

FORT WORTH STOCK SHOW

Grab your Western wear and join us **Friday, January 24** as we head to the Fort Worth Stock Show! Cost is **\$10/person** with many food options inside. You can see all the livestock, poultry, pigeons and rabbits and visit many booths. The bus departs from the REC of Grapevine at **9:45 AM**. Rich in Western tradition, this event is legendary! Sign up at GoGrapevine.com/ActiveAdults or at the Active Adults desk.

GO GO GIRLS

They say you can't buy happiness, but you can buy tea...and that's kind of the same thing! Come get a cupful of happiness at The Cottage Rose Tea Room and Bistro **Thursday, January 23**! The bus will depart from The REC at **10:30 AM**.

Experience the dream that began more than four decades ago at the Mary Kay Museum, on **Thursday, February 6**! Lunch will be on your own at the Mary Kay Restaurant. The bus will depart from The REC at **9:45 AM**. Sign up at GoGrapevine.com/ActiveAdults or at the Active Adults desk.

FRATERNAL ORDER OF PLAID SHIRTS

Wonder what it takes to run an airline? Come find out as we jet over to the CR Smith Museum, **Thursday, January 16**. Tickets are **\$7/person** with lunch on your own at Villa Grande Mexican Restaurant. Bus departs from The REC of Grapevine at **9:45 AM**.

All aboard! Next stop, the Museum of the American Railroad **Thursday, February 20**. Expand your knowledge of the rails and see some artifacts from the industry. Tickets are **\$13/person**, with lunch on your own at Babe's Chicken Dinner House. Sign up at GoGrapevine.com/ActiveAdults or at the Active Adults desk.

CHICK-FIL-A BINGO

Active Adults at The REC have been invited to Chick-fil-A on **Thursday, February 11**, from **10:00-11:00 AM**. We will play BINGO and enjoy a complimentary beverage, although you may purchase lunch to go. The bus leaves from The REC at 9:45 AM and leaves to return at 11:30 AM. Sign up at GoGrapevine.com/ActiveAdults or at the Active Adults desk.

TRIP HIGHLIGHTS

January

- 16 FOPS
- 23 Go Go Girls
- 24 Fort Worth Stock Show

February

- 6 Go Go Girls
- 11 Chick-fil-A Bingo
- 20 FOPS



VALENTINE DANCE

Don't miss this fun annual event sponsored by Byron Nelson High School's National Honor Society on **Saturday, February 15**, from **2:00-4:00 PM**. There will be light refreshments including treats from Hey Sugar in Roanoke, in addition to dancing, music and games! Last year's event was a huge success! Sign up at GoGrapevine.com/ActiveAdults or at the Active Adults desk. The event takes place in Stewart Hall at The REC of Grapevine.



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
 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

JANUARY

6 - Computer Registration (9:00 AM-12:00 PM)
 14 - Library Adventure Time (10:00-11:45 AM)
 14 - After Hours (5:00-7:00 PM)
 15 - AARP Driver Safety (1:00-5:00 PM)
 16 - Jewelry Making (10:00 AM-12:00 PM)
 21 - Crafty Cards (10:00 AM-12:00 PM)
 28 - Collette Presentation: Alaska (10:00 AM)
 28 - After Hours (5:00-7:00 PM)

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FEBRUARY

4 - After Hours (5:00-7:00 PM)
 5 - Tax Aide Begins (8:30 AM-4:30 PM)
 11 - Library Adventure Time (10:00-11:45 AM)
 11 - Chick-fil-A Bingo (9:45-11:30 AM)
 14 - S.A.I.L Begins (1:00-2:30 PM)
 15 - Valentine Dance (2:00-4:00 PM)
 20 - Jewelry Making (10:00 AM-12:00 PM)

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COMPUTER CLASS REGISTRATION

Monday, January 6 is the day to sign up for classes that run from January 13 -February 28. In person registration takes place 9:00 AM-12:00 PM in the Stage Classroom. Registration by phone starts January 6 at 1:00 PM. Classes include Keyboarding, iPad, Windows Fundamentals, iPhone & Android classes, Computer Comparison, and Mac Laptops. Advanced classes that require successful completion of Windows Fundamentals include Genealogy, Windows 10 Tips & Tricks, Windows 10 Photos, Windows 10 Files & Folders, and Shutter Fly. Descriptions and schedules are available at the Active Adult front desk or online at GoGrapevine.com/ActiveAdults.

