



summitnews

March 2026

summitfeatures



Daytime Karaoke
Friday, March 13
10:00 a.m. - 11:00 a.m.



Lunch & Learn
Wednesday, March 4
11:00 a.m. - 12:30 p.m.



**Preventing Elderly
Financial Abuse**
Wednesday, March 11
10:30 a.m. - 11:00 a.m.



Spring Bazaar
Friday, March 20
10:00 a.m. - 1:00 p.m.



HOURS OF OPERATION

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

SUNDAY:
1:00 PM - 5:00 PM

THE POOL CLOSES 30 MINUTES PRIOR TO CLOSING AND ALL ACTIVITIES
END 15 MINUTES PRIOR TO CLOSING

Activities and Programs Subject to Change

summitprograms

*Indicates registration is REQUIRED

Election Day

March 3 | 7:00 a.m. - 7:00 p.m. | Ballroom 1 | Open to the Public

*Grief Support Circle

March 3 | 10:30 a.m. - 11:30 a.m. | Ballroom 3 | Members: Free; Non-Members: \$10

A supportive space to share memories, express feelings and heal with others.

Led by Dee Johnson with Dignity Memorial.



*Lunch & Learn

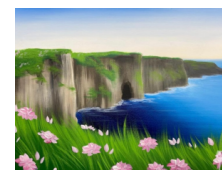
March 4 | 11:00 a.m. - 12:30 p.m. | Wings Theater | Members: Free; Non-Members: \$10

Presentation by AmeriLife on long-term care and Medicare. Lunch provided.

*You Can Paint

March 4 | 1:00 p.m. - 4:00 p.m. | Discovery 1 | Members: \$35; Non-Members: \$45

Instructor led class. Topic "Cliffs of Moher" in acrylic.



*Online Registration Training

March 5 | 10:00 a.m. - 12:00 p.m. | Wings Theater | Members: Free; Non-Members: \$10

Join us to learn how to access your account and sign up for Summit programs online.

*Easter Wreath Craft

March 6 | 9:00 a.m. - 10:30 a.m. | Ballroom 1 | Members: \$5; Non-Members: \$15

Create a beautiful Easter wreath with Debi from Mountain Creek Retirement Living.

*Mindful Coloring

March 9 | 10:00 a.m. - 11:00 a.m. | Dining Room | Members: Free; Non-Members \$10

Join us for a relaxing time of mindfulness and creative outlet.

Supplies provided or feel free to bring your own.



*Preventing Elderly Financial Abuse

March 11 | 10:30 a.m. - 11:30 a.m. | Wings Theater | Members: Free; Non-Members: \$10

Fraud prevention presentation led by Navy Federal Credit Union.

*Google Presentation

March 12 | 10:30 a.m. - 11:30 a.m. | Wings Theater | Members: Free; Non-Members: \$10

An overview presentation on Google and its assets by Jim Barber.

Spring Bazaar

March 20 | 10:00 a.m. - 1:00 p.m. | Ballrooms | Free | Open to the Public

Get ready to shop incredible crafts and unique finds from our vendors!

Vendor sign ups start February 23. For more information email alynch@gptx.org.

Vendor Fees: Members: \$20-25; Non-Members: \$30-35



*You Can Paint

March 23 | 9:30 a.m. - 12:30 p.m. | Discovery 1 | Members: \$35; Non-Members: \$45

Instructor led class. Topic "Lake Day" in watercolor.



*Last Chance for Change

March 23 | 10:30 a.m. - 11:30 a.m. | Wings Theater | Members: Free; Non-Members: \$10

Medicare questions for Open Enrollment answered by Celia with Nations Insurance Solutions.

*Snacks & Facts

March 25 | 10:30 a.m. - 11:30 a.m. | Wings Theater | Members: Free; Non-Members: \$10

AmeriLife will be here to discuss information about reverse mortgage.

*Widows Brunch

March 26 | 10:30 a.m. - 11:30 a.m. | Ballroom 1 | Members: Free; Non-Members: \$10

Find support and connect with other widows and widowers. Food sponsored by Celia with Nations Insurance Solutions.

