



## Trip Highlights

### September

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- 19 Fraternal Order of Plaid Shirts
- 26 Go Go Girls
- 26 Park Picnic Workout

### October

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- 5 Acorn Park Adventures
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- 22 Take-A-Hike
- 31 Around Town

### STATE FAIR OF TEXAS

The State Fair of Texas promotes agriculture, education and community involvement. This year's theme is "Celebrating Texas Creativity" and creativity is exemplified in everything you see at the fairgrounds. We will offer trips to the State Fair on **Thursday: October 3, 10, and 17**. If you are 60+ years young, admission is **free**. If you are under the age of 60, admission is **\$9**, IF you bring an empty 20oz bottle of any Coca-Cola product. Participating food vendors also offer a signature food item at a reduced price. Priority is given to Grapevine residents on these trips. Sign up at the Active Adults desk.

### FRATERNAL ORDER OF PLAID SHIRTS

#### SEPTEMBER: HAAS MOTO MUSEUM

Motorcycling is a passion that exerts an intoxicating grip on any soul it touches. But you need not twist a throttle or feel the road below to experience the passion or feel the raw escape. Just walk through the expansive portal of The Haas Moto Museum and you will instantly feel its grip on **September 19** for **\$9/person**. Lunch is on your own at Ferris Wheelers Backyard & BBQ. Sign up at the Active Adults desk.

### GO GO GIRLS

#### SEPTEMBER: CHICO'S AT SOUTHLAKE TOWN SQUARE

Ladies, a special event just for you on **Thursday, September 26!** Chico's Southlake Store has fabulous new Fall Fashions available just for you while receiving special prices on your purchases! Chico's style experts will be there to assist you in your selections. Be a winner and participate in the raffles for prizes! Bus departs from The REC of Grapevine at **9:45 AM**. Sign up at the Active Adults desk.

### LUNCH & LEARN

Join us on **Friday, September 27** at **12:00 PM**, to enjoy a free lunch provided by Connect Hearing while learning about hearing health. Topics include what causes hearing loss, how you can treat hearing loss, how healthy hearing improves your life and relationships and how to find the right hearing care. Time is allowed to ask questions to the Hearing Care Specialist. Sign up at the Active Adults desk.



A MATTER OF  
**BALANCE**

MANAGING CONCERNS ABOUT FALLS

### A MATTER OF BALANCE

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 physical activity levels. Taught by staff from Baylor Scott & White Medical Center—Grapevine. Enrollment is limited to develop a comfortable sharing environment. Class meets **Monday and Wednesdays, October 7-30, from 12:30-2:30 PM**. Sign up at the Active Adults desk.



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 \$  
11:00 AM: Tap into Fitness & Fun \$  
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

## SEPTEMBER

10- Library Adventure Time (10:00-11:30 AM)  
10- SAIL begins (1:00-2:30 PM)  
17- Create-A-Card (10:00 AM-12:00 PM)  
19- Jewelry Class (10:00-11:45 AM)  
20- Fall Prevention Awareness Day (9:00 AM-12:00 PM)  
23- Computer Registration (9:00 AM-12:00 PM)  
27- Connect Hearing Lunch & Learn (12:00 PM)

2019

## OCTOBER

2- Grannies with Guns & Papaws with Pistols  
(9:00 AM-3:00 PM)  
3- Jewelry Class (10:00-11:45 AM)  
7- Matter of Balance begins (12:30-2:30 PM)  
8- Library Adventure Time (10:00-11:30 AM)  
9- AARP Driver Safety (1:00-5:00 PM)  
10- 6 Shooters (10:30-11:30 AM)  
22- Medicare BINGO (1:00-1:45 PM)  
31- Around Town (10:00 AM-1:00 PM)

2019



### Computer Class Registration

**Monday, September 23**, is the day to sign up for classes that run from September 30 through November 14. In person registration takes place from **9:00 AM-12:00 PM**, in the Stage Classroom. After that, registration by telephone can be done, 817.410.3465. Priority is given to Grapevine residents. Descriptions and schedules are available at the Active Adults desk or online at [gograpevine.com](http://gograpevine.com), look for 55 and Better!

## Grannies with Guns & Papaws with Pistols

Protect yourself by obtaining your License to Carry(LTC). This class on **Wednesday, October 2** covers use of force, handgun safety, prohibited carry laws, scenarios, concealment methods and more. Class will head directly to Shoot Smart Indoor Range in Grand Prairie after the classroom portion. An additional \$15 range fee may be paid directly to the range facility. For more information about the class, please contact Mike Duff with Group 6 Training at 817.719.9512 or email [bulletpen@yahoo.com](mailto:bulletpen@yahoo.com). Cost of the classroom portion is \$50.

## 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.

**September 10:** Brain Builders

**October 8:** Tech Showcase

## 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? Join us for a Master's Degree in Mind. **Moving to Spring 2020!**

Changes as We Age  
Can We Improve our Concentration and Focus?

