



Fun & Games

Tuesdays

Begins March 15 | 1-4p.m.
Come to our NEW "Fun & Games Day" Tuesday from 1 - 4p.m., Beginning March 15 in Ballroom 1. Tables will be set up for different types of games: 42 and dominoes, Card Games, Scrabble, Yahtzee, Skipbo, Keno, Bunko & others.

FREE Beginning Bridge Lessons

Wed, March 16 | 1-3p.m. | Free
6 week class. Taught by Marge Leeton. Register ahead of time at front desk.

Volunteer of the Month

Dave Marvin has been volunteering with the Summit since Its opening. Dave is a behind the scenes guy whether it be repairing or cleaning the golf cart he takes great pride in any task that he takes on. If you see Dave in the lobby or giving you a ride to or from your car please give Dave a Grand Thanks!



Stay Connected, VOLUNTEER

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 and volunteer updates held March 16th at 6:30pm. It's a rewarding experience and we would love to have you.



Summit Red Hat Chapter Sassy Jewels

Wednesday, March 9
Meet in Summit Lobby at 10:30 a.m. to carpool to restaurant. Membership open to all Summit Ladies - \$10 annual dues. Fill out membership form and pay for your dues at the Front Desk. Meets for lunch 2nd Wednesday of each month.

STAFF

Linda Long
General Manager

Amanda Alms
Aquatics & Fitness Manager

Michael Levy
Assistant Manager

Dennis Slayton
Recreation & Events Supervisor

Recreation Leaders
Byron Allen
Eduvina Cruz
Meg Pumphrey

Chef
Ray Smith

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

Fitness & Aquatics
Kristy Cantu Victor Villegas
Amber Martin Lordes Gabaldon
Nancy Huynh David Smith
Juan Cantu

Custodial Staff
Jimmy McNeal Paulfred Hall
Cora Barry Edmund Echaore
Chona Cuizon



The Summit is a City of Grand Prairie facility

From the Staff – We ask that you not bring in outside food and beverage into the facility. Thank you in advance for your cooperation and your help keeping our building looking nice each day.

HOURS OF OPERATION

Fitness (use North Entrance)			Front Lobby Entry		
Mon - Fri	Saturday	Sunday	Mon - Fri	Saturday	Sunday
5:30 a.m.-9 p.m.	9 a.m.-9 p.m.	1 p.m.-5 p.m.	8 a.m.-9 p.m.	9 a.m.-9 p.m.	1 p.m.-5 p.m.



MARCH 2011 NEWS

Paws for a Cause

Bring your furry friends Saturday, April 2nd from 10 a.m. to 3 p.m. to enjoy the live bands and pet vendors at The Summit located at Central Park, 2975 Esplanade. Open to public.

There will be raffled prizes, pet tricks, costumes and an owner-pet look-alike contest. Experts will be on hand to answer pet questions. Free micro-chipping 10a.m.-Noon. Fun to be had by all! Proceeds for the event will provide assistance to City of Grand Prairie Animal Welfare Fund and Humane Society of North Texas (HSNT). Donations accepted.



50 Something Club FOR THOSE 50 AND BETTER!

Looking for something exciting to do on Friday nights? Find friends and fun through monthly activities at The Summit. Live music, concerts, plays, movies, dinners and more. To join, just sign up at the front desk at The Summit and start getting 50s Social Club info right away.

Held Every 3rd Friday, Monthly at 7 p.m. in Ballroom 1

Thursday Night DANCE

There will be dancing and a live band, as well as the best food in town. Come on out for the fun and 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. Fee: \$6. Thursday, Weekly at 7 - 9:30 p.m. in the Summit Ballrooms.

- Danny Romo** March 3
- Last Call** March 10
- Gary Lee** March 17
- Classic Country** March 24
- Gold River Band** March 31

Canton Trade Days

Fri, March 4 | 9a.m.-5p.m. | \$10
Travel with us to the world's largest flea market. Only 1.5 hour away from the metroplex. Bring comfortable walking shoes. Lunch is on your own and transportation is included.



