



LONE STAR PARK

AND.....They're off!!!! Have you ever wanted to go to the Kentucky Derby, but couldn't? Well, here is the next best thing! **Friday, July 20**, we will be heading to Lone Star Park in Grand Prairie. This will be an evening event so please plan accordingly. Transportation from The REC will leave at 4:30 PM. The group will head back around 9 PM. Indoor box seating has been reserved for the group. Space is limited so be sure to reserve your seat early. Fee is \$20. Food is optional.

THROWBACK MOVIE TUESDAY

The Active Adults and Palace Theater are partnering together to present Throwback Movie Tuesday Series. The third Tuesday of each month during the summer the Palace Theater will be showing a classic movie. Participants must register and will get to vote on one of three movie classics. The one that gets the most votes will be the one shown and will be announced the week before show time. Transportation will be provided from The REC at 9:15 AM. The theme on **July 17** is Oldie But Goodie and **August 21** is Movie Musical.

BIG BROTHERS BIG SISTERS

We are excited to announce that we are expanding our Generations program in the fall. Additional 4th and 5th grade students from the Grapevine Colleyville ISD will be involved during the upcoming 2018-2019 school year and therefore, we need more volunteers to be mentors. Each adult is matched with a student and the group meets an average of twice a month engaging in planned activities for 45 minutes. If you are interested in making a difference in the life of a child, applications are available at the Active Adults desk. For more information, contact Eileen.

TRIP HIGHLIGHTS

July

- 3 Thrifty Tuesday
- 17 Movie Series - Oldie But Goodie
- 19 6 Shooters
- 19 Fraternal Order of Plaid Shirts
- 20 Lone Star Park
- 31 Go Go Girls

August

- 7 Thrifty Tuesday
- 9 Medieval Times
- 10 The Bucket List
- 21 Movie Series - Movie Musical
- 24 Go Go Girls
- 30 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.



Let's test your throwing abilities as we head to Class Axe to experience the thrill of axe throwing on **Friday, August 10**. Lunch will be on your own at a nearby restaurant after we see who takes the crown as Axe Throwing Champion. Cost of the trip is \$25. Bus will leave at 9:45 AM and will return by 2 PM. For more information, see McKenzie.

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 Lite
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 (No July Meetings)
10:00 AM: Jewelry Making
10:30 AM: Cycling
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

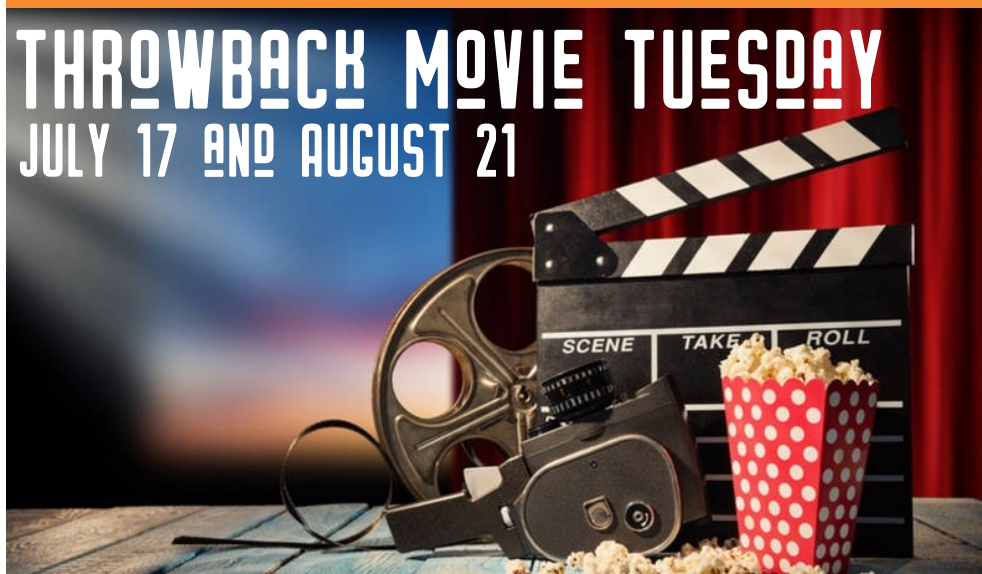
JULY

- 10** Library Adventure Time (10 AM - 11:30 AM)
28 Casino Night (5 PM - 8 PM)
30 Crafty Creations with Nancy (10 AM - 12 PM)
30 Computer Class Registration (9 AM - 12 PM)
31 Connect Hearing (clean hearing aids) (11 AM)

AUGUST

- 07** Library Adventure Time (10 AM - 11:30 AM)
07 Senior Citizens Advisory Board (3:30 PM)
27 Crafty Creations with Nancy (10 AM - 12 PM)
28 Connect Hearing (clean hearing aids) (11 AM)
28 Collette Presentation (10 AM - 12 PM)

THROWBACK MOVIE TUESDAY
JULY 17 AND AUGUST 21



Computer Class Registration

Monday, July 30 is the day to sign up for computer classes that run from August 13 through September 20. In-person registration takes place from 9 AM - 12 PM in the Stage Classroom. Phone call registration is accepted any time after 1 PM until classes are filled. Classes include Keyboarding and Windows Fundamentals, How to Use Your iPhone, How to Use Your Android Phone, Google Tools, Windows 10 Photos, Word 2016 and Windows 10 Tips and Tricks. Some classes require successful completion of Windows Fundamentals or being tested on the computer on July 30 if you think you are proficient. Descriptions and schedules are available at the Active Adults desk or at GoGrapevine.com.

