

WEEKLY SCHEDULE

(V) = Virtual Class

MONDAY

8:00 am: Water Aerobics
9:30 am: Music Jam
10:20 am: (V) 55 Fit A
11:05 am: 55 Fit B
1:00 pm: Mah Jongg

TUESDAY

8:00 am: Water Aerobics
10:00 am: Bridge
11:00 am: Seniors with Pizzaz \$
12:45 pm: Bingo
1:00 pm: (V): Yoga Lite

WEDNESDAY

8:00 am: Water Aerobics
9:00 am: (V) Coffee Chat!
10:00 am: Quilting
10:20 am: (V) 55 Fit A
11:05 am: 55 Fit B
11:00 am: Beginner T'ai Chi

THURSDAY

8:00 am: Water Aerobics
10:00 am: Chair Exercise
10:00 am: Jewelry Making
11:00 am: Seniors with Pizzaz \$
11:00 am: Tap into Fitness & Fun \$
1:00 am: (V) Yoga Lite Advanced \$

FRIDAY

10:20 am: (V) 55 Fit A
11:05 am: 55 Fit B
11:00 am: Beginner T'ai Chi
1:00 am: Line Dancing
1:00 am: Ceramics Class \$



To sign up for any of the listed activities,
visit GoGrapevine.com/ActiveAdults OR call
the The REC of Grapevine Active Adults front
desk at 817.410.3465

Staff Spotlight

Kaye Taylor was born in Oklahoma by accident! Her mother was visiting her sister there when she went into labor. Kaye came to Texas when she was 2 weeks old. If you ask Kaye if she is a Texan, she will say YES!

Kaye started out in mortgage banking, which turned into a more than 50 plus year career. She traveled across the United States training associates and giving lectures at various conventions. She has taken several online college classes to help her in her career. She also taught Mortgage Underwriting at a local college. After retiring for a couple of years, Kaye joined The REC of Grapevine in June 2015. Her daughter suggested she get a part-time job to keep her busy and out of trouble. Kaye loves to spend time spoiling her grandkids and great grandson. Her hobbies include quilting, gardening, and traveling.



Active Adult services at The REC of Grapevine are resuming!

The REC of Grapevine is excited to announce that in-person Active Adults services will resume on Monday, April 5!

- Transportation service is resuming for Grapevine residents 55 & better who need a ride to and from The REC of Grapevine. The bus will pick up residents in the morning between 8:00 – 9:00 am, and will leave The REC of Grapevine at 2:00 pm to take them home. Call the Active Adults front desk at 817.410.3465 to sign up for bus service.
- Lunch service will be available at The REC of Grapevine, Monday – Friday for \$4.00 per meal. Lunch will be served at 12:00 pm in Stewart Hall and carry out is also available. Meals must be purchased 48 hours in advance. **Lunch delivery is no longer offered.**
- Both in-person and virtual classes will be offered. Please visit GoGrapevine.com/ActiveAdults to register and view the schedule of classