



1175 Municipal Way
Grapevine, TX 76051
817.410.3465

THE GRAPE AFFAIR

..... August/September 2017

For the Active Adult 55 and Better

Welcome to The REC Active Adult 55 and Better

Sign-ups

August Trips: 7/27/17

September Classes: 8/1/17

September Trips: 8/24/17

October Classes: 9/1/17

Pinners Expo

Are you a Pinner? Arlington Convention Center is hosting a Pinterest Conference & Expo and we're going on Friday, September 29. Enjoy over 200 exhibiting businesses that provide shopping options that cover all categories! This expo will feature 100 classes so you can learn new things and create something special. Admission is \$8/person at the door. Classes are an additional cost. Visit tx.pinnerconference.com for more information. Bus will leave at 9:30 AM and return by 3 PM. A

Highlights for August

- 11 Quilters Guild Trip
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- 28 Nature Thyme
- 29 Navigating Senior Living Options
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Highlights for September

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- 19 Magnolia Silos
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- 25 Computer Registration
- 25 CarFit
- 25 Nature Thyme
- 27 AARP Driver Safety
- 28 Go Go Girls Trip
- 29 Pinners Expo
- 30 Touring Lunch

Megan's Lunch Bunch

Café Italia is our destination on **Tuesday, August 22**. Choose your menu item and pay for it beginning August 1. Bus leaves at 11:30 AM. Space is limited.

Happy Trails and Patrece's Park Workout

These popular events return in September! Check out upcoming dates at the Active Adult desk at the end of August. For more information, contact Patrece at 817.410.3465.

Fraternal Order of Plaid Shirts

The guys are headed to the Perot Museum on **Thursday, August 31** to stay cool and to check out all the exhibits they offer. Cost of the trip is \$12 plus lunch on your own. On **Thursday, September 21**, join the guys in plaid when they go to Downtown Dallas to visit the Old Red Museum to learn about the cultural, economic, political and social history of Dallas County. Cost of the trip is \$11 plus lunch on your own at Sonny Bryan's BBQ. Bus leaves at 9:30 and returns by 2 PM.

Nature Thyme

On **Monday, August 28**, learn about culinary herbs and how you can use them to infuse their aroma in vinegar to create something unique to use in the kitchen. Everyone will get to take home their own bottle of herb vinegar. On **Monday, September 25**, design a butterfly mobile just in time to celebrate the Monarch butterfly event coming up in October. This is something that will look pretty in a window or on the wall. Classes take place in the Arts & Crafts room at The REC from 10-11:30 AM. See samples and sign up at the Active Adult desk.

Go Go Girls

On **Friday, August 25**, the ladies are going to the Cowgirl Museum in Ft. Worth. Cost of the trip is \$8. Lunch is on your own at Macaroni Grill. On **Thursday, September 28**, we travel to the Exotic Animal Sanctuary in Boyd. The cost of the trip is \$12 followed by lunch at Dos Chiles. Bus leaves at 9:30 AM and returns by 2 PM.

Mind, Brain, & 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 & Body from UT-Arlington and will lead the following 45-minute interactive sessions beginning at 1 PM. Each one is independent of the others so you may need to attend as many as your schedule allows. Sign up at the Active Adult front desk. For more information, email Vicki at vicki.hinesley@uta.edu.

October 11—What 5 things can you do to promote cognitive functioning of the brain as you age?

October 25—How do we increase our ability to learn and remember? What does my mindset have to do with my brain?

November 1—How can we improve the way we reach decisions and solve problems?

November 8—In what ways can we reframe the ways we think about our relationships with other people, stress, food, and situations beyond our control?

Ripley's Believe It or Not

Join us on **Thursday, August 17** to take a trip to Ripley's Believe It or Not to see the weird, strange, and bizarre things on display. Louis Tussaud's Palace of Wax has over 200 life-like wax figures of Hollywood, history and fear! Cost of the trip is \$10 plus lunch on your own at Saltgrass. Bus leaves at 9:30 AM and will return by 2 PM.

Magnolia Silos

Are you familiar with the Magnolia Silos as featured in the hit show "Fixer Upper" with Chip and Joanna Gaines? Join us on a chartered bus to Waco to check it out. Trip cost is \$25 plus lunch on your own at various food trucks. We need a minimum of 33 people for the trip to make. The bus leaves at 8 AM and returns approximately at 3 PM on **Tuesday, September 19**. Deadline to sign up is September 12.

August 2017

Monday	Tuesday	Wednesday	Thursday	Friday
	1 7:00-10:00 Pickleball 8:00 Water Aerobics 9:45 Chair Exercise 10:00 Thrifty Tuesday 10:00 Oil Painting 10:00 Bridge 10:30 Blood Pressure Check 11:00 Seniors With Pizazz \$ 1:00 Bingo 1:00 Yoga Lite 1:00-4:00 Table Games 3:30 Sr Citizens Advisory Board	2 8:00 Water Aerobics 9:45 Chair Exercise 9:45 Grapevine Shopping 10:00-11:30 42 10:00 Vine Quilters Class 10:30 55 Fit A 11:00 Beginner Tai Chi 11:05 55 Fit B 12:45 Grocery Shopping 1:00-3:00 Pickleball 1:00-4:00 Table Games	3 8:00 Water Aerobics 8:00-10:00 Pickleball 9:45 Chair Exercise 9:45 Mall Shopping/Walking 10:00 Jewelry Making 10:00 Chorus 10:30 Cycling with Megan 11:00 Seniors With Pizazz \$ 1:00 Power Time \$ 1:00-4:00 Table Games	4 9:45 Chair Exercise 10:00 Ceramics 10:30 No 55 Fit A 11:00 Beginner Tai Chi 11:05 No 55 Fit B 1:00 Line Dancing 1:00-4:00 Table Games
7 8:00 Water Aerobics 9:30 Music Jam 10:00-11:30 42 10:30 55 Fit A 11:05 55 Fit B 1:00 Power Time \$ 1:00 Mah Jongg 1:00-4:00 Table Games	8 7:00-10:00 Pickleball 8:00 Water Aerobics 9:45 Chair Exercise 10:00 Thrifty Tuesday 10:00 Oil Painting 10:00 Bridge 10:30 Blood Pressure Check 11:00 Seniors With Pizazz \$ 1:00 Bingo 1:00 Yoga Lite 1:00-4:00 Table Games	9 8:00 Water Aerobics 9:45 Chair Exercise 9:45 Grapevine Shopping 10:00-11:30 42 10:00 Vine Quilters Class 10:30 55 Fit A 11:00 Beginner Tai Chi 11:05 55 Fit B 12:45 Grocery Shopping 1:00-3:00 Pickleball 1:00-4:00 Table Games	10 8:00 Water Aerobics 8:00-10:00 Pickleball 9:45 Chair Exercise 9:45 Mall Shopping/Walking 10:00 Jewelry Making 10:00 Chorus 10:30 Cycling with Megan 11:00 Seniors With Pizazz \$ 12:30 Participant Meeting 1:00 Power Time \$ 1:00-4:00 Table Games	11 9:30 Go Go Girls (1) 9:45 Chair Exercise 10:00 Ceramics 10:30 55 Fit A 11:00 Beginner Tai Chi 11:05 55 Fit B 1:00 Line Dancing 1-4:00 Table Games
