



1175 Municipal Way
Grapevine, TX 76051
817.410.3465

THE GRAPE AFFAIR

..... **October/November 2017**

For the Active Adult 55 and Better

Welcome to The REC Active Adults 55 and Better

Sign-ups

October Trips: 9/21/17

November Classes: 10/2/17

November Trips: 10/26/17

December Classes: 11/1/17

What is Dementia?

Join us on Friday, October 27 at 10:30 AM for an informative presentation on dementia. What is it? How does it manifest itself? What are the signs to look for? Is it the same thing as Alzheimer's? Rebecca Reynolds from Grand Brook Memory Care is our guest speaker and will answer all your questions.

HIGHLIGHTS

October

- 2-25 Matter of Balance
- 5 State Fair
- 6 Empowering Seniors Expo
- 11 Mind, Brain & Body
- 12 State Fair
- 13 Mid-Cities Greek Festival
- 15 Medicare Open Enrollment Begins
- 19 State Fair
- 20 Ping Pong Tournament
- 25 Mind, Brain & Body
- 30 Nature Thyme

November

- 1 Mind, Brain & Body
- 2 FOPS Trip
- 8 Mind, Brain & Body
- 27 Nature Thyme
- 28 Go Go Girls Trip

A Matter of Balance

A Matter of Balance is an award winning program consisting of 8 two-hour classes 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 will be conducting these classes at The REC on Mondays and Wednesdays, **October 2-25, 9:30-11:30 AM**. Enrollment is limited to develop a comfortable sharing environment among the participants. Sign up at the Active Adult desk at The REC.

State Fair of Texas

Join us on one of our 3 Thursday trips: **October 5, 12 and 19**. Free entry to seniors 60+ years is offered of Thursdays. 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 sign up at the Active Adult desk beginning on September 21. The bus leaves at 9:30 AM and returns by 4 PM.

Empowering Seniors Expo

October 6 is the 9th Annual Empowering Seniors Health & Lifestyle EXPO for caregivers, boomers and seniors. This free event includes food, professional health screenings from area hospitals, informational workshops, local businesses, agencies and non-profit organizations, "Ask the Doctors" panel, and Bingo! Bus leaves at 9:30 AM and returns by 2:00 PM. Sign up at the Active Adult desk. You may also drive yourself to First Euless Campus West at 205 Industrial Blvd. in Bedford; call 817.581.3600 to register if you are not going with the group on the bus. For more information visit www.empoweringseniors.com.

Ping Pong Tournament

Do you have extremely fast reflexes and love ping pong? Come show off your skills at our third annual Active Adults 55+ ping pong tournament on **Friday, October 20**. Play will begin at 10:00 AM sharp. The tournament will be single elimination and entries are limited. Please register at the Active Adult front desk. Not played in a while? You can come shake off the dust and start practicing right away on the ping pong tables available in The REC game room. We are excited to see how many ping pong experts we have and who will be declared champion of our REC Active Adults Ping Pong Invitational! Deadline to sign up is October 13.

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?

Nature Thyme

On Monday, **October 30**, participants will create an Autumn Leaf Luminary perfect for a custom touch for your fall mantel or Thanksgiving table. On Monday, **November 27**, you will experiment with string art to create defined patterns. Classes take place in the Arts & Crafts room at The REC from 10-11:30AM. See samples and sign up at the Active Adult desk.

