

**Welcome to The REC Active
Adult 55 and Better**

Sign-ups

June Trips: 5/30/17

July Classes: 6/1/17

July Trips: 6/20/17

August Classes: 7/3/17

**Computer Class
Registration**

Registration in person takes place on Monday, July 31, 9 AM - 12PM in the Stage Classroom at The REC. Registration by phone begins at 1 PM and continues until classes are full. A complete class schedule that includes iPhones and android phones will be available in mid-July at the Active Adult desk or can be downloaded from the city website. Go to playgrapevine.com, click on "Activities" at the top, then "55 & Better". Under "Computer Classes" click on "View our classes and schedule." Don't miss out on this opportunity to improve your computer skills!

Highlights for June

- 9 Go Go Girls Trip
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- 22 Bush Museum

Highlights for July

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Registration

Looking Ahead to August

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Go Go Girls

Ladies, let's cool off as we catch a movie at the Colleyville Cinema and Grill on **June 9**. We will go to a matinee showing and grab lunch while watching the movie! The movie and time is TBD the week of the trip. We will be paying at the theater for the movie and meal. The ladies will be taking a walk down memory lane when they travel to the Vineyards Antique Mall in Colleyville on Friday, **July 14**. You can browse or even buy some of those memorable items. Lunch will be on your own at CoCo's Tea Room inside the Mall. Bus leaves at 9:45 AM and returns by 2 PM.

Fraternal Order of Plaid Shirts

The guys are taking a trip to the Fort Worth Aviation Museum to see displays of aviation artifacts and airplanes on Wednesday, **June 14**. Cost of the trip is \$7 and lunch is on your own at Cooper's Old Time Pit BBQ. Bus leaves at 9:30 AM and returns by 2 PM. Guys, whether you're a car fan, toy collector or just enjoy seeing rare antiques, you'll take great pleasure in seeing what is on display at DFW Elite Toy Car Museum on **July 13**. Free museum entry fee and lunch is on your own at The Bluebonnet Café. Bus leaves at 9:45 AM and returns by 2 PM.

Bush Museum

George W. Bush Presidential Library and Museum looks at the life and career of President George W. Bush. Museum exhibits include "A Nation Under Attack", "Life in the White House", the interactive Decision Points Theater, and a full size replica of the White House Oval Office. There is also a special exhibit of paintings by President Bush titled "A Commander in Chief's Tribute to America's Warriors." There will be a security check at the entrance. Trip is Thursday, **June 22**; the bus will leave at 9:30 AM and will return by 2 PM. Cost is \$13. Lunch is on your own at the outdoor courtyard café or inside restaurant at the Library. Reservations to the Café 43 restaurant are recommended so call 214.200.4302 if you wish to dine there.

Winstar Casino

Test your luck at the world renown Winstar World Casino. Cost of the trip is \$25, price includes a free breakfast at the casino and the tour bus. **Deadline to register is Thursday, July 13**, as we must have 34 people to make the trip. Bus leaves at 8 AM and returns around 3 PM on Thursday, **July 20**.

Mah Jongg Tournament

The Mah Jongg Tournament is in Flower Mound on Monday, **June 19** at 10:00 AM. The bus will leave at 9:30 AM and the cost to participate is \$10 which includes lunch.

Collette Vacations—Spotlight on Tuscany

The rolling hills of Tuscany are home to sprawling vineyards, charming medieval hill towns and enchanting cities steeped in history, culture and legend. Discover them for yourself on this relaxing sojourn into the Italian countryside. Visit Florence, Siena, Pisa and San Gimignano. Savor a 7-night stay in Montecatini Terme, the famous resort and spa town. Enjoy free time to explore the cultural treasures of Florence, including Michelangelo's "David." Discover the charming town of Lucca, Italy's best-kept secret. Learn about the heroic deeds of WWII at the remains of the Gothic Line and visit the Museum of Liberation. Enjoy fabulous local wines and the region's famous cuisine. Cost is: Single - \$3,299; Double - \$3,099; Triple - \$3,069. Join us August 15 at 10 AM for a presentation by Collette.