*Bottle Cap Craft

March 27 | 9:30 a.m. - 10:30 a.m. | Dining Room | Members: Free; Non-Members: \$10

Enjoy a staff-led craft creating whimsical bottle cap magnets for your fridge.

Registration for April activities will open March 23 at 8:00 a.m. Registration tickets available at 6:00 a.m.

Each member may register for classes or programs for one other member who has valid membership.

Non-Members (Ages 50+) will be required to pay a \$10 day pass fee. All events & presentations are subject to change.

Refunds will only be given if at least 48-hour cancellation notice is provided (card transactions only).

MARCH 2026

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2	3 Grief Support Circle 10:30 a.m. Watch & Discuss 12:30 p.m. Karaoke Night 6:00 p.m.	4 Lunch & Learn 11:00 a.m. You Can Paint 1:00 p.m.	5 Online Registration Training 10:00 a.m. Fitness Orientation 2:00 p.m.	6 Easter Wreath Craft 9:00 a.m. Dallas Farmers Market 9:30 a.m. Movie at 6:00 p.m.	7 AmeriLife Sponsoring Movie at 12:00 p.m.
8	9 Mindful Coloring 10:00 a.m.	10 Book Club 11:00 a.m.	11 Preventing Elderly Financial Abuse 10:30 a.m. Hearsay Restaurant 5:00 p.m.	12 Google Presentation 10:30 a.m.	13 Daytime Karaoke 10:00 a.m. Movie at 6:00 p.m.	14 Movie at 12:00 p.m.
15	16	17	18 The Shops at Terrell & Buc-ee's 9:30 a.m. Women's Locker Room Shutdown 1:00 - 3:00 p.m.	19 Choctaw Casino 8:00 a.m. Men's Locker Room Shutdown 1:00 - 3:00 p.m.	20 Spring Bazaar 10:00 a.m. Texas Legends Basketball Game 5:30 p.m. Movie at 6:00 p.m.	21 Movie at 12:00 p.m.
22	23 Register for April Classes & Activities at 8:00 a.m. You Can Paint 9:30 a.m. Last Chance for Change 10:30 a.m.	24 Register for April Trips at 8:00 a.m.	25 Snacks & Facts 10:30 a.m.	26 Widows Brunch 10:30 a.m.	27 Bottle Cap Craft 9:30 a.m. Monthly Billiards Tournament 9:30 a.m. Movie at 6:00 p.m.	28 Movie at 12:00 p.m.
29	30	31  SUMMIT CLOSED IN OBSERVANCE OF CESAR CHAVEZ AND DOLORES HUERTA DAY				Calendar Key. Presentation Program Event Trip Other

Programs and Activities at the Summit may be led by independent instructors, presenters or volunteers. The information and views they share are their own and are not endorsed by the Summit or the City of Grand Prairie. We are not responsible for actions taken based on shared information.

summittrips

*Indicates registration is REQUIRED

*Dallas Farmers Market

March 6 | Departure at 9:30 a.m.; Return at 2:00 p.m. | Dallas, TX | \$10 ride
Eat, shop, and explore with food vendors and shopping.

*Dinner at Hearsay Arlington

March 11 | Departure at 5:00 p.m.; Return at 8:00 p.m. | Arlington, TX | \$10 ride
Bring money for dinner.

*The Shops at Terrell and Buc-ee's

March 18 | Departure at 9:30 a.m.; Return at 3 p.m. | Terrell, TX | \$10 ride
Enjoy a fun shopping experience and your favorite convenient store.

*Choctaw Casino

March 19 | Departure 8:00 a.m.; Return 4:00 p.m. | Durant, OK | \$40 ride; no perks
Please arrive by 7:30 a.m. and park in the overflow parking lot.