October 2017

Monday	Tuesday	Wednesday	Thursday	Friday
1 8:00 Water Aerobics 9:30 Matter of Balance 9:30 Music Jam 10:00-11:30 42 10:30 55 Fit A 11:05 55 Fit B 1:00-3:30 Pickleball 1:00 Power Time \$ 1:00 Mah Jongg 1:00-4:00 Table Games	3 8:00 Water Aerobics 9:30 Let's Do This! (1) 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 \$ 1:00-3:30 Pickleball 1:00 Bingo 1:00 Yoga Lite 1:00-4:00 Table Games 3:30 Sr Citizens Advisory Board	4 8:00 Water Aerobics 9:30 Matter of Balance 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	5 8:00 Water Aerobics 9:30 State Fair 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 \$ 1:00-3:30 Pickleball 1:00 Power Time \$ 1:00-4:00 Table Games	6 9:30 Empowering Seniors Expo (2) 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
9 8:00 Water Aerobics 9:30 Matter of Balance 9:30 Music Jam 10:00-11:30 42 10:30 55 Fit A 11:05 55 Fit B 1:00-3:30 Pickleball 1:00 Power Time \$ 1:00 Mah Jongg 1:00-4:00 Table Games	10 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 \$ 1:00-3:30 Pickleball 1:00 Bingo 1:00 Yoga Lite 1:00-4:00 Table Games	11 8:00 Water Aerobics 9:30 Matter of Balance 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 Mind, Brain & Body 1:00-3:30 Pickleball 1:00-4:00 Table Games	12 8:00 Water Aerobics 9:30 State Fair 9:45 Chair Exercise 10:00 Jewelry Making 10:00 Chorus 10:30 Cycling with Megan 11:00 Seniors With Pizazz \$ 12:30 Participant Meeting 1:00-3:30 Pickleball 1:00 Power Time \$ 1:00-4:00 Table Games	13 9:45 Chair Exercise 10:00 Ceramics 10:30 55 Fit A 10:45 Greek Festival (3) 11:00 Beginner Tai Chi 11:05 55 Fit B 1:00 Line Dancing 1:40-4:00 Table Games
16 8:00 Water Aerobics 9:30 Matter of Balance 9:30 Music Jam 10:00-11:30 42 10:30 55 Fit A 11:05 55 Fit B 1:00-3:30 Pickleball 1:00 Power Time \$ 1:00 Mah Jongg 1:00-4:00 Table Games	17 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 \$ 1:00-3:30 Pickleball 1:00 Bingo 1:00 Yoga Lite 1:00-4:00 Table Games	18 8:00 Water Aerobics 9:30 Matter of Balance 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	19 8:00 Water Aerobics 9:30 State Fair 9:45 Chair Exercise 10:00 Jewelry Making 10:00 Chorus 10:30 Cycling with Megan 11:00 Seniors With Pizazz \$ 1:00-3:30 Pickleball 1:00 Power Time \$ 1:00-4:00 Table Games	20 9:45 Chair Exercise 10:00 Ping Pong Tournament (4) 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
23 8:00 Water Aerobics 9:30 Matter of Balance 9:30 Music Jam 10:00-11:30 42 10:30 55 Fit A 11:05 55 Fit B 1:00-3:30 Pickleball 1:00 Power Time \$ 1:00 Mah Jongg 1:00-4:00 Table Games	24 8:00 Water Aerobics 9:45 Chair Exercise 10:00 Oil Painting 10:00 Bridge 10:00-12:00 Insurance Meet & Greet (5) 10:30 Blood Pressure Check 11:00 Hearing Aids Cleaning 11:00 Seniors With Pizazz \$ 1:00-3:30 Pickleball 1:00 Bingo 1:00 Yoga Lite 1:00-4:00 Table Games	25 8:00 Water Aerobics 9:30 Matter of Balance 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 Mind, Brain & Body 1:00-3:30 Pickleball 1:00-4:00 Table Games	26 8:00 Water Aerobics 9:45 Chair Exercise 10:00 Jewelry Making 10:00 Chorus 10:30 Cycling with Megan 11:00 Seniors With Pizazz \$ 1:00-3:30 Pickleball 1:00 Power Time \$ 1:00-4:00 Table Games	27 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
30 8:00 Water Aerobics 9:30 Music Jam 10:00 Nature Thyme (6) 10:00-11:30 42 10:30 55 Fit A 11:05 55 Fit B 1:00-3:30 Pickleball 1:00 Power Time \$ 1:00 Mah Jongg 1:00-4:00 Table Games	31 8:00 Water Aerobics 9:45 Chair Exercise 9:45 Bingo @ Chick-fil-A 10:00 Oil Painting 10:00 Bridge 10:30 Blood Pressure Check 11:00 Seniors With Pizazz \$ 1:00-3:30 Pickleball 1:00 Bingo 1:00 Yoga Lite 1:00-4:00 Table Games			
NOTES: 1. Let's Do This! - Cinnamon Creek Archery - Cost \$25 (includes equipment rental and range fee) - Lunch on your own at Babe's Chicken - Bus leaves at 9:30 AM 2. Empowering Seniors Expo - Bus leaves at 9:30 AM 3. Mid Cities Greek Festival - Seating is limited - Bus leaves at 10:45 AM 4. Ping Pong Tournament - Play begins at 10 AM sharp - Minimum of 8 players needed 5. Insurance Meet & Greet - Answer questions regarding Medicare plans 6. Nature Thyme - Autumn Leaf Luminary - Cost \$5				

