

GoGrapevine.com



The Rec of Grapevine Reopening Guidelines

- The Active Adult area of The REC of Grapevine as well as Active Adult programming and activities are still currently suspended until further notice. (Virtual classes are taking place.)
- The Rec of Grapevine facility (pool and fitness area) is open with the following guidelines in place for the safety of our patrons and staff:
 - ⇒ Members are advised to wear their own gloves if they are using facility equipment.
 - ⇒ Masks are optional, however we encourage everyone to wear a face covering in case social distancing is difficult.
 - ⇒ Members are to maintain social distancing of at least 6 feet from others whenever possible.
 - ⇒ No outside equipment is allowed in the facility.
 - ⇒ Locker rooms and showers are closed off, but restrooms are open and accessible.
 - ⇒ The REC Aquatic Center is open.

The REC of Grapevine has resumed normal operating hours.



- Rec Reopening Guidelines
- Virtual Class Schedule
- Word Search
- Jokes to hopefully make you smile



For more information visit:
GoGrapevine.com/ActiveAdults or
call the Active Adult desk at
817.410.3465

Virtual Class Schedule

MONDAY

10:20 AM: 55 Fit

3:00 PM: Tea at Three!

TUESDAY

10:30 AM: Seniors with

Pizazz

1:00 PM: Yoga Lite

WEDNESDAY

9:00 AM: Coffee Chat

with Nadia

10:20 AM: 55 Fit

1:00 PM: Snack time

with Stephen

THURSDAY

9:45 AM: Chair Exercise

10:30 AM:

- Brain Training with Patrece (June 4th & 18th)
- Crafts (June 11th & 25th)

1:00 PM: Yoga Lite

FRIDAY

10:20 AM: 55 Fit

1:00 PM: Virtual Bingo

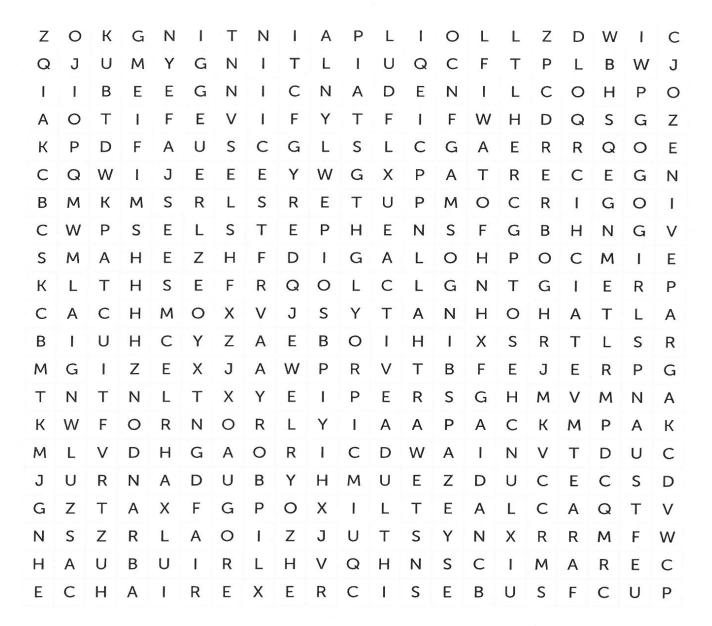


Join us for our virtual classes via Zoom!
Visit GoGrapevine.com/GoVirtual
to see weekly schedule and to join us live!

June Lunch Schedule				
Mon	Tues	Wed	Thurs	Fri
1	2	3	4	5
Cracker Barrel Home-style Chicken	Chef Tyler's Apple Glazed Ham	Willhoite's	Deep Dish Pepperoni Pizza	Flips Burgers
8	9	10	11	12
Los Amigos Chicken Quesadilla	Asian Top Broccoli Beef	Chicken Tenders	Chef Tyler's Chicken Pasta	Weinberger's Reuben
15	16	17	18	19
Alonti Baked Chicken Meal	Chef Tyler's Lasagna	Taco Salad	Bartley's BBQ Chicken Sandwich	Cheeseburger Meal
22	23	24	25	26
Cracker Barrel Meatloaf	Chef Tyler's Spaghetti and Meatball	Grilled Chicken Sandwich	AJ's on Main Pork and BBQ Sandwich	Jason's Deli Chicken Salad Sandwich
29	30			
Chick-fil-a Sandwich	Aloni Lasagna			

Visit GoGrapevine.com/ActiveAdults or call the Active Adults desk at 817.410.3465 to purchase lunch delivery.

Active Adults Word Search



therec activeadult brandon stephen nadia oilpainting lunches ceramics bus taichi yoga stewarthall tea

jewelry

grapevine
patrece
michelle
cameron
fiftyfivefit
coffee
bingo
quilting
computers
LineDancing
gogogirls
choir
classes
chairexercise



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

Jokes to Make you Smile!!! (hopefully)

What do astronauts put on sandwiches?

- Launch-meat!

Why should you never tell a pig a secret?

- Because they will squeal!

What do you call a bear with no teeth?

- A gummy bear!

What did the left eye say to the right eye?

- Between us, something smells!

What did one plate say to the other plate?

- Dinner is on me!

Just for Fun

Visit museums around the world from the comfort of your home!

Virtual Exhibit and Museum Tour Links:

- Guggenheim.org
- Artsandculture.google.com
- Travelandleisure.com/ attractions/museums-galleries/ museums-with-virtual-tours