

Make a Difference **VOLUNTEER**

Nutrition Program Advisory Council

Nominations | Sept.12-15 | Elections | Sept.16 | 8am-12pm You must be a nutrition member participant to be considered for the Advisory Council. Nominations are presented and elected by the of the Month nutrition member participants.

Steering Committee

Now forming. If you are interested in giving ideas and suggestions about classes, programs and special events then let us know! Leave your name and contact information at the front desk. You will be contacted about the first meeting.

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



AARP Driver Safety Program Sept 22 | 12:30 - 4:30pm. | Thurs 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 Membership Orientations

1st & 3rd Tuesdays | 10:30am 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.

Volunteer

The Summit would like to recognize Volunteer of the Month for September,

Barbara Jones

She is always

happy to meet and greet you with speedy service to and from your vehicle! She has been volunteering since we opened the doors of The Summit and we would like to give her a great big THANK YOU!!

Danke schon to Ron Engel for 6+ years of volunteering as our German instructor! Thank you for sharing your talents and knowledge.

Linda Long General Manager

Amanda Alms Aquatics & Fitness Manager

Michael Levy Assistant Manage

Dennis Slayton Recreation & Events Supervisor

Ray Smith

Chef

Eduvina Cruz Cameron DeBose Danielle Nunn Recreation Leaders

Recreation Aides - Front Desk

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

Fitness & Aquatics

David Smith Amber Martin Miguel Ipina Aaren Garcia Nancy Huynh Victor Villegas Michael Engler Brylee Nelson Lourdes Gabaldon Adeline Carr

Custodial Staff

limmy McNeal Chona Cuizon Paulfred Hall Brenda Meza Edmund Echaore



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

THE SUMMIT AWARDS

Please help us congratulate

EDUVINA CRUZ City of Grand Prairie Parks and Recreation Employee of the Year!



HOURS OF OPERATION

8 a.m.-9 p.m.

Fitness (Use North Entrance)

GRAND PRAIRIE PARKS & RECREATION

Mon - Fri 5:30 a.m.-9 p.m.

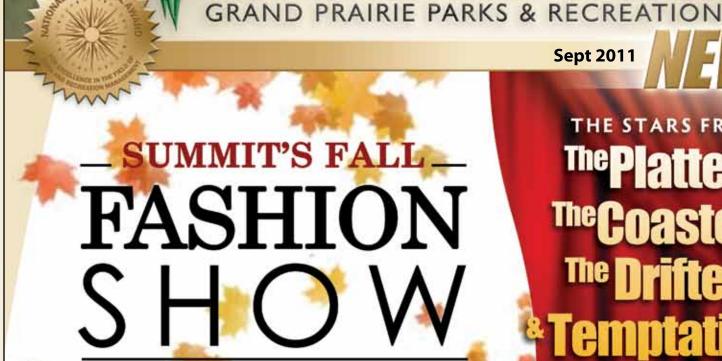
Saturday 9 a.m.-9 p.m.

Sunday I p.m.-5 p.m.

Front Lobby Entry Mon - Fri

Saturday 9 a.m.-9 p.m.

Sunday I p.m.-5 p.m.



FRIDAY | SEPTEMBER 30 | I I am Admission \$1 - goes toward purchase

Summit members are invited to attend and participate in the Summit's 1st Fall Fashion Show. The Fall Fashion line up will consist of Summit Polos, T-shirts, Hats, Goggles, and Swim and Fitness supplies.

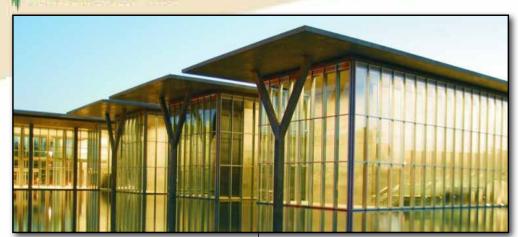
COME OUT AND ENJOY THE FUN!



Sept 2011

BUY A SUMMIT ANNUAL MEMB

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

Hungry for one of the best steaks in the Dallas /Fort Worth area? We invite you to enjoy other Summit members as you experience the flavor, service and expertise from Ruth's Chris.