June 2017

Monday	Tuesday	Wednesday	Thursday	Friday
			1 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 \$ 1-4:00 Table Games	2 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
5 8:00 Water Aerobics 9:30 Music Jam 10-11:30 42 10:30 55 Fit A 11:05 55 Fit B 1:00 Power Time \$ 1:00 Mah Jongg 1-4:00 Table Games	6 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 1-4:00 Table Games 3:30 Sr Citizens Advisory Board	7 8:00 Water Aerobics 9:45 Chair Exercise 9:45 Grapevine Shopping 10-11:30 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 1-4:00 Table Games	8 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 \$ 1-4:00 Table Games	9 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 TBD Go Go Girls (1)
12 8:00 Water Aerobics 9:30 Music Jam 10-11:30 42 10:30 55 Fit A 11:05 55 Fit B 1:00 Power Time \$ 1:00 Mah Jongg 1-4:00 Table Games	13 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 1-4:00 Table Games	14 8:00 Water Aerobics 9:30 FOPS Trip (2) 9:45 Chair Exercise 9:45 Grapevine Shopping 10-11:30 42 10:00 Vine Quilters Class 10:30 55 Fit A 11:00 No Beginner Tai Chi 11:05 55 Fit B 12:45 Grocery Shopping 1:00-3:00 Pickleball 1-4:00 Table Games	15 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 \$ 1-4:00 Table Games	16 9:45 Chair Exercise 10:00 Ceramics 10:30 55 Fit A 11:00 No Beginner Tai Chi 11:05 55 Fit B 1:00 Line Dancing 1-4:00 Table Games
19 8:00 Water Aerobics 9:30 Mah Jongg Tournament (3) 9:30 Music Jam 10-11:30 42 10:30 55 Fit A 11:05 55 Fit B 1:00 Power Time \$ 1-4:00 Table Games	20 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 1-4:00 Table Games	21 8:00 Water Aerobics 9:45 Chair Exercise 9:45 Grapevine Shopping 10-11:30 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 1-4:00 Table Games	22 8:00 Water Aerobics 8:00-10:00 Pickleball 9:30 Bush Museum (4) 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 \$ 1-4:00 Table Games	23 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
26 8:00 Water Aerobics 9:30 Music Jam 10-11:30 42 10:30 55 Fit A 11:05 55 Fit B 1:00 Power Time \$ 1:00 Mah Jongg 1-4:00 Table Games	27 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 1-4:00 Table Games	28 8:00 Water Aerobics 9:45 Chair Exercise 9:45 Grapevine Shopping 10-11:30 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 1-4:00 Table Games	29 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 \$ 1-4:00 Table Games	30 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

NOTES:

1. Colleyville Cinema and Grill - Matinee showing and lunch - check back the week of the trip for movie details
2. Fort Worth Aviation Museum - \$7 plus lunch on your own at Coppers Old Time Pit BBQ - Bus leaves @ 9:30 AM
3. Flower Mound Mah Jongg Tournament - \$10 which includes your lunch - Bus leaves @ 9:30 AM
4. Bush Museum - \$13 plus lunch on your own - Bus leaves @ 9:30 AM

July 2017

Monday	Tuesday	Wednesday	Thursday	Friday
3 8:00 Water Aerobics 9:30 Music Jam 10-11:30 42 10:30 55 Fit A 11:05 55 Fit B 1:00 Power Time \$ 1:00 Mah Jongg 1-4:00 Table Games	REC CLOSED	5 8:00 Water Aerobics 9:45 Chair Exercise 9:45 Grapevine Shopping 10-11:30 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 1-4:00 Table Games	6 8:00 Water Aerobics 8:00-10:00 Pickleball 9:45 Chair Exercise 9:45 Mall Shopping/Walking 10:00 Jewelry Making 10:00 No Chorus 10:30 Cycling with Megan 11:00 Seniors With Pizazz \$ 1:00 Power Time \$ 1-4:00 Table Games	7 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
10 8:00 Water Aerobics 9:30 Music Jam 10-11:30 42 10:30 55 Fit A 11:05 55 Fit B 1:00 Power Time \$ 1:00 Mah Jongg 1-4:00 Table Games	11 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 1:00-3:30 Pickleball 1-4:00 Table Games	12 8:00 Water Aerobics 9:45 Chair Exercise 9:45 Grapevine Shopping 10-11:30 42 10:00 Vine Quilters Class 10:30 55 Fit A 11:00 No Beginner Tai Chi 11:05 55 Fit B 12:45 Grocery Shopping 1:00-3:00 Pickleball 1-4:00 Table Games	13 8:00 Water Aerobics 8:00-10:00 Pickleball 9:45 FOPS Trip (1) 9:45 Chair Exercise 9:45 Mall Shopping/Walking 10:00 Jewelry Making 10:00 No Chorus 10:30 Cycling with Megan 11:00 Seniors With Pizazz \$ 12:30 Participant Meeting 1:00 Power Time \$ 1-4:00 Table Games	14 9:45 Chair Exercise 9:45 Go Go Girls (2) 10:00 Ceramics 10:30 55 Fit A 11:00 No Beginner Tai Chi 11:05 55 Fit B 1:00 Line Dancing 1-4:00 Table Games
17 8:00 Water Aerobics 9:30 Music Jam 10-11:30 42 10:30 55 Fit 11:05 55 Fit 1:00 Power Time \$ 1:00 Mah Jongg 1-4:00 Table Games	18 7:00-10:00 Pickleball 8:00 Water Aerobics 9:45 Chair Exercise 10:00 No 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 1-4:00 Table Games	19 8:00 Water Aerobics 9:45 Chair Exercise 9:45 Grapevine Shopping 10-11:30 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 1-4:00 Table Games	20 8:00 Water Aerobics 8:00-10:00 Pickleball 8:00 Winstar World Casino (3) 9:45 Chair Exercise 9:45 Mall Shopping/Walking 10:00 Jewelry Making 10:00 No Chorus 10:30 Cycling with Megan 11:00 Seniors With Pizazz \$ 1:00 Power Time \$ 1-4:00 Table Games	21 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
24 8:00 Water Aerobics 9:30 Music Jam 10-11:30 42 10:30 55 Fit 11:05 55 Fit 1:00 Power Time \$ 1:00 Mah Jongg 1-4:00 Table Games	25 7:00-10:00 Pickleball 8:00 Water Aerobics 9:45 Chair Exercise 10:00 No 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 1-4:00 Table Games	26 8:00 Water Aerobics 9:45 Chair Exercise 9:45 Grapevine Shopping 10-11:30 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 1-4:00 Table Games	27 8:00 Water Aerobics 8:00-10:00 Pickleball 9:45 Chair Exercise 9:45 Mall Shopping/Walking 10:00 Jewelry Making 10:00 No Chorus 10:30 Cycling with Megan 11:00 Seniors With Pizazz \$ 1:00 Power Time \$ 1-4:00 Table Games	28 9:45 Chair Exercise 10:30 55 Fit A 11:00 Beginner Tai Chi 11:05 55 Fit B 1:00 Line Dancing 1:00 Ceramics 1-4:00 Table Games
31 8:00 Water Aerobics 9-12 Computer Registration 9:30 Music Jam 10-11:30 42 10:00 Young@Heart Gardeners 10:30 55 Fit 11:05 55 Fit 1:00 Power Time \$ 1:00 Mah Jongg 1-4:00 Table Games				

NOTES:

1. DFW Elite Toy Car Museum - Museum is free - Lunch on your own at The Bluebonnet Café - Bus leaves @9:45 AM
2. Vineyards Antique Mall (Colleyville) - Lunch is on your own at CoCo's Tea Room inside the mall - Bus leaves @ 9:45 AM
3. Winstar World Casino - \$25 includes breakfast at the casino and the tour bus - Bus leaves at 8 AM (must have 34 people register for this trip)



THE GRAPE AFFAIR

1175 Municipal Way
Grapevine, TX 76051

PRESORTED
STANDARD
U.S. POSTAGE
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GRAPEVINE, TX
PERMIT NO. 140

 facebook.com/GrapevinePandR • www.TheREC.com

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

Big Brothers Big Sisters Generations



Are you looking for an amazing opportunity to make a difference in the life of a child? Big Brothers Big Sisters will be starting a "Generations" program between the Active Adults at The REC of Grapevine and Grapevine Colleyville Independent School District. REC Volunteers will be matched with a child from a local elementary school and will act as a mentor. The children will be transported to The REC for bi-weekly meetings. Our Generational volunteers will spend time doing crafts, playing games and getting to know their "little". What a great way to spend an hour a week! Stay tuned and watch for signs regarding Big Brothers Big Sisters Generations. Feel free to contact Eileen or Megan at The REC or Jennifer O'Leary at Big Brothers Big Sisters 214.455.7897 for more information.

Looking ahead to August and September

Be sure to mark your calendars for these exciting trips that are happening in August and September! Megan's

Lunch Bunch will be going to Olive Garden on Tuesday, August 22. Group trips will include Ripley's Believe It or Not Wax Museum on Thursday, August 17 as well as the Magnolia Silos and Market in Waco in mid-September.

SilverSneakers and Silver&Fit Memberships

If you have a Medicare supplemental policy, check with your insurance company to see if your plan has the SilverSneakers or Silver&Fit benefit. If so, you are eligible for a free membership at The REC! The Active Adult front desk can also check for eligibility.

SeniorMovers

YOU are needed to help transport Active Adults to their doctor and dental appointments. Many active adults no longer drive and are in desperate need of rides to their routine medical appointments. If you are able to donate some time to help, please call us at 817.410.3465 to obtain an application. This vital service is greatly appreciated by our Grapevine residents!

Newsletter Joke:

A little girl was sitting on her grandfather's lap as he read her a bedtime story. From time to time she would take her eyes off the book and reach up to touch his wrinkled cheek. She was alternately stroking her own cheek, then his again. Finally, she spoke up, "Grandpa, did God make you?" "Yes, sweetheart," he answered, "God made me a long time ago." "Grandpa, did God make me too?" "Yes, indeed, honey," he said, "God made you just a little while ago." Feeling their respective faces again, she observed, "God's getting better at it, isn't he?"