



The Summit

The Summit is everyone's goal. Each person is a free, moral agent to choose their own way. The path may be hard, but the exercise, visiting with each other and learning new techniques is the way to go as exercise is the key to stay young and energetic and vital for everyone to enjoy and see. As our energy is given to the cause of our health, the feelings of success runs rampant as others see the change. As our energy level spikes and our health and stamina grow, we look back for a job well done.

John Hutto

Please be aware that The Summit is a smoke free facility and no outside food and beverages are permitted inside. Thank you for your cooperation!



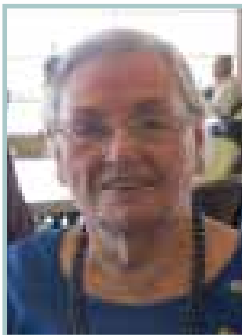
SUMMIT Membership Orientations

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.

Stay Connected, VOLUNTEER

Volunteer of the Month



The Summit would like to recognize our Volunteer of the Month for August, **Mrs. Lorene Parker!** Mrs. Parker is the President of the Advisory Counsel for the Nutrition Program, and has been volunteering with the city for 24 years. Lorene will be celebrating her 90th birthday on August 2nd. We at the Summit would like to thank her for her efforts in being a Grand Volunteer. **Congratulations for being our Volunteer of the Month!**

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 Tuesday, August 16th at 11a.m. and 7p.m. 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
Cameron DeBose
Danielle Nunn

Ray Smith *Chef* Recreation Leaders

Recreation Aides - Front Desk

Edwin Acosta Elicia Sierra
Susan Eaves Maranda Vaughan
Linda Lankford Ivan Cantu
Gene Grafton Forest Melton

Fitness & Aquatics

Amber Martin David Smith
Miguel Ipina Aaren Garcia
Victor Villegas Alisha Gammon
Chrystal Navarro Brylee Nelson
Lourdes 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

Cornerstone Award
at the 2011 Texas Conference on Aging

Best Health Club
Focus Daily News
2011 Focus on Excellence
Reader Choice Award

Featured in
Aquatic International Magazine
as a Model Facility



THE SUMMIT

GRAND PRAIRIE PARKS & RECREATION

August 2011 **NEWS**

GRAND PARENTS CARNIVAL

SAT, AUGUST 20
10a.m. - 1p.m.
FREE!

Enjoy a day of free fun and games with your grandchildren as they play carnival games for school supplies! Carnival concessions will be available for purchase.

BANANA SPLIT PARTY

Friday, August 5
11a.m. - 1:30p.m.
\$4.00 Admission

Want a way to beat the summer heat? Join us for great beats and tasty treats! Music by DJ Max will allow you to work your way to a guilt free banana split!

UPTOWN THEATER 2011-2012 SUBSCRIPTION
\$100 FOR 6 SHOWS
INCLUDING TRANSPORTATION

Red Carpet Drop-Off Between The Summit & Uptown.
See The Summit Front Desk for Times & Dates.

UPTOWN THEATER
120 East Main Street • Grand Prairie, TX 75050
UptownTheaterGP.com
972.237.UPTN



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.

Mummies: Secrets of the Pharaohs IMAX at the Dallas Museum of Nature & Science

Wed | Aug 3 | 11:30- 4pm | \$20
Follow researchers and explorers as they piece together the archeological and genetic clues of Egyptian mummies.



Purple Martin Roosting

Sat | Aug 6 | 6pm-9:30pm | \$5
View 40,000 Purple Martins roosting in Garland. This is an amazing site that you won't want to miss!

Dinner Out- Eddlemon's

Tue | Aug 9 | 4:30pm | \$3
Eddlemon's has been a Grand Prairie BBQ tradition since 1953. They have been serving up their signature brisket, sausage, and smoked meats for half a century in Grand Prairie.

5-Star Dining- Via Real

Fri | Aug 12 | 10:30am - 2pm | \$5
Via Real is a beautiful, Las Colinas establishment known nationwide for its relaxed Santa Fe style and delicious Mexican and Southwestern cuisine.

Ms. Texas Sr. America Pageant

Sat | Aug 13 | 10am- 5pm | \$15
The pageant represents a positive image of aging and the goal is to empower. This is a group of senior women who do not act their age and receive a lot of pleasure by giving hope back to the community.

