



# summitnews

AUGUST 2022

## summitfeatures



**You Can Paint**  
Monday, August 8  
9:00 a.m. - 11:30 a.m.



**Valora Lunch & Learns**  
11:00 a.m. - 12:00 p.m.  
August 11 - SPANISH  
August 25 - ENGLISH



**Widowed Persons Brunch**  
Thursday, August 18  
10:30 a.m. - 11:30 a.m.



**Summit Orientations**  
Wednesday, August 24  
10:30 a.m. - SPANISH  
11:30 a.m. - ENGLISH

**MAIN ENTRANCE  
HOURS**

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

SUNDAY: CLOSED

# summitevents

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## Family Feud (Sponsored by The Carlyle)

August 3 | 11:00 a.m. | Ballroom 1

FREE game of Family Feud! Prizes for the winners! Registration opens 7/25.

## You Can Paint (\$)

August 8 | 9:00 a.m. | Discovery 1 | \$35

Instructor led oil paint class. Different Topic each month. \$35 per class. This month's Topic: "Early Morning on Mustang Island."



## Wills Workshop (Commission on Aging)

August 10 | 11:00 a.m. | Ballroom 1 | **Priority Registration**

Join COA Commissioner & District Attorney, Thomas Headen for a Wills Workshop! Priority registration open for the waitlist from previous workshop. Open to all 7/25.

## Valora Lunch & Learns (Two Different Dates: Spanish & English)

August 11 (Spanish) & August 25 (English) | 11:00 a.m. | Wings

Join the doctors from Valora Medical Group to learn more about Memory Care!



## Power of Attorney (POA) Presentation

August 17 | 10 a.m. | Wings | **Priority Registration**

**Almost full. | See the front desk to get on a waitlist for the next workshop.**

POA is legal authorization for a person to make decisions about another person's decisions. Priority registration open for the waitlist from previous workshop. Open to all 7/25.



## Widowed Persons' Brunch

August 18 | 10:30 a.m. | Ballroom 1

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: 7/25 - 8/15. Space is limited.



## Summit Orientation (Two Different Times: Spanish & English)

August 24 | 10:30 a.m. (Spanish) & 11:30 a.m. (English) | Start in Wings

Learn all there is to know about The Summit at our Summit Orientation! Space is limited. Register at the front desk today!

## Summit Mixer (\$)

August 25 | 5:00 p.m. | Lobby & Patio

Join us for live music, drinks (\$), light snacks (\$) & socializing! Create new friendships & enjoy some live music by the Texas Winds! Bring money for drinks and snacks in the Cafe.



# summittrips

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## Sassy Jewels Day Trip to Grapevine - \$5 ride

August 17 | 11:15 a.m. departure | Registration: 7/25 - 8/15: **For Sassy Jewel Club Members ONLY.**

Bring money for lunch at La Madeliene and possible shopping after lunch.

## Texas Rangers (All you can eat tickets!) - \$45 ticket, food & ride

August 18 | 12:30 p.m. departure | Registration: 7/25 - 8/17. **No refund guaranteed after 8/12.**

View the game from the lower left field. Includes all-you-can eat items: grilled chicken sandwiches, hamburgers, hot dogs, nachos, peanuts, popcorn, and unlimited soft drinks.

Registration for September will open August 29th at 8 a.m. unless otherwise noted alongside the trip. 5 person minimum. Bring money for lunch unless instructed otherwise. Refunds will only be given if at least 48-hour cancellation (or trip - specific) notice is provided. **Summit bus is unable to accommodate for walkers and wheelchairs.**