**October 15—** Becoming a Caregiver

**October 22—** Why Change is Hard

## Jewelry Class

Make a bracelet with memory wire on **Thursday, September 19, 10:00-11:45 AM**. Memory wire keeps its shape and size and will coil back when you wrap it around your wrist— no clasp needed. It's adjustable so it can fit many wrist sizes. Bring beads that you want to wear, each turn around your wrist will require 7" - 8" of beads. Wire and tools supplied, bring your own beads.

**Thursday, October 17** from **10:00-11:45 AM**, we will be making dangling earrings in fall colors with leaf shaped sequins. These are very lightweight and have a lot of movement to enhance your fall wardrobe. All materials are supplied. Cost of each class is \$5/person. Sign up 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 Coblentz at 817.410.3444 or Kelsey Manning at 817.410.3492. For more information visit <http://act.alz.org/goto/HappyTrailsGrapevine>

## Fall Prevention Awareness Day

Join us on **Friday, September 20, 9:00 AM-12:00 PM** for a free program offered by Baylor Scott & White Medical Center-Grapevine. Blood pressure checks, vision screenings, gait & balance testing and medication reviews will be offered.

Learn how to prevent falls!



## Acorn Park Adventures

Make a difference in your community by joining us and picking up a little litter at Acorn Woods Park on **Saturday, September 14 & October 5**. We will meet from **9:00-11:00 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.

### Park Picnic Workout (10:15 AM-12:30 PM)

**Sept. 26—** Botanical Gardens (\$10 for lunch)

### Take-A-Hike (10:00 AM-1:00 PM)

**Oct. 22—** Rockledge (bring brown bag lunch)

### Goin' Strollin' (9:15-11:30 AM)

**Oct. 12—** Walk to End Alzheimer's

### Around Town (10:00 AM-1:00 PM)

**Oct. 31—** Parker Cemetery (lunch on your own at Snooty Pig)

Sign up at the Active Adults desk

## NERF Battlefields

We're headed back to the Battlefield **Tuesday, October 29!** Nerf to your heart's content with fast, fun, foam darts! We will depart from The REC of Grapevine at **9:30 AM**, with lunch on your own after the battle has been WON! Cost of the trip is \$12/person.

## Stay Active and Independent for Life (SAIL)

This 3-month program will help you improve your balance and mobility, reduce the risk of falls and improve your quality of life. It is taught by staff from Baylor Scott & White Medical Center-Grapevine on **Tuesdays and Thursdays, 1:00-2:30 PM**, beginning **September 10** through November 26. Sign up at the Active Adults desk.

## Create-A-Card

Bring your spooktacular talents to our card workshop on **Tuesday, September 17, 10:00 AM-12:00 PM**. Scary Fun Halloween is the theme; we have card samples available or you can use your tricks & treats to create your own designs. Sign up for \$5/person at the Active Adults desk.



**THE CITY OF GRAPEVINE HOSTS THE 33RD ANNUAL GRAPEFEST- A TEXAS WINE EXPERIENCE ON SEPTEMBER 12, 13, 14, & 15**





the  
GRape AFFAIR  
newsletter

1175 Municipal Way  
Grapevine Texas 76051

## HELPFUL PHONE NUMBERS

### 2-1-1

First Call for Help, United Way  
Information and Referral Line

**817.336.8714**

Northeast Transportation Service (NETS)

**817.410.3468**

Grapevine Senior *Movers*

## GET INVOLVED



### AARP Driver Safety

Successful completion of this 4-hour course may help reduce liability costs on your automobile insurance, check with your insurance company. Sign up by **Wednesday, October 9**. Cost is \$15 if you are an AARP member or \$20 if you are not a member, payable to the instructor. The class meets **Wednesday, October 9, 1:00-5:00 PM**. Sign up at the Active Adults desk.



### UPCOMING TRIPS!

Active Adults 55 & Better is partnering with Premier Word Discovery to offer two new trips. "Great Trains & Grand Canyons" departs March 15, 2020 and "Normandy, Paris & the Seine River Cruise" departs October 20, 2020. Meet with Premier World Discovery on **September 24 at 10:00 AM**. Brochures are available at the Active Adults desk.

## AFTER HOURS: SEPTEMBER 10 & 24

### Re-Visit the Dance Party

Join our dance crew and get your steps on for the holidays! Grab your best dancin' partner for **Tuesday, September 10, from 5:00-7:00 PM**. More tunes, more moves, more FUN!  
Sign up at the Active Adults desk.

### DIY SPA: Take Care of YOU!

Treat Yo' Self...for pennies while at home! With all of the stresses of everyday life, it is important that we all take time for ourselves...and just relax. Not all of us can afford the luxury of a day spa or even have the time! Invite your friends and join us **September 24, from 5:00-7:00 PM**, for a mental and physical melt down! Class is \$10/person. Sign up at the Active Adults desk.