



## VETRO GLASSBLOWING

The Active Adults take on Glassblowing at VETRO Glassblowing Grapevine! Glassblowing is a glass forming technique that involves inflating molten glass into a bubble or parison, a rounded mass of molten glass. Join us to try your hand at creating glass medallion art. The bus will leave at 9:45 AM on **Friday, September 28**, and return around lunchtime. Register quickly as we only have 24 spots available! Cost is \$20 per person.

## FRATERNAL ORDER OF PLAID SHIRTS

Gentlemen, join us on **Thursday, September 20**, at 9:30 AM as we visit the George W. Bush Library in Dallas. Cost of the trip is \$16. Lunch will be at the library at Café 43 or the Courtyard Café.

## STAY ACTIVE AND INDEPENDENT FOR LIFE (SAIL)

This 3-month program will help you improve your balance and mobility, reduce the risk of falls and improve your quality of life. It is taught by staff from Baylor Scott & White Medical Center - Grapevine on Tuesdays, 10:00-11:30 AM beginning September 11 and running through November 27.

## WALK TO END ALZHEIMER'S

Join our team on **Saturday, September 29** as we walk to raise awareness to combat Alzheimer's disease. You can walk with us or help by making a donation on our team's behalf. Our staff will be happy to assist you, visit the front desk.

## TRIP HIGHLIGHTS

### September

- 18 Patrece's Park Workout
- 20 Fraternal Order of Plaid Shirts
- 20 6 Shooters
- 21 Go Go Girls
- 28 Vetro Glassblowing
- 29 Walk to End Alzheimer's

### October

- 2 Crayola Experience
- 4 Texas State Fair
- 5 Empowering Seniors
- 6 Touring Lunch
- 11 Texas State Fair
- 12 Greek Foodfest
- 16 Patrece's Park Workout
- 18 Texas State Fair
- 18 6 Shooters



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



Join us on one of our three Thursday trips: **October 4, 11 and 18**. Free entry for seniors 60+ years is offered on Thursdays. If you are 55-59, bring an empty 20 oz. Coke bottle and receive a \$9 admission ticket. Due to the popularity of this trip, priority is given to Grapevine residents. A charge of \$5 per person (cash only) may be made when you register beginning on September 21. Bus leaves at 9:30 AM and will return by 4 PM.

# 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

# September

- 13** Fit Court 55 (9:30 AM - 10 AM)
- 19** Create-A-Card Workshop (10 AM - 12 PM)
- 24** Computer Registration (9 AM - 3 PM)
- 26** AARP Driver Safety (1 PM - 5 PM)
- 26** LTC Class (9 AM - 3 PM)
- 27** Fit Court 55 (9:30 AM - 10 AM)

# October

- 09** Mind, Brain and Body (1 PM - 2 PM)
- 12** Ping Pong Tournament (10 AM - 12 PM)
- 18** Fit Court 55 (9:30 AM - 10 AM)
- 23** Mind, Brain and Body (1 PM - 2 PM)
- 29** Crafty Creations (10 AM - 12 PM)



# WALK TO END ALZHEIMER'S

SATURDAY, SEPTEMBER 29

## Fraud Presentation

October is Crime Prevention Month! Join us on **Monday, October 15** at 12:45 PM for an informative presentation by our police department regarding the latest scams targeted towards seniors. Learn how to avoid becoming the next victim of a fraudulent scheme.

## Matter of Balance

Taught by Baylor Scott & White Medical Center - Grapevine staff, this award winning program consists of 8 two-hour classes. The program help adults 60+ years of age reduce their fear of falling through group discussion, problem solving strategies and increasing levels of physical activity. Class meets **October 1-24** on Mondays and Wednesdays, 9:30-11:30 AM.

## Mind, Brain and Body

Want to know more about the brain, how it works and how to maximize your potential to lead a more productive life? Vicki Hinesley, M.Ed. has her Master's Degree in Mind, Brain and Education from UT-Arlington and will lead the 45-minute interactive sessions beginning at 1:00 PM. Each one is independent of the others so you may attend as many as your schedule allows.

**September 11** - Understanding Weight Control

**September 25** - Preventing/Treating Pain & Inflammation

**October 9** - Boosting Brain Function as We Age

**October 23** - Understanding Depression, Anxiety, Stress & Grief

## Greek Foodfest

We're going to the annual Mid-Cities Greek Foodfest at St. John the Baptist Greek Orthodox Church on **Friday, October 12** for lunch! The bus leaves at 10:45 AM and will return by 1:30 PM. The flyer and menu are located at the Active Adult desk.



# 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.

**September 20:** (GS) Wall Farrar Nature Trail

**September 25:** (TAH) Wall Farrar Nature Trail

**October 23:** (GS) Snakey Lane **October 25:** (TAH) Rockledge Park

Around Town brings you to Grapevine up close. 10:00 AM - 1:00 PM  
**September 27** - 9/11 Memorial & Neighborhood Stroll and Grapevine Subs  
**October 30** - Nash Farm and Main Street Bistro



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

**September 11:** Sensory Room **October 9:** Melted Crayon Art

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

**September 18:** Parr Park and Jason's Deli

**October 16:** Heritage Botanical Fall Display and Jason's Deli

## Crafty Creations with Nancy

On **Monday, September 24**, make herbal room scents by using spices, herbs and fruits. On **Monday, October 29**, you will make a bright, colorful keychain using tassels, beads and pom poms so you can easily spot your keys no matter where they are! Cost is \$5/person/class and meets 10:00 AM - 12:00 PM.

## Go Go Girls

Ladies, come join us on **Friday, September 21** at Painting with a Twist! There you will be able to create your own work of art with your friends. (Pictured to the left) No skills are required and all supplies will be provided. Cost of the trip is \$25. Bus will leave at 9:45 AM and will return shortly after noon.



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)

**817.410.3465**

Grapevine SeniorMovers

## GET INVOLVED

### Grannies with Guns & Papaws with Pistols (LTC Class)

Seniors are being viewed more than ever as easy targets for crimes. What better way to protect yourself than to obtain your License to Carry (LTC) on **Wednesday, September 26**. This class meets 9:00 AM to 3:00 PM. The cost is \$50 for the classroom portion. It covers use of force, handgun safety, prohibited carry laws, scenarios, concealment methods and much more. Class will head directly to Shoot Smart Indoor Range in Grand Prairie after the classroom portion. An additional \$15 range fee may be paid directly to the range facility.

### Ping Pong Tournament

Do you have extremely fast reflexes and love ping pong? Come show off your skills at our fourth annual Active Adults ping pong tournament on **Friday, October 12**. Play will begin at 10:00 AM sharp. The tournament will be single elimination and entries are limited. Deadline to register is October 5.

### Touring Lunch

This progressive lunch will take you to a variety of businesses/senior living facilities to learn about the services each one offers. On **October 6**, you are invited to bring a friend or your adult child with you on this fun, fact-finding trip. Bus leaves at 9:30 AM and will return around 2:30 PM. Charge is \$5 per person.



## Crayola Experience

Crayola Experience in Plano has over 60,000 square feet of attractions. Come spend a few hours exploring the 22 hands-on attractions they offer. You can star in your own coloring page, name and wrap your very own Crayola crayon, embark on a 4-D coloring adventure, learn how crayons are made in a live show and more! Lunch will be on your own at a nearby restaurant. Cost is \$12. Bus leaves at 9:15 AM on **October 2** and will return by 3 PM.