

### Welcome to The REC Active Adults 55 and Better

December brings a flurry of activities to the Active Adults wing of The REC! In addition to the new walking programs recently implemented, we offer a number of special trips this month and we want to include you in the holiday excitement! Don't hesitate to participate! We are a friendly group and this is a terrific avenue to meet new people, get fit, learn new things and just have fun!

From 8-11 AM Monday through Friday, the GSAC pass allows you to use the walking track, fitness room and pool area not occupied with classes. If you have SilverSneakers or Silver&Fit through your Medicare plan, you may be eligible for those memberships which allow you to use the building whenever it is open. Feel free to check into it at the Active Adults desk.

#### Highlights for December

- 2 *The Littlest Wiseman*
- 4 Crystal Singing Bowls
- 5 Sr Citizens Advisory Board
- 7 Denise's Christmas House
- 8 Decorator's Warehouse
- 9 *The Gift of Christmas*
- 15 Gaylord Stroll
- 18 Paintbrush Ornaments
- 21 The REC Active Adult Chorus

#### Looking Ahead to 2018

- 8 Computer Class Registration
- 19 FW Stock Show

### *The Gift of Christmas*

On Saturday, December 9, we will attend a spectacular pageant presented by Prestonwood Baptist Church. This multimedia event has special effects, flying angels, all your favorite Christmas carols, and a beautiful Living Nativity. The bus leaves at 1:15 PM and returns by 5:30 PM. Cost of the trip is \$19. Seating is limited. Sign up at the Active Adults desk.

### Computer Class Registration

Keep in mind that the next upcoming round of classes is right around the corner. Registration in person takes place on Monday, January 8, 9 AM-noon in the Stage Classroom at The REC. Registration by phone begins at 1 PM. A list of classes will be available in mid-December. iPhone and Android cell phone classes are also included. Classes beyond the basic introductory Windows Fundamentals class require either successful completion of the pre-requisites or a quick computer test showing your computer proficiency. Don't miss this opportunity to improve your computer skills!

### *The Littlest Wiseman*

This play pageant of the nativity is presented as a Christmas gift to the community by the Dorothy Shaw Bell Choir through a grant from The Walsh Foundation. The story of the Nativity is reenacted through beautiful costumes and set scenes and fabulous handbell music. We have tickets to attend the matinee on Saturday, December 2 at 3 PM. The bus departs The REC at 1:30 PM and returns by 5:30 PM. This is a free event; sign up at the Active Adults desk.

### Decorator's Warehouse

Come with us to the #1 Christmas store in Texas on Friday, December 8! See beautiful displays in room-sized settings, recapture memories of Christmases past and do a little shopping. Bring your cameras/phones to take those holiday pictures! We will have lunch in the Rose Garden Tea Room at 11:30 AM and it is a sampler plate of chicken salad, fresh fruit, quiche, soup and a pumpkin bread sandwich. Cost of the trip is \$17 and includes lunch, payable when you sign up.

### Santa Cops

The Grapevine Police Santa Cops program was started in 1995 by retired Officer Margie Salame. Santa Cops delivers donated toys to economically disadvantaged children in the community. Last year, Christmas wishes for 850 children in the GCISD area were fulfilled. Santa Cops is funded entirely by local donations; it is organized and implemented by Grapevine police officers, their families and community volunteers. Cash and new toy donations may be dropped off at The REC, one of the collection sites. For additional information, please contact Santa Cops Officer Brian Watts at 972.724.2126.

### Gaylord Stroll

Get in the Holiday spirit by strolling through the Gaylord Hotel and admiring all the festive decorations on Friday, December 15. Bus leaves at 9:45 AM and returns by noon.