# AUGUST 2022

SUN	MON	TUES	WED	THURS	FRI	SAT
	<b>1</b>	<b>2</b> ROMEO's 10:30 a.m.	<b>3</b> Sassy Jewels Luncheon 11:30 a.m.  Family Feud (Hosted by The Carlyle) 11:00 a.m.	<b>4</b>	<b>5</b>	<b>6</b> Movie at 12:00 p.m.
<b>7</b>	<b>8</b> You Can Paint 9:00 a.m.	<b>9</b> Book Club 11:00 a.m.	<b>10</b> Wills Workshop hosted by the COA 11:00 a.m.	<b>11</b>  Valora Lunch & Learn (Memory Care) SPANISH 11:00 a.m.	<b>12</b> Movie at 6:00 p.m.	<b>13</b> Fitness Orientations 11:00 a.m.  Movie at 12:00 p.m.
<b>14</b>	<b>15</b>	<b>16</b>  Valora Glucose Check 11:00 a.m.	<b>17</b>  POA Presentation 10:00 a.m.  Sassy Jewels Day Trip to Grapevine Leave at 11:15 a.m.	<b>18</b> Widowed Persons Brunch 10:30 a.m.  Texas Rangers (All You Can Eat!) Leave at 12:30 p.m.	<b>19</b> Movie at 6:00 p.m.	<b>20</b> Movie at 12:00 p.m.
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b> Summit Orientation Span. @ 10:30am Eng. @ 11:30am  Collette Presentation (Costa Rica) 3:00 p.m.	<b>25</b>  Valora Lunch & Learn (Memory Care) ENGLISH 11:00 a.m.  Summit Mixer (TX Winds) 5:00 p.m.	<b>26</b> Pop-Up Popsicle Stand (Nations) 11:30 a.m.  Movie at 6:00 p.m.	<b>27</b> Movie at 12:00 p.m.
<b>28</b>	<b>29</b> Register for AUGUST Classes & Activities 8:00 a.m.	<b>30</b> Prairie Sounds performing in Dining Room for Nutrition Birthdays. 11:00 a.m.	<b>31</b>	<p><b>Our Massage Therapist will now be here Monday - Friday! Stop by her room today to schedule an appointment!</b></p> <p><b>Payment is required 24 hours in advance of the scheduled massage.</b></p>		

# 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.
Aqua Tabata	6:30 a.m.	Beginner Yoga	7:00 a.m.	Aqua Tabata	6:30 a.m.
Aquacise	8:00 a.m.	High Impact Aqua	8:00 a.m.	Full Body	8:00 a.m.
Full Body	8:00 a.m.	Light & Lively	9:00 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	9:00 a.m.	Pottery	10:00 a.m.	Bunco	10:00 a.m.
Light & Lively	10:00 a.m.	ROMEO's lunch	10:30 a.m.	Light & Lively	9:00 a.m.
Poetry Class	10:00 a.m.	AquaStretch	11:00 a.m.	Light & Lively	10:00 a.m.
Goofball	11:00 a.m.	Bridge	11:00 a.m.	Line Dancing	10:45 a.m.
Canasta	12:00 p.m.	Book Club (2 Tues)	11:00 a.m.	Goofball	11:00 a.m.
Cardio Dance	12:00 p.m.	Forty-Two	12:00 p.m.	Sassy Jewels Lunch	11:30 a.m.
Scrabble Club	12:00 p.m.	Ping Pong	2:00 p.m.	Cardio Dance	12:00 p.m.
Travel Club	12:00 p.m.	Woodcarving	2:00 p.m.	Paper Arts	12:00 p.m.
Crochet	12:30 p.m.	Shuffleboard	3:00 p.m.	Pinochle (DD)	12:00 p.m.
Chair Yoga	2:00 p.m.	Basketball	4:00 p.m.	Crochet	12:30 p.m.
Mahjong	2:00 p.m.	Yoga	5:30 p.m.	Garden Meet(1 Wed)	2:00 p.m.
Volleyball	4:00 p.m.	Aquafit	6:00 p.m.	Bid Whist	2:00 p.m.
Pottery	4:00 p.m.			Chair Yoga	2:00 p.m.
Goofball	5:00 p.m.			Joker's Wild (3 Wed)	3:30 p.m.
TX Hold'em	5:00 p.m.			Shuffleboard	3:00 p.m.
Zumba	7:00 p.m.			Volleyball	4:00 p.m.
				Goofball	5:00 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.	Cycle	10:00 a.m.
High Impact Aqua	8:00 a.m.	Yoga	9:00 a.m.	Fitness Orientation	11:00 a.m.
Group Gardening	9:00 a.m.	Treasure Booking	11:00 a.m.	(2nd Saturday)	
Light & Lively	9:00 a.m.	Goofball	11:00 a.m.	Forty-Two	12:00 p.m.
Light & Lively	10:00 a.m.	Pinochle (DD)	12:00 p.m.		
Pottery	10:00 a.m.	Jewelry Making	1:00 p.m.		
Aqua Stretch	11:00 a.m.	Pottery	4:00 p.m.		
Forty-Two	12:00 p.m.	Goofball	5:00 p.m.		
Ping Pong	2:00 p.m.	TX Hold'em	5:00 p.m.		
Pottery	4:00 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.)\***