14 8:00 Water Aerobics 9:30 Music Jam 10:00-11:30 42 10:30 55 Fit A 11:05 55 Fit B 1:00 Power Time \$ 1:00 Mah Jongg 1:00-4:00 Table Games	15 7:00-10:00 Pickleball 8:00 Water Aerobics 9:45 Chair Exercise 10:00 Collette Presentation (2) 10:00 Oil Painting 10:00 Bridge 10:30 Blood Pressure Check 11:00 Seniors With Pizazz \$ 1:00 Bingo 1:00 Yoga Lite 1:00-4:00 Table Games	16 8:00 Water Aerobics 9:45 Chair Exercise 9:45 Grapevine Shopping 10:00-11:30 42 10:00 Vine Quilters Class 10:30 55 Fit A 11:00 Beginner Tai Chi 11:05 55 Fit B 12:45 Grocery Shopping 1:00-3:00 Pickleball 1:00-4:00 Table Games	17 8:00 Water Aerobics 8:00-10:00 Pickleball 9:30 Ripley's (3) 9:45 Chair Exercise 9:45 Mall Shopping/Walking 10:00 Jewelry Making 10:00 Chorus 10:30 Cycling with Megan 11:00 Seniors With Pizazz \$ 1:00 Power Time \$ 1:00-4:00 Table Games	18 9:45 Chair Exercise 10:00 Ceramics 10:30 55 Fit A 11:00 Beginner Tai Chi 11:05 55 Fit B 1:00 Line Dancing 1:00-4:00 Table Games
21 8:00 Water Aerobics 9:30 Music Jam 10:00-11:30 42 10:30 55 Fit A 11:05 55 Fit B 1:00 Power Time \$ 1:00-4:00 Table Games	22 7:00-10:00 Pickleball 8:00 Water Aerobics 9:45 Chair Exercise 10:00 Oil Painting 10:00 Bridge 10:30 Blood Pressure Check 11:00 Seniors With Pizazz \$ 11:30 Megan's Lunch Bunch (4) 1:00 Bingo 1:00 Yoga Lite 1:00-4:00 Table Games	23 8:00 Water Aerobics 9:45 Chair Exercise 9:45 Grapevine Shopping 10:00-11:30 42 10:00 Vine Quilters Class 10:30 55 Fit A 11:00 Beginner Tai Chi 11:05 55 Fit B 12:45 Grocery Shopping 1:00-3:00 Pickleball 1:00-4:00 Table Games	24 8:00 Water Aerobics 8:00-10:00 Pickleball 9:45 Chair Exercise 9:45 Mall Shopping/Walking 10:00 Jewelry Making 10:00 Chorus 10:30 Cycling with Megan 11:00 Seniors With Pizazz \$ 1:00 Power Time \$ 1:00-4:00 Table Games	25 9:45 Chair Exercise 10:00 Ceramics 10:30 55 Fit A 11:00 Beginner Tai Chi 11:05 55 Fit B 1:00 Line Dancing 1:00-4:00 Table Games
28 8:00 Water Aerobics 9:30 Music Jam 10:00 Nature Thyme (5) 10:00-11:30 42 10:30 55 Fit A 11:05 55 Fit B 1:00 Power Time \$ 1:00 Mah Jongg 1:00-4:00 Table Games	29 7:00-10:00 Pickleball 8:00 Water Aerobics 9:45 Chair Exercise 10:00 Oil Painting 10:00 Bridge 10:30 Blood Pressure Check 11:00 Seniors With Pizazz \$ 1:00 Bingo 1:00 Yoga Lite 1:00-4:00 Table Games	30 8:00 Water Aerobics 9:45 Chair Exercise 9:45 Grapevine Shopping 10:00-11:30 42 10:00 Vine Quilters Class 10:30 55 Fit A 11:00 Beginner Tai Chi 11:05 55 Fit B 12:45 Grocery Shopping 1:00-3:00 Pickleball 1:00-4:00 Table Games	31 8:00 Water Aerobics 8:00-10:00 Pickleball 9:30 FOPS (6) 9:45 Chair Exercise 9:45 Mall Shopping/Walking 10:00 Jewelry Making 10:00 Chorus 10:30 Cycling with Megan 11:00 Seniors With Pizazz \$ 1:00 Power Time \$ 1:00-4:00 Table Games	