Dallas Blooms

Fri, March 18 | 9:30a.m.-3p.m. | \$15
Recognized as 'One of the Top 14 Places in the World to See Spring Flowers' by MSN.com in 2010, Dallas Blooms is largest floral festival in the southwest with over 500,000 spring-blooming bulbs. Tulips, daffodils and hyacinths abound in the 66 acre garden with vibrant colors creating an amazing backdrop to the city of Dallas. Box lunch and transportation included

TRE to Sundance Square

Tue, March 22 | 9a.m.-2p.m. | \$6
Bring comfortable walking shoes. Lunch is on your own; ride ticket and transportation to TRE is included.

Deep Sea Fishing Trip

May 24 - 27 - Depart at 6:30a.m. \$450 double | \$550 single
Come enjoy 4 days and 3 nights of a great Texas Adventure. The Summit will be allowing members, friends and family to participate in this long awaited excursion in Port Aransas.

Spend 8 hours harvesting the deep blue waters of the Gulf of Mexico. Other highlights include touring the USS Lexington, touring the Alamo in San Antonio and a visit to the famous Gristmill restaurant in the historic district of Gruene in New Braunfels.

Uptown Theater GP Arts Council Presentation

Fri, March 25 at Uptown 7:30p.m. | \$15
Love Rides the Rails is presented in the black box theater of the Uptown. Admission ticket and transportation included.

APRIL UPCOMING TRIPS

Choctaw Casino

Wednesday, April 6 | \$15

Dinner Out

Tuesday, April 12 - The Oasis

Fort Worth Japanese & Botanical Gardens

Tuesday, April 19 | \$15; lunch included

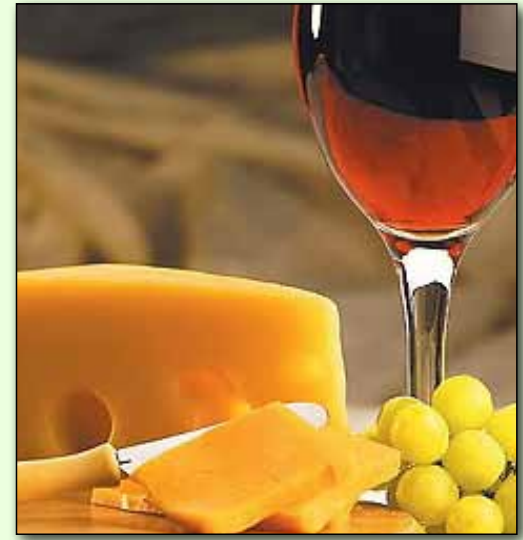
Sunset Cruise TBA

5-Star Dining

Fri, March 11 | 10:30a.m.-2p.m. | \$5
Treat yourself to amazing Italian cuisine at Maggiano's Restaurant. Transportation is included. Meal expense not included.

Dinner Out

Tue, March 15 | 4:30p.m. | \$3
We will be heading out to Mimi's Cafe this evening for fun conversation and great food. Transportation is included.



From Wine Bottle to Cheese Tray

3rd Fri, Monthly | 6:30p | \$25/class
Ever wonder what to do with an empty wine bottle? Learn how to recycle your empty bottles into a functional work of art! During this class the instructor will teach you the basic properties of glass and how it melts, expands, and holds its shape. You will also clean your wine bottles and prepare them for the kiln. All supplies provided. Class will meet in Discovery I.

Summit Healthy Chefs

**Executive Chef Raymond Lee
Tue in March | 6-7:30p.m. | \$50**
This five week series will consist of proper food handling techniques, the art of food presentation, portion control, and will help in planning menus for those with diabetes, high blood pressure and obesity. Graduation ceremony included with a grand dinner.

CREATIVE ARTS

Intro to glass fusing:

March 3 | 7-9p.m.
Learn the art and craft of kiln-worked glass in this exciting 2 day class!