# upcoming events

## Valora Lunch & Learns (Two Different Dates: Spanish & English)

September 8 (Spanish) & September 29 (English) | 11:00 a.m. | Wings

Join the doctors from Valora Medical Group to learn more about Fall Risk & Prevention!



## Amerilife Lunch & Learn

September 13 | 11:00 a.m. | Wings | Topic: Provision for the Unexpected

Join our reps from Amerilife to learn more about how "Every Second Counts!"

AMERILIFE®

## Via Transportation Presentation (Commission on Aging)

September 14 | 10:30 a.m. | Wings

Learn about the City of Grand Prairie's newest transportation service - Via!



## Medicare Fraud Patrol

September 21 | 11:00 a.m. | Wings

Learn how you can protect yourself against Medicare Fraud from our friends at Senior Source!



## Nations Lunch & Learn

September 22 | 11:00 a.m. | Wings

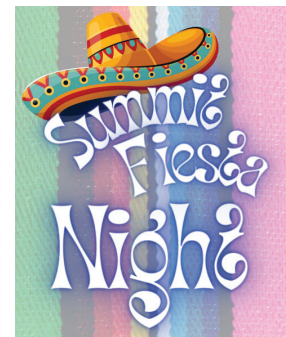
Join our representatives from Nations!

NATIONS  
INSURANCE SOLUTIONS

## Summit Fiesta Night (\$)

September 24 | 7:00 p.m. | Ballrooms | Register 8/29 - 9/23 | \$5 per member

Join us for music, dancing & socializing! Bring money for the cash bar, and get ready for a fun fiesta night! Space is limited.



## Valora Lunch & Learns (Two Different Dates: Spanish & English)

October 6 (Spanish) & October 13 (English) | 11:00 a.m. | Wings

Join the doctors from Valora Medical Group to learn more about Pelvic Floor Health!

## Commission on Aging Meeting

October 12 | 10:30 a.m. | Wings

Come express concerns & share suggestions to our Commission on Aging advisory board

COMEDY  
NIGHT

## Comedy Night (\$)

November | Time & Location TBA

Let's enter into the holiday season with some good belly laughs! More details coming soon!

## Avoiding Scams Presentation (Commission on Aging)

November 9 | 1:30 p.m. | Wings

Learn how you can avoid scams with the GPPD. Hosted by the Commission on Aging.



# upcoming trips

## Caddo Lake Boat Tour \$

Time & Date & Price TBA in the September Newsletter

## Winstar Casino Day Trip - \$30 | No perks just fun!

September 15 | 8:00 a.m. departure | Park in lot next to Warrior

Registration: 8/01 - 9/14 | No refunds after 9/08

## Aging Well Expo (Arlington) - \$5 ride

September 29 | 8:30 a.m. departure

Registration: 7/25 - 9/14 | No refunds after 9/08

## A QUICK REMINDER

All events & trips are subject to change/rescheduling. 5 person min on all trips. 48 cancellation notice required unless otherwise listed.



# summitfitness

**Free Classes** - Limited capacity | Check in at fit desk 30 min prior to start time.

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

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

**Light & Lively** - Low impact aerobic exercises.  
M - Th | 9 - 9:30 a.m. & 10 - 10:30a.m. | **Gym Court**

**Line Dancing** - Popular choreographed dances.  
Wednesdays | 10:45 - 11:45 a.m. | **Aerobic Room**

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

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

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

**Aqua-tabata (\$20)** - HIIT (high intensity) water exercise  
M & W | 6:30 - 7:00 a.m. | **Pool**

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

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

**Chair Yoga (\$20/mo)** - Yoga with a chair.  
M & W | 2:00 p.m. | **Aerobic Room**

**Cycle (\$10/mo)** - Stationary bike exercise.  
Saturdays | 10:00 a.m. | **Aerobic Room**

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

**Full Body (\$20)** - Workout your entire body in this 30 minute class.  
M & W | 8 - 8:30 a.m. | **Aerobic Room**

**High-Impact Aqua (\$20/mo)** - Advanced aqua exercise  
Tu & Th | 8:00 - 9:00 a.m. | **Pool**

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

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

Open play times are as follows:

**Pickleball**  
M - Th  
6 a.m. - 8:30 a.m.  
11 a.m. - 3:45 p.m.  
Friday  
6 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.  
& 5:00 - 6:00 p.m.

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

**\*Registration for all September classes will open on Monday, August 29 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

### Bible Study (On hold until further notice)

Tuesdays | 10:30 a.m. | Wings

### Book Club

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

### Crochet/Knitting

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

### Jewelry Making

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

### Mahjong Club

Mondays | 2:00 - 4:00 p.m. | Ballroom 2

### Paper Arts

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

### Poetry Club

Monday | 10:00 - 11:00 a.m. | Ballroom 1

### Scrabble Club

Mondays | 12:00 - 2:00 p.m. | Ballroom 2

### Travel Club

Mondays | 12:00 - 2:00 p.m. | Wings Theater

### Woodcarving

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

## Paid Groups

**Garden Club (\$)** - Annual \$40 club fee. Application at Front Desk.

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

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

**Pottery Club (\$)** - Open studio environment. Monthly \$30 club fee.

Tuesday | 10:00 a.m. - 2:00 p.m. | M & W | 4:30 - 7:30 p.m. |

Thursday | 10:00 a.m. - 7:30 p.m.

**R.O.M.E.O's (\$)** - Annual \$10 dues. Email mlevy@gptx.org for more info.

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

This month's lunch location: First Watch! Meet at the Summit at 10:30 a.m.

Group will carpool & depart for the restaurant between 10:50 & 11 a.m.

**Sassy Jewels Club (\$)** - Annual \$10 dues. Application at Front Desk.

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

Various Dates for Parties & Trips

This month's lunch will be at Oldwest Cafe (4650 Little Rd, Arlington, TX 76017)

**Treasure Booking (\$)** - Instructor led Treasure Booking. Monthly \$40 class fee or \$12 daily fee.

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

**You Can Paint (\$)** - Instructor led oil paint class. \$35 per class.

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

August's Topic: "Early Morning on Mustang Island."

## Cards

Open Play Times

### Bid Whist

Wednesdays

2:00 - 6:00 p.m.

Ballroom 2

### Joker's Wild

3rd Wednesday

3:30 - 7:45 p.m.

Ballroom 2

### Bridge

Tuesdays

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!**



**The Dining Room will be closed Monday - Friday from 1:00 p.m. - 2:00 p.m. for cleaning. Thank you. Ballroom availability is dependent on rentals and other Summit events. We will do our best to accommodate.**



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