

## September Virtual Class Schedule

### MONDAY

**9:00 AM:** Tea Time at Nine

**10:20 AM:** 55 Fit

### TUESDAY

**10:30 AM:** Seniors with Pizzaz

**1:00 PM:** Yoga Lite

### WEDNESDAY

**9:00 AM:** Coffee Chat!

**10:20 AM:** 55 Fit

**1:00 PM:**

- Snacks w/ Stephen (Sept 9, & 23)
- Happy Hour (Sept 2, 16 & 30)

### THURSDAY

**9:45 AM:** Chair Exercise

**10:30 AM:**

- Brain Training (Sept 10 & 24)
- Trivia (Sept 3 & 17)

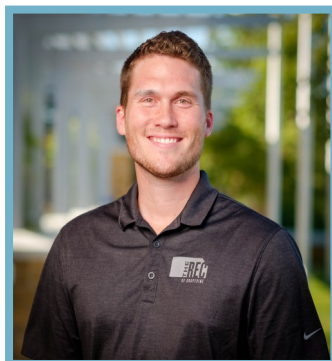
**1:00 PM:** Yoga Lite

### FRIDAY

**10:20 AM:** 55 Fit

**1:00 PM:** Virtual Bingo

**2:00 PM:** Line Dancing



## Staff Spotlight

Hunter Hardeman has been working for the City of Grapevine Parks and Recreation department since 2006. He holds a Bachelor of Business Administration from the University of North Texas, along with multiple certifications. He is currently the Recreation

Supervisor which oversees the daily operations of The REC of Grapevine, including both the Community side as well as the Recreation side. Hunter was born and raised in Grapevine where he attended Cannon Elementary, Grapevine Middle School, and Grapevine High School. Hunter enjoys spending time with his wife Hannah, and their children, Jillian (6), Sadie (4), Emmett (1 1/2), and a new baby boy expected to arrive in January of 2021. Hunter is passionate about recreation and strives to promote healthy living amongst all ages. He is excited to be working with you all on a consistent basis and is ready to welcome everyone back when the time comes for us to resume regular programming.



# GO VIRTUAL

## LIVE CLASSROOM

Virtual Class registration is now online! Please make sure to register by going to

[GoGrapevine.com/ActiveAdults](https://Grapevine.com/ActiveAdults)

Choose from an array of fun, food, or fitness classes! Once registered you are good to go through December for all fitness classes and through September for all other classes.





the  
GROPE 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*

**817.410.3465**

Active Adults Desk at The REC of Grapevine



***Lunch delivery service is available to Grapevine residents for \$4.00 per meal. To view the September lunch menu or register for a meal visit:***

***GoGrapevine.com/ActiveAdults  
Orders must be placed 48 hours in advance.***



### Empowering Seniors 2020 VIRTUAL event!

- Participate safely from your own home or even with friends
- Health information and workshops from medical experts
- "Ask the Doctor" healthcare panels
- Raffle and door prizes for those who register in advance

**Register online at  
[www.EmpoweringSeniors.com](http://www.EmpoweringSeniors.com)**