Choctaw Casino

Wed | Aug 17 | 8am - 5pm | \$15
Popular gaming facility features a variety of table games, high-stakes bingo and off-track betting. Receive \$10 on your players card and a discount at the buffet.

Sea Life Aquarium and shopping at Grapevine Mills

Tue | Aug 23
9:30a.m. - 3:30p.m. | \$22
Grapevine Aquarium transports you into the amazing underwater world. Prepare for astonishingly close views of everything from humble starfish and seahorses to graceful rays.

Upcoming Trips

5-Star Dining- Ruth's Chris Steakhouse
Fri | Sept 9 | 10:30am-2pm
\$5 Transportation

Dinner Out - Abuelo's
Tues | Sept 13 | 4:30pm
\$3 Transportation

Taste of Grand Prairie- Quik Trip Park
Thurs | Sept 22 | 3:30-5:30pm | \$8

Modern Art Museum of Forth Worth
Wed | Sept 21 | 10am-2pm | \$10

Delaney Vineyards
Tues | Sept 27 | 1-4:30pm | \$16

Book Club

Aug 9 | 11a.m. | Conference Room
Reading enthusiasts will enjoy "Water for Elephants". This novel was made into a feature film. Join the book club for a fun discussion!

Live a Life Full of Joy Summer Series

Aug 11 | 10:30 a.m. | Ballroom I
"Conquering Sleepless Nights"
This month our special guest speaker Connie McLouth with Dallas Mental Health will be discussing sleep disorders. This is the final session of the 3 month series "Live a Life Full of Joy". A 30 min presentations is followed by Q&A, as well as group discussion.

Travel Club

Thursday | August 18 | 5pm
Do you enjoy traveling? Join the travel club over a light dinner as we exchange tips, stories, and trip ideas. Grab a hotdog, sandwich or salad from the Terrace Cafe and join the group in Ballroom I.

Silver/Gold Party

Aug 19 | 10:00 a.m. - 1p.m.
Ever wonder how much that old ring is worth? A certified licensed buyer will be on hand to give appraisals on jewelry and give you top dollar on the spot! Make sure to go through your old jewelry and bring your unwanted or broken gold or silver earrings, bracelets, etc. You may be surprised at how much extra spending money you'll make!



Bunco

Aug 24 | 10:30 a.m. | Ballroom I | \$5
Bunco dates back to the late 1800's and is now entertaining players everywhere. Simply try to get three of a kind (Bunco) when it's your turn. Snacks, refreshments and prizes for most buncos and most games won.

CREATIVE ARTS



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

Sunday Strum

1st & 3rd Sundays | 2 p.m. | Dining Rm
Join other acoustic guitar enthusiasts as they enjoy a Sunday jam session. Everyone is welcome!

Woodcarving
Tues weekly | 7p.m |
Discovery I

Creative Jewelry - Open Studio
Fri weekly | 1p.m |
Discovery I

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



Watercolors

Wed Weekly | 2-4p.m. | \$20/class
Learn how to paint in the beautiful medium of watercolor. Art Guerra is the perfect teacher to get you started! New classes forming for Aug/Sept.

GROUPS

Summit Red Hat Chapter Sassy Jewels

Wed | Aug 10 | Golden Corral
This month's luncheon is at the Golden Corral on Great Southwest Pkwy. Meet at The Summit to carpool at 10:30 a.m. or at the restaurant at 11 a.m.

Tues | Aug 16 |
UTA Planetarium | 2pm
Meet at The Summit to carpool at 1:15p.m.

Sat | August 27 | "Motherhood The Musical" and dinner at Joe T Garcias. Tickets are \$36. Register with Queen Mother Debbie Jennings. Transportation to musical is available for \$5 for the first 13. Register at the front desk for if you need a ride. Leaving Summit at 1pm.

Commission On Aging

August 10 | 11a.m. | Wings Theatre
Mark your calendars for the August meeting and have your voice heard on Active Adult Issues in the community. Velman Dennis with Lighthouse for the Blind will be speaking on Vision Loss.



Suddenly Single

Thurs | August 4 & 18 | 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. Individual professional counseling is also available for a reasonable fee.