Budding art glass enthusiasts will learn about the process of glass fusing, from cutting and designing to kiln preparation, firing schedules, annealing, fire polishing and glass compatibility. A real time kiln-firing is part of 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. The cost of the class is \$12 and includes ALL the necessary supplies, use of the tools and equipment and the firing of your pendants. Classes begin at 7p.m.



on day one and last 2 hours. On day two, the next morning, the class will start at 9 am and will end at 9:30 am. We will remove your glass pendants from the kiln, clean them up and attach a bail to them. There will be a class minimum of 10 students and a max of 15 students. Because the glass will be heated to 1550° the glass will be removed from the kiln the next day.



Painting Classes

**Oil Painting with Mattie
Fri Weekly | 9a.m.-Noon | \$15/Class**

**Oil Painting with Arthur
Wed Weekly | 6-9p.m. | \$15/Class**

**Water Color with Arthur
Fri Weekly | 2-5p.m. | \$15/Class**
*Classes are held in Discovery 1.

Gardening Opportunities

Come and grow with us in one of the nicest green houses you'll ever see. Join the Green Thumb Club. You must obtain your Green Thumb Certification before you can join. 3 hour trainings are offered every 3rd Saturday. Call Byron at (972) 237-4146 for details to sign up. Fee for the month is \$20.



Central Park Guardians
Grand Prairie Parks and Recreation

Leave Your 'Footprint' at Central Park

Help Grand Prairie manage, build, protect and preserve Central Park by becoming a Central Park Guardian. The Central Park Guardian fund will help improve and enhance the park's natural beauty and increase citizens and guest's quality-of-life for many years to come. For more information contact Mae Smith at 972.237.8107 or email fmsmith@gptx.org.

Pottery with Teresa

Sat Weekly | 10a.m.-Noon | \$30/class
Learn how to make your own pottery from start to finish. Meets in Discovery I. Sign up for pottery class at the front desk.



Ceramics - Open Studio

Wed Weekly | 10a.m.-Noon | \$10/class
Let your creativity shine through no matter what your skill level. Meets in Discovery I.

Stained Glass with Will Walter

Tue Weekly | 10-11:30a.m. \$60/4 classes-Beginner \$80/5 classes -Advance
Make lampshades, windows, anything else you can imagine. Beginners and advanced class work side by side so you can see the beautiful works of all. Some materials are provided.



ABC Absolute Body Conditioning

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

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/monthly

AQUA-CISE Water Aerobics

Mon / Wed | 6-7p.m.
Tue / Thur | 8-9a.m.
Sat | 10-11a.m.
\$3/class or \$25/month

BOOT CAMP Power 10 Target Body Workouts in the Gym

3 Saturdays per month
10-10:50a.m.
\$8/class or \$20/month

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

Purple Martins in TEXAS

Fri March 4 | 11a.m.

Learn how to attract and manage a Purple Martin colony in your own backyard. Protecting martins from predators, feeding martins during cold weather, and the latest innovations in martin housing will be covered, along with how to choose the right location to lure in that first pair. You'll learn about martin biology, trouble-shooting tips, management how-tos, and most importantly, about the rewards of hosting this human-dependent species.

Speaker Louise Chambers has worked in the field of Purple Martin conservation since 1988. She is employed by the Purple Martin Conservation Association, an international non profit conservation organization formed with the goal of aiding martins through scientific research, conservation projects, and public education.

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 by Byron Allen. Class meets in Discovery II.

