



AUTUMN AT THE DALLAS ARBORETUM

Autumn at the Dallas Arboretum featuring, It's the Great Pumpkin, Charlie Brown, on **Thursday, November 14**. Anyone 55 and Better is welcome on this trip, tickets are **\$9/person**. The bus departs from The REC of Grapevine at **9:45 AM**. Lunch will be on your own at Highland Park Cafeteria. Sign up at GoGrapevine.com/ActiveAdults or at the Active Adults desk.

VETERAN'S DAY EVENT

Join us on **Thursday, November 7** at **11:30 AM** for a patriotic performance by the Active Adult Chorus! Lunch is served immediately after the performance and may be reserved 48 hours ahead of time for only **\$4/person**. Seating is limited so don't delay! Sign up at GoGrapevine.com/ActiveAdults or at the Active Adults desk.

DENISE'S JINGLE & MINGLE

Denise is opening up her house again for an enchanting Christmas tour. On **Thursday, December 19**, attend either the **9:30-11:00 AM** or **12:00-1:30 PM** grand tour. Besides enjoying the festive atmosphere, you can nibble on delectable holiday treats. Please bring a canned food item to the Active Adults desk to be donated to GRACE to help those in need for the holidays. Sign up at GoGrapevine.com/ActiveAdults or at the Active Adults desk. Bus departs from The REC of Grapevine 15 minutes prior to each tour time.

NOON YEAR'S EVE CELEBRATION

Ring in the Noon Year with us on **Tuesday, December 31** in Stewart Hall and enjoy dancing and entertainment with friends! There's no need to drag yourself around yawning until midnight, come celebrate with us! Lunch reservations, **\$4/person**, must be made by December 27. Sign up online at GoGrapevine.com/ActiveAdults or at the Active Adults desk.

TRIP HIGHLIGHTS

November

- 8 Acorn Park Adventures
- 14 Dallas Arboretum
- 26 Grocery Shopping

December

- 5 Gaylord Stroll
- 10 Gaylord Stroll
- 14 Acorn Park Adventures
- 19 Denise's Jingle & Mingle
- 23 Grocery Shopping
- 30 Grocery Shopping



To sign up for any of the listed activities,
visit the Active Adults front desk at



SANTA COPS

The Grapevine Police Santa Cops program started in 1995 by retired Officer Margie Salame. Santa Cops delivers donated toys to economically disadvantaged children in the community. Last year, wishes for nearly 800 children 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 many collection sites. For additional information, please contact Sergeant Jason Keller at 817.914.4392.

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
 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

NOVEMBER

4 - Life is Sweet! (10:30 AM-12:00 PM)
 5 - Election Day (7:00 AM-7:00 PM)
 7 - Veteran's Day Celebration (11:30 AM-1:00 PM)
 14 - Crafty Cards (10:00-11:45 AM)
 14 - 6 Shooters (10:30-11:30 AM)
 21 - Jewelry Class (10:00 AM-12:00 PM)
 29 - Goin' Strollin' (10:00-11:45 AM)

2019

DECEMBER

3 - Around Town (10:00 AM-1:00 PM)
 10 - Library Adventure Time (10:00-11:45 AM)
 10 - After Hours (5:00-7:00 PM)
 12 - 6 Shooters (10:30-11:30 AM)
 31 - Noon Year's Eve Celebration (11:00 AM-1:00 PM)

2019

The REC Closures	City Events	Holiday Grocery Shopping 9:45-11:30 AM
Thursday November 28 Thanksgiving	Sat. November 2 Bark Park Grand Opening 10:00 AM	Tuesday November 26
Tues. & Wed December 24 & 25 Christmas Eve & Day	Mon. November 25 Carol of Lights 4:00-8:00 PM	Monday December 23
Wednesday January 1 New Year's Day	Thurs. December 5 Parade of Lights 6:30-9:30 PM	Monday December 30

Life is Sweet with Bankers Life

Monday, November 4, Tracy Hodge & Michael Wilson of Bankers Life will assist you with a FREE prescription drug look-up from **10:30 AM-12:00 PM**, to see if you are on the proper drug plan. You can also place your name in the jar for a chance to win the gift card raffle! Their extensive product portfolio includes life insurance, supplemental health insurance, long term care insurance, critical illness insurance and annuities. We thank Bankers Life for hosting dessert at our lunch hour this day! Sign up at GoGrapevine.com/ActiveAdults or at the Active Adults desk.

