

FRATERNAL ORDER OF PLAID SHIRTS

JULY: DALLAS COWBOYS STAR TRAINING COMPLEX

The Dallas Cowboys World Corporate Headquarters at The Star in Frisco is a destination created to allow fans to connect with the team in ways they have never imagined. This tour on **July 25** will give Cowboys fans a chance to experience the place where the Dallas Cowboys train and work 355 days of the year. Trip fee is **\$30/person** and lunch will be on your own at Rock & Brews! Bus departs from The REC of Grapevine at **9:30 AM**. Sign up at the Active Adults desk.

AUGUST: TEXAS MOTOR SPEEDWAY

Grab your cameras and driving gloves, we're headed to the Texas Motor Speedway on **August 29**! Not only do you get to visit the gift shop and luxury suites, the tour takes you on the victory lane, pit road, concourse, AND you will be able to take laps around the actual Speedway! Trip fee is **\$10/person** or **\$8/person**, age 65 and better. Bus departs from The REC of Grapevine at **9:45 AM**. Sign up at the Active Adults desk.

GO GO GIRLS

JULY: ROCKETMAN

The Girls are going to the movie theater **July 18** to see Rocketman! The epic musical fantasy about the story of Sir Elton John's breakthrough years. Movie tickets are **\$4.75/person**, with lunch on your own at la Madeleine. Bus departure time is to be determined. Sign up deadline is July 15! Sign up at the Active Adults desk.

AUGUST: THE ANTIQUE GALLERY OF LEWISVILLE

Join us **August 15** as we hunt down the best antiques! The antiques range from the Primitive era all the way to Mid-Century Modern. Eclectic and unique items that are sure to spark a conversation and even some memories! The bus will depart from The REC of Grapevine at **9:45 AM**, with lunch on your own at Alfredo's Pizza & Pasta. Sign up at the Active Adults desk.

CREATE-A-CARD WORKSHOP

Our next workshop will cover Get Well wishes and Birthdays on **July 23, 10:00 AM-12:00 PM**! Make as many cards as you desire for **\$5/person**. Samples are available or you can use your imagination to create your own designs. Sign up at the Active Adults desk.

JEWELRY CLASS: ORGANZA RIBBON NECKLACE

For the featured craft on **August 15**, we will make a light and lovely necklace using organza ribbon and beads. Pretty ribbon and colorful beads will dress you up without weighing you down for **\$5/person**! All tools and supplies will be provided. Class runs from **10:00 AM-12:00 PM**. Sign up at the Active Adults desk.



TRIP HIGHLIGHTS

July

- 11 6 Shooters
- 13 Acorn Park Adventures
- 18 Go Go Girls
- 25 FOPS

August

- 8 6 Shooters
- 10 Acorn Park Adventures
- 15 Go Go Girls
- 29 FOPS



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 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 (resumes Aug 15)
10:00 AM: Jewelry Making
10:30 AM: Cycling with Kelsey
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

- 7 Library Adventure Time (9:45-11:30 AM)
- 9 After Hours (5:00-7:00 PM)
- 11 6 Shooters (10:30-11:30 AM)
- 23 Create-A-Card (10:00 AM-12:00 PM)
- 29 Computer Class Registration
(9:00 AM-12:00 PM)

August

- 8 6 Shooters (10:30-11:30 AM)
- 13 Library Adventure Time (9:45-11:30 AM)



Rome & the Amalfi Coast

This exciting Collette Vacations trip is scheduled for November 7-16. Highlights include an amazing mountaintop monastery of Montecassino, a buffalo milk mozzarella factory, a panoramic tour of Classical Rome featuring a guided visit of the spectacular Colosseum, the seaside resort of Sorrento, a tasting and lunch at a local winery at the foot of Mount Vesuvius and more. Reservations are now accepted only on space availability.

Contact Eileen Hinson for more details at 817.410.3466

6 Shooters

Why practice alone? Come out and shoot with friends and enjoy friendly competition and comradery. This group is for those who want to keep their shooting skills sharp or practice for the License to Carry class. Participants must register for each date, **\$10/person**, ages 55 and Better! Participants will meet at Bass Pro Shooting range (2501 Bass Pro Drive), **Thursdays, July 11 & August 8, from 10:30-11:30 AM**. Sign up at the Active Adults desk.

Library Adventure Time

Once a month from **10:00-11:30 AM** we visit the Grapevine Public Library for an adventure. Meet at the Active Adults lounge at 9:45 AM to walk to the library as a group. It's not your momma's library anymore! Sign up at the Active Adults desk.