Introduction to Internet, Email & Social Networking

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

Discover the unlimited possibilities created by the Internet! Keep in touch with family! Find long lost friends! Read online publications, do research, follow your stocks in real time. Basic computer skills are a pre-requisite.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY					
	Chicken Nuggets Mashed Potatoes & Cream Gravy Green Peas Fruit Cocktail Dinner Roll & Butter Gingerbread Milk	1	Chef Salad Breadstick & Butter Spiced Peaches Fresh Baked Cookie Milk	2	Pasta & Meatballs Glazed Carrots Seasoned Green Beans Dinner Roll & Butter Rojo Applesauce Milk	3	Chicken Fajitas Fiesta Rice Charro Beans Pineapple-Orange Salad Chilled Pudding Milk	4	
Chicken Tetrizzini Black Eye Peas Fresh Broccoli Breadstick & Butter Cinnamon Apples Milk	7	Tacos with Taco Toppings Tejas Corn Fresh Fruit Fresh Baked Cooked Milk	8	Oven Fried Chicken & Cream Gravy Mashed Potatoes Okra & Tomatoes Dinner Roll & Butter Sliced Peaches Milk	9	Beef Stew Southern Style Spinach Strawberry-Pear Salad Cornbread & Butter Chilled Pudding Milk	10	Sliced Turkey & Gravy Cornbread Dressing Glazed Sweet Potatoes Mixed Vegetables Dinner Roll & Butter Milk	11
Beef Enchiladas Charro Beans Romaine Salad & Dressing Fresh Fruit Crispy Rice Bar Milk	14	Southern Meatloaf Baked Potato & Toppings Summer Squash Dinner Roll & Butter Milk	15	Grilled Chicken Sandwich Roasted Sweet Potatoes Ranch Style Coleslaw Fresh Fruit Chilled Pudding Milk	16	Turkey & Cheese Hoagie Sliced Tomatoes Potato Soup Pineapple-Orange Salad Fresh Baked Cookie Milk	17	Roasted Chicken Au Gratin Potatoes Zucchini Squash Fruited Jello Milk	18
Spaghetti & Meat Sauce Seasoned Green Beans Mandarin Oranges Breadstick & Butter Milk	21	Hamburger & Fixings Au Gratin Potatoes Pineapple-Apricot Salad Chips Milk	22	Oven Fried Chicken & Cream Gravy Au Gratin Potatoes Zucchini Squash Dinner Roll & Butter Fruited Jello Milk	23	Taco Salad Charro Beans Peach Crisp Milk	24	Beef Stroganoff Mixed Greens Pears with Caramel Sauce Dinner Roll & Butter Milk	25
BBQ Beef Sandwich Romaine Salad & Dressing Broccoli & Cheese Mandarin Oranges Chilled Pudding Milk	28	Frito Pie Fiesta Rice Mexicali Beans Sliced Peaches Milk	29	Salisbury Steak Rice Pilaf Mixed Vegetables Harvard Beets Pineapple Chunks Milk	30	Meatball Sub Romaine Salad & Dressing Cinnamon Apples Crispy Rice Bar Milk	31		

March 2011 Nutrition Events

- March 4 - Fishing in our own Lake - 9a.m.-Noon
- March 14 - Bingo with Corinne & Marina - 10a.m. (prizes will be provided by Corinne & Marina)
- March 17 - Happy St. Patrick's Day - (wear your green and enjoy a cookie and punch with us)
- March 21 - Speaker: Pat Peiser - Topic 50 and Independent 11a.m. in *Wings Theater*
- March 23 - Nutrition Class -

March 2011 Grocery Store Trips

- March 3rd - Kroger
 - March 10th - Walmart
 - March 17th - Albertsons
 - March 24th - El Rio Grande
 - March 31st - Save A Lot
- If you have any questions regarding the Nutrition Program, please contact Eduvina Cruz at 972.237.4148.

NEW at the Terrace Cafe

Now open for hot breakfast at 7:00 a.m. Monday through Friday. New items featured are:

- Nutritious oatmeal with fresh fruit toppings
- Fruit and Yogurt Parfaits
- Blueberry and Bran Muffins
- Made to order Omelet Wednesdays

Healthy Happenings

Wellness

Ballroom Dance



WELLNESS CHECKUPS

March 24
8:30-11a.m.
Ballroom 1

Host: Dallas County Nurses. Testing: Iron, Glucose, Blood Pressure & Weight

SUMMIT SUCCESS STORIES

Group Sessions with topics on Health & Wellness for You
Mondays | 7-8p.m.
Tuesdays | 1-2p.m.
Ballroom 1
FREE with Membership

Tai Chi
Mon-Thu
10:30-11:15a.m.
FREE in the Aerobics room

HEALTHY TIPS - GREEN LEAFY VEGETABLES

March 23 | 11a.m.
Dining Room
Host: Kristie Sanders, Dietician

CARTER EYE CENTER Cataract Screenings

March 7
10a.m.-1p.m.
Parking Lot

MARCH CLASSES

No experience necessary! Learn the basics of ballroom dancing. Classes meet in the Grady Thomas Ballrooms weekly.