August 25 | Artisan Theater
Join the Suddenly Single group as they travel to Hurst to for the Artisan Theater's production of "Hello Dolly". Tickets are \$17 which includes transportation. Limited space available. Sign up early.



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

The greatest wealth is health!



Join the I-MILE SWIM CLUB!

66 lengths of the pool
88 laps in the vortex

JOIN THE GROUP TODAY!
Check in with the Lifeguard

ABC

Absolute Body Conditioning
Tone, Tight & Strong
Tue & Thu | 7-7:45pm
in the Aerobics Room;
\$3/class or \$20/mo.

ARTHRI-CISE

Water Wellness Workout
Mon | 9:30-10:20am
Wed | 9:30-10:20am
Thur | 6pm
Fri | 9:30-10:20a.m.
Mon-Fri | 10:30-11:30am
\$3/class or \$20/mo.

AQUA-CISE

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

POWER 10 FITNESS

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

PERSONAL TRAINING

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

TAI CHI

M-Th | 10:30-11:30a.m.
Wed | 7p.m. Ballroom
\$2/class or \$20/mo

YOGA with LOVE

Tue & Thur | 8-9a.m.
Tue | 5:30p.m. -6:30 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.

Concealed Handgun Course

Sat | August 27 | 8a.m.-6p.m.
\$115 plus range and state fee.

Learn how to safely and legally protect your loved ones, yourself, and your property. The Summit is now offering the Texas Concealed Handgun Course for those who wish to have a means of legally carrying a concealed handgun in the state of Texas for personal protection and the license is recognized in reciprocal states. Limited space available.

AARP Driver Safety Program

August 17 | 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.

Summit Golfers Association

Tue | Aug 2 | 7p.m.

Our intent is to become consistent by meeting the 1st Tuesday of each month @ 7:00 p.m. A tee time has been established for the new Summit Golf Association at Prairie Lakes Golf Course, every Thursday at 7:30 p.m. Association members are asked to be there 1 hour in advance to sign in. Mr. Charles Williams has volunteered to be the liaison and will meet you in the Prairie Lakes Dining Room, beginning at 6:30 a.m. His role is to help members through the process and to answer questions. If you have questions regarding this new opportunity, please contact Dennis Slayton. Annual dues are \$20 and course green fee is \$25/round.

Investment Strategies for Today's Retirees

Sept 13 | 1-5p.m. | Ballroom I

1. Never running out of money
2. Leave a legacy to/for your children
3. Live off the interest and never touch the principle
4. How to handle a long-term care event
5. Maintain your standard of living

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spaghetti & Meat Sauce Green Beans Fresh Fruit Breadstick Milk	Grilled Chicken Sandwich Baked Beans Sliced Tomatoes Pears with Caramel Sauce Milk	Chicken Drumsticks Mashed Potatoes & Gravy Zucchini Squash Dinner Roll Fruited Gelatin Milk	Taco Salad Charro Beans Peaches Crisp Milk	Cheeseburger Burger Salad Roasted Garlic Potatoes Pineapple Chunks Milk
Steak Fingers & Cream Gravy Candied Sweet Potatoes Seasoned Greens Milk	Fruit Plate Yogurt String Cheese Wheat Crackers Milk	Meatloaf Mashed Potatoes Green Peas Dinner Roll Pears with Caramel Sauce Milk	Chicken Fajitas Spanish Rice Pineapple-Orange Salad Chilled Pudding Milk	Pasta & Meatballs Glazed Carrots Green Beans Breadstick Milk
BBQ Chicken Sandwich Rosemary Roasted Potatoes Sliced Tomatoes Diced Pears Milk	Tacos Taco Toppings Tejas Corn Fresh Fruit Fresh Baked Cookie Milk	Roasted Chicken Mashed Potatoes & Gravy Butter Beans Pineapple-Apricot Salad Dinner Roll Milk	Hamburger Burger Salad Mini Carrots Fresh Fruit Gingerbread Milk	Chef Salad Pasta Salad Fresh Fruit Breadstick Oreo Pudding Milk
Beef Enchiladas Charro Beans Romaine Salad & Dressing Apple Crisp Milk	Southern Meatloaf Baked Potato & Toppings Summer Squash Breadstick Milk	Chicken Salad Potato Soup Tomato Slices Mini Carrots Fresh Baked Cookie Milk	Fruit Plate Cottage Cheese Strawberry-Pear Salad Muffin Milk	Salisbury Steak & Gravy Mashed Potatoes Broccoli & Cheese Chilled Pudding Dinner Roll Milk
Beef Stroganoff Seasoned Greens Pears with Caramel Sauce Dinner Roll Milk	Grilled Chicken Sandwich Broccoli Salad Sliced Tomatoes Fruited Gelatin Milk	Chicken Drumsticks Roasted Sweet Potatoes Zucchini Squash Applesauce Breadstick Milk	SHOPPING TRIPS 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