July 9: Crocheting with Marsha

August 13: Art with Rob



Tap into Fitness and Fun!

Need a fun way to exercise without lifting weights and/or running? Tap dancing is a great way to improve flexibility, stability, hand-eye coordination, AND get some cardio in! It doesn't matter if you are a professional or a complete novice, we will teach you everything you need to know in order to be successful! Tap classes are held **Thursdays** from **11:00-11:50 AM**, **\$20/person**. Tap shoes are NOT needed until you are "hooked", and we are sure you will be! This class is suitable for men and women alike, so grab your partner and sign up today at the Active Adults desk!

Thank You!

The Active Adults send a HUGE 'Thank You' to the **Young Men's Service League** and the **National Charity League**! These two groups volunteer throughout the year to help us out in any way they can from serving lunches to calling BINGO. We are very appreciative of their service to The Active Adults at The REC of Grapevine!

Big Brothers Big Sisters

It is summer vacation but the Generations program begins anew when school resumes. Fourteen 4th & 5th graders met with fourteen Active Adults twice a month this past school year to laugh and learn from one another. REC volunteers were matched with a child and acted as a mentor. If you are interested in making a difference in the life of a child during the 2019-2020 school year, applications are available at the Active Adults desk. For more information, visit the Active Adults desk or contact Michelle Caro at 817.410.3077, or Eileen Hinson at 817.410.3466.



FREE Blood Pressure Checks

Visit Stewart Hall on **Tuesdays** from **11:00 AM-12:00 PM** for a free blood pressure check. Prevention is key! Courtesy of Woodridge Health & Rehabilitation Center.



Acorn Park Adventures

Make a difference in your community by joining us and picking up a little litter at Acorn Woods Park on **Saturday, July 13 & August 10**. We will meet from **8:30-10:30 AM** at Acorn Woods Park to have fun together while we work to improve our city grounds! Please make sure to register at the Active Adults desk.



Save the date— Saturday, October 12!

The Alzheimer's Association Walk to End Alzheimer's is the nation's largest event to raise awareness and funds for Alzheimer's care, support and research. Please consider joining our team at The REC, Happy Trails, as we raise funds and Walk to End Alzheimer's! If you would like to donate or join our team, contact Patrece Coblenz at 817.410.3444 or Kelsey Manning at 817.410.3492.



the
GRAPE AFFAIR
newsletter

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Grapevine Senior *Movers*

GET INVOLVED

MAH JONGG

Mah Jongg is a tile-based game that was developed in China during the Qing dynasty and has spread throughout the world since the early 20th century. Want to learn? We have instructor lead games the first hour of class from 1:00-2:00 PM, free play will commence after until 4:00 PM. Grab your friends and learn something new! Free to all 55 and Better, every **Monday, 1:00-4:00 PM!** Sign up at the Active Adults desk.

COMPUTER CLASS REGISTRATION - JULY 29

Monday, **July 29** is the day to sign up for classes that run from **August 5 through September 19**. In person registration takes place from **9:00 AM-12:00 PM** in the Stage Classroom. After that, registration by telephone can be done. Priority is given to Grapevine residents. Classes include Keyboarding, Windows Fundamentals, a variety of iPhone classes and Android Phone classes, iPad Beginner and Advanced, Fun Websites, Computer Comparison, Gmail, and Shutterfly. Advanced classes that require successful completion of Windows Fundamentals include Windows 10 Files & Folders, Windows 10 Photos, Windows 10 Tips and Tricks and Word 2016. Descriptions and schedules are available at the Active Adult front desk or online at gograpevine.com, look for 55 & Better! The next registration will be September 23.

AFTER HOURS: JULY 9 & 23

Breakfast for Dinner

Come on back to learn more recipes on the waffle iron and the Bullet for breakfast shakes! Not only will you get the recipes to take home, you get to make and taste the food on spot! You won't want to miss the fun with this group! Breakfast for Dinner, **\$5/person**, will take place on **July 9** from **5:00-7:00 PM** at The REC of Grapevine! Sign up at the Active Adults desk.

Dinner Winner

We are all winners that eat dinner and we'll create dinner as winners, with the George Foreman Grill and the Bullet for nutritious meal shakes and drinks! You will get a handout of recipes to take home, create the meals during the class, and you even get to sample the meal! Bring your pal and a great attitude, for only **\$5/person!** Dinner Winner is on **July 23** from **5:00-7:00 PM**. Sign up at the Active Adults desk.