*Texas Legends Basketball Game

March 20 | Departure at 5:30 p.m.; Return at 11:00 p.m. | Frisco, TX | \$33 ride and ticket
Texas Legends vs. Iowa Wolves. Bring money for concessions.

upcomingtrips

REGISTRATION FOR APRIL TRIPS WILL OPEN
TUESDAY, MARCH 24

*Dinner at Dimassi's Mediterranean Buffet

April 8 | Departure at 5:00 p.m.; Return at 8:00 p.m. | Irving, TX | \$10 ride
Bring money for dinner.

*Teddy Bear Statues at Lakeside Park

April 14 | Departure at 10:00 a.m.; Return at 3:00 p.m. | Dallas, TX | \$10 ride
Explore a nature park with hidden teddy bear statues. Bring money for lunch at Slider & Blues.

*Canton Grand Safari Adventure

April 17 | Departure at 9:30 a.m.; Return at 3 p.m. | Grand Saline, TX | \$25 ride and ticket
Discover a unique interactive zoo in the heart of East Texas, where unforgettable hands-on experiences bring you face to face with rare and exotic animals.

*Texas Rangers Baseball Game

April 28 | Departure 5:30 p.m.; Return 11:00 p.m. | Arlington, TX | \$80 ticket and ride
Texas Rangers v. New York Yankees. All You Can Eat section.

Trips are for members only. Registration for April trips will open on Tuesday, March 24 at 8:00 a.m. unless otherwise noted alongside the trip. Registration tickets available at 6:00 a.m.

On Registration day, members can register for only one trip. However, after registration day, members can register for additional trips.

Each member may register for trips for one other member who has valid membership.

Please arrive 30 minutes prior to the listed departure time. 5 person minimum on all trips. Bring money for lunch or shopping.

Please check for trip updates on the day if the weather is uncertain.

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

upcoming programs

*Indicates registration is REQUIRED

*Wine Tasting

April 10 | 5:00 p.m. - 7:00 p.m. | Dining Room | Members: \$35; Non-Members: \$45

Larry from A-Wine-Know will be back to host a wine tasting session, complete with a delicious meal.

*Summit Prom

April 24 | 6:00 p.m. - 8:00 p.m. | Ballrooms | TBD

Join us for a night to remember! Event enhancements sponsored by Baylor Scott & White.

More details coming soon.

*Summit Steppers 3K and 1 Mile Walk

May 8 | 9:00 a.m. - 12:00 p.m. | Outdoor Walking Trail | Members Only | \$20

A feel-good walk for all fitness levels and a 3K walk/run that celebrates movement, motivation, and community. T-Shirt package included. Last day to register is March 20.

summitaquatics

Goofball | Pool

M, W, F | 11 a.m. - 1 p.m. & 4:30 - 6:00 p.m.

Aqua Stretch (Free) - Low-impact routine stretching class

Tu & Th | 11:00 - 11:40 a.m. | Pool

*Hydra HIIT (\$25/mo) - Aqua aerobic exercise for all levels
M, W, F | 6:30 a.m. | Pool

*Aqua-cise (\$25/mo) - Aqua aerobic exercise for all levels
M, W, F | 8:00 a.m. | Pool

*Aqua-fit (\$20/mo) - Aqua aerobic exercise for all levels
Tu & Th | 6:00 p.m. | Pool

*Water X (\$20/mo) - Intermed. adv. aqua aerobics
M & F | 6:15 p.m. | Pool

aquatictraining

*Learn-To-Swim (LTS) Classes (\$60 for a 4-week session)

Group swim lessons for members, led by certified lifeguards.

Select one instructor and one time slot for four scheduled classes in March.

For more information, please contact Aquatics Coordinator,
Gisselle Vargas at 972-237-4169 or gvargas@gptx.org



March 3rd - 24th

Tuesday Sessions w/Gisselle
(Beginner)
9:00 - 9:30 a.m.
9:40 - 10:10 a.m.

*Tuesday Sessions w/Gisselle
(Intermediate)
10:20 - 10:50 a.m.

March 5th - 26th

Thursday Sessions w/Ryan
(Beginner)
9:00 - 9:30 a.m.

*Thursday Sessions w/Ryan
(Intermediate)
9:40 - 10:10 a.m.
10:20 - 10:50 a.m.

