



FRISCO ROUGHRIDERS

On **Tuesday, May 8**, we will enjoy America's favorite pastime. Join us as we head out to the ball park to watch the Frisco RoughRiders take on the Midland Rockhounds at the Dr. Pepper Ballpark in Frisco. Your seats are located in the all-you-can-eat seats, which includes, brats, hotdogs, chips, drinks and more! A free gift is also included. Cost of the trip is \$25/person. Bus will leave at 9:30 AM.

FRATERNAL ORDER OF PLAID SHIRTS

Join the guys on **Thursday, March 22** as they visit the Vintage Car and Grill Museum in Weatherford, TX. Lunch will be on your own at the Museum Grill. In addition, on **Thursday, April 26** the men will tour the Ice House and the Grapevine Blacksmith shop here in Grapevine. Lunch will follow at a restaurant on Main St. (TBD)

MEGAN'S LUNCH BUNCH

Don't miss this popular event! Megan will be taking the group to Café Italia in Grapevine on **Friday, April 13**. Sign ups begin on March 19!

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 **March 24**, 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, so sign up today. The bus leaves at 9:30 AM and we will wrap up around 2:30 PM. Charge is \$5/person.

TRIP HIGHLIGHTS

MARCH

- 6 Go Go Girls
- 6 Thrifty Tuesday
- 22 Fraternal Order of Plaid Shirts
- 24 Touring Lunch
- 27 Patrece's Park Workout & Picnic
- 29 Winstar Casino

APRIL

- 3 Thrifty Tuesday
- 3 Take a Hike
- 5 Around Town
- 13 Megan's Lunch Bunch
- 17 Go Go Girls
- 19 Happy Trails
- 24 Patrece's Park Workout & Picnic
- 26 Fraternal Order of Plaid Shirts



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



On **Thursday, March 29**, we will head out to Winstar World Casino to test your luck! The cost of the trip is \$25 and a minimum of 32 people are needed in order for this trip to make so don't wait! Bus will leave at 8:00 AM and will return at 4:00 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 Life
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 Megan
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

MARCH

- 05** Computer Class Registration (9:00 –12:00 PM)
06 Generations (12:15 PM - 1:15 PM)
08 Library Adventure Time (10:00 AM - 12:00 PM)
20 Easter Card Workshop (10:00 AM - 12:00 PM)
20 Generations (12:15 PM - 1:15 PM)
20 AARP Driver Safety (1:00 PM - 5:00 PM)
20 Blood Pressure Checks - Woodridge (12:00 PM)
27 Hearing Aid Cleanings (11:00 AM)

APRIL

- 10** Library Adventure Time (10:00 AM - 12:00 PM)
17 Blood Pressure Checks - Woodridge (12:00 PM)
17 Generations (12:15 PM - 1:15 PM)
24 Hearing Aid Cleanings (11:00AM)



WATER AEROBICS

Monday–Thursday 8:00 AM

Got Pain?

Everybody has either chronic or occasional pain. With the current opioid epidemic, there are "alternative" & "complementary" scientifically proven techniques to help alleviate or diminish physical pain. Bring a friend (optional) to learn about and practice these ancient techniques that involve sweeping, tapping, massaging, visualizing or using tools such as a stainless steel spoon, color, hair brush or Kansa wand. Presentation is **Tuesday, March 27**, 1-2 PM. Register at the Active Adults desk. Payment of \$15/person may be made to Ivana Nelson of "body, soul, energy" at the beginning of class. A minimum of seven participants is needed in order for this class to make.

AARP Tax Aide: Feb. 7 - April 11

If you need assistance with your taxes, certified volunteers are available on Wednesdays from 8:30 AM - 4:00 PM to help those in the low to middle income range. Special emphasis is given to those aged 60 and over. Call 817.410.3077 to schedule your appointment.

The Fitness Court

With our new outdoor fitness court completed, Patrece will challenge small groups to big skills! Join her from 9:30 - 10:00 AM **Thursdays, March 22, April 12 and April 26**. Sign up for each at the Active Adults desk.

Patrece's Park Picnic and Workout

Let's play at Grapevine's fabulous parks! Each workout is unique to each park, followed by a picnic! Catch the bus at 10:00 AM or meet us there at 10:30 AM. Cost is \$10/person/park. **March 27** at Parr Park. **April 24** at Heritage Park @ the Botanical Gardens.



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.
Meet at 9:15 AM in the Active Adults Lounge.

March 13: GS/TAH: Walk Around the Block **April 10:** TAH: Lakeview
April 19: GS/TAH: Acorn Park Special Clean-up & Sack Lunch

Around Town brings you to Grapevine up close.
March 15 - Walking journey to Jason's Deli through the shaded neighborhood.
April 5 - Stroll down to sight-see at City Hall. Lunch follows at Cotton Patch Café.
Meet at The REC at 10:15 AM and return at 12:30 PM.



Mind, Brain & Body

Back by popular demand, Vicki Hinesley who holds a master's degree in Mind, Brain and Education will provide four additional classes to share her knowledge of how the brain works, learns and solves problems. Her free presentations are interactive and based on current academic and medical research.

March 6 - Depression: Causes, Diagnosis and Treatments

March 20 - Protecting the Heart: The Roles of Exercise, Sleep and Stress Reduction

April 3 - Cognitive Health: Preserving Brain Function as We Age

April 17 - Training the Brain: The Power of a Positive Mindset & Strategies to Improve Memory

Library Adventure Time

March 8: Stained "Glass" Irish Art! Pretty Celtic Outlines creatively colored by you.

April 10: Wizard of Oz Highlights Sing-A-Long!
We're off to SING the Wizard! Popcorn included!

Megan's class is so beneficial for me. It improves my cardiovascular strength, firms up my muscles, burns calories, and is a great way to destress; and it does all of this to my favorite 50's and 60's music!

- Carol Brown

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

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 **April 16 - May 9** on Mondays and Wednesdays, 9:30-11:30 AM. Enrollment is limited to develop a comfortable sharing environment among participants. Enroll at the Active Adults desk.

GO GO GIRLS

On **Tuesday, March 29**, the ladies will be heading out to the Gaylord Hotel to complete a scavenger hunt. Lunch will be on your own at Esparza's following the trip. On **Tuesday, April 17**, we will take you to IKEA in Grand Prairie for some shopping. Lunch will be on your own at Cheddars.

Nature Thyme

On **Monday, March 26**, make a simple wreath with interchangeable accessories to celebrate different seasons and holidays throughout the year. On **Monday, April 30**, there are 2 fun useful projects to make. Create an eyeglass chain personalized to your style to keep your glasses safe and close when you need them. You will also make a leather bookmark with colored beads and charms. Each class is \$5/person.



Camping 101

On **Friday, May 4** from 10:00 AM to 1:30 PM come join us at Meadowmere Park and enjoy learning some basic camping skills. You will learn various survival skills, how to set up a tent and how to build a fire. There will be a hotdog cookout for lunch and prizes! This event is \$5 and you must register at the Active Adults desk.