



**TRIP HIGHLIGHTS**

**March**

- 12 Go Go Girls
- 15 Casino Night
- 19 FOPS
- 20 "Anything Goes"

**April**

- 16 FOPS
- 21 Nerf Battlefield
- 23 Go Go Girls
- 25 Touring Lunch



To sign up for any of the listed activities, visit the Active Adults front desk at The REC or call 817.410.3465

**FRATERNAL ORDER OF PLAID SHIRTS**

**Dallas World Aquarium** Gentlemen, grab your snorkels and goggles, we're going exploring under the sea! We'll scope out the Dallas World Aquarium on **Thursday, March 19**. The cost of this trip is **\$17/person**, with lunch on your own at TBD. Check-in is at **9:30 AM**, the bus leaves from The REC of Grapevine at 9:45 AM. Sign up at GoGrapevine.com/ActiveAdults or at the Active Adult desk.

**Amazon Factory Tour** Join us **Thursday, April 16** as we go behind the scenes at the Amazon Factory Tour. Check out the movement behind all of your Prime products! Cost is **FREE**, followed by lunch on your own at Hard Eight BBQ. Check-in is at **9:30 AM**, the bus leaves from The REC of Grapevine at 9:45 AM. Sign up at GoGrapevine.com/ActiveAdults or at the Active Adult desk.

**GO GO GIRLS**

**Montgomery Street Antique Mall with Texas Café Tea Room** Lace up those walking shoes ladies, it's time to visit the Montgomery Street Antique Mall in Fort Worth on **Thursday, March 12!** This is Fort Worth's largest antique mall, with 61,000 sq. feet of quality antique booths. Voted "BEST ANTIQUES" in the Fort Worth Star Telegram's 'Reader's Choice Awards' year after year! Lunch will be on your own at their quaint Texas Café Tea Room. Seats are limited, so sign up quick! Check-in is at **9:30 AM**, the bus will depart from The REC of Grapevine at 9:45 AM, returning by 2:00 PM. Sign up at GoGrapevine.com/ActiveAdults or at the Active Adult desk.

**Amazon Factory Tour** It's your Christmas online shopping spot, but do you know what happens behind the scenes? This trip is **FREE**, now let's go to Amazon! Get your tootsies ready to tour the Amazon Factory in North Grapevine on **Thursday, April 23** to see how the magic happens! Lunch will be on your own at TBD. Check-in is at **9:30 AM**, the bus departs from The REC of Grapevine at 9:45 AM. Sign up at GoGrapevine.com/ActiveAdults or at the Active Adult desk.

**COMPUTER CLASS REGISTRATION**

**Monday, March 2** is the day to sign up for classes that run from March 9 through April 24. In person registration is from 9:00 AM-12:00 PM in the Stage Classroom. Phone registration starts **March 2 at 1:00 PM.**

Spring Semester: Windows Fundamentals, Gmail, Google Drives & Apps Introduction, How to use iPhone & Android Phone, Maps and Pictures, iPad Beginner/Advanced, Web Page Beginner, Web Page Advanced, Windows Files & Folders, Windows 10 Photos, Windows 10 Tips & Tricks, and Word Descriptions.

Schedules are available at the Active Adult front desk or online at GoGrapevine.com/ActiveAdults.

The next computer class registration will be in July.

# 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

## 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  
1:00 PM: Bingo

## 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  
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

# Happy Trails

## Take A Hike

We will be at Rockledge Park on **Thursday, March 5**, weather permitting. This is a brown-bag picnic hike from 10:00 AM-1:00 PM. Check-in is **9:30 AM**, the bus leaves from The REC at 9:45 AM and will return by 1:00 PM.

## Goin Strollin'

Step right up for your chance to walk with Dinosaurs on Tuesday, March 31 at Heritage Botanical Garden. Perambulate to your heart's desire amongst the blooms of spring, but watch your step – there are Dinos among us! Check-in is **9:45 AM**, we leave The REC at 10:00 AM and will return by 11:30 AM.

## Around Town

We're going East Side Story – off Main Street, that is! Historic houses and businesses nestled among Oaks and Pecan trees, what more could you ask for?! Lunch? On your own at Esparza's! Mark your calendar for **Thursday, April 9**. Check-in is at **9:45 AM**, we leave The REC at 10:00 AM and return by 1:00 PM.

# Park Trips

## Parr Park

Here we come! Walking, working, playing, eating! This workout has everything and more! Lunch is **\$10/person** and will be delivered from Jason's Deli. Join us on **Thursday, April 30** for some outdoor fun! Check-in is at **10:00 AM**, the bus leaves from The REC at 10:15 AM and will return by 1:00 PM. Sign up at [GoGrapevine.com/ActiveAdults](http://GoGrapevine.com/ActiveAdults) or at the Active Adult desk.

## Acorn Park Adventure

The Active Adults have adopted Acorn Woods Park! Join our adventure as we clean our slice of Grapevine heaven and help to Keep Grapevine Beautiful! Every second Saturday, we meet for two hours with bags, gloves, and grabbers provided. Bring water and any gear you might want to use. Times vary due to seasonal conditions. **March 14** and **April 11** we will meet **9:30-11:30 AM**. Sign up at [GoGrapevine.com/ActiveAdults](http://GoGrapevine.com/ActiveAdults) or

# Library Adventure Time

Once a month, join us for an adventure in the Grapevine Public Library. Meet at the Active Adult lounge at 9:45 AM and we will walk to the library. Discover robots, mind games, dance time, movie fun and more! It's not your momma's library anymore! Sign up at [GoGrapevine.com/ActiveAdults](http://GoGrapevine.com/ActiveAdults) or at the Active Adults desk.