March 6th - 27th

Friday Sessions w/Celeste
(Beginner)
2:30 - 3:00 p.m.
3:10 - 3:40 p.m.
3:50 - 4:20 p.m.

*Approval needed for
Intermediate level

Registration for April classes will open Monday, March 23 at 8:00 a.m. Registration tickets available at 6:00 a.m.

Each member may register for paid classes for one other member who has valid membership.

To ensure enrollment for the full month of classes, please register on or after the official registration date for the upcoming month.

All classes are subject to change.

summitfitness

*Indicates registration is **REQUIRED**

Fitness Orientation

Learn how to use the fitness equipment. Limited capacity. Sign up at the 2nd Floor Fitness Podium
First Thursday of the Month | 2:00 p.m.

Free Classes

Limited capacity | Sign up at Fitness Desk
30 minutes prior to class start time
**15 minutes prior to class start time*

Beginners Line Dance Class
Tuesday | 12:00 p.m. | Aerobic Room

Beginners Pickleball Class
Limited to 4 participants per class
Monday | 12:00 p.m. | BR1 & Gym Court

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

Line Dancing - Popular choreographed dances
Saturday | 12:00 p.m. | Gym Court
**Monday | 10:45 a.m. | Gym Court*
Tuesday | 7:00 p.m. | Gym Court
**Wednesday | 10:45 a.m. | Aerobic Room*
Friday | 9:00 a.m. | Gym Court

**Meditation Class*
Simple guided breathing meditations
Tu & Th | 10:45 a.m. | Aerobic Room

Summit Cycle - Cardio training
Friday | 10:30 a.m. | Aerobic Room

Summit Strong - Strength training
M & W | 5:00 - 5:30 p.m. | Aerobic Room

Paid Classes

Limited capacity | Register for the month at the front desk.
Must check in at the fitness desk.

**Beginner Yoga (\$20/mo)* - Beginner level moves which
include getting up and down from a Yoga mat
Tu & Th | 9:00 a.m. | Aerobic Room

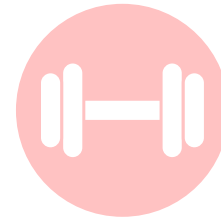
**Chair Yoga (\$20/mo)* - Yoga with a chair
M & W | 12:00, 1:00 or 2:00 p.m. | Aerobic Room

**Good Morning: Strength, Balance & Flexibility (\$20/mo)*
Walking with interval training w/weights & bands
Tu & Th | 7:30 a.m. | Patio/Aerobic Room

**Essentrics® Aging Backwards® (\$20/mo)*
Dynamic and gentle full-body workout w/Diane Keeble
M & W | 6:00 p.m. | Aerobic Room

**Yoga (\$30/mo)* - Intermediate-advanced level moves
M, W, F | 9:00 a.m. | Aerobic Room

**Zumba (\$10/mo)* - Latin-based dance workout
M | 7:00 p.m. | Aerobic Room



openplay

Pickleball

M | 6 a.m. - 8:30 a.m. & 12 p.m. - 3:45 p.m.
Tu - Th | 6 a.m. - 8:30 a.m. & 11 a.m. - 3:45 p.m.
F | 6 a.m. - 9 a.m. & 10 a.m. - 7:45 p.m.
Saturday | 8 a.m. - 11:45 a.m.
Sunday | 1 p.m. - 4 p.m.

Basketball

Tu & Th | 4 - 7:00 p.m. | Gym Court
Sunday | 4 - 4:45 p.m. | Gym Court

Volleyball

M & W | 4 - 7:45 p.m. | Gym Court
Saturday | 1:30 - 3:45 p.m. | Gym Court

Ping Pong

Tu & Th | 2 - 5 p.m. | Aerobic Room
Friday | 2 - 6 p.m. | Aerobic Room

Shuffleboard

Tu & W | 3 - 7:45 p.m. | Game Room

Billiards

Monthly Tournament | Last Friday | 9:30 a.m. | GR
M, Th, F | 6 a.m. - 7:45 p.m. | Game Room
Tu & W | 6 a.m. - 3 p.m. | Game Room
Saturday | 8 a.m. - 3:45 p.m. | Game Room
Sunday | 1 - 4:45 p.m. | Game Room
Day Pass Users Welcome

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.

clubsandgroups

*Garden Group (\$) - Annual \$25 club fee (\$40/couple)
1st Wednesday | Planning | 1:00 p.m.
Thursday | Group Gardening | 9:00 a.m.