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

Enjoy great Mexican food with great company! Bring money to cover the cost of your meal.

Taste of Grand Prairie-Quik Trip Park

Thurs | Sept 22 | 3:30-5:30pm | \$8 Experience the best of Grand Prairie! Over 50 exhibitors, door prizes, silent auction and more!

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

For an entertaining and educational experience join us for a tour of the winery and sample their award-winning wines. Tours last about one half hour and are led by a knowledgeable staff. Learn about the special grapes grown here for our unique North Texas climate. The grape-growing, harvesting, wine-making and bottling processes are all explained.

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

The Modern Art Museum of Fort Worth (widely referred to as The Modern) was first granted a Charter from the State of Texas in 1892 as the "Fort Worth Public Library and Art Gallery", evolving through several name changes and different facilities in Fort Worth. The mission of the museum is "collecting, presenting and interpreting international developments in post-World War II art in all media." Lunch on your own at Tommy's Hamburger Grill.

Upcoming Trips

5-Star Dining - Celebration Fri | Oct 7 | 10:30am-2pm \$5 Transportation

Beaumont Ranch Fish Fry and Dance Fri |Oct 21 |5:30- 10pm | \$15

Choctaw Casino Member Appreciation Trip Fri | Oct 7 | 8am - 6:00pm | \$1

Dinner Out -Texas Roadhouse Tues | Oct 11 | 4:30pm \$3 Transportation

State Fair of Texas Thur |Oct 13 |9:30am - 3:30pm| \$5 Thur |Oct 13 |5:30pm - 10pm | \$5

NEW INTERESTS

Bunco Game

Wed weekly | 10am-12pm | Ballroom 1 Try to get three of a kind (Bunco) when it's your turn. Snacks, refreshments

and prizes for most buncos and most games won. Bring a \$5 value gift to join in and play. Please sign up in



advance at the front desk.

Pool Tournament Friday | Sept 30th | 10am - 1pm | \$10

The Summit will be hosting our monthly pool tournament and challenaina Irvina again. We will also be serving a BBQ lunch. The cost is \$10 per player. Come out and compete for the prized trophy and a month's worth of bragging rights!

Swing Dance Class Fridays | 7-8:30pm | Ballroom

Learn to swing dance from some of the most talented instructors in Texas! All levels are welcome. Cost \$7 per class or \$20 a month.

Dance Cardio

Fridays | 2-3pm | Aerobic Rm Looking for a way to stay fit and have fun? Try our Cardio Dance Class. Sweat to the music of The

CREATIVE ARTS



Woodcarving Tues weekly | 7p.m | Discovery I

Creative lewelry - Open Studio Fri weekly | Ip.m | Discovery I

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

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

GROUPS

Summit Red Hat Chapter Sassy Jewels

Wed | Sept 14 | 11am | Macaroni Grill

Ladies...you are missing out on a great adventure if you haven't experienced being a part of a Red Hat Society Chapter! Find a red hat and some purple clothes and come to the next Sassy Jewels luncheon on Wednesday, Sept. 14th at 11am at Macaroni Grill in Arlinaton on S. Cooper, south of I-20. Membership in the Sassy Jewels is only \$10 a year. Ask at th front desk for a membership form. Luncheon meetings are held every 2nd Wednesday of the month at 11am at a selected restaurant.

Rubber Stamped Cards Thurs Weekly | Noon-1:30pm \$10/Class | Discovery I

Create rubber stamped cards for your loved ones. Each participant will leave class with 4 custom made cards! Instructor: Shelia Manuel

Scrapbooking

Tues Weekly | I-3pm | \$5/class Make your memories last a lifetime! Beginning Sept. 6th Located in Discovery 1 Instructor: Marjorie Dorsett

Wine Bottle Accent Lights Tues | 11:30-1pm | \$20/class

Design unique wine bottle accent lights as a gift or decoration for your home. Check out the display at the front desk. Located In Discovery 1 Instructor: Sheila Manuel

Watercolors Wed Weekly | 2-4pm | \$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 Sept.

Lights, Camera, Action! Tues | Ipm | Discovery | I

Do you have pictures that you've taken that are sitting on your digital camera, and aren't quite sure how to upload them 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.

The Summit Singles

Thurs | Sept I / I5 | Ipm | Wii Rm Single and want to meet new friends? (formerly known as "Suddenly Single")

Join other singles, led by professional counselor Bob McIntosh for frank discussions about your lives as single adults. Give The Summit staff ideas and input about social and educational programs and trip ideas for the 50+ Singles. Coming soon...new evening activities for singles!!

Chick Flick Wednesdays! starting Sept 7 | 2pm | Wings Theater

Sit back and enjoy a sentimental oldie but goodie film! Showing will be titles such as: Breakfast at Tiffany's, An Affair to Remember, The Great Gatsby, and more. will be talking about the Foster Suggestions are welcome!!

Book Club

Sept 13 | I I am | Conference Rm

This month's book club selection is "Death on Demand" by Carolyn G. Hart. Hart has other cozy series, but her most popular remains the "Death on Demand" series. Annie Laurance sells books and solves murders with equal flair at her small town bookstore. Death on Demand. In true cozy style, Annie's first brush with death causes her to become the prime suspect in the murder and, with the help of her friend Max Darling, she must solve the crime before she is arrested.

Commission On Aging Sept 14 | I I am | Dining Rm

This month's speaker is Janice Moore with the Senior Source. She Grandparent Program.





3202 SE 14th St. Grand Prairie, Texas 75052 972,263,0661 | PrairieLakesGolf.com





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HEALTH

The greatest wealth is health!

Standard First Aid and **CPR Training**

THURSDAY, SEPT 15TH 8:30am -2:30pm \$45 Help Save A Life!



HEALTH

GYM GAMES

SUMMIT SUCCESS Mon | Ipm & 7pm Discovery II

Eat right. Move more Group motivation. Brain Body Connection starts in Sept.

HEALTH SCREENING Thur | Sept 22 8:30am-Noon

Dallas County nurses will check your blood pressure, glucose, iron, cholesterol and weight free of charge.

MASSAGE THERAPY \$1 per min.

Flexible Hours By Appointment Call Fitness Desk 972 237-4150

BASKETBALL Mon/Wed/Fri | Ipm Mon/Wed | 7-9pm Sat | I am-Ipm

HORSESHOE & WASHERS Tue/Thu | 9:30am

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

TABLE TENNIS Mon/Wed |5-7pm

VOLLEYBALL Tue/Thu | 7-9pm Sun | 2pm

ABC

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

ARTHRI-CISE

Water Wellness Workout - Pool M/W/F | 9:30-10:20 am Thur | 6 pm Mon-Fri | 10:30-11:30am \$3/class or \$20/mo.

AQUA-CISE

Water Aerobics - Pool Mon / Wed | 6-7 pm Sat | 10-11am \$3/class or \$20/mo.

ZUMBA H2O - Pool Tue | 6-7 pm

POWER 10 FITNESS

Power 10 Body Impact Workouts in the Gym 3 Wed month 6:50-7:20pm 3 Sat month 9:10-10 am \$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 | 10:30-11:30 am \$2/class Aerobic Rm

YOGA with LOVE

Tue/Thur | 8-9 am Tue/Thur | 5:30 -6:30 pm \$3/class or \$25/mo. Aerobic Rm

ZUMBA

Mon & Wed 7:30-8:30 pm Sat 9:30-10:30 am \$5/class; \$40/mo. Aerobic Rm

CLASSES

Bible History Class Mon | 10:30 am | Wings Theater

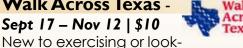
This video tour series of the Holy Lands titled "That the World May Know" was produced by Focus on the Family and features theologian Ray Vander Laan. Each lesson is punctuated with a "Faith Lesson" derived from the history of the area. Neal Clary will facilitate a provocative discussion following each weekly lesson. The weekly study will be held each Monday beginning September 12th.

Investment Strategies for Today's Retirees

Tues |Sept 13|1pm or 6:30pm| Ballroom Learn how to retire in style and plan towards the quality of life that you deserve. This free seminar will cover the following topics:

- Never running out of money
- Leave a legacy to/for your
- Live off the interest and never touch the principle
- How to handle a long-term care
- Maintain your standard of living

Walk Across Texas - Walk Sept 17 - Nov 12 | \$10



ing to increase your activity? Sign-up and join the Walk Across Texas Program, an 8-week exercise program. Devote 150 minutes each week and you will feel better and look better too! Join a team today. Team t-shirts and prizes will be awarded. For more information contact Danielle Nunn.

Matter of Balance Class

starts Sept 21 | 10 am-noon | Ballroom Take control of your life and reduce the fear of falling. 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. This class was held last session and was very successful. Space is limited so sign up today!

SEPTEMBER

NUTRITION MENU //

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
If you have any questions regarding the Nu Program, please contact Ed Cruz at 972.237.4148.	trition SEPTEMBER : Iuvina SEPTEMBER : SEPTEMBER 1		Taco Salad Tejas Corn Sliced Peaches Milk	BBQ Beef Sandwich Black Eye Pea Salad Fresh Romaine Salad & Dressing Mini Carrots Apricot Halves Milk
No meals will be served due to Labor Day Holiday.	Fruit Plate Yogurt & Granola String Cheese Wheat Crackers Milk	Southern Meatloaf Mashed Potatoes Green peas Pears with Caramel Sauce Dinner Roll Milk	Chicken Fajitas Spanish Rice Pineapple-Orange Salad Chilled Pudding Milk	Pasta & Meatballs Glazed Carrots Green Beans Breadstick Sliced Peaches Milk
Grilled Chicken Sandwich Sliced Tomatoes Roasted Rosemary Potatoes Diced Pears Milk	Tacos & Taco Toppings Tejas Corn Fresh Fruit Fresh Baked Cookie Milk	Chicken Drumstick Mashed Potatoes & Gravy Okra & Tomatoes Pineapple-Apricot Salad Dinner Roll Milk	BBQ Beef Sandwich Seasoned Corn Fresh Fruit Apple Crisp Milk	Chef Salad Pasta Salad Fresh Fruit Breadstick Gingerbread Milk
Beef Enchiladas Charro Beans Romaine Salad Applesauce Milk	Salisbury Steak Baked Potato & Toppings Summer Squash Sliced Peaches Breadstick Milk	Chicken Salad Potato Soup Sliced Tomatoes Pineapple-Orange Salad Wheat Crackers Apple Crisp Milk	Beef Stew Southern Style Spinach Strawberry Pear Salad Cornbread Fruited Gelatin Milk	Roasted Chicken Mashed Potatoes & Gravy Broccoli & Cheese Dinner Roll Chilled Pudding Milk
Spaghetti with Meat Sauce Green Beans Fresh Fruit Breadstick Milk	Pepper Steak Brown Rice Pilaf Broccoli Salad Okra & Tomatoes Oreo Pudding Milk	BBQ Chicken Roasted Sweet Potatoes Zucchini Squash Breadstick Fresh Baked Cookie Milk	Taco Salad Charro Beans Sliced Peaches Milk	Hamburger & Hamburger Toppings Ranch Corn Apricot Halves Milk

Sept. 15: 11am Lactose Intolerance	Sept. 22:	8:30am	Health Check-ups- provided by
by: Kristie Sanders			Dallas County Nurses
Sept. 16: 10:30am Kitchen Bingo	Sept. 23:	11am	Fall Prevention - Vickie Devault
(please bring peanut butter, jelly, paper towels, coffee cups,	Sept. 30:	10:30am	Advisory Council Meeting
napkins, creamer, coffee, and butter)	Sept. 30:	11:45am	Birthday Celebrations

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.

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COMPUTER CLASSES I

JUST THE BASICS - for beginners Tues | 9-10:30am | \$15/mo.

It's never too late to learn something new! in this class you will learn the absolute basics of the computer. Instructor: Ivan Cantu

INTERNET, EMAIL & SOCIAL NETWORKING Wed | 9-10:30am | \$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

Wed | Ipm | Discovery II

Heard the recent buzz about Facebook? 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

FACEBOOK II (Intermediate class) Wed | 2:15 pm | Discovery II

Can't get enough of Facebook? Take it to the next level with our intermediate class.

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

SMART PHONES

Thur | I I am | Discovery II

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.

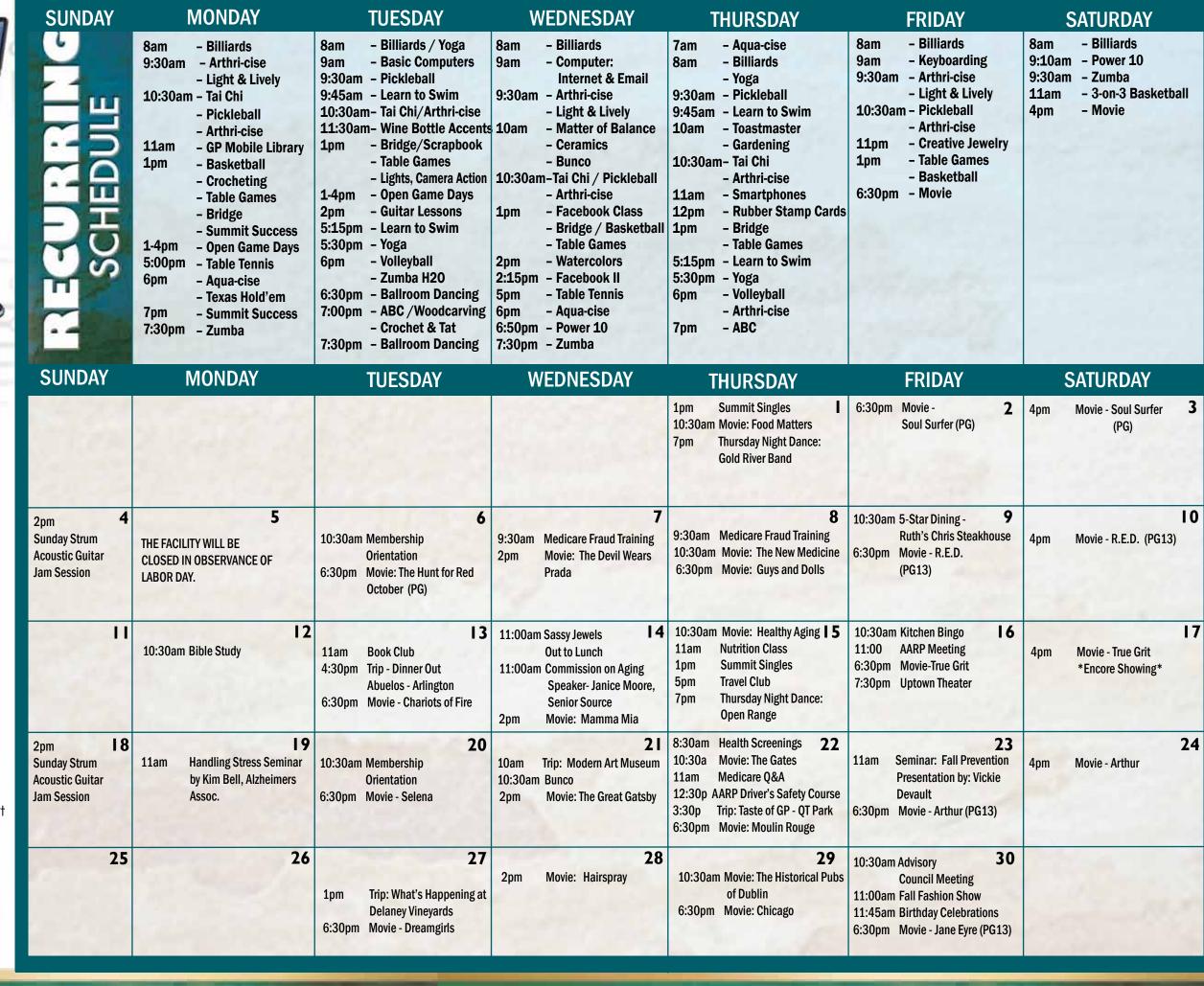
- Group Lessons- \$25 for (4) 45 minute sessions
- Private Lessons- \$50 for (4) 45 minute sessions

KEYBOARDING

Fri | 9am | Discovery II

Learn your way around the keyboard. Learn short cuts and special insider tips!

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



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