

Staff Spotlight



With a life-long love of fitness, Patrece Coblenz launched her career at Howard Payne University by earning a Bachelor's of Science in All-Level Physical Education. She took a break to raise six kids, but has now been an instructor in the industry for over 15 years. Her current area of focus is 55 and better, for whom she has coordinated both fitness and outdoor programming at The REC of Grapevine for the past five years.

Patrece has many certifications which boil down to this: Keep moving and have fun doing it! If there is a class or a trip that incorporates Active Adult Fitness, she's got it programmed. You can find her doing 55 Fit or outside walking, hiking, or wandering around town with a group of avid participants. Join in!

December Class Schedule (V) = Virtual Class

MONDAY

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

TUESDAY

8:00 AM: Water Aerobics
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) - Dec. 2 & 16
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) - Dec. 10
Brain Training
10:30 AM (V)- Dec. 3 & 17
Trivia!
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

Outdoor Activities

Fit Court 55: Tuesday, December 1 and December 15

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 bottle. If the weather is below 50°, there will not be a class.

Around Town - Downtown Drift: Thursday, December 3

Lets check out the Christmas Capital of Texas! We'll walk Downtown, drifting wherever we want to go, to see the sights we want to see! Lunch will be at Cotton Patch Café and then we'll meander back to The REC of Grapevine--a pleasant day had by all! Check in is at 9:45 am in the Active Adult lounge. We will leave at 10:00 am and return by 1:30 pm.

Acorn Park Adventure: Saturday, December 12

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

Goin' Strollin' Botanical Gardens at Heritage Park:

Thursday, December 17 Enjoy the fresh air and chat with friends as we explore Grapevine's beautiful botanical garden. Check in is at 10:00 am in the Active Adult lounge. The bus leaves at 10:15 am and returns by 12:00 pm. Space on the bus is limited and face coverings are required. You may drive and meet us there at 10:30 am.

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



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

Christmas!

Tour of Lights:

Let's tour the Lights of Grapevine! Join us on the Fun Bus and see the City After Hours! Check in begins at 5:30 pm at The REC of Grapevine Active Adult lounge and the bus leaves at 5:45 pm. Face coverings are required to ride the bus. Choose from one of the four dates listed below. Space is limited, register at GoGrapevine.com/ActiveAdults or call the front desk at 817.410.3465.

Tuesday, December 8 & 15

Thursday, December 9 & 16

Holiday Bingo!

Come try your luck at winning some fun prizes during this Christmas themed Bingo extravaganza! This event will be done virtually on Zoom. Register at GoGrapevine.com/ActiveAdults or call the front desk at 817.410.3465. A bingo card and Zoom link will be sent to registrants. Registration ends December 18 at 6:00 pm.

Day: Monday, December 21

Time: 1:00 pm

Upcoming Classes

NEW! Ceramics Class

Work along side a group of other crafty ceramics enthusiasts to create your very own masterpieces! Perfect for gifts and home décor. This class is designed to guide you through creating ceramics pieces from start to finish, working on a different step of the process each class session. This class is a 6-month commitment. For more information, call 817.410.3492.

Day: Fridays

Location: The REC of Grapevine, Arts & Crafts Room

Time: 1:00 - 3:00 pm

Fee (monthly): \$20

Zoom Introduction On-line Computer Class:

Learn the many options that Zoom has to offer! This class will review many of these new options which may be required during other Zoom classes offered by The REC of Grapevine. To register visit GoGrapevine.com/ActiveAdults or call the Active Adult desk at 817-410-3465.

Day: Wednesday, December 9

Time: 9:30-11:30 am