*Pottery Club (\$) - Monthly \$30 fee
Tuesday | 10:00 a.m. - 2:00 p.m.
Wednesday | 9:30 a.m. - 12:00 p.m.
Thursday | 10:00 a.m. - 4:30 p.m.
Open studio environment.

R.O.M.E.O's (Retired Old Men Eating Out)
1st Tuesday | Lunch | 11:00 a.m. departure
Bring money for lunch. Meets at 11:00 a.m. in the lobby
and carools to the restaurant to meet at 11:15 a.m.
March Restaurant: Pei Wei
2810 State Hwy 161 Grand Prairie, TX 75052

*Sassy Jewels Club (\$) - Annual \$10 dues
1st Wednesday | Lunch | 11:30 a.m.
Transportation is not available at this time.
March Restaurant: Gilligan's Bar & Grill
400 E. Abram St. Arlington, TX 76010



commissioning

Quarterly Meeting (January, April, July, October)
2nd Wednesday of the Month | 10:30 a.m. | Wings Theater
Free and Open to the Public

Senior Resources available at:



*Indicates registration is REQUIRED

DROP IN ACTIVITIES

American Mah Jongg
Monday | 2 - 4:00 p.m. | BR2
Monday | *Beginners: 12:30 - 1:30 p.m.* | BR2
Friday | 9:30 a.m. - 12:00 p.m. | BR2

Bible Study
Tuesday | 10:30 - 11:30 a.m. | BR1

Bid Whist
Wednesday & Friday | 2 - 6 p.m. | BR2

Book Club
March: The Husbands by Holly Gramazio
2nd Tuesday | 11 a.m. - 12 p.m. | BR2

Bridge
Thursday | 10:30 a.m. - 2 p.m. | BR2
Thursday | 1 - 5 p.m. | BR2

Bunco
Wednesday | 10 a.m. - 12 p.m. | BR2

Canasta
Monday & Thursday | 12 - 3 p.m. | BR3

Chess Club
Monday & Thursday | 2 - 6 p.m. | DR

Crochet
Tuesday 12:30 p.m. - 2 p.m. | BR1
Thursday 12:30 p.m. - 2 p.m. | BR1

Chicken Foot
Monday | 10 a.m. - 12 p.m. | BR3
Wednesday | 12 - 3 p.m. | BR3
Friday | 12 - 3 p.m. | BR3
Saturday | 2 - 4 p.m. | DR

Dominoes
Monday | 1 - 4 p.m. | BR1
Thursday | 1 - 4 p.m. | BR1

Estudios Biblicos (Bible Study)
Jueves (Thursday) | 10:30 - 11:30 a.m. | BR3

Hora de Platica (Hour of Talk)
Lunes (Monday) | 10:30 - 11:30 a.m. | BR2

Jewelry Making
Friday | 1 - 3 p.m. | D1

Joker's Wild
3rd Wednesday | 3:30 - 7:45 p.m. | BR2

Pinochle (DD)
Wednesday and Friday | 12 - 5 p.m. | BR3

Poker
Monday and Friday | 4:30 - 6:30 p.m. | DR

Woodcarving
Tuesday | 2 - 3:30 p.m. | D1

Writer's Group
Tuesday | 1 - 2:30 p.m. | BR2

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Tuesday and Thursday | 12 - 5 p.m. | BR3
Saturday | 12 - 3 p.m. | DR



The Summit
50+ Active Adult Center
2975 Esplanade
Grand Prairie, Texas 75052
972.237.4141
GrandFunGP.com



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