August 3:	11 a.m.	Diabetes Presentation	August 24:	10:30 a.m.	Bunco
August 5:	11 a.m.	Banana Split Party	August 25:	9 a.m.	Health Screenings
August 10:	11 a.m.	Commission on Aging	August 26:	10:30 a.m.	Advisory Council Meeting
August 17:	11 a.m.	Nutrition Speaker	August 26:	11:45 a.m.	Birthday Celebration

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.

HEALTH

GYM GAMES

SUMMIT SUCCESS

Mon | 1pm & 7pm
Discovery II
Eat right. Move more.
Group motivation.
Belly Busting starts in August.

HEALTH SCREENING

Thur | August 25
9am-Noon
Grand Prairie Wellness Center nurses will check your blood pressure, glucose, iron, cholesterol and weight free of charge.

PICKLE BALL

Tue/Thur | 9:30am
M/W/F | 10:30am
Pick up games full of fun.

TABLE TENNIS

Mon/Wed | 6-8pm
Come play with a fun group of people.

TOURNAMENT TIME

TABLE TENNIS
Mon | Aug 8 | 3pm

HORSESHOE & WASHERS

Tues | Aug 16
9:30am



DIABETES PRESENTATION

Aug 3 | 11am
Presentation by Dr. Joseph Lukaska

MASSAGE THERAPY

\$1 per min.
Flexible Hours
By Appointment

COMPUTER CLASSES

JUST THE BASICS - for beginners

Mon | 9-10:30p.m. | \$15/mo.

It's never too late to learn something new! In this class you will learn the absolute basics of the computer. Instructor: Jacqueline Navarro



INTERNET, EMAIL & SOCIAL NETWORKING

Wed | 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 is a pre-requisite.

FACEBOOK - NEW!

Wed | 1p.m. | Discovery I

Hear the recent buzz about Facebook? Seems everyone has one these days... would you like to have one but you think it'd be too difficult to handle? Join the all new Facebook for Beginners class. We'll teach you how to make a facebook, add friends, change your privacy settings or any other questions you may have.

- Group Lessons- \$25 for (4) 45 minute sessions
- Private Lessons- \$50 for (4) 45 minute sessions



SMART PHONES - NEW!

Thur | 11a.m. | Discovery I

Smart phone... Not so smart me. Do you have a smart phone but do not know half the things it does? Do you have an email account but don't know how to sync it with your phone? Are you interested in getting a smartphone but not sure what a smart phone does? If so this class is for you. Troubleshooting or a personal walk through.

- Group Lessons- \$25 for (4) 45 minute sessions
- Private Lessons- \$50 for (4) 45 minute sessions

LIGHTS, CAMERA, ACTION! - NEW!

Tues | 1p.m. | Discovery I

Do you have pictures that you've taken from your last Summit fieldtrip that are sitting on your digital camera, and aren't quite sure how to upload them for access on your personal computer? Sign-up and join the "Digital Camera Literacy" class, where you will be taught the different functions of a digital camera, how to upload pictures to a personal computer, and have the opportunity to ask any question you may have.

