



# summitnews

APRIL 2022

## summitfeatures

Easter Bingo!



### Easter Bingo

April 19  
11:00 a.m.



### Summit Sock Hop

April 22  
6:00 - 8:00 p.m.



### Positive Attitudes Presentation

April 21  
11:00 a.m.



### Beginners Pickleball Tournament

4/30 @ 9 a.m. | Register 3/21 - 4/25  
(\$20 / member | \$25 / non-member)

**MAIN ENTRANCE  
HOURS**

MONDAY - FRIDAY: 6:00 AM - 8:00 PM  
SATURDAY: 8 :00 AM - 4:00 PM

SUNDAY: CLOSED

# summitevents

## PEARLS Program

Tuesday, April 12 | 11:00 a.m. | Wings Theater

Feeling down, discouraged, or blue? Come see how you can make lasting life changes that take away the blues! Contact ktuck@ccadvance.org or 214-954-4294 for more information. Sign up by April 6th!

## Commission on Aging

Wednesday, April 13 | 10:30 a.m. | Wings Theater

Come inquire about how our Grand Prairie COA Commissioners can help YOU!

## Easter Bingo by Heritage Turner Park

Tuesday, April 19 | 11:00 a.m. | Ballroom 1

Come join us for this FREE event. Must register by April 18th to play BINGO!

## Positive Mental Attitudes Presentation

Thursday, April 21 | 11:00 a.m. | Wings Theater

Don Smarto will be here to tell us how a positive outlook on life can prolong a healthy and enjoyable existence! Refreshments provided by Valora Medical Group! Sign-up at Front Desk by April 18.

## Summit Sock Hop

Friday, April 22 | 6:00 p.m. | \$5 | Ballrooms

You're invited to The Summit's first dance since reopening! Grab your leather jackets & poodle skirts & slide back into the 50's! Refreshments provided by Nations. Register: 3/21 - 4/15.

## Widowed Persons' Brunch

April 27 | 10:30 a.m. | Ballrooms

When you lose someone that has been so close to you for so long it is hard to figure out a new routine. You are not alone! Come enjoy a FREE brunch & socialize with others who may share similar struggles. Registration: 3/21 - 4/20.

## Power of Attorney (POA) Presentation

April 28 | 10:30 a.m. | Wings Theater

POA is legal authorization for a person to make decisions about another person's property, finances, health, etc.... If confused about this process, stop by for some helpful info! Registration opens March 21st & ends April 21st.



Easter Bingo!



NATIONS  
INSURANCE SOLUTIONS

# summittrips

Registration for April trips will open March 21st at 8:00 a.m. unless otherwise noted alongside the trip.

Refunds will only be given if at least 48-hour cancellation (or trip - specific) notice is provided.

**Out to Lunch \$5 ride**  
**Maggie's R&R (Fort Worth)**  
April 1 | 10:30 a.m. departure

**Lunch \$5 ride**  
**The Retreat (GP)**  
April 7 | 10:30 a.m. departure

**Dinner Out \$5 ride**  
**Flying Fish (Arlington)**  
April 12 | 5:00 p.m. departure

**Karaoke Night \$5 ride**  
**FireHouse GastroPark (GP)**  
April 21 | 6:30 p.m. departure

# upcoming events

## Musical Mondays in May

May 2, 9, 16, & 23 | 12:00 p.m. | Wings Theater

Come enjoy some magical musical movies in May! Call 972-237-4141 for more info!

## Cinco de Mayo Happy Hour \$

Thursday, May 5 | 11:00 a.m. | Cafe Lobby

Join us for nachos & margs in celebration of Cinco de Mayo! Only while supplies last.

## Muffins & Mimosas with MOM (Sponsored by Highland Village) \$

Friday, May 6 | 10:30 a.m. | Cafe Lobby

Join us for free muffins (Sponsored by Highlands Village) & \$3 mimosas in celebration of Mother's Day! Only while supplies last.

## You Can Paint

Monday, May 9 | 9:00 a.m. | Discovery 1

2nd Mon. each month (exceptions: June & July). Join our instructor-led painting class & take home your masterpiece! In May we will be painting "Cloudscape over the Gulf."