Intro ChaCha / Rumba I

Tue | 6:30p.m.
\$20/month

Intro to Waltz III

Tue | 7:30-8:30p.m.
\$20/month
\$32 for both classes

APRIL CLASSES

Jive I
Tue | 6:30p.m.
\$20/month

ChaCha / Rumba III

Tue | 7:30-8:30p.m.
\$20/month
\$32 for both classes



Fishing Fridays at Central Park

First Friday, Monthly | 9a.m.-Noon | Greenhouse
 Our members will be fishing in the stocked lakes in a weekly competition for the largest fish! Prizes will be rewarded for first place winners. Limited poles and bait will be available for \$5. Weather Permitting.

April Concerts in the Park

Concert Lineup
 April 1
Ron Jones Jazz Quartet
 April 8
Shoot Low Sheriff
 April 15
First Rush
 April 22
The Fort Worth Symphony Orchestra
 April 29
Tommy O & the Bamboo Boat*

*Additional concert sponsored by The Summit. For more info, visit ArtsGP.com.

Let's Go to the Movies!

FREE Movie when you buy 1 concession item. Enjoy a variety of entertainment activities in our Wings Theater! Movies happening throughout the week. Check out the monthly calendar for dates and times. Movie synopsis will be posted at the Wings Theater entry. See calendar for dates & times.

