun Rice Glazed Carrots Saltine Crackers Fresh Apple Milk	<b>8</b> Hamburger Patty Lettuce and Tomato Tater Gems Hamburger Bun Cranberry Crisp Milk Mustard and Ketchup
<b>11</b> Ham and Lima Beans* Rice Squash, Zucchini & Tomatoes Wheat Bread Sugar Cookie Milk	<b>12</b> Maple Rum Chicken Parslied Rice Broccoli Multi Grain Bread Fig Bar Milk	<b>13</b> Swiss Steak Garlic Whipped Potatoes Garden Vegetables Dinner Roll Zee Zee Birthday Bar Milk	<b>14</b> Turkey Breast w/ Gravy Lima Beans Okra & Tomatoes Corn Muffin Strawberry Cereal Bar Milk Margarine	<b>15</b> <b>MLK Holiday</b> BBQ Pork Rib Patty* Macaroni & Cheese Peas & Carrots Dinner Roll Sugar Cookie Milk
<b>18</b>  <b>CLOSED</b> <b>MLK HOLIDAY</b>	<b>19</b> Beef with Rosemary Gravy Black-Eyed Peas Dilled Carrots Wheat Bread Oatmeal Cream Cookie❖ Milk	<b>20</b> Lemon Pepper Fish Whipped Potatoes Italian Green Beans Dinner Roll Strawberry Cereal Bar Milk	<b>21</b> Pork Carnitas* Yellow Rice Cheesy Mexican Tomatoes # Flour Tortilla Lime Gelatin w/ Pineapple Milk Taco Sauce	<b>22</b> Hamburger Patty Lettuce and Tomato Ranch Beans Hamburger Bun Oranges and Pineapple Milk Mustard and Ketchup
<b>25</b> Meatloaf Tomato Gravy Delmonico Potatoes Spring Vegetables Dinner Roll Cherry Gelatin w/ Peaches Milk	<b>26</b> Chicken Alfredo Brussels Sprouts Parslied Carrots Texas Bread Gingerbread Cookie Milk	<b>27</b> Shredded BBQ Pork* Whipped Potatoes Spinach Hamburger Bun Fig Bar Milk	<b>28</b> Country Fried Steak Country Gravy Parslied Rice Mixed Vegetables Wheat Bread Cinnamon Crisp Bar Milk	<b>29</b> Cheesy Beef Macaroni Green Beans Stewed Tomatoes Multi Grain Bread Lemon Berry Pudding Milk

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

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.

## 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.



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