Go Go Girls

We're keeping our cool at the Grapevine Antique Mall on **Tuesday, July 31**. Peruse the booths and then enjoy lunch at Amore's. Bus leaves at 9:45 AM. Select your lunch entrée when you sign up. Cost of the trip is \$12 and includes lunch. Ladies, get ready for the battle of a lifetime on **Friday, August 24!** You will be able to test your strategy, aim and agility in multiple matches between teams as you shoot one another with nerf guns. A referee will facilitate the battles which last 1-5 minutes. No skills are required, just the desire to have fun and laugh! Check in time is 9:30 AM. Cost of the adventure is \$10 payable when you sign up. Lunch is on your own at a nearby restaurant. Contact Patrece at pcoblentz@grapevinetexas.gov for more information.

Box Out Summer

As temperatures rise, so do the risks of a senior suffering from heat stroke. You can help beat the heat by donating a box fan to a senior in need. The REC of Grapevine is helping and so can you. See David Mote for more information.

Fraternal Order of Plaid Shirts

Whether you're a golfer or not, you're guaranteed a good time at Top Golf! Practice your swing and have some fun on **Thursday, July 19**. Afterwards, we'll grab lunch at Joe T. Garcia's. Cost is \$12 plus lunch on your own. Please remember, cash only at the restaurant. This trip will fill up fast, so don't wait! On **Thursday, August 30**, the bus departs at 8 AM for Nocona, Texas. We will stop for breakfast and then continue on to the Horton Classic Car Museum where over 138 cars are contained in the collection in 37,400 square feet of space. In addition to 40 Corvettes, you will also see many American vintage, classic and muscle cars. We will stop for lunch on the way back. Cost of the trip is \$10 plus meals on your own.



Library Adventure Time

July 10: Brain Builders (Using various building blocks, magnets and more)
Meet at 9:45 AM in the Active Adult Lounge.
We will then walk over to the Library at 10 AM.

August 7: Doodler Art (Unleash your imagination)
Meet at 9:45 AM in the Active Adult Lounge.
We will then walk over to the Library at 10 AM.

6 Shooters

On **Thursday, July 19**, meet us at Bass Pro Shooting Range, 10:30 AM - 11:30 AM to keep your shooting skills up to par. Sign up at the Active Adult desk with your \$10 range fee payment. Space is limited.

Saturday, July 28 - Oh, what a night we have planned! Casino games that run from 5 PM - 7 PM. Dancing with Pete & Patti will be from 6 PM - 8 PM. Light refreshments will be served throughout the evening, Sign up at the Active Adults desk with your \$5 payment.



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

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

Peru: Ancient Land of Mysteries

Get ready for an exciting Collette Vacations trip to Peru on March 9-18, 2019. Highlights include Lima, the Sacred Valley of the Incas, Ollantaytambo Ruins, Machu Picchu, Cuzco, Lake Titicaca, the Uros Floating Islands and Larco Museum. Price is: Double \$4,799; Single \$5,749; Triple \$4,749 if booked by September 2. Brochures are available at The REC. You are invited to attend a powerpoint presentation at 10 AM on **Tuesday, August 28** to learn more about the trip.

Crafty Creations with Nancy

There is no reason why you can't practice sun safety in style and get crafty at the same time. Wide brim hats are not only in vogue, but they also protect your skin from serious UV rays. Sun hats are the perfect blank canvas and are easily customized. On **Monday, July 30** at 10 AM, you will have a choice of how you would like to customize your hat using a variety of materials including decoupage colorful napkins. You will leave class with a unique hat custom made and designed by you! On **Monday, August 27**, you will make a beautiful little cactus terrarium using colored sand and an eye-fooling artificial succulent. Did you know studies have shown being around greenery boosts your productivity, concentration and memory retention? Creating a mini garden is a fun and easy way to add a little greenery to any indoor space. By the end of class, you will have an amazing little tabletop garden to display in your home. Cost of each class is \$5. Sign up at the Active Adults desk.



Medieval Times

Step back in time and experience spectacular horsemanship, swordplay, games of skill, and an authentic jousting tournament between six brave knights. During the tournament, the castle's serfs and wenches serve you a feast fit for a King and Queen! Trip is **Thursday, August 9**. Cost is \$28.