



## TRIP HIGHLIGHTS

### MAY

- 1 Patrece's Park Workout and Picnic
- 1 Thrifty Tuesday
- 3 Goin' Strollin'
- 4 Camping 101
- 8 RoughRiders Game
- 10 Fraternal Order of Plaid Shirts
- 15 Around Town
- 16 Fort Worth Zoo
- 22 Take a Hike
- 25 The Bucket List
- 31 Patrece's Park Workout and Picnic

### JUNE

- 5 Thrifty Tuesday
- 15 Go Go Girls
- 21 6 Shooters

## FORT WORTH ZOO

Spend a delightful afternoon with us at the Fort Worth Zoo on **Wednesday, May 16**. Bus leaves at 9:45 AM and returns by 2 PM. Lunch and snacks can be found at several restaurants and concession stands throughout the zoo. Trip fee is \$7 per person.

## DISCOVER SWITZERLAND, AUSTRIA & BAVARIA

This exciting Collette Vacations trip is scheduled for September 13-22. Highlights include Bern, Chateau de Chillon, a ride on the GoldenPass Panoramic Train in Gstaad, Lucerne, Innsbruck, the Austrian Alps, Salzburg, Mirabell Gardens as seen in The Sound of Music, the famous Neuschwanstein Castle and more. Reservations are now accepted only on space availability. Check with Eileen for more details.

## FRATERNAL ORDER OF PLAID SHIRTS

The men will be heading to Dallas to the HAAS Moto & Sculpture Museum to take a glimpse into the rare motorcycle collection on **Thursday, May 10**. Cost if you are over 65 years of age is \$8 and \$10 if you are 64 years or younger. Lunch will follow on your own at Pappy's Smokehouse.

## GO GO GIRLS

Ladies, our next outing will be **Friday, June 15** to the Colleyville Cinema Grill, time is to be determined. Plans are to see "Oceans 8". Lunch will be optional at the theater.



## CAMPING 101

Spend a few hours outdoors having some fun while learning a few basic camping skills on **Friday, May 4, 10:00 AM - 1:00 PM**. Cost is \$5 and includes a lunch cooked outdoors!



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

# 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

# MAY

- 03** What's Your Story? (1 PM - 2 PM)  
**08** Library Adventure Time (10 AM - 11:30 AM)  
**10** Pelvic Floor Dysfunction Seminar (1 PM - 2PM)  
**10** Fit Court 55 (9:30 AM - 10 AM)  
**11** Picnic at Trawick Pavillion (10 AM - 1 PM)  
**17** Fit Court 55 (9:30 AM - 10 AM)

# JUNE

- 04** Chair Goat Yoga (10 AM - 11 AM)  
**05** Library Adventure Time (10 AM - 11:30 AM)  
**11** Chair Goat Yoga (10 AM - 11 AM)  
**25** Nature Thyme (10 AM - 12 PM)  
**27** AARP Driver Safety (1 PM - 5 PM)



**CASINO NIGHT / DANCE**  
SATURDAY, JULY 28 5 PM-8 PM



## Pelvic Floor Dysfunction

Do you have recurrent low back, hip or joint pain? Do you pee yourself when you jump, sneeze or laugh too hard? Do you use the restroom every hour or less? Dr. Jennifer McCauley, a partner at Inspire Physical Therapy and Wellness in Southlake, is passionate about pelvic health and has spent 10 years helping both men and women overcome pelvic floor dysfunction. While you may have been told this is a normal part of aging, it is NOT. There is something you can do about your symptoms. Join us for an informative talk on **Thursday, May 10** at 1 PM to learn about urinary incontinence and how to heal it.

## What's Your Story?

Everyone has a story to tell; what's yours? Debbie Klein will be here on **Thursday, May 3** at 1 PM for an entertaining presentation on how to write a book and get it published. It will include a short reading of her new funny book "When You Can't Remember Shitake". The book is a collection of 33 short stories that cover the trials and funny moments of family life, motherhood and of course, getting older. Everyone is welcome.

## Fit Court 55

Join Patrece outside at the Fitness Court for a challenging, new exercise class. Classes will be held on **Thursdays, May 10 and May 17** from 9:30 AM to 10 AM.

## Patrece's Park Picnic and Workout

Casey's Clubhouse is accessible to people of all ages and abilities. Explore this park with us on **Tuesday, May 1**, 10:30 AM - 12:30 PM. **Thursday, May 31** the group will head to Parr Park. Each trip will get box lunches from Jason's Deli. Cost is \$10/person. Make your lunch selection at the time of sign up.



# 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.

**May 3: (GS)** Parr Park to Wall-Farrar Trail **May 22: (TAH)** Rockledge Park  
**June 14: (GS)** Oak Grove to Horseshoe **June 21: (TAH)** Horseshoe Picnic

Around Town brings you to Grapevine up close.

**May 15** - Grapevine Cemetery and Braum's  
**June 12** - Public Service Building and Baja Grill



## Library Adventure Time

**May 8:** Escape Room: Your mission, should you choose to accept it: Find the clues, solve the puzzles, get out in time! Escape!

Meet at 9:45 AM in the AA Lounge. Library Adventure will be 10-11:30 AM.

**June 5:** Virtual Reality Zone: Is this the real life? Or is it fantasy? Do your eyes deceive you? Come find out on our Virtual Reality Tour.

Meet at 9:45 AM in the AA Lounge. Library Adventure will be 10-11:30 AM.

## 6 Shooters

This new program is designed for those who want to keep their shooting skills up to par. We will begin on **Thursday, June 21**, 10:30 AM - 11:30 AM at the Bass Pro Shooting Range and start meeting every other month. Range fee will apply.

Come check out the newest yoga trend: Chair Goat Yoga! Classes will fill up fast, so don't miss out on this opportunity. This is a yoga class but you will have the opportunity to pet the goats and feed them! Classes will be held on **Mondays, June 4 and June 11** from 10 AM - 11 AM. Cost is \$5 per class.

## 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

### Big Brothers Big Sisters

The school year begins to wind down, but it has been an exciting one for 10 lucky 4th graders and 10 lucky Active Adults involved in the Generations program. These 10 pairs of individuals met together twice a month to laugh and learn from one another. REC volunteers were matched with a child and acted as a mentor. The program continues in the fall when school resumes. Grapevine Colleyville ISD would like to expand the program next year. If you are interested in making a difference in the life of a child, applications will be available at the Active Adult desk. For more information, contact Eileen.

### Picnic at Trawick Pavillion

We're extending an invitation to Allen Senior Center to join us for a picnic and some fun on **Friday, May 11**, 10 AM - 1 PM at Grapevine Lake. Enjoy a few hours under the shade by the lake. Optional activities include horseshoes, an escorted hike, chair volleyball, trying a workout station and cornhole. This event is free, but you must register to have lunch with us.

### Nature Thyme

On **Monday, June 25** at 10 AM, design your own reusable/washable tote bag. Get your green on by stenciling a custom, fashionable bag. By the end of class, you will have a unique as well as eco-friendly tote. Get ready for the compliments! Cost is \$5.



## The Bucket List

Are you ready to cross an item off your bucket list? Get ready for the exhilarating Zip Line course at Go Ape in Plano. Enjoy three breathtaking courses of pure fun! Bus leaves at 9 AM on **Friday, May 25**. Lunch will be on your own following your zip lining adventure at a nearby restaurant. Cost of the trip will be \$35 which includes the zip line and all equipment rentals. Weight limit is 285 pounds. For more information, see McKenzie.