## Valora Lunch & Learn

Friday, May 13 | 11:00 a.m. | Wings Theater

Valora is a group of primary care physicians for adults, with a special focus on senior care. Learn how they can help you! Lunch provided to those who RSVP by May 6.

## Summit Open House (Sponsored by Nations Insurance Solutions)

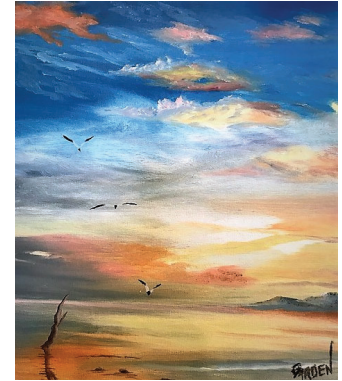
Wednesday, May 25 | 11:00 a.m. - 3:00 p.m. | Ballrooms

Come check out what The Summit has to offer! From fitness classes to social programs & clubs; from personal training & massage therapy to travel & local trips, The Summit has it all! See how you can get involved.

## Medicare Fraud Presentation (Senior Source)

Thursday, May 26 | 11:00 a.m. | Wings Theater

Learn how to protect yourself, and others, from Medicare Fraud!



**CLOSED FOR MEMORIAL DAY | MONDAY, MAY 30**

The Summit will reopen on Tuesday, May 31st normal hours.

# upcoming trips

**Out to Lunch - Mash'd (Fort Worth)**  
May 6 | 10:30 a.m. departure **\$5 ride**

**Dinner Out - Lazy Dog (Arlington)**  
May 10 | 5:00 p.m. departure **\$5 ride**

**Senior Synergy Health Expo in Fort Worth \$5 ride (MEMBERS ONLY)**  
May 12 | 7:45 a.m. departure | FREE LUNCH if you register before April 23 | Registration: April 1 - 23  
No refunds will be guaranteed after April 24

**Day Trip to Glen Rose for a Fossil Rim Guided Tour \$35 (MEMBERS ONLY)**  
May 17 | 8:15 a.m. departure | Bring money for lunch after | Registration: March 21 - April 29  
No refunds will be guaranteed after May 2

## A QUICK REMINDER

All events are subject to change and/or rescheduling.

# recurringschedule

MONDAY		TUESDAY		WEDNESDAY	
Billiards	6:00 a.m.	Billiards	6:00 a.m.	Billiards	6:00 a.m.
Pickleball	6:00 a.m.	Pickleball	6:00 a.m.	Pickleball	6:00 a.m.
Aquacise	8:00 a.m.	Beginner Yoga	7:00 a.m.	Full Body	8:00 a.m.
Full Body	8:00 a.m.	High Impact Aqua	8:30 a.m.	Aquacise	8:00 a.m.
Yoga	9:00 a.m.	Light & Lively	10:00 a.m.	Yoga	9:00 a.m.
Light & Lively	10:00 a.m.	Pottery	10:00 a.m.	Bunco	10:00 a.m.
Goofball	11:00 a.m.	Bible Study	10:30 a.m.	Light & Lively	10:00 a.m.
Canasta	12:00 p.m.	ROMEO's lunch	10:30 a.m.	Line Dancing	10:30 a.m.
Cardio Dance	12:00 p.m.	Bridge	11:00 a.m.	Goofball	11:00 a.m.
Crochet	12:30 p.m.	Book Club (2 Tues)	11:00 a.m.	Sassy Jewels Lunch	11:30 a.m.
Chair Yoga	2:00 p.m.	Cycle	12:00 p.m.	Cardio Dance	12:00 p.m.
Volleyball	4:00 p.m.	Forty-Two	12:00 p.m.	Paper Arts	12:00 p.m.
Pottery	4:00 p.m.	Ping Pong	2:00 p.m.	Pinochle (DD)	12:00 p.m.
Goofball	4:30 p.m.	Woodcarving	2:00 p.m.	Crochet	12:30 p.m.
TX Hold'em	5:00 p.m.	Shuffleboard	3:00 p.m.	Garden Meet (1 Wed)	2:00 p.m.
Body Blitz	6:00 p.m.	Basketball	4:00 p.m.	Chair Yoga	2:00 p.m.
Zumba	7:00 p.m.	Yoga	5:30 p.m.	Bid Whist	2:00 p.m.
		Aquafit	6:00 p.m.	Shuffleboard	3:00 p.m.
				Volleyball	4:00 p.m.
				Goofball	4:30 p.m.
				Body Blitz	6:00 p.m.
THURSDAY		FRIDAY		SATURDAY	
Billiards	6:00 a.m.	Billiards	6:00 a.m.	Billiards	8:00 a.m.
Pickleball	6:00 a.m.	Pickleball	6:00 a.m.	Pickleball	8:00 a.m.
Beginner Yoga	7:00 a.m.	Aquacise	8:00 a.m.	Fitness Orientation	11:00 a.m.
High Impact Aqua	8:30 a.m.	Yoga	9:00 a.m.	(2nd & 4th Sat.)	
Group Gardening	9:00 a.m.	Light & Lively	10:00 a.m.	Forty-Two	12:00 p.m.
Light & Lively	10:00 a.m.	Treasure Booking	11:00 a.m.		
Pottery	10:00 a.m.	Goofball	11:00 a.m.		
Bridge	11:00 a.m.	Pinochle (DD)	12:00 p.m.		
Cycle	12:00 p.m.	Jewelry Making	1:00 p.m.		
Forty-Two	12:00 p.m.	Pottery	4:00 p.m.		
Ping Pong	2:00 p.m.	Goofball	4:30 p.m.		
Pottery	4:00 p.m.	TX Hold'em	5:00 p.m.		
Basketball	4:00 p.m.				
Yoga	5:30 p.m.				
Aquafit	6:00 p.m.				