# December 2017

Monday	Tuesday	Wednesday
<b>8:00</b> Water Aerobics <b>9:30</b> Music Jam <b>10:00-11:30</b> 42 <b>10:30</b> 55 Fit A <b>11:05</b> 55 Fit B <b>1:00 Crystal Singing Bowls (2)</b> <b>1:00</b> Power Time \$ <b>1:00-4:00</b> Mah Jongg <b>1:00-3:30</b> Pickleball <b>1:00-4:00</b> Table Games	<b>8:00</b> Water Aerobics <b>9:45</b> Chair Exercise <b>10:00 Thrifty Tuesday</b> <b>10:00</b> Oil Painting <b>10:00</b> Bridge <b>10:30</b> Blood Pressure Check <b>11:00</b> Seniors With Pizazz \$ <b>1:00</b> Bingo <b>1:00</b> Yoga Lite <b>1:00-3:30</b> Pickleball <b>3:30</b> Sr Citizens Advisory Board <b>1:00-4:00</b> Table Games	<b>8:00</b> Water Aerobics <b>9:45</b> Chair Exercise <b>9:45</b> Grapevine Shopping <b>10:00-11:30</b> 42 <b>10:00</b> Vine Quilters Class <b>10:30</b> 55 Fit A <b>10:30</b> Beginner Tai Chi <b>11:05</b> 55 Fit B <b>12:45</b> Grocery Shopping <b>1:00-3:30</b> Pickleball <b>1:00-4:00</b> Table Games
<b>8:00</b> Water Aerobics <b>9:30</b> Music Jam <b>10:00-11:30</b> 42 <b>10:30</b> 55 Fit A <b>11:05</b> 55 Fit B <b>1:00</b> Power Time \$ <b>1:00-4:00</b> Mah Jongg <b>1:00-3:30</b> Pickleball <b>1:00-4:00</b> Table Games	<b>8:00</b> Water Aerobics <b>9:45</b> Chair Exercise <b>9:45 Grapevine Shopping</b> <b>10:00</b> Oil Painting <b>10:00</b> Bridge <b>10:30</b> Blood Pressure Check <b>11:00</b> Seniors With Pizazz \$ <b>12:45 Grocery Shopping</b> <b>1:00</b> Yoga Lite <b>1:00-3:30</b> Pickleball <b>1:00-4:00</b> Table Games	<b>8:00</b> Water Aerobics <b>9:45</b> Chair Exercise <b>10:00-11:30</b> 42 <b>10:00</b> Vine Quilters Class <b>10:30 No</b> 55 Fit A <b>10:30</b> Beginner Tai Chi <b>11:05 No</b> 55 Fit B <b>1:00-3:30</b> Pickleball <b>1:00-4:00</b> Table Games
<b>8:00</b> Water Aerobics <b>9:30</b> Music Jam <b>10:00 Paintbrush Ornaments (7)</b> <b>10:00-11:30</b> 42 <b>10:30</b> 55 Fit A <b>11:05</b> 55 Fit B <b>1:00</b> Power Time \$ <b>1:00-4:00</b> Mah Jongg <b>1:00-3:30</b> Pickleball <b>1:00-4:00</b> Table Games	<b>8:00</b> Water Aerobics <b>9:45</b> Chair Exercise <b>10:00</b> Oil Painting <b>10:00</b> Bridge <b>10:30</b> Blood Pressure Check <b>11:00</b> Seniors With Pizazz \$ <b>1:00 No</b> Bingo <b>1:00</b> Yoga Lite <b>1:00-3:30</b> Pickleball <b>1:00-4:00</b> Table Games	<b>8:00</b> Water Aerobics <b>9:45</b> Chair Exercise <b>9:45</b> Grapevine Shopping <b>10:00-11:30</b> 42 <b>10:00</b> Vine Quilters Class <b>10:30</b> 55 Fit A <b>10:30</b> Beginner Tai Chi <b>11:05</b> 55 Fit B <b>12:45</b> Grocery Shopping <b>1:00-3:30</b> Pickleball <b>1:00-4:00</b> Table Games
<div>REC</div> <div>Closed</div> <div>Merry Christmas!</div>	<b>8:00 No</b> Water Aerobics <b>9:45</b> Chair Exercise <b>10:00</b> Oil Painting <b>10:00</b> Bridge <b>10:30</b> Blood Pressure Check <b>11:00</b> Seniors With Pizazz \$ <b>1:00</b> Bingo <b>1:00</b> Yoga Lite <b>1:00-3:30</b> Pickleball <b>1:00-4:00</b> Table Games	<b>8:00 No</b> Water Aerobics <b>9:45</b> Chair Exercise <b>9:45</b> Grapevine Shopping <b>10:00-11:30</b> 42 <b>10:00</b> Vine Quilters Class <b>10:30</b> 55 Fit A <b>10:30</b> Beginner Tai Chi <b>11:05</b> 55 Fit B <b>12:45</b> Grocery Shopping <b>1:00-3:30</b> Pickleball <b>1:00-4:00</b> Table Games
<b>NOTES:</b> 1. <i>The Littlest Wiseman</i> - Dorothy Shaw Bell Choir - Free event - Sign up at the Active Adults desk 2. Crystal Singing Bowls - 1PM - Sign up at the Active Adults desk 3. Santa Heaven - Join us as we take a look into Denise's home - 10:00 or 12:30 seating - Sign up at the Active Adults desk 4. Decorator's Warehouse - Cost is \$17 - Lunch at Rose Garden Tea Room - Sign up at the Active Adults desk 5. <i>The Gift of Christmas</i> - Cost is \$19 - Seating is limited - Sign up at the Active Adults desk 6. Gaylord Stroll - Stroll through Gaylord Hotel and see all the festive decorations - Sign up at the Active Adults desk 7. Paintbrush Ornaments - Cost is \$5 - Sign up at the Active Adults desk		