November 2017

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		1 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 Mind, Brain & Body 1:00-3:30 Pickleball 1:00-4:00 Table Games	2 8:00 Water Aerobics 9:30 FOPS (1) 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 Financial Scams (2) 1:00 Power Time \$ 1:00-3:30 Pickleball 1:00-4:00 Table Games	3 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
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NOTES: 1. FOPS - Fort Worth Stockyards - Lunch on your own at Risky's BBQ - Bus leaves at 9:30 AM 2. Financial Scams and Elder Abuse Presentation - Southside Bank 3. Nature Thyme - String Art - Cost \$5 4. Go Go Girls - Fort Worth Botanical Gardens - Cost \$5 - Lunch on your own at Old South Pancake House 5. Area Agency on Aging - Assistance with Medicare Open Enrollment				



THE GRAPE AFFAIR

1175 Municipal Way
Grapevine, TX 76051

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GRAPEVINE, TX
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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

Fraternal Order of Plaid Shirts

On Thursday, **November 2**, the guys will be taking a trip to the Fort Worth Stockyards. Lunch will be on your own at Risky's BBQ. Bus will leave at 9:30 AM and returns by 2 PM.

Go Go Girls

On Tuesday, **November 28**, the ladies are going to see the beautiful fall colors at the Fort Worth Botanical Gardens. Lunch is on your own at Old South Pancake House. Bus leaves at 9:30 AM and returns by 2 PM.

Hearing Aids Cleanings

Connect Hearing will be at The REC on **October 24** and **November 28**, 11 AM-12 PM to clean hearing aids for free and to answer any questions about the services they provide.

Let's Do This!

This new program is designed for our thrill seekers! Join the fun as we take trips to do unique and exciting activities that you may have never tried before! Our first trip will be on **October 3** to Cinnamon Creek Archery! Cost is \$25 which includes your equipment rental and range fees. Lunch will be on your own at Babes Chicken! Bus leaves at 9:30 AM and will return by 2:30 PM.

Happy Trails - Goin' Strollin'/Take a Hike

Autumn schedules are available at the Active Adult desk. Be sure to register for the program!

Patrece's Park Picnic and Workout

Back to the Park! Kids are in school—time to unleash YOUR inner child! Workout! Play out! Eat out! We'll visit parks, explore their walking trails, checkout the workouts, play on the Playscapes, and end with a picnic among friends! Cost of the trip is \$10. Meet at The REC at 10:15 AM or at the location at 10:30 AM. Check at the Active Adult desk for more details.

Happy Trails - Around Town

You've driven by; you might've even stopped. You see it all the time. All. The. Time. That's gonna change! Around Town is a two mile walking tour of Grapevine. We will walk to our destination and take a GOOD LOOK at what there is to see and do! We will gather at The REC at 10:15 AM to start our TREK at 10:30 AM. Schedules are available at the Active Adult desk.

Medicare Open Enrollment

On Tuesday, **October 24** from 10 AM - 12 PM, a variety of insurance companies and agents will be available to meet one-on-one to answer any questions about various plans offered and which ones best meet your needs. The Area Agency on Aging will be here on Wednesday, **November 29**, 10 AM - 1 PM, to assist anyone who needs help in enrolling in a Medicare plan.

Thank you to our partners!

Kindred - Blood Pressure Checks
Woodridge Health and Rehabilitation - Birthday Cake

Newsletter Joke:

A blonde and a redhead have a ranch. They have just lost their bull. The women need to buy another, but only have \$500. The redhead tells the blonde, "I will go to the market and see if I can find one for under that amount. If I can, I will send you a telegram." She goes to the market and finds one for \$499. Having only one dollar left, she goes to the telegraph office and finds out that it costs one dollar per word. She is stumped on how to tell the blonde to bring the truck and trailer. Finally, she tells the telegraph operator to send the word "comfortable." Skeptical, the operator asks, "How will she know to come with the trailer from just that word?" The redhead replies, "She's a blonde so she reads slow: 'Come for ta bull.'"