**Tuesday, March 10 Luck O' the Irish Party** Where ever you go and whatever you do, may the luck of the Irish be there with you! Wear your green and get ready for a bit of malarkey!

**Tuesday, April 14 Handwriting Analysis** Some people think handwriting analysis is like voodoo or tea leaves, it's actually body movement from your brain and is very logical. Handwriting can identify the writer, indicate the psychological state at the time of the writing and even evaluate personality characteristics. Join us to learn more about your handwriting!

## Nerf Battlefields

We are springing back into all the nerf action on **Tuesday, April 21!** Grab your gun, grab your darts, and let'em fly! We will relieve stress while enjoying a safe and fun activity! We start out on teams, then it's everybody for themselves! Enjoy all the nerf'n around for **\$12/person**, lunch will be on your own at Mi Ranchito, after the battle is WON! Check-in is at **9:15 AM**, the bus departs from The REC of Grapevine at 9:30 AM. Sign up at [GoGrapevine.com/ActiveAdults](http://GoGrapevine.com/ActiveAdults) or at the Active Adults desk.

## Touring Lunch

Grab a friend or your adult child and join us on a fun fact-finding trip. A progressive lunch takes us to different businesses to learn about the services each business offers to the senior population. We will meet at The REC for bus departure at **10:30 AM** on **Saturday, April 25** and return by 2:30 PM. Cost of the trip is **\$5/person**. For more information or to sign up, please visit the Active Adults desk or call 817-410-3465.

## Grannies with Guns & Papaws with Pistols:

### License to Carry Class for Active Adults

Seniors are being viewed more than ever as easy targets for crimes. What better way to protect yourself than to obtain your License to Carry (LTC). The class covers use of force, handgun safety, prohibited carry laws, scenarios, concealment methods and much 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 [Mike@Group6Training.com](mailto:Mike@Group6Training.com). Class meets **Thursday, April 17** from **9:00 AM-3:00 PM**. Cost of the class is **\$50 Member / \$60 Non-member**. Sign up at [GoGrapevine.com/ActiveAdults](http://GoGrapevine.com/ActiveAdults) or at the Active Adults desk.

## Crafty Cards

Want to find out if you have that Hallmark knack? This workshop offers 3-4 themed cards for you to copy or you may create your own. Make as many as you desire for **\$5/person** on **Tuesday, March 24**. Sign up at [GoGrapevine.com/ActiveAdults](http://GoGrapevine.com/ActiveAdults) or at the Active Adults desk.

## Matter of Balance

An award winning program consisting of 8, two-hour classes designed to help adults 60+ years of age reducing 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 **Mondays & Wednesdays, April 6-29, from 12:30-2:30 PM**. Sign up at [GoGrapevine.com/ActiveAdults](http://GoGrapevine.com/ActiveAdults) or at the Active Adults desk.

## Anything Goes

Covenant Christian Academy Presents Cole Porter's 1930's-era romantic comedy, *Anything Goes!* This free matinee will last approximately 2.5 hours, including a 20-minute intermission during which complimentary refreshments will be served. The show is **Friday, March 20 at 2:00 PM**. Seats are very limited so sign up quickly! The bus will depart from The REC of Grapevine at **1:00 PM**. Sign up at [GoGrapevine.com/ActiveAdults](http://GoGrapevine.com/ActiveAdults) or at the Active Adults desk.





# THE GREAT GATSBY CASINO NIGHT



Active Adults, come dressed in  
your best 20s attire!

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MARCH 15 3 - 6 PM

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Stewart Hall  
The REC of Grapevine

TICKETS \$10 PER PERSON  
[GOGRAPEVINE.COM/ACTIVEADULTS](http://GOGRAPEVINE.COM/ACTIVEADULTS)





## 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

## AFTER HOURS

ACTIVE ADULTS THEMED PROGRAM!

### MARCH : MOVIE NIGHT

To help us celebrate St. Patrick's Day we will have a movie night featuring the mythical village in the Scottish Highlands, Brigadoon! Join us **Tuesday, March 17** at the Grapevine Public Library from **5:00-7:00 PM!** Punch and Popcorn for all! **FREE!!**

### March: KITCHEN GADGETS

Do you really know how versatile all of your kitchen gadgets can be? Are you aware a multitude of meals can be made on a waffle iron besides waffles?! Join us **Tuesday, March 31** from **5:00-7:00 PM** so we can blow your mind with the tasty treats you can create with one gadget! **\$5/person** and you **MUST** sign up to participate! Sign up at [GoGrapevine.com/ActiveAdults](http://GoGrapevine.com/ActiveAdults) or at the Active Adults desk.

## City Now Accepting Applications for 6 Stones Home Repair Program

The City of Grapevine is now accepting applications for the 6 Stones Community Powered Revitalization (CPR) program. The City is seeking qualified applicants for their Spring blitz. This program coordinates corporate and community volunteers to provide exterior home repairs for qualified homeowners. In order to qualify, the applicant must be age 62 (or older) or handicapped, disabled, a veteran or a spouse of a veteran, or a single head of household with children under the age of 18 who are currently living at home. Applicants must also meet certain income restrictions and have lived in their home for at least two years. Qualified applicants may apply at [GrapevineTexas.gov](http://GrapevineTexas.gov).

