



GO ONLINE!

www.GrandFunGP.com/TheSummit

ONLINE REGISTRATION

Internet Registration is available for classes, trips, special events and even memberships. Stop by the front desk to get your internet log in ID and password, go online & click Online Registration.

SUMMIT NEWS

MEMBERSHIP GUIDELINES

Available at the front desk.

Just the Basics

Wed Weekly | 3-4:30p.m. | \$15/mo.

We will teach you the absolute basics of the computer - how to get started, terminology, etc. You'll be introduced to a whole new world. This class is offered in 4-week sessions and meets in Discovery II.

Introduction to Internet, Email & Social Networking

Wed Weekly | 9-10:30a.m. | \$25/mo.

Discover the unlimited possibilities created by the Internet! Keep in touch with family and find long lost friends, read online publications and do research. Just the Basics computer skills is a pre-requisite.

Stay Connected, VOLUNTEER Volunteer of the Month



Linda Young -

If you are out for a night of dancing on Thursday's, you probably will run into Linda! She is always helping serve food at dinner time along with having a good time with guests who attend. Linda is an asset to our volunteer team. Congratulations Linda for a job well done. Thank you to all of our volunteers for the countless hours you put in to make our operation a success.

The Summit Needs You! – Volunteer Your Time

Be a part of this exciting team that helps keep The Summit running daily. We have many different opportunities where you can serve. Applications are available at the front desk. New Volunteer orientation & volunteer updates will be held June 14th at 6:30pm. It is a rewarding experience and we would love to have you.

STAFF

Linda Long *General Manager*

Amanda Alms *Aquatics & Fitness Manager*
Michael Levy *Assistant Manager*

Dennis Slayton *Recreation & Events Supervisor*
Eduvina Cruz *Recreation Leaders*
Meg Pumphrey

Ray Smith - Chef

Recreation Aides - Front Desk

Linda Lankford *Jacqueline Navarro*
Maranda Vaughan *Forest Melton*
Elicia Sierra *Susan Eaves*

Fitness & Aquatics

Amber Martin *David Smith*
Nancy Huynh *Aaren Garcia*
Victor Vilegas *Alisha Gammon*
Chrystal Navarro *Brylee Nelson*
Lordes Gabaldon *Austin Yater*

Custodial Staff

Jimmy McNeal *Edmund Echaore*
Paulfred Hall *Chona Cuizon*

Grand Prairie
TEXAS
PARKS AND RECREATION
The Summit is a City of Grand Prairie facility

THE SUMMIT AWARDS

Innovative Architecture & Design Award

International Council on Active Aging 2010 Innovators Award

Recognizing creativity & excellence in active aging

TEXAS RECREATION AND PARK SOCIETY Planning Excellence Award CENTRAL PARK

TEXAS RECREATION AND PARK SOCIETY Recreation Facility Design Excellence Award THE SUMMIT

THE SUMMIT

GRAND PRAIRIE PARKS & RECREATION



JUNE 2011

NEWS

NIGHT OF JAZZ ON THE PATIO

Saturday, June 4 6-8p.m.

Enjoy the rhythmic sounds of a UNT Jazz Trio while treating yourself to a delicious shish kabob dinner on the beautiful Summit patio over looking the lake. Drinks will be available for purchase. Fee: \$20.



Saturday, June 18 | 6-8p.m.

Come celebrate our first year with a big birthday bash. We will have the biggest cake ever at The Summit for everyone to enjoy! Don't miss your chance to hear the award winning instrumentalist and vocalist. This high energy show features the incredible performance of Cindy Renee'

on 6 unique instruments, playing guitar, banjo, mandolin, keyboard and drums. She is also one of the hottest fiddle players in Texas. DJ Duron Duron will wrap up the night with requests that will motivate everyone to hit the dance floor!

RENEW YOUR SUMMIT MEMBERSHIP
in the Month of June & receive a \$20 Voucher for

2 AIRHOGS TICKETS

while supplies last.



HOURS OF OPERATION

Fitness (Use North Entrance)

Mon - Fri 5:30 a.m.-9 p.m. Saturday 9 a.m.-9 p.m. Sunday 1 p.m.-5 p.m.

Front Lobby Entry

Mon - Fri 8 a.m.-9 p.m. Saturday 9 a.m.-9 p.m. Sunday 1 p.m.-5 p.m.



Blueberry Hill Farm

June 7 | 7a.m.-3p.m. | \$15

Travel with us to Edom, Texas to pick fresh blueberries and blackberries. The farm has been opened to the public since 1982 for U-Pick berries! Be sure to visit the Country Store and Bakery on site which offers a variety of fruit preserves, pies, muffins, frozen yogurt and blueberry lemonade! Closed toe shoes, hats and sunscreen are recommended to make your blueberry picking a wonderful experience! Picking buckets and freezer bags are available and you pay only for what you pick. A stop for lunch and shopping at Tanger Outlet Mall is also planned.

Dallas Symphony

June 9 | 10:00a.m.-3:00p.m.

Enjoy an afternoon at the renowned Meyerson Symphony Hall in downtown Dallas. Fee: \$15

5-Star Dining

Sullivan's Steakhouse

June 10 | 10:30a.m.-2p.m. | \$5

Mesquite Rodeo

June 11 | 6p.m. - 10p.m. | \$15

Get ready to yeehaw and join us as we get to see some professional rodeo and have lots of fun at the arena. Lunch is included.

Dinner Out

Zoe's Italian Restaurant

June 14 | 4:30p.m.

\$3 to ride the bus

Kiowa Casino

June 22 | 7a.m.-6p.m. | \$15

Receive \$10 cash play credit on your players card and also a complimentary lunch buffet

Travel Club

Every 2nd Wed | 1:30pm

Do you enjoy traveling? Join the travel club as we exchange tips, stories, and trip ideas. Bring your favorite websites and discount travel information.

UPCOMING TRIPS

Genghis Khan exhibit at the Irving Arts Center

July 7 | 8:30a.m. - noon | \$12

5-Star Dining - Vidalias

July 8 | 10:30a.m.-2p.m. | \$5

Dinner Out-Johnny Carinos

July 12 | 4:30p.m. | \$3

Tarrant County Courthouse

July 14 | 9a.m.-2p.m. | \$6

Nasher Sculpture Center

July 20 | 10:15a.m.-2p.m. | \$12

Travel Expo

July 30 | 10a.m.-2p.m. | Free

Do you enjoy traveling? The travel expo is a great place to find your next trip or just get some new ideas. Travel vendors will be there. For vendor table/sponsorship information contact 972-237-4141.

UPCOMING EVENTS

4th of July Picnic

July 1 | 11a.m.

Entertainment by singer Leticia Feliciano. Hamburgers and hotdogs available for purchase at the grill.

Wine & Dine California Style

July 16 | 6-8p.m. | \$25

Enjoy an entertaining evening with friends new and old. We will be tasting California wines accompanied with amazing food pairings. Come and try something new!

Live a Life Full of Joy!!

June 9 | 1p.m.-2p.m. Feeling Sad

Wings Theater - Free

Summer Guest Speaker Connie McLouth with Dallas Mental Health will be presenting a 3 month series of sessions on important issues that we all face at one time or another. These are 30 min presentations followed by a time for Q&A, as well as group discussion.

Father's Day Cookout

June 17 | 7p.m.

Join us for a night of celebration! Fathers and sons of all ages are invited to our cookout as well as play in our washer and horseshoe tournaments. We will have a burger dinner for \$10 or upgrade to a steak for \$17.

Matter of Balance Class

June 9 - Aug 17 | 9:30-11:30 a.m.

View falls and the fear of falling as controllable. Set realistic goals to increase activity, change your environment to reduce fall risk factors and learn simple exercises to increase strength and balance. After completion of the class, you will receive a certificate. Class is free but you must register in advance at the front desk. Space is limited.

CREATIVE ARTS



Woodcarving

Tues weekly | 7p.m | Discovery I

Creative Jewelry - Open Studio

Fri weekly | 1p.m | Discovery I

Beginning Guitar Lessons

Tues weekly | 2p.m | \$20/Class

Ceramics - Open Studio

Wed Weekly | 10a.m.-Noon | \$10/mo.

Intro to glass fusing:

Tues weekly | 7-9p.m.

Learn the art and craft of kiln-worked glass in this exciting class!

Budding art glass enthusiasts will learn about the process of glass fusing, from cutting and designing to glass compatibility in this informative hands-on class! Each student will create two fabulous fused glass pendants to keep and enjoy, or to give as gifts. No previous experience is necessary. This class is offered weekly. Fee: \$12 per class

Because the glass will be heated to 1650° the glass will be removed from the kiln the following Saturday.



Pottery with Teresa

Wed Weekly | 7-9p.m. | \$30/class

Sat Weekly | 10a.m.-Noon | \$30/class

Learn how to make your own pottery from start to finish. Learn hand-building and pottery on the wheel. Make tiles, clay sculpture, pots, plates and more! Paint them with colorful glazes, and fire them in our kiln! Meets in Discovery I. Sign up for pottery class at the front desk.

GROUPS

Summit Red Hat Chapter Sassy Jewels

Wed, | June 8 | Panera's - Cedar Hill

Find a red hat and some purple clothes and join the SASSY JEWELS for lots of fun and friendship! Since January over 35 ladies have joined the official Red Hat Chapter at the Summit. The Sassy Jewels meet on the 2nd Wednesday of every month for lunch at a different restaurant. The Sassy Jewels are joining 400 other red hat ladies for a special "Red Hat Day" at Lone Star Park on June 26. It's easy to join...Ask for a membership form at the front desk. Dues are only \$10.00 per year.

Commission On Aging

June 8 | 11a.m. | Wings Theatre

Have your voice heard on Active Adult Issues in the community. Guest speaker this month is Scott Morris with the City of Grand Prairie Police Department and will be discussing identity theft.

Summit Aviators

Sat | June 25 | 10 a.m.-12:00p.m.

Exciting news. We now have 3 private pilots that are looking for others to join them in the exciting sport of aviation. Come help shape the future of this exciting new club. If you have ever wanted to complete ground school, learn to fly, get discounts on plane rentals, have access to a CFI or better yet, join an owners club, the Summit can help you achieve your goal.

Suddenly Single

June 2 & 16 | 1p.m.

Join this unique Summit program for members who have lost their spouse or loved ones or have been recently divorced. This is a support group led by a qualified, professional counselor, Bob McIntosh, for members who feel the need to talk with others who have also lost loved ones and would like to meet new friends. Meetings are on the 1st and 3rd Thursdays of the month at 1:00 pm in the Wii (Tech Rec) Room. The dates for the meetings for the summer are: July 7 & 21 and August 4 & 18 Individual professional counseling is also available for a reasonable fee.

Grab your clubs for a round at one of Grand Prairie's Award Winning Golf Courses!



Prairie Lakes
GOLF COURSE
GRAND PRAIRIE - TEXAS
3202 SE 14th St. Grand Prairie, Texas 75052
972.263.0661 | PrairieLakesGolf.com



Tangle Ridge
GOLF CLUB • GRAND PRAIRIE TEXAS
818 Tangle Ridge Dr. Grand Prairie, TX 75052
972-299-6837 | TangleRidge.com

Make A Move Towards Fitness!

SUMMIT Success Stories

New Biggest Winner Challenge!

Mondays 1p.m. or 7p.m. Ballroom I Begins May 2 – Ends Oct 31 | \$10

Eat Right. Move More.



- Weekly Topics
- Weigh-ins
- Motivational Tools
- Helpful Emails
- Healthy Recipes
- Food Tastings
- Weekly Celebrations

Prizes for the Biggest Winners!

JOIN THE GROUP TODAY!

Healthy Happenings & Wellness

SUMMIT TRI

July 23 8am
7a.m., 1p.m., 6p.m.
Swim - Tues - June 21
Bike/Run - June 7
Free Prep Clinics

HEAT STROKE PREVENTION

June 2 | 11a.m.
Presented by
Kristi Sanders
Dinning Room

HEALTH SCREENING

June 23
8:30a.m.-Noon
The Dallas County nurses will check your blood pressure, glucose, iron and weight free of charge.

TAI CHI

M-Th | 10:30-1:15a.m.
\$3/class or \$20/mo
Reduce Falls,
Stress & Disease

GYM GAMES

BASKETBALL

M/W/F - 1p.m.
Around the World

PICKLEBALL

Tu/Th | 9:30a.m.
Wed/Fri | 10:30a.m.

PING PONG

Mon/Wed | 5:30p.m.

VOLLEYBALL

Tu/Th | 7p.m.
Sun | 2p.m.

MASSAGE THERAPY

\$1 per min.
Flexible Hours
By Appointment

ABC

Absolute Body Conditioning
Tone, Tighten & Strengthen
Tue & Thu | 7-7:45p.m.
in the Aerobics Room;
\$3/class or \$20/mo.

