

## November Class Schedule (V) = Virtual Class

### MONDAY

**8:00 AM:** Water Aerobics  
**10:20 AM (V):** 55 Fit

### TUESDAY

**8:00 AM:** Water Aerobics  
**10:00 AM:** Oil Painting  
**10:30 AM (V):** Seniors with Pizzaz  
**1:00 PM (V):** Yoga Lite

### WEDNESDAY

**8:00 AM:** Water Aerobics  
**9:00 AM (V):** Coffee Chat!  
**10:00AM:** Quilting  
**10:20 AM (V):** 55 Fit  
**1:00 PM (V) - Nov. 4 & 18**  
Food Fun w/ Stephen

### THURSDAY

**8:00 AM:** Water Aerobics  
**9:45 AM (V):** Chair Exercise  
**10:00 AM:** Jewelry Making  
**10:30 AM (V) - Nov. 5 & 19**  
Brain Training  
**10:30 AM (V)- Nov. 12**  
Trivia!  
**11:00 AM:** Tap into Fitness & Fun  
**1:00 PM (V):** Yoga Lite

### FRIDAY

**10:20 AM (V):** 55 Fit  
**1:00 PM:** Line Dancing  
**1:00 PM:** Ceramics Class  
**1:00 PM:** Virtual Bingo

## Staff Spotlight



Stephen Chevier has been with The REC of Grapevine for seven years. He has worked as a front desk staffer and an Aquatics Lead Lifeguard. He has been on the Active Adult team for the past three years. He is our 5 star on-demand chef, making us lunches and pastries. Stephen also teaches cooking classes here at The REC.

Stephen enjoys volunteering his time with the City of Grapevine community festivals for the past 14 years at both the GrapeFest and Main Street days.

He is attending online classes at LeTourneau University getting his Business Management Degree. He enjoys traveling, driving around Grapevine in his Porsche Boxster, being outdoors, and spending time with his friends and family.

## Online Computer Classes

### How to Use Your iPad - Zoom: Monday, November 9 at 10:00am

We will review the basics of the iPad with iOS9 or higher. This will include Notes, Apps, Safari, Settings, and other topics as time allows. Bring your questions for a Question & Answer time. There will also be a quick preview of iOS 14 on a new iPad as well as a demonstration of the Apple Pencil. Space is limited so be sure to register by visiting [GoGrapevine.com/ActiveAdults](https://GoGrapevine.com/ActiveAdults) or call 817.410.3465.

### How to Use Your iPhone - Zoom: Thursday, November 12 at 10:00am

In this class, learn how to adjust the sound and change a few other important settings, along with a discussion about backing up your iPhone and the importance and value of having an iCloud account. We will provide tips on using the phone features, adding to favorites, recommendations about entering contacts, how to text and texting tips, and a variety of ways to use Siri. Space is limited so be sure to register by calling 817.410.3465 or visit [GoGrapevine.com/ActiveAdults](https://GoGrapevine.com/ActiveAdults).





the  
GRAPE 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

## Outdoor Programming

### **Fit Court 55: Tuesday, November 10 & Tuesday, December 1**

Meet at 10:00 am to learn the ins and outs of our fabulous Fitness Court! You'll need to dress for the weather and bring your water. If the weather is below 50° there will not be class.

### **Rockledge Park Hike: Thursday, November 12**

This is a HIKE! The bus loads up at 10:15 am and can carry 11 people socially distanced with face coverings. Bring a picnic lunch in a backpack/string bag. If you drive yourself, there is a \$10 parking fee.

### **Acorn Park Adventure: Saturday, November 14**

Join us as we keep our adopted park in Grapevine clean! We will meet at Acorn Woods Park from 10:00-12:00 pm. Make sure you dress weather appropriate.

### **Turkey Day Walk-Off: Friday, November 27**

Our yearly stroll around the block! There is no participation limit. The walk starts from The REC of Grapevine at 10:00 am and will be done at 12:00 pm.



**To register visit [GoGrapevine.com/ActiveAdults](https://www.gograpevine.com/ActiveAdults) or  
call the Active Adult desk at 817.410.3465**