- Group Lessons- \$25 for (4) 45 min. sessions
- Private Lessons- \$50 for (4) 45 min. sessions



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
RECURRING SCHEDULE	8am - Billiards 9am - Computer: Basics 9:30am - Arthri-cise - Light & Lively 10:30am - Tai Chi - Pickleball - Arthri-cise 11am - GP Mobile Library 1pm - Basketball - Crocheting - Table Games - Bridge - Summit Success 1-4pm - Open Game Days 5:30pm - Yoga 6pm - Aqua-cise 6:15pm - Texas Hold'em 7pm - Summit Success 7:30pm - Zumba	7am - Aqua-cise 8am - Billiards - Yoga 9:30am - Pickleball 9:45am - Learn to Swim 10am - German 10:30am- Tai Chi/Arthri-cise 1pm - Bridge - Table Games - Lights, Camera Action 1-4pm - Open Game Days 2pm - Guitar Lessons 5:15pm - Learn to Swim 5:30pm - Yoga 6pm - Volleyball 6:30pm - Ballroom Dancing 7pm - ABC - Glass Fusion - Crochet & Tat - Woodcarving 7:30pm - Ballroom Dancing	8am - Billiards 9am - Computer: Internet & Email 9:30am - Arthri-cise - Light & Lively - Matter of Balance 10am - Ceramics 10:30am- Tai Chi - Pickleball - Arthri-cise 1pm - Facebook Class - Bridge - Table Games 2pm - Watercolors 6pm - Aqua-cise 6:50pm - Power 10 7pm - Pottery - Tai Chi	7am - Aqua-cise 8am - Billiards - Yoga 9:30am - Pickleball 9:45am - Learn to Swim 10am - Toastmaster - Gardening 10:30am- Tai Chi - Arthri-cise 11am - Smartphones 1pm - Bridge - Table Games 5:15pm - Learn to Swim 5:30pm - Yoga 6pm - Volleyball - Arthri-cise 7pm - ABC	8am - Billiards 9:30am - Arthri-cise - Light & Lively 10:30am - Pickleball - Arthri-cise 11pm - Creative Jewelry 1pm - Table Games 6:30pm - Movie	8am - Billiards 9:10am - Power 10 9:30am - Zumba 10am - Pottery 11am - 3-on-3 Basketball 4pm - Movie

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		10:30am Membership Orientation 2 6:30pm Movie: A Hard Days Night 7pm Summit Golf Association	11am Diabetes - Dr. Lukaska 3 11:30am Trip - IMAX Dallas	1pm Suddenly Single 4 10:30am National Geographic: Climbing Redwood Giants 7pm Thursday Night Dance: Classic Country	11am Banana Split Party & Dance 5 6:30pm Movie - The Lincoln Lawyer	6am Trip - Purple Martins 6 4pm Movie - Lincoln Lawyer
2pm Sunday Strum Acoustic Guitar Jam Session 7	3pm Table Tennis Tournament 8	11am Book Club 9 4:30pm Trip - Dinner Out to Eddlemon's 6:30pm Movie: Guess Who's Coming to Dinner	11:00 Commission on Aging 10 11:00am Speaker - Connie McClouth Lighthouse for the Blind; Velma Dennis 11:00am Sassy Jewels Out to Lunch	10:30am National Geographic: Ultimate Cat 11 1pm Suddenly Single 6:30 Surprise Movie	10:30am 5-Star Dining - Via Real 12 6:30pm Movie - Unknown	10am Trip - Ms. Sr. Texas Pageant 13 4pm Movie - Unknown
14	15	9:30am Horseshoe/Washer Tournament 16 6:30pm Movie - Funny Girl	8am Trip - Choctaw 17 1pm AARP Driver's Safety Course	1pm Suddenly Single 18 10:30am National Geographic: American Serengeti 5pm Travel Club 7pm Thursday Night Dance: Open Range	10am Silver/Gold Party 19 11:00 AARP Meeting 6:30pm Movie-Limitless	10am GRANDPARENTS CARNIVAL 20 4pm Movie - Limitless
2pm Sunday Strum Acoustic Guitar Jam Session 21	22	9:30am Trip - Sea Life Grapevine Aquarium 23 10:30am Membership Orientation 6:30pm Movie - How to Murder your Wife	10:30am Bunco 24	9am Health Screenings 25 10:30am National Geographic: The Human Family Tree 1pm Suddenly Single Trip - Artisan Theater 6:30pm Surprise Movie	9am Pool Tournament 26 10:30am Advisory Council Meeting 11:45am Birthday Party 6:30pm Movie - Something Borrowed	8am Concealed Handgun Course 27 4pm Movie - Something Borrowed
28	10:30am Life Full of Joy Summer Series - 29	6:30pm Movie - Dial M for Murder 30	31			