**\*Storage of personal materials & belongings will not be allowed unless otherwise authorized by Summit staff. Absolutely no outside food or drink (Only resealable water & sports drinks allowed.)\***

# APRIL 2022

SUN	MON	TUES	WED	THURS	FRI	SAT
<p><b>Our Massage Therapist will now be here Monday - Friday! Stop by her room today to schedule an appointment!</b></p>					<p><b>1</b></p> <p>Out to Lunch 10:30 a.m.</p> <p>Movie at 6:00 p.m.</p>	<p><b>2</b></p> <p>Movie at 12:00 p.m.</p>
<p><b>3</b></p>	<p><b>4</b></p>	<p><b>5</b></p> <p>ROMEO's 10:30 a.m.</p>	<p><b>6</b></p> <p>Sassy Jewels Luncheon 11:30 a.m.</p>	<p><b>7</b></p> <p>Lunch at The Retreat (Presentation) 11:00 a.m. (10:30 departure)</p>	<p><b>8</b></p> <p>Movie at 6:00 p.m.</p>	<p><b>9</b></p> <p>Fitness Orientations 11:00 a.m.</p> <p>Movie at 12:00 p.m.</p>
<p><b>10</b></p>	<p><b>11</b></p> <p>You Can Paint: Bluebonnet Trails 9:00 a.m.</p>	<p><b>12</b></p> <p>PEARLS Program 11:00 a.m.</p> <p>Dinner Out 5:00 p.m.</p>	<p><b>13</b></p> <p>Commission on Aging 10:30 a.m.</p>	<p><b>14</b></p> <p>Collette Travel Presentation (ICELAND!) 1:00 p.m.</p>	<p><b>15</b></p> <p>Movie at 6:00 p.m.</p>	<p><b>16</b></p> <p>Movie at 12:00 p.m.</p>
<p>Easter Sunday</p> <p><b>17</b></p>	<p><b>18</b></p>	<p><b>19</b></p> <p>Easter Bingo 11:00 a.m.</p>	<p><b>20</b></p> <p>Valora Well Checks (Glucose) 11:00 a.m.</p> <p>Sassy Jewels / Red Hat Auction 11 a.m. - 3 p.m.</p>	<p><b>21</b></p> <p>Positive Attitudes Presentation 11:00 a.m.</p> <p>Karaoke Night @ FHGP 6:30 p.m.</p>	<p><b>22</b></p> <p>Summit Sock Hop 6:00 p.m.</p> <p><b>GRAND PRAIRIE'S MAIN STREET FEST</b></p> <p>Movie at 6:00 p.m.</p>	<p><b>23</b></p> <p>Fitness Orientations 11:00 a.m.</p> <p>Movie at 12:00 p.m.</p>
<p><b>24</b></p> <p>TXWinds Performance @11:30 a.m.</p>	<p><b>25</b></p> <p>Registration for MAY Classes &amp; Activities opens at 8:00 a.m.</p>	<p><b>26</b></p>	<p><b>27</b></p> <p>Widowed Person's Brunch NATIONS 10:30 a.m.</p>	<p><b>28</b></p> <p>Power of Attorney Presentation NATIONS 10:30 a.m.</p>	<p><b>29</b></p> <p>Movie at 6:00 p.m.</p>	<p><b>30</b></p> <p>Community Gar- den Open House 8 a.m. - 12 p.m.</p> <p>Beginners Pickleball Tournament 9a.m. - 4p.m.</p> <p>Movie at 12:00 p.m.</p>