Suddenly Single

March 3 & 17 | 1p.m.
 Join this unique, new Summit program for members who have lost their spouse or have been divorced in the past few years. It meets on the 1st & 3rd Thursdays at 1 p.m. in the Rec Tech (Wii Game) Room. This is a social/support group for members who would like to meet new friends and to share similar experiences and enjoy new activities. The meetings in March will be March 3 & 17 at 1 p.m. Professional counseling (grief, depression, anger management, etc.) will also be made available for individual or groups for a reasonable fee.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MARCH EVENTS						
2pm Sunday Strum Acoustic Guitar Jam Session 6	9:30am Arthri-cise \ Light & Lively 7 10:40am Arthri-cise 11:30am Basketball 1pm Crocheting - Open Studio 6pm Aqua-cise 6:15pm Texas Hold'em 6:30pm Learn to Swim 7pm Summit Success Stories 7pm Basketball 7:30pm ZUMBA	7am Aqua-cise 8am YOGA with LOVE 9am Pickleball Open Play 9:45am Learn to Swim 10am German / Stained Glass 10:30am Arthri-cise 11am Community CPR 11am Book Club 6:30pm Movie - I am Sam 6:30pm Intro ChaCha & Rumba 7pm Woodcarving / Learn to Crochet & Tat 7pm Volleyball / ABC 7:30pm Fox Trot 1	9am Computer - Internet & Email 9 9:30am Arthri-cise / Light & Lively 10:30am Arthri-cise 11am Commission on Aging 11:30am Basketball 1:30pm Travel Club 3pm Computer - Byron's Basic 101 6pm Aqua-cise 6:30pm Learn to Swim 7pm Oil Painting - Arthur Guerra 7pm Basketball 7:30pm ZUMBA	7am Aqua-cise 8am YOGA with LOVE 10 9am Pickleball 9:45am Learn to Swim 10am Toastmaster 10:30am Arthri-cise 11:30am Pickle ball 2pm Documentary: Ronald Reagan: An American Journey 7pm Dance - Last Call 7pm Volleyball / ABC	9am Canton Trade Days 4 9am Fishing Fridays 9am Oil Painting - Mattie Kenney 9:30am Arthri-cise / Light & Lively 10am Beginner Line Dance 10:30am Arthri-cise 11:30am Basketball 1pm Pickleball / Creative Jewelry - Open Studio 2pm Watercolor 2:30pm Spanish Brush Up 4pm Table Tennis 6:30pm Movie - Conviction	9:30am ZUMBA 5 10am Aqua-cise 10:30am Hand Building Pottery & On the Wheel Pottery 11:30am YOGA with LOVE 11:30am Basketball 2pm Badminton 4pm Movie - Conviction
VIP TABLES for April Concert in the Park Series!						
<ul style="list-style-type: none"> • Prime Location • VIP Table & Chairs • Personal Wait Staff <p>For more info contact Mae Smith 972.237.8107</p> <p>Brought to you by: Central Park Guardians Grand Prairie • Parks and Recreation</p>						
2pm Sunday Strum Acoustic Guitar Jam Session 20	9:30am Arthri-cise / Light & Lively 21 10:30am Arthri-cise 11:30am Basketball 1pm Crocheting - Open Studio 6pm Aqua-cise 6:15pm Texas Hold'em 6:30pm Learn to Swim 7pm Basketball 7pm Summit Success Stories 7:30pm ZUMBA	7am Aqua-cise 8am YOGA with LOVE 22 9am TRE to Sundance Square 9am Pickleball - Open Play 9:45am Learn to Swim 10am German / Stained Glass 10:30am Arthri-cise 10:30am Movie - Diary of a Mad Black Woman 6:30pm Intro ChaCha & Rumba 7pm Woodcarving / Learn to Crochet & Tat 7pm Volleyball / ABC 7:30pm Fox Trot 1	9am Computer - Internet and Email 23 9:30am Arthri-cise / Light & Lively 10:30am Arthri-cise 11:30am Basketball 6pm Aqua-cise 6:30pm Learn to Swim 7pm Oil Painting - Arthur Guerra 7pm Basketball 7:30pm ZUMBA	7am Aqua-cise 8am YOGA with LOVE 24 8:30am Health Screening 9am Pickleball - Open Play 9:45am Learn to Swim 10am Toastmaster 10:30am Arthri-cise 11:30am Pickle ball 2pm Documentary: Ken Burns: The Shakers 7pm Dance - Classic Country 7pm Volleyball 7pm ABC	9am Oil Painting with Mattie Kenney 25 9:30am Arthri-cise / Light & Lively 10am Beginner Line Dance 10:30am Arthri-cise 11:30am Basketball 1pm Pickleball - Open Play 1pm Creative Jewelry - Open Studio 2pm Watercolor 4pm Table Tennis 6:30pm Movie - The American	9:30am ZUMBA 26 10am Aqua-cise 10:30am Hand Building Pottery & On the Wheel Pottery 11:30am YOGA with LOVE 11:30am Basketball 2pm Badminton 4pm Movie - The American
	9:30am Arthri-cise / Light & Lively 27 10:30am Arthri-cise 11:30am Basketball 1pm Crocheting - Open Studio 6pm Aqua-cise 6:15pm Texas Hold'em 6:30pm Learn to Swim 7pm Basketball 7pm Summit Success Stories 7:30pm ZUMBA	7am Aqua-cise 8am YOGA with LOVE 29 9am Pickleball - Open Play 9:45am Learn to Swim 10am German / Stained Glass 10:30am Arthri-cise 6:30pm Movie - Secretariat 6:30pm Intro ChaCha & Rumba 7pm Woodcarving / Learn to Crochet & Tat 7pm Volleyball / ABC 7:30pm Fox Trot 1	9am Computer - Internet & Email 30 9:30am Arthri-cise / Light & Lively 10:30am Arthri-cise 11:30am Basketball 6pm Aqua-cise 6:30pm Learn to Swim 7pm Oil Painting - Arthur Guerra 7pm Basketball 7:30pm ZUMBA	7am Aqua-cise 8am YOGA with LOVE 31 8:30am Health Screening 9am Pickleball - Open Play 9:45am Learn to Swim 10am Toastmaster 10:30am Arthri-cise 11:30am Pickle ball 2pm Documentary: My Brothers Keeper 7pm Dance - Gold River 7pm Volleyball 7pm ABC		