NOTES:

1. Go Go Girls - Cowgirl Museum in Fort Worth - \$8 plus lunch on your own at Macaroni Grill - Bus leaves at 9:30 AM
2. Collette Vacation - Spotlight on Tuscany - August 15 at 10 AM
3. Ripley's Believe It or Not - \$10 plus lunch on your own at Saltgrass - Bus leaves at 9:30 AM
4. Megan's Lunch Bunch - Café Italia - Sign up with Megan beginning August 1
5. Nature Thyme - Learn about Herbal Vinegar - \$5 - The REC
6. FOPS - Perot Museum - \$12 plus lunch on your own at the museum - Bus leaves at 9:30 AM

September 2017

Monday	Tuesday	Wednesday	Thursday	Friday
				1 9:45 Chair Exercise 10:00 Ceramics 10:30 55 Fit A 11:00 Beginner Tai Chi 11:05 55 Fit B 1:00 Line Dancing 1:00-4:00 Table Games
4 REC OPEN 5AM - 5PM 8:00 Water Aerobics 9:30 Music Jam 10:00-11:30 42 10:30 55 Fit A 11:05 55 Fit B 1:00 Power Time \$ 1:00 Mah Jongg 1:00-3:30 Pickleball 1:00-4:00 Table Games	5 REC CLOSED	6 REC CLOSED	7 REC CLOSED	8 REC CLOSED
11 8:00 Water Aerobics 9:30 Music Jam 10:00-11:30 42 10:30 55 Fit 11:05 55 Fit 1:00 Power Time \$ 1:00 Mah Jongg 1:00-3:30 Pickleball 1:00-4:00 Table Games	12 8:00 Water Aerobics 9:45 Chair Exercise 10:00 Oil Painting 10:00 Bridge 10:30 Blood Pressure Check 11:00 Seniors With Pizazz \$ 1:00 Bingo 1:00 Yoga Lite 1:00-3:30 Pickleball 1:00-4:00 Table Games	13 8:00 Water Aerobics 9:45 Chair Exercise 9:45 Grapevine Shopping 10:00-11:30 42 10:00 Vine Quilters Class 10:30 55 Fit A 11:00 Beginner Tai Chi 11:05 55 Fit B 12:45 Grocery Shopping 1:00-3:30 Pickleball 1:00-4:00 Table Games	14 GrapeFest 8:00 Water Aerobics 9:45 Chair Exercise 9:45 Mall Shopping/Walking 10:00 Jewelry Making 10:00 Chorus 10:30 Cycling with Megan 11:00 Seniors With Pizazz \$ 1:00 Power Time \$ 1:00-3:30 Pickleball 1:00-4:00 Table Games	15 GrapeFest 9:45 Chair Exercise 10:00 Ceramics 10:30 55 Fit A 11:00 Beginner Tai Chi 11:05 55 Fit B 1:00 Line Dancing 1:00-4:00 Table Games
18 8:00 Water Aerobics 9:30 Music Jam 10:00-11:30 42 10:30 55 Fit 11:05 55 Fit 1:00 Power Time \$ 1:00 Mah Jongg 1:00-3:30 Pickleball 1:00-4:00 Table Games	19 8:00 Magnolia Silos (1) 8:00 Water Aerobics 9:45 Chair Exercise 10:00 Oil Painting 10:00 Bridge 10:30 Blood Pressure Check 11:00 Seniors With Pizazz \$ 1:00 Bingo 1:00 Yoga Lite 1:00-3:30 Pickleball 1:00-4:00 Table Games	20 8:00 Water Aerobics 9:45 Chair Exercise 9:45 Grapevine Shopping 10:00-11:30 42 10:00 Vine Quilters Class 10:30 55 Fit A 11:00 Beginner Tai Chi 11:05 55 Fit B 12:45 Grocery Shopping 1:00-3:30 Pickleball 1:00-4:00 Table Games	21 8:00 Water Aerobics 9:30 FOPS (2) 9:45 Chair Exercise 9:45 Mall Shopping/Walking 10:00 Jewelry Making 10:00 Chorus 10:30 Cycling with Megan 11:00 Seniors With Pizazz \$ 1:00 Power Time \$ 1:00-3:30 Pickleball 1:00-4:00 Table Games	22 9:45 Chair Exercise 10:00 Ceramics 10:30 55 Fit A 11:00 Beginner Tai Chi 11:05 55 Fit B 1:00 Line Dancing 1:00-4:00 Table Games
25 8:00 Water Aerobics 9:00 Computer Registration (3) 9:00-2:00 CarFit 9:30 Music Jam 10:00 Nature Thyme (4) 10:00-11:30 42 10:30 55 Fit 11:05 55 Fit 1:00 Power Time \$ 1:00 Mah Jongg 1:00-3:30 Pickleball 1:00-4:00 Table Games	26 8:00 Water Aerobics 9:45 Chair Exercise 10:00 Oil Painting 10:00 Bridge 10:30 Blood Pressure Check 11:00 Seniors With Pizazz \$ 1:00 Bingo 1:00 Yoga Lite 1:00-3:30 Pickleball 1:00-4:00 Table Games	27 8:00 Water Aerobics 9:45 Chair Exercise 9:45 Grapevine Shopping 10:00-11:30 42 10:00 Vine Quilters Class 10:30 55 Fit A 11:00 Beginner Tai Chi 11:05 55 Fit B 12:45 Grocery Shopping 1:00 AARP Driver Safety 1:00-3:30 Pickleball 1:00-4:00 Table Games	28 8:00 Water Aerobics 9:30 Go Go Girls (5) 9:45 Chair Exercise 9:45 Mall Shopping/Walking 10:00 Jewelry Making 10:00 Chorus 10:30 Cycling with Megan 11:00 Seniors With Pizazz \$ 1:00 Power Time \$ 1:00-3:30 Pickleball 1:00-4:00 Table Games	29 9:45 Chair Exercise 10:00 Ceramics 10:30 55 Fit A 11:00 Beginner Tai Chi 11:05 55 Fit B 1:00 Line Dancing 1:00-4:00 Table Games