AARP Tax Aide: February 5-April 15

If you need assistance with your taxes, certified volunteers are available by appointment on **Wednesdays** from **8:30 AM-4:30 PM** to help those in the low to middle income range. Special emphasis is given to those aged 60 and over. Beginning **January 2**, you may call 817-410-3465 to schedule your appointment.

AARP Driver Safety

Successful completion of this 4-hour course may help reduce your liability costs on your automobile insurance. Check with your insurance company. Sign up by **January 8** to attend class on **January 15** from **1:00-5:00 PM**. Cost if \$15 if you are an AARP member or \$20 if you are not a member, payable to the instructor.

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.

January 14: New Year Vision Boards

February 11: Jewelry Making

Jewelry Class

Be as festive as you want to be! Join us **Thursday, January 16** from **10:00 AM-12:00 PM** to make Sequin Heart Charm Bracelets! When you make this bracelet you will also learn a very useful skill, the technique of working with jump rings. This technique will not only let you make this great bracelet, but also will allow you to create and repair many other jewelry pieces. All materials will be supplied, **\$5/person**. Sign up at GoGrapevine.com/ActiveAdults or at the Active Adults desk.

Thursday, February 20 we are making easy tassel jewelry! Tassels are very popular and this is a method that doesn't involve tedious wrapping threads. Learn an easy way to create beautiful tassels that you can make into earrings or attach to other jewelry or keychains. All materials will be supplied, **\$5/person**. Sign up at GoGrapevine.com/ActiveAdults or at the Active Adults desk.

Crafty Cards

Time to prepare for more love in the air! We will be creating Valentine cards **Tuesday, January 21** from **10:00-11:45 AM**. Engage your inner Cupid to create heartfelt cards or use the beautiful templates provided. Make as many as you desire for **\$5/person**. Sign up at GoGrapevine.com/ActiveAdults or at the Active Adults desk.

Beginner Tai Chi

New beginner classes begin **Wednesday, January 15 & Friday, January 17** at **11:00 AM**. Originally a Chinese martial art, today Tai Chi is taught more for health and stress management. Many consider it a form of preventative medicine. The relaxed, gentle movements of Tai Chi keep the body from being tense and awkward, and also help to keep the body erect and well postured. It is especially good for seniors to learn better balance to help in avoiding falls. 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 **Saturday, January 11 & February 8** from **10:00 AM-12:00 PM**. 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.



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 & Thursdays, 1:00 -2:30 PM**, beginning **January 14** and running through **March 31**.



Alaska Discovery Land & Cruise

Join us on **Tuesday, January 28** at **10:00 AM** for a presentation on the next Collette trip that takes us to Alaska! This trip includes time in Fairbanks, Denali National Park and 7 nights on a Princess Cruise that takes you past glaciers, Skagway, Juneau, Ketchikan and Inside Passage. Rates are dependent on your choice of an inside cabin, outside cabin or balcony cabin. Price includes port charges, round trip air from DFW International Airport, air taxes and fees/surcharges and hotel transfers. Brochures are available at the Active Adults desk. This trip is scheduled for September 1-12.

REC Closure

The REC will be **CLOSED January 1, 2020**, in observance of the New Year Holiday



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*

817.410.3465

Active Adults Desk at The REC of Grapevine

GET INVOLVED

AFTER HOURS

January: Supper Club

Tuesday, January 14 & 28, 5:00-7:00 PM

Let's check out the eats in Grapevine! **Tuesday, January 14** we will visit AJ's on Main and **Tuesday, January 28** we will visit NY Pasta & Pizza. Food & Fellowship = FUN! Sign up at GoGrapevine.com/ActiveAdults or at the Active Adults desk.

February: Valentine Dance Special

Tuesday, February 4, 5:00-7:00 PM

What activity relieves stress, enhances happiness, and serves as YOU time? DANCING! You can reap all of these benefits as well as brush up on those sweet dance moves! Sign up at GoGrapevine.com/ActiveAdults or at the Active Adults desk.

The Great Gatsby Casino Ball

Active Adults at The REC of Grapevine invite you to a snazzy soiree at The Great Gatsby Casino Ball.

Sunday, March 15, from 3:00-6:00 PM, in Stewart Hall at The REC. We will have light refreshments, raffle prizes, along with Craps, Blackjack, and Roulette! Mark your calendars now, you won't want to miss this event! Sign up at GoGrapevine.com/ActiveAdults or at the Active

