



TRIP HIGHLIGHTS

November

- 1 Fraternal Order of Plaid Shirts
- 8 6 Shooters
- 9 Acorn Park Adventure
- 13 Patrece's Park Workout
- 16 Holiday Shopping
- 20 Happy Trails: Take a Hike
- 23 Goin' Strollin': Turkey Walk Off

December

- TBA The Gift of Christmas
- 6 6 Shooters
- 11 Goin' Strollin': Downtown Stroll
- 14 Gaylord Stroll
- 15 Acorn Park Adventure
- 26 Goin' Strollin': Boxing Day Stroll

THE GIFT OF CHRISTMAS

You are invited to attend a spectacular pageant presented by Prestonwood Baptist Church. This multimedia event has special effects, flying angels, all your favorite Christmas carols, and the beautiful Living Nativity. As of press time, tickets have not gone on sale, so check back at the Active Adults desk after November 1!

FRATERNAL ORDER OF PLAID SHIRTS

Go explore the world of war aviation and automobiles at Cavanaugh Flight Museum with men your same age who have similar hobbies. Following the museum tour we will go to Soulman's BBQ for lunch on **November 1**, the bus will depart from The REC at **9:30 AM**, the cost of the trip is \$10. For more information, please contact Stephen Chevier at schevier@grapevinetexas.gov or by calling 817.410.3443

HOLIDAY CARD WORKSHOP

'Tis the season...to jazz up your holiday card skills! Join us at The REC **November 1** from **10:00 AM-12:00 PM** as we create cards early, meaning you can get them in the mail sooner! We will be sure to help you crank out the most creative cards yet, no matter your skill level!

GAYLORD STROLL

Get in the holiday spirit by strolling through the Gaylord Texan Resort while admiring all the festive decorations on **Friday, December 14**. Bring your cheer, 'oohs' and 'ahhs', the bus will leave from The REC at **9:45 AM** and will return by noon.



The Grapevine Police Santa Cops program was started in 1995 by retired Officer Margie Salame. Santa Cops delivers donated toys to economically disadvantaged children in the community. Last year, wishes for nearly 800 children the GCISD area were fulfilled. Santa Cops is funded entirely by local donations; it is organized and implemented by Grapevine police officers, their families and community volunteers. Cash and new toy donations may be dropped off at The REC, one of the collection sites. For additional information, please contact Sergeant Jason Keller at 817.914.4392.



To sign up for any of the listed activities,
visit the Active Adults front desk at
The REC or call 817.410.3465

WEEKLY SCHEDULE

MONDAY

8:00 AM: Water Aerobics
8:00 - 11:00 AM: Pool
8:00 - 11:00 AM: Walking Track
8:00 - 11:00 AM: Fitness Room
9:30 AM: Music Jam
10:20 AM: 55 Fit A
11:05 AM: 55 Fit B
1:00 PM: Power Time \$
1:00 PM: Mah Jongg

TUESDAY

8:00 AM: Water Aerobics
8:00 - 11:00 AM: Pool
8:00 - 11:00 AM: Walking Track
8:00 - 11:00 AM: Fitness Room
9:45 AM: Chair Exercise
10:00 AM: Oil Painting
10:00 AM: Bridge
11:00 AM: Seniors with Pizazz \$
1:00 PM: Yoga Lite
1:00 PM: Bingo

WEDNESDAY

8:00 AM: Water Aerobics
8:00 - 11:00 AM: Pool
8:00 - 11:00 AM: Walking Track
8:00 - 11:00 AM: Fitness Room
9:45 AM: Chair Exercise
9:45 AM: Grapevine Shopping
10:00 AM: Quilting
10:20 AM: 55 Fit A
11:00 AM: Beginner Tai Chi
11:05 AM: 55 Fit B

THURSDAY

8:00 AM: Water Aerobics
8:00 - 11:00 AM: Pool
8:00 - 11:00 AM: Walking Track
8:00 - 11:00 AM: Fitness Room
9:45 AM: Chair Exercise
10:00 AM: Chorus
10:00 AM: Jewelry Making
10:30 AM: Cycling with Kelsey
11:00 AM: Seniors with Pizazz \$
1:00 PM: Power Time \$

FRIDAY

8:00 - 11:00 AM: Pool
8:00 - 11:00 AM: Walking Track
8:00 - 11:00 AM: Fitness Room
9:45 AM: Chair Exercise
10:20 AM: 55 Fit A
11:00 AM: Beginner Tai Chi
11:05 AM: 55 Fit B
1:00 PM: Basic Line Dancing

November

- 01** Fit Court 55 (9:30 AM - 10 AM)
- 06** Library Adventure Time (9:45 AM - 11:30 PM)
- 07** Amerigroup Presentation (10:30 AM)
- 15** Fit Court 55 (9:30 AM - 10 AM)
- 26** Crafty Creations (10 AM - 12 PM)
- 29** Fit Court 55 (9:30 AM - 10 AM)

December

- 04** Library Adventure Time (9:45 AM - 11:30 PM)
- 13** Fit Court 55 (9:30 AM - 10 AM)
- 17** Crafty Creations (10 AM - 12 PM)
- 27** Fit Court 55 (9:30 AM - 10 AM)



Gaylord Stroll

Friday, December 14

Holiday Shopping

Wear your good walking shoes to shop the Glade Parks Shopping Center in Euless, **November 16!** This includes, but not limited to, Dick's Sporting Goods, Target, Bath & Body Works, Home Goods and more! The bus will leave from The REC at **9:30 AM**, we will meet at 11:30 AM in a central location to drive across the street for lunch, stay on the bus if you would like to eat lunch at The REC. We will be returning back to The REC by 2:00 PM.

Acorn Park Clean-Up and Picnic

Make a difference in your community by joining us and picking up litter at Acorn Park on **Friday, November 9**. We'll meet at **10:00 AM** at Acorn Park, have fun being together while we work and then enjoy a picnic at the clean park. Bring your own lunch; we'll supply water. We'll do the same thing on **Saturday, December 15**, meeting at **9:00 AM** for a couple of hours of clean-up, skipping the picnic.

Bridge

Newcomers are always welcome to join an informal group who play duplicate Bridge on Tuesdays from **10:00 AM-12:00 PM**. Some knowledge of Bridge is helpful. Stay mentally sharp while having some fun!

Jewelry Class

We will be using an embossing machine to create beautiful embossed metal earrings on **November 8** from **10:00 AM-12:00 PM**. To practice, we will emboss sequins and large disks which can then be made into earrings, etc. Many sizes and patterns available! All materials are supplied. If you want to make additional earrings, charms, or pendants, you can purchase Vintaj brand metal shapes at Hobby Lobby that will work in the embossing machine. \$5 for a pair of metal earrings (or a pendant).



Noon
Year's Eve

HAPPY TRAILS

Nature is calling your name! Going' Strollin' (GS) or Take a Hike (TAH). Proper shoes/clothing and water are required for safety reasons. Participants must sign up for each event and leave from The REC on the bus.

Times: (GS) 9:15 - 11:30 AM

(TAH) 10:00 AM - 1:00 PM and bring your own lunch.

November 20: (TAH) Horseshoe Monster Trail (bring picnic lunch)

November 23: (GS) Turkey Walk Off

December 26: (GS) Boxing Day Stroll

Around Town brings you to Grapevine up close. 10:00 AM - 1:00 PM

November 27 - CVB Winter Displays and Big Fish

December 11 - Downtown Stroll and Cotton Patch



Library Adventure Time - (10:00 AM - 12:00 PM)

November 6: 2nd Annual Sound of Music Highlights Sing-A-Long, with popcorn

December 4: WinterWonder!

Patrece's Park Workout - (10:15 AM - 12:30 PM)

November 13: Lakeview Park and Jason's Deli

Crafty Creations with Nancy

On **Monday, November 26**, make some cute and useful owl magnets to put on your refrigerator or to give as gifts. On **Monday, December 17**, you will make sled ornaments that you can hang on the tree or use as gift tags on presents.

Cost is \$5/person/class and meets **10:00 AM - 12:00 PM**.

Noon Year's Eve Party!

Join us at **10:00 AM** for some music and dancing to help us ring in the Noon Year at **12:00 PM**! Stay for lunch, but be sure to make your reservations by **December 27**. Cost for lunch is \$4.



the
GRAPE AFFAIR
newsletter

1175 Municipal Way
Grapevine Texas 76051

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HELPFUL PHONE NUMBERS

2-1-1

First Call for Help, United Way
Information and Referral Line

817.336.8714

Northeast Transportation Service (NETS)

817.410.3468

Grapevine Senior *Movers*

GET INVOLVED

6 Shooters

Why practice alone? Come out and shoot with friends and enjoy friendly competition and comradery. This group is for those who want to keep their shooting skills sharp or practice for the License to Carry class. Participants must register for each date, \$10 per person, ages 55 and Better! Participants will meet at Bass Pro Shooting Range (2501 Bass Pro Drive), **Thursday, November 8** and **Thursday, December 6** from **10:30-11:30 AM**.

Amerigroup Presentation

On **November 7** at **10:30 AM**, Amerigroup will explain the four basic Medicare plan types (A, B, C and D) and how to maximize value with an all-inclusive Medicare Advantage Plan and to understand the flexibility of a reliable Medicare Supplement Plan. The presentation covers the Medicare Plans offered by Amerigroup.

Fit Court 55

Grab your water bottle, a towel, and your workout shoes to head outdoors for a 30-minute bodyweight circuit with Patrece! This class is low-impact, challenging and fun! Change up your routine by adding sunshine and fresh air! Class meets **Thursday, November 1, 15, and 19**, weather permitting, from **9:30-10:00 AM**.



VOLUNTEER

Senior *Movers*

This volunteer-based program assists with the routine medical and dental transportation needs of the local senior population. Riders must be pre-registered, give 48-hour notice of need and require very minimal assistance. Volunteers are needed for this vital service. For information about this program, please contact Wes Marecle at wmarecle@grapevinetexas.gov or by calling 817.410.3468