Medicare Presentation

Confused about Medicare? Attend a FREE *Medicare Questions? Answered.* class on **Thursday, November 21** from **1:00-2:00 PM**. The class covers: How and When to Enroll in Medicare, The ABC's of Medicare, Understanding your Medicare benefits and options, & How to get help paying for Medicare if you qualify. Sign up at GoGrapevine.com/ActiveAdults or at the Active Adults desk.

Library Adventure Time

The second Tuesday of every 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 GoGrapevine.com/ActiveAdults or at the Active Adults desk.

November 12: 3rd Annual Sound of Music Movie & Sing-a-Long
Popcorn & Hot Cocoa will be served!

December 10: Holiday Paper Quilling

Jewelry Class

Be as festive as you want to be! Join us **Thursday, November 21** from **10:00 AM-12:00 PM** to make the cutest earrings from mini-tree ornaments! These are easy to make with a lot of variety to choose from. All materials will be supplied, **\$5/person** for two pairs of holiday earrings! Sign up at GoGrapevine.com/ActiveAdults or at the Active Adults desk.

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), **Thursday, November 14 & Thursday, December 12** from **10:30-11:30 AM**. Sign up at GoGrapevine.com/ActiveAdults or at the Active Adults desk.

Crafty Cards

Calling all elves to the workshop on **Thursday, November 14**, from **10:00-11:45 AM**. Whistle while you work to make the cheeriest cards and use your own holiday inspiration or use the samples provided! Our theme will be Holiday Galore, make as many as you desire for **\$5/person**. Sign up at GoGrapevine.com/ActiveAdults or at the Active Adults desk.

Acorn Park Adventures

Our little Park is doing fabulous and we'll make it even better to ring in the New Year! We'll meet at Acorn Woods Park **Friday, November 8** from **10:00 AM-1:00 PM** & **Saturday, December 14** from **10:00 AM-12:00 PM**. Bring a brown bag lunch on November 8! Wear weather appropriate clothing, bring heavy gloves, and don't forget your water! Sign up at GoGrapevine.com/ActiveAdults or at the Active Adults desk.

OUTDOORS

Goin' Strollin'

(9:15-11:30 AM)

Thursday, November 29— Turkey Day Walk Off
(10:00-11:45 AM)

Thursday, December 26— Boxing Day Stroll

Around Town

(10:00 AM-1:00 PM)

Tuesday, December 3— Downtown Drift & CVB

Sign up at GoGrapevine.com/ActiveAdults or at the Active Adults desk.

Gaylord Stroll

Get in the holiday spirit by strolling through the Gaylord Texan Resort while admiring all the festive decorations on **Thursday, December 5** or **Tuesday, December 10**. Bring your cheer, 'oohs' and 'ahhs', the bus will leave from The REC at **9:45 AM** and will return by 12:00 PM. Seats are limited, so sign up quickly! Sign up at GoGrapevine.com/ActiveAdults or at the Active Adults desk.



Lone Star Christmas at Gaylord Texan

Premier World Discovery

There's still time to reserve your spot on the Great Trains & Grand Canyons trip departing DFW on **Sunday, March 15, 2020** for five nights. Highlights include Sedona, a nostalgic 2-hour train journey to the South Rim of Grand Canyon National Park, the Montezuma Castle National Monument and a 4-hour ride on the Wilderness Train taking you between two national forests and past crimson cliffs. Rate per double is \$2,595 each and includes roundtrip airfare, 8 meals, motor coach transportation and baggage handling at hotels.

Brochures available at the Active Adult desk.

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

AFTER HOURS

November: Game Night!

EVERY Tuesday night from 5:00-7:00 PM! Bring your friends, adult kids, and snacks! We will learn some new games as well as revisit the tried and trues! Sign up at GoGrapevine.com/ActiveAdults or at the Active Adults desk.

December: Grapevine Light Tour

Who wants to ride around town looking at all of the wonderful Christmas lights? Join us for this NEW and exciting Light Tour **Tuesday, December 10**, from 5:00-7:00 PM. Seats are limited, sign up quick! Sign up at GoGrapevine.com/ActiveAdults or at the Active Adults desk.



Grapevine Botanical Garden Tours

Looking for a fun and relaxing outing with your friends? Grapevine Botanical Garden docents are happy to lead small-group tours through the gardens Monday through Thursday from **10:00 AM - 3:30 PM**. We offer thematic tours for adults.

Tours are free and donations are appreciated.

Request a tour at GoGrapevine.com/BotanicalGardens or call 817.410.3071.

Election Day

Tuesday, November 5 - Joint General and Special Elections.
Tarrant County registered voters can vote from **7:00 AM-7:00 PM** at The REC of Grapevine in Stewart Hall B.