# December 2017

Thursday	Friday	Saturday
	<b>1</b> <b>9:45</b> Chair Exercise <b>10:00</b> Ceramics <b>10:30</b> 55 Fit A <b>10:30</b> Beginner Tai Chi <b>11:05</b> 55 Fit B <b>1:00</b> Line Dancing <b>1:00-4:00</b> Table Games	<b>2</b> <b>1:30</b> <i>The Littlest Wiseman (1)</i>
<b>7</b> <b>8:00</b> Water Aerobics <b>9:45</b> Chair Exercise <b>10:00</b> <b>Santa Heaven! (3)</b> <b>10:00</b> Jewelry Making <b>10:00</b> Chorus <b>10:30</b> Cycling with Megan <b>11:00</b> Seniors With Pizazz \$ <b>12:30</b> <b>Santa Heaven! (3)</b> <b>1:00</b> Power Time \$ <b>1:00-3:30</b> Pickleball <b>1:00-4:00</b> Table Games	<b>8</b> <b>9:45</b> Chair Exercise <b>9:45</b> <b>Decorator's Warehouse (4)</b> <b>10:00</b> Ceramics <b>10:30</b> 55 Fit A <b>10:30</b> Beginner Tai Chi <b>11:05</b> 55 Fit B <b>1:00</b> Line Dancing <b>1:00-4:00</b> Table Games	<b>9</b> <b>1:15</b> <i>The Gift of Christmas (5)</i>
<b>14</b> <b>8:00</b> Water Aerobics <b>9:45</b> Chair Exercise <b>10:00</b> Jewelry Making <b>10:00</b> Chorus <b>10:30</b> Cycling with Megan <b>11:00</b> Seniors With Pizazz \$ <b>1:00</b> Power Time \$ <b>1:00-3:30</b> Pickleball <b>1:00-4:00</b> Table Games	<b>15</b> <b>9:45</b> Chair Exercise <b>9:45</b> <b>Gaylord Stroll (6)</b> <b>10:00</b> Ceramics <b>10:30</b> 55 Fit A <b>10:30</b> Beginner Tai Chi <b>11:05</b> 55 Fit B <b>1:00</b> Line Dancing <b>1:00-4:00</b> Table Games	
<b>21</b> <b>8:00</b> Water Aerobics <b>9:45</b> Chair Exercise <b>10:00</b> Jewelry Making <b>10:00</b> Chorus <b>10:30</b> Cycling with Megan <b>11:00</b> Seniors With Pizazz \$ <b>1:00</b> Power Time \$ <b>1:00-3:30</b> Pickleball <b>1:00-4:00</b> Table Games	<b>22</b> <b>9:45</b> Chair Exercise <b>10:00</b> Ceramics <b>10:30</b> 55 Fit A <b>10:30</b> Beginner Tai Chi <b>11:05</b> 55 Fit B <b>1:00</b> Line Dancing <b>1:00-4:00</b> Table Games	
<b>28</b> <b>8:00</b> <b>No</b> Water Aerobics <b>9:45</b> Chair Exercise <b>10:00</b> Jewelry Making <b>10:00</b> Chorus <b>10:30</b> Cycling with Megan <b>11:00</b> Seniors With Pizazz \$ <b>1:00</b> Power Time \$ <b>1:00-3:30</b> Pickleball <b>1:00-4:00</b> Table Games	<b>29</b> <b>9:45</b> Chair Exercise <b>10:00</b> Ceramics <b>10:30</b> 55 Fit A <b>10:30</b> Beginner Tai Chi <b>11:05</b> 55 Fit B <b>1:00</b> Line Dancing <b>1:00-4:00</b> Table Games	

The Active Adults staff wishes you and your family  
the gifts of the season...Peace, Joy and Hope!

## 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**

### Santa Heaven!

If you like Christmas, you will think you're in Santa Heaven at Denise's home. On Thursday, December 7, she is inviting us into her home which is decorated to the hilt. There are two limited seatings, one at 10 AM and the second one at 12:30 PM. Be sure to sign up at the Active Adults desk.

### Crystal Singing Bowls Relaxation

On Monday, December 4 at 1 PM, come as you are to discover the healing and nurturing sound of crystal singing bowls. No experience is necessary to enjoy this amazing "Bowl Bath" while Ivana Nelson from "body, soul, energy" gently guides you through a simple meditation. This is a great way to de-stress, heal and nurture yourself before the busy holiday season hits. The presentation lasts 45 minutes. Sign up at the Active Adults desk.

### Let's Do This!

Be on the lookout for an exciting new adventure at the beginning of the new year! Trust me, you will not want to miss this!

### Bridge

Newcomers are always welcome to join an informal group who play duplicate bridge on Tuesdays from 10 AM—12 PM. Some knowledge of bridge is helpful. Stay mentally sharp and have some fun!

### Walk followed by Cards, Carols & Cocoa!

Join us at 9:30 AM on Tuesday, December 5 to walk around The REC block and stroll into the Grapevine Library to make cards, sing carols and consume cocoa! That's what you call getting prepared for Christmas!

### Happy Trails Around Town

Join Patrece on a walk around downtown ending up at the CVB to see the Charlie Brown exhibit followed by lunch on your own at Jake's. Meet at The REC at 10:15 AM on Thursday, December 14. The excursion and lunch lasts until roughly 12:30 PM. Sign up at the Active Adults desk.

### Newsletter Joke:

A blonde is watching the news with her husband when the newscaster says, "Six Brazilian men die in a skydiving accident." The blonde starts crying to her husband, sobbing, "That's horrible!" Confused, he replies, "Yes dear, it is sad, but they were skydiving, and there is always that risk involved." After a few minutes, the blonde, still sobbing, says, "How many is a Brazilian?"