



summitnews

MAY 2021

The Summit would like to wish all the wonderful moms a **HAPPY MOTHER'S DAY!**
The Summit would also like to say thank you to all the military men & women for their service to our country.
HAPPY MEMORIAL DAY to you all!

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

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

summitevents

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

This month we visit, ENGLAND

Thursday, May 6 - 11:00 a.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

Folklorico Dancers Live

Saturday, May 8 - 11:00 a.m.

Folklorico Dancers Live at the Summit Parking Lot.

Summit Book Club

Tuesday, May 11 - 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! For more information contact Jennifer Douglas (jdouglas@gptx.org) or Jackie Gunderson (jgunderson@gptx.org).

Live Music by Richard Palomino

Friday, May 21 - 11:00 a.m.

Come and enjoy some live tunes at this outdoor/parking lot event.

Texas Winds Live

Friday, May 21 - 2:00 p.m.

Come and enjoy some live tunes at this outdoor/parking lot event.

upcomingevents

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

In June we visit, NEW ZEALAND

Thursday, June 3 - 11:00 a.m.

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

Starting in June this event will take place in the Wings Theater.

Summit Book Club

Tuesday, June 8 - 11:00 a.m.

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

Stay tuned for a fun Father's Day event

Friday, June 18 - 9:30 a.m. - 12:30 p.m.

Details will be posted via the Summit Facebook.

Wheel of Fortune

Wednesday, June 23 - 11:30 p.m.

Located in the Wings Theater.

Virtual Ballroom Dancing

Call for more information: 972-237-4141

Check out instructional dance videos from our Ballroom Dance teachers on our Grand Fun GP YouTube page. Have questions about what they are teaching? Join us for weekly Zoom calls to go over the dances, ask questions, and socialize.

Presentation by Gwen Massey - August 2021

Topic, time and date will be announced in June.

MAY 2021 - EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6 The History & Culture of Foreign Countries: England 11:00 a.m.	7	8 Folklorico Dancers Live 11:00 a.m.
9 HAPPY MOTHER'S DAY!	10	11 Summit Book Club 11:00 a.m.	12	13	14	15
16	17	18	19	20	21 Live Music by Richard Palomino 11:00 a.m. Texas Winds Live 2:00 p.m.	22
23	24	25	26	27	28	29
30	31 CLOSED FOR MEMORIAL DAY					

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

summitactivities

POTTERY CLUB

Open Studio - bring your own supplies and be prepared to work independently.
Only 16 spots currently available. \$30 per month to join this club.
Registration opens May 1st. Deadline to pay is May 7th. Program start date is May 3rd.

CROCHET/KNITTING

Self led crochet & knitting

PAPER ARTS

Self led crafts

BILLIARDS

Monday - Friday at 6:00 a.m.
Monday/Thursday/Friday from 4:00 p.m. - 7:45 p.m.
Saturday from 8:00 a.m. - 1:45 p.m.

SHUFFLEBOARD

Tuesday & Wednesday from 4:00 p.m. - 7:45 p.m.

PING PONG

Monday - Friday from 6:00 a.m. - 9:30 a.m., 11:30 a.m. - 1:45 p.m., 4:00 p.m. - 7:45 p.m.
Saturday from 8:00 a.m. - 1:45 p.m.

VOLLEYBALL

Monday & Wednesday from 4:00 p.m. - 7:45 p.m.

BASKETBALL

Tuesday from 4:00 p.m. - 7:45 p.m.

MASSAGE THERAPY

Reservations are dependent upon massage therapists' schedule.
Contact the Summit for more information. (972-237-4141).

PERSONAL TRAINING

Reservations are dependent upon personal trainers' schedule.
Contact the Summit for more information. (972-237-4141).

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
10 a.m.	FIT & LIVELY	FIT & LIVELY	FIT & LIVELY	FIT & LIVELY	FIT & LIVELY

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>

Senior Planet

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

MAY 2021 - MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Parmesan Chicken~ Lemon Oregano Penne Mixed Vegetables Wheat Bread Oatmeal Raisin Cookie Milk	4 Thai Chili Pork Patty*~ Fried Rice Japanese Vegetables Wheat Bread Fresh Apple Milk	CINCO DE MAYO 5 Turkey Taco Mexican Rice Fiesta Vegetables Flour Tortilla Creamsicle Pudding Milk Taco Sauce	6 Cheesy Chicken Macaroni Broccoli Parsley Carrots Wheat Bread Strawberry Cereal Bar Milk	MOTHER'S DAY 7 Turkey Breast with Gravy Cornbread Dressing Spinach Dinner Roll Sugar Cookie Milk
10 Tuna Salad Pasta Salad Cold Pickled Beets Saltine Crackers Cinnamon Swirl Pudding Milk	11 Turkey Noodle Casserole Catalina Vegetables Herbed Brussels Sprouts# Wheat Bread Oatmeal Cream Cookie❖ Milk	12 BBQ Chicken Parslied Rice California Vegetable Wheat Bread Zee Zee Birthday Bar Milk	13 Meatloaf~ Tomato Gravy Ranch Whipped Potatoes Herbed Green Beans Multi Grain Bread Chocolate Chip Cookie Milk	OLDER AMERICANS DAY 14 Hamburger Patty~ Ranch Beans Country Vegetables Hamburger Bun Oatmeal Raisin Cookie Milk Mustard and Ketchup
17 Southwest Chicken Pinto Beans Country Tomatoes Texas Bread Butterscotch Swirl Pudding Milk	18 Smoked Sausage* Black-Eyed Peas Glazed Carrots Hot Dog Bun Sugar Cookie Milk Mustard	19 Salisbury Beef~ Onion Gravy Whipped Potatoes Italian Green Beans Dinner Roll Lime Gelatin with Pears Milk	20 Garlic Rosemary Chicken Meatballs~# Parmesan Penne Pasta Cauliflower with Red Peppers Wheat Bread Fresh Apple Milk	21 Hamburger Patty~ Lettuce and Tomato Ranch Beans Hamburger Bun Cranberry Crisp Milk Mustard and Ketchup
24 Beef Spanish Rice Chuckwagon Corn Cauliflower Wheat Bread Chocolate Chip Cookie Milk	MEMORIAL DAY 25 Beef Hot Dog Coleslaw Baked Beans Hot Dog Bun Peach Cobbler Milk Mustard	26 Baked Chicken with Gravy Scalloped Potatoes Braised Carrots Dinner Roll Strawberry Gelatin w/Pineapple Milk	27 Beef with Vegetable Gravy~ Seasoned Lentils Green Beans with Onions Wheat Bread Fresh Orange Milk	28 Shredded BBQ Pork* Macaroni and Cheese Medley Cabbage Hamburger Bun Raisins Milk
31 CLOSED FOR HOLIDAY				

* Contains Pork ~ Contains Soy ❖ Contains Peanuts # New Menu Item

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.



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

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