# summitfitness

**Free Classes** - Limited capacity | Sign in 30 minutes prior to class!

**Light & Lively** - Low impact aerobic exercises.  
M - F | 10:00-10:30a.m. | **Gym Court**

**Body Blitz** - Circuit-style exercises.  
M & W | 6:00 - 6:30 p.m. | **Aerobic Room**

**Line Dancing** - Popular choreographed dances.  
Wednesdays | 10:30 - 11 a.m. | **Aerobic Room**

**Chair Yoga** - Yoga with a chair.  
M & W | 2:00 p.m. | **Aerobic Room**

**AQUA Stretch** - Low impact stretch in the water.  
Tu & Th | 11:00 - 11:30 a.m. | **Pool**

**Cycle (Last month FREE)** - Cardio exercise on a stationary bike.  
Tu & Th | 12:00 - 12:30 p.m. | **Aerobic Room**

**Fitness Orientation** - Learn how to use the fitness equipment safely & correctly with one of our personal trainers!  
2nd & 4th Saturday | 11:00 a.m. | **Fitness Floor**

**\*NEW\* Full Body (only month free)** - Workout your entire body in this 30 minute class.  
M & W | 8 - 8:30 a.m. | **Aerobic Room**

**Paid Classes** - Limited capacity | Must check in at the fitness desk.

**Zumba (\$10/mo)** - Dance-style workout.  
Mondays | 7:00 p.m. | **Aerobic Room**

**Yoga (\$25/mo)** - Intermediate-advanced level moves.  
M, W, F | 9:00 a.m. | **Aerobic Room**

**Beginner Yoga (\$20/mo)** - Beginner level moves.  
Tu & Th | 7:00 a.m. | **Aerobic Room**

**Cardio Dance (\$20/mo)** - Dance-style workout.  
M & W | 12:00 p.m. | **Aerobic Room**

**Evening Yoga (\$20/mo)** - Intermediate-advanced level moves.  
Tu & Th | 5:30 p.m. | **Aerobic Room**

**Aqua-cise (\$25/mo)** - Aqua aerobic exercise for all levels  
M, W, F | 8 - 9 a.m. | **Pool**

**High-Impact Aqua (\$20/mo)** - Advanced aqua exercise  
Tu & Th | 8:30 - 9:30 a.m. | **Pool**

**Aqua-fit (\$20/mo)** - Aqua aerobic exercise for all levels  
Tu & Th | 6 - 7 p.m. | **Pool**

Open play times are as follows:

**Pickleball**  
M - Th  
6 a.m. - 9:30 a.m.  
11 a.m. - 3:45 p.m.  
Friday  
6 a.m. - 9:30 a.m.  
11 a.m. - 7:45 p.m.  
Saturday  
8 a.m. - 3:45 p.m.

**Billiards**  
M, Th, F  
6 a.m. - 7:45 p.m.  
Tu & Wed  
6 a.m. - 3 p.m.  
Sat.  
8 a.m. - 3:45 p.m.

**Volleyball**  
M & W | 4 - 7:45 p.m.

**Basketball**  
Tu & Th | 4 - 7:45 p.m.

**Ping Pong**  
Tu & Th | 2 - 5 p.m.

**Goofball**  
M, W, F | 11 a.m. - 12 p.m.  
& 4:30 - 5:30 p.m.

**Shuffleboard**  
Tu & W | 3 - 7:45 p.m.

**\*Registration for all May classes will open on Monday, April 25 at 8:00 a.m.\***

## A QUICK REMINDER

FREE classes will be 30-minutes long, staff-led, and space is limited. First come-first serve. PAID classes will be 1-hour long, instructor-led, space is limited. Register for the month at the front desk or athletic desk. No day or week passes offered at this time.