NOTES:

- Magnolia Silos - \$25 plus lunch on your own at one of the food trucks - Bus leaves at 8 AM
- FOPS - \$11 plus lunch on your own at Sonny Byran's - Bus leaves at 9:30 AM
- Computer Class Registration - 9 AM-12 PM Register in person for a variety of classes. Schedule available at Active Adult Desk or at gograpevine.com
- Nature Thyme - Faux Stained Glass Butterfly - \$5 - The REC
- Go Go Girls - Exotic Animal Sanctuary in Boyd - \$12 plus lunch on your own at Dos Chiles - Bus leaves at 9:30 AM

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

Spotlight on Tuscany - Collette Vacations (March 20-28)

September 21 is the deposit deadline for this single hotel stay in Montecatini Terme. Highlights include Florence, Lucca, Siena, Pisa and San Gimignano. Rates which include round trip air from DFW, air taxes and fees/surcharges and hotel transfers are: double-\$2,999; single-\$3,199; triple-\$2,969. For more information, visit <https://gateway.gocollette.com/link/796664>. A special presentation on this trip will be held at The REC on Tuesday, August 15 at 10 AM.

Navigating Senior Living Options

Join us **Tuesday, August 29** at 10:30 AM for a free presentation on how to evaluate the many and varied senior housing and care options. Learn about the different levels of care and the fee structures; learn tips for choosing a senior living option that meets your needs. What are the signs that it may be time to consider a senior living residence? This is valuable information for your future reference.

Matter of Balance

A Matter of Balance is an award winning program designed to help adults 60+ years of age reduce their fear of falling through group discussion, problem-solving strategies and increasing the physical activity levels of those who have concerns about falls. Paulette

Golden from Baylor Scott & White Medical Center will be conducting these classes **October 2-25** on Mondays and Wednesdays, 9:30-11:30 AM. Enrollment is limited to develop a comfortable sharing environment among the participants. Enroll at the Active Adult desk.

Touring Lunch

This progressive lunch will take you to a variety of businesses/ senior living facilities to learn about the services each one offers. You are invited to bring a friend or your adult child with you on this fun fact-finding trip. You will enjoy getting to know your fellow participants as we travel from place to place. This popular event fills up quickly and signups end on Friday, September 20. The bus leaves at 9:30 AM on **Saturday, September 30** and we finish up around 2:30 PM. Sign up at the Active Adult desk. Charge is \$5/ person.

CarFit

Trained technicians teach participants how to make their personal vehicle "fit" them by reviewing 12 key areas. 30 minute appointment slots are available on **Monday, September 25**, 9 AM - 2 PM. Sign up at the Active Adult front desk. This program is brought to you by Baylor Scott & White and the Texas Department of Transportation.

Newsletter Joke:

Morris, an 82 year-old man, went to the doctor to get a physical. A few days later the doctor saw Morris walking down the street with a gorgeous young woman on his arm.

A couple of days later the doctor spoke to Morris and said, "You're really doing great, aren't you?"

Morris replied, "Just doing what you said, Doc: 'Get a hot mamma and be cheerful.'"

The doctor said, "I didn't say that. I said, 'You've got a heart murmur. Be careful.' ".....ooh!