ARTHRI-CISE

Water Wellness Workout
Mon | 9:30-10:20a.m.
Wed | 9:30-10:20a.m.
Fri | 9:30-10:20a.m.
Mon-Fri | 10:30-11:30a.m.
\$3/class or \$20/mo.

AQUA-CISE

Water Aerobics
Mon / Wed | 6-7p.m.
Tue / Thur | 8:15-9a.m.
Sat | 10-11a.m.
\$3/class or \$20/mo.

BOOT CAMP

Power 10 Target Body Workouts in the Gym
3 Wed month 6:50-7:20pm
3 Sat month 9:10-10a.m.
\$8/class or \$20/mo.

PERSONAL TRAINING

Experience & Motivation You Need!

Training Option #1

(1) 30 minute session
Individual: \$40
Partners: \$60

Training Option #2

(3) 30 minute sessions
Individual: \$100;
Partners: \$170

Training Option #3

(6) 30 minute sessions
Individual: \$180;
Partners: \$300

YOGA with LOVE

Tue & Thur | 8-9a.m.
Tue | 5:30p.m. -6:30 p.m.
Sat | 11:30-12:30 p.m.
\$3/class or \$25/mo.

ZUMBA

Mon & Wed 7:30-8:30p.m.
Sat 9:30-10:30a.m.
\$5/class; \$40/mo.



Green Thumb Gardening Club:

Every Tue & Th | 10a.m.-Noon \$20/season

The Green Thumb Gardening Club is moving in a new direction. With new value packed pricing, the summit is offering members a chance to learn from the experts about all phases of gardening and plant care. Come meet City Horticulturist, Susan Henson and Licensed Irrigation Specialist, Dennis Slayton, and gain hands-on knowledge and experience in areas such as soil preparation, plant propagation and care, proper planting techniques. No matter what your interest, be it vegetable gardening, learning about native plant material or organic gardening, designing you own irrigation system, the Summit is ready to assist.

Don't miss June 2nd when we meet to revamp the Gardening Program at 10am.

Defensive Driving

June 15 | 1-5p.m. | Ballroom I

\$14 for AARP members
\$16 for non AARP members
Need a discount on your auto insurance? This course can help you achieve that! Please present your AARP card to receive the member's pricing. Advanced sign up is requested.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SHOPPING TRIPS	June 2 - June 9 - June 16 - June 23 - June 30 -	Kroger Wal-Mart Albertsons Rio Grande Save A Lot	BBQ Beef Sandwich Baked Potato & Toppings Summer Squash Fruited Gelatin Milk	Chicken Salad Pasta Salad Carrot & Raisin Salad Breadstick & Butter Fresh Fruit Fresh Baked Cookie Milk	Salisbury Steak & Gravy Roasted Sweet Potatoes Green Beans Dinner Roll & Butter Gingerbread Milk
	Cheeseburger Hamburger Salad Roasted Garlic Potatoes Fresh Baby Carrots Fresh Fruit Milk	Chicken Spaghetti Black Eye Peas Fresh Broccoli & Ranch Breadstick & Butter Cinnamon Apples Milk	Steak Fingers Mashed Potatoes & Gravy Green Peas Pears with Caramel Sauce Milk	Chicken Fajitas Tejas Rice Pineapple-Orange Salad Chilled Pudding Milk	Pasta & Meatballs Glazed Carrots Green Beans Dinner Roll & Butter Sliced Peaches Milk
	Grilled Chicken Sandwich Tomato Slices Roasted Garlic Potatoes Blushing Pears Milk	Crispito Refried Beans Spanish Rice Romaine Salad & Dressing Fresh Fruit Milk	Chicken Drumstick Mashed Potatoes & Gravy Okra & Tomatoes Dinner Roll & Butter Sliced Peaches Milk	Tacos & Toppings Tejas Corn Fresh Fruit Fresh Baked Cookie Milk	Chef Salad Rojo Applesauce Gingerbread Garlic Breadstick & Butter Milk
	Beef Enchiladas Charro Beans Romaine Salad & Dressing Fresh Fruit Crisp Rice Bar Milk	Southern Meatloaf Baked Potato & Toppings Summer Squash Dinner Roll & Butter Rojo Applesauce Milk	Chicken Salad Pita Tomato Slices Potato Soup Wheat Crackers Pineapple-Orange Salad Fresh Baked Cookie Milk	Beef Stew Southern Spinach Strawberry-Pear Salad Fruited Gelatin Milk	Roasted Chicken Mashed Potatoes Broccoli & Cheese Dinner Roll & Butt Fresh Baked Cooki
	Spaghetti & Meat Sauce Green Beans Fresh Fruit Breadstick & Butti Milk	Grilled Chicken Sandwich Tomato Slices Baked Beans Pears with Carmel Sauce Milk	Chicken Drumstick Mashed Potatoes & Gravy Zucchini Squash Dinner Roll & Butte Fruited Gelatin	Taco Salad Charro Beans Peach Crisp Milk	If you have any questions regarding the Nutrition Program, please contact Eduvina Cruz at 972.237.4148.

From the Staff – We ask that you not bring in outside food and beverage into the facility. Thank you in advance for your cooperation

June 2:	11 a.m.	Heat Stroke Prevention w/ Kristi Sanders	June 13:	11 a.m.	Lively Steppers
June 6:	10:30 a.m.	Medication Management	June 20:	11 a.m.	Sensory Loss Program w/ Pat Peizer
June 8:	11 a.m.	Commission on Aging	June 23:	8:30 a.m.	Well Check Ups
June 10:	10:30 am	PowerPay Program Provided by Tx Extension, Marvin Young	June 24:	10:30 a.m.	Advisory Council Meeting
			June 24:	11:45 a.m.	Birthday Celebration
			June 27:	10:30 a.m.	Kitchen Shower Bingo

Need a ride for lunch? Call the Grand Connection at 972-237-8546 to sign up. Transportation is available for those who are 60 yrs.+ Advanced reservations required.

Call 1.800.Relay.Texas for assistance for hearing or sight impaired individuals.

SUMMIT Membership Orientations

1st & 3rd Tuesdays | 10:30a.m.
Wings Theater | FREE

Come join us as we will share the amenities of The Summit along with any questions you may have about our facility.

Open Game Days

Mon & Tue | 1-4p.m. | Ballroom I

Love to play games? All Summit members are welcome to play a variety of cards, dominoes and table games in an informal fun atmosphere. Learn new games, teach a new game – beginners and players at all levels are welcome and encouraged to “come out and play!”

These game days are open for everyone who would like to meet new friends and play games with other Summit members.

Beginning Bridge Lessons

Wed | 1-3p.m. | Ballroom I

A new 6 week session will begin Wednesday, June 1st. Free beginner lessons are taught by volunteer Marge Leeton. Please register for the class at the front desk.

THURSDAY NIGHT DANCE

1st & 3rd Thursdays | 7-9:30p.m.
Summit Ballrooms | \$6.

There will be dancing and a live band, as well as the best food in town. Come on out for the fun. Do not worry if you don't have a partner, you're sure to find one at the dance. That's a delicious dinner and dancing for an incredibly affordable rate.

June 2: Sundown • June 16: Open Range

Ballroom Dance Jive II

Tue | 6:30-7:30p.m. | Ballroom I

Waltz II

Tue | 7:30-8:30p.m. | Ballroom I

Learn how to waltz across the ballroom like a pro under the direction of Eula and Walter Brewer.

\$20/month
\$32 for both classes



SUNDAY

Reel FUN!

FREE Movie when you buy 1 concession item. Enjoy a variety of entertainment activities in our Wings Theater! Movies happening throughout the week. Movie synopsis will be posted at the Wings Theater entry.

Check the calendar for dates & times.

Sunday Strum

Acoustic Guitar Jam Session

Every 1st and 3rd Sunday

2-4pm

MONDAY



9:30am	Arthri-cise Light & Lively	6
10:30am	Tai Chi	
10:30am	Arthri-cise/Light&Lively	
1pm	Around the World Basketball	
1pm	Crocheting - Open Studio	
1-4pm	Game Day	
6pm	Aqua-cise	
6:15pm	Texas Hold'em	
7pm	Summit Success Stories	
7:30pm	ZUMBA	

9:30am	Arthri-cise Light & Lively	13
10:30am	Tai Chi	
10:40am	Arthri-cise	
1pm	Around the World Basketball	
1pm	Crocheting - Open Studio	
1-4pm	Game Day	
6pm	Aqua-cise	
6:15pm	Texas Hold'em	
7pm	Summit Success Stories	
7:30pm	ZUMBA	

9:30am	Arthri-cise Light & Lively	20
10:30am	Tai Chi	
10:40am	Arthri-cise	
1pm	Around the World Basketball	
1pm	Crocheting - Open Studio	
1-4pm	Game Day	
6pm	Aqua-cise	
6:15pm	Texas Hold'em	
7pm	Summit Success Stories	
7:30pm	ZUMBA	

9:30am	Arthri-cise/Light&Lively	27
10:30am	Tai Chi	
10:40am	Arthri-cise	
1pm	Around the World Basketball	
1pm	Crocheting - Open Studio	
6pm	Aqua-cise	
6:15pm	Texas Hold'em	
7pm	Summit Success Stories	
7:30pm	ZUMBA	

TUESDAY

7am	Blueberry Hill Farm Yoga; also at 5:30p	7
8am	Aqua-cise	
8:15am	Learn to Swim & 4:30p German	
9am	Tai Chi / Arthri-cise	
10am	Book Club	
10:30am	Game Day	
11am	Guitar Lessons	
2pm	Volleyball	
6pm	Movie – The Last Song	
6:30pm	Ballroom Dancing ABC	
6:30pm	Glass Fusion/Crochet & Tat/Woodcarving	
7pm		

8am	YOGA with LOVE	14
8:15am	Aqua-cise	
9am	Learn to Swim & 4:30p German	
10am	Tai Chi / Arthri-cise	
10:30am	Game Day	
1-4pm	Guitar Lessons	
2pm	Dinner Out - Zoe's	
4:30pm	YOGA with LOVE	
5:30pm	Volleyball	
6pm	Movie – Dear John	
6:30pm	ABC	
7pm	Glass Fusion/Crochet & Tat/Woodcarving	

7am	Aqua-cise	21
8am	Yoga; also at 5:30p	
8am	Learn to Swim & 4:30p German	
9am	Tai Chi / Arthri-cise	
10am	Games Day	
10:30am	Guitar Lessons	
1-4pm	Volleyball	
2pm	Movie – Prince of Persia: The Sands of Time	
6pm	Ballroom Dancing ABC's/Volleyball	
6:30pm	Glass Fusion/Crochet & Tat/Woodcarving	
7pm		

7am	Aqua-cise	28
8am	YOGA with LOVE	
8am	Learn to Swim & 4:30p German	
9am	Tai Chi / Arthri-cise	
10am	Game Day	
10:30am	Guitar Lessons	
1-4pm	YOGA with LOVE	
2pm	Movie – Forget Paris	
5:30pm	Ballroom Dancing ABC's/Volleyball	
6:30pm	Glass Fusion/Crochet & Tat/Woodcarving	
7pm		

TUESDAY

9am	Computer – Internet and Email	1
9:30am	Arthri-cise / Light & Lively	
10:30am	Tai Chi/Pickleball	
10:40am	Arthri-cise	
3pm	Computer – Just the Basics	
6pm	Aqua-cise	
6:30pm	Learn to Swim	
6:50pm	Bootcamp	
7:00pm	Tai Chi	
7:30pm	ZUMBA	

9am	Computer – Internet and Email	8
9:30am	Arthri-cise / Light & Lively	
10:30am	Tai Chi/Pickleball	
10:40am	Red Hat Lunch	
11am	Arthri-cise	
1:30pm	Commission on Aging	
3pm	Travel Club	
6pm	Computer –Basics	
6pm	Aqua-cise	
6:30pm	Learn to Swim;	
6:50 pm	Bootcamp; Tai Chi	
7:30pm	ZUMBA	

9am	Computer – Internet and Email	15
9:30am	Arthri-cise / Light & Lively	
10:30am	Tai Chi/Pickleball	
10:40am	Tai Chi / Arthri-cise	
1pm	Defensive Driving	
3pm	Computer – Just the Basics	
6pm	Aqua-cise	
6:30pm	Learn to Swim	
6:50pm	Bootcamp	
7:00pm	Tai Chi	
7:30pm	ZUMBA	

7am	Trip - Kiowa	22
9am	Computer – Internet and Email	
9:30am	Arthri-cise / Light & Lively	
10:30am	Tai Chi/Pickleball	
10:40am	Arthri-cise	
3pm	Computer – Just the Basics	
6pm	Aqua-cise	
6:30pm	Learn to Swim	
6:50pm	Bootcamp	
7:00pm	Tai Chi	
7:30pm	ZUMBA	

9am	Computer – Internet and Email	29
9:30am	Arthri-cise / Light & Lively	
10:30am	Tai Chi/Pickleball	
10:40am	Arthri-cise	
3pm	Computer – Just the Basics	
6pm	Aqua-cise	
6:30pm	Learn to Swim	
6:50pm	Bootcamp	
7:00pm	Tai Chi	
7:30pm	ZUMBA	

WEDNESDAY

8am	YOGA with LOVE	2
8:15am	Aqua-cise	
9am	Learn to Swim	
10am	Toastmaster	
10:30am	Arthri-cise / Tai Chi	
1pm	Suddenly Single	
2pm	Documentary: Van Gogh: Brush with Genius	
4:30pm	Learn to Swim	
6pm	Volleyball/Arthricise	
7pm	Dance – Sundown ABC	

8am	YOGA with LOVE	9
9am	Learn to Swim	
10am	Toastmaster	
10:30am	Tai Chi	
10:30am	Arthri-cise	
10:30am	Trip -Dallas Symphony	
2pm	Documentary: Robert E. Lee	
4:30pm	Learn to Swim	
6pm	Volleyball/Arthricise	
7pm	ABC	

8am	YOGA with LOVE	16
9am	Learn to Swim	
10am	Toastmaster	
10:30am	Tai Chi / Arthri-cise	
1pm	Suddenly Single	
2pm	Documentary: Muhammad Ali: The Greatest	
4:30pm	Learn to Swim	
6pm	Volleyball/Arthricise	
7pm	Dance – Open Range ABC	

8am	YOGA with LOVE	23
9am	Learn to Swim	
10am	Toastmaster	
10:30am	Tai Chi / Arthri-cise	
2pm	Documentary: The Story of Will Rogers	
4:30pm	Learn to Swim	
6pm	Volleyball/Arthricise	
7pm	ABC	

8am	YOGA with LOVE	30
9am	Learn to Swim	
10am	Toastmaster	
10:30am	Tai Chi / Arthri-cise	
2pm	Documentary: Dolley Madison	
4:30pm	Learn to Swim	
6pm	Volleyball/Arthricise	
7pm	ABC	

THURSDAY

9:30am	Arthri-cise / Light & Lively	3
10:40am	Arthri-cise	
1pm	Creative Jewelry - Open Studio	
6:30pm	Movie - The Kings Speech	

9:30am	Arthri-cise / Light & Lively	10
10:40am	Arthri-cise	
10:30am	5 Star - Sullivans's	
1pm	Creative Jewelry - Open Studio	
6:30pm	Movie -Morning Glory	

9:30am	Arthri-cise / Light & Lively	17
10:40am	Arthri-cise	
11am	AARP—Must RSVP	
1pm	Creative Jewelry – Open Studio	
6:30pm	Movie –True Grit	
7pm	Fathers Day Cook Out	

9:30am	Arthri-cise / Light & Lively	24
10:40am	Arthri-cise	
1pm	Creative Jewelry - Open Studio	
4pm	Table Tennis	
6:30pm	Movie –Just Go With It	

9:30am	Arthri-cise / Light & Lively	25
10am	Boot Camp	
10:30am	Hand Building Pottery & On the Wheel Pottery	
11am	3-on-3 Basketball	
4pm	Movie – Just Go With It	

FRIDAY

9:30am	ZUMBA	4
10am	Boot Camp	
10:30am	Hand Building Pottery & On the Wheel Pottery	
11am	3-on-3 Basketball	
4pm	Movie - The Kings Speech	
6pm	Night of Jazz	

9:30am	ZUMBA	11
10am	Boot Camp	
10:30am	Hand Building Pottery & On the Wheel Pottery	
11am	3-on-3 Basketball	
4pm	Movie-Morning Glory	
6pm	Trip - Mesquite Rodeo	

9:30am	ZUMBA	18
10am	Boot Camp	
10:30am	Hand Building Pottery & On the Wheel Pottery	
11am	3-on-3 Basketball	
4pm	Movie – True Grit	
6pm	1 Year Birthday Party	

9:30am	ZUMBA	25
10am	Boot Camp	
10:30am	Hand Building Pottery & On the Wheel Pottery	
11am	3-on-3 Basketball	
4pm	Movie – Just Go With It	



Register Online for Classes at
WWW.GRANDFUNGR.COM/THE SUMMIT