# summitgroups/clubs

## Free Groups

### **Book Club**

2nd Tuesday | 11:00 a.m. | Ballroom 1

Contact jgunderson@gptx.org or jdouglas@gptx.org for more info.

### **Bible Study**

Tuesdays | 10:30 a.m. | Wings

Free for members. Non-members pay \$10 day pass.

### **Crochet/Knitting**

Mondays & Wednesdays | 12:30 - 3 p.m. | Ballroom 1

Open studio environment. Bring your own materials.

### **Jewelry Making**

Fridays | 1:00 - 3:00 p.m. | Discovery 1

Open studio environment. Bring your own materials.

### **Treasure Booking**

Fridays | 11:00 - 3:00 p.m. | Discovery 1

Instructor-led class. Learn how to make your very own treasure book!

### **Paper Arts**

Wednesdays & Fridays | 12:00 - 3:00 p.m. | Discovery 1

Open studio environment. Bring your own materials.

### **Woodcarving**

Tuesdays | 2:00 - 3:30 p.m. | Discovery 1

Open studio environment. Bring your own materials.

## Paid Groups

### **Garden Club (\$)**

**APRIL 30 - COMMUNITY GARDEN OPEN HOUSE! (8 a.m. - 12 p.m.)**

1st Wednesday | Planning | 1:00 p.m.

Thursdays | Group Gardening | 9:00 a.m.

Annual club fee. Application at Front Desk.

### **Pottery Club (\$)**

Tuesday & Thursday | 10:00 a.m. - 2:00 p.m.

M & W | 4:30 - 7:30 p.m.

Open studio environment. Monthly club fee.

### **Sassy Jewels Club (\$)**

**APRIL 20 - SASSY JEWELS / RED HAT AUCTION (11 a.m. - 3 p.m.)**

1st Wednesday | Luncheon | 11:30 a.m.

This month's lunch location: Olive Garden (3138 S. Highway 161 Grand Prairie, TX 75052) Don't forget to wear your Red Hat!

### **R.O.M.E.O's (\$)**

1st Tuesday | Lunch | 11:00 a.m. departure

This month's lunch location: Yes Buffet. Meet at the Summit at 10:30 a.m. Group will carpool & depart for the restaurant between 10:50 & 11 a.m.

### **You Can Paint (\$)**

2nd Monday | Discovery 1 | 9:00 a.m. | \$35

Instructor led oil paint class. Different Topic each month. \$35 per class.

This month's Topic: "Bluebonnet Trails."

## Cards Open Play Times

### **Bid Whist**

Wednesdays

2:00 - 6:00 p.m.

Ballroom 2

### **Bridge**

Tuesday & Thursdays

11:00 a.m. - 5:00 p.m.

Ballroom 2

### **Bunco**

Wednesdays

10:00 a.m. - 12:00 p.m.

Ballroom 2

### **Forty-Two**

Tuesdays & Thursdays

12:00 - 5:00 p.m.

Saturdays

12:00 - 3:45 p.m.

Ballroom 3

### **Pinochle (Double Deck)**

Wednesdays & Fridays

12:00 - 5:00 p.m.

Ballroom 3

### **Canasta**

Mondays

12:00 - 3:00 p.m.

Ballroom 3

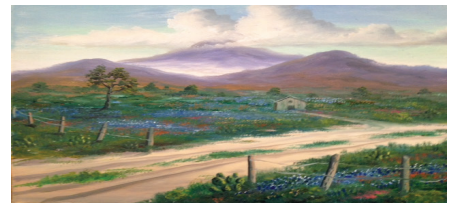
### **Texas Hold'em**

Mondays & Fridays

5 - 7:45 p.m.

Dining Room

**Sign up at the front desk to receive info about your specific interests!**



**You Can Paint - "Bluebonnet Trails"**

## **COA - Commission on Aging Meeting**

**2022 Quarterly Meetings (January, April, July & October) | 2nd Wednesdays at 10:30 a.m. | Wings**  
**Stay tuned for a BINGO sponsored by COA on May 11th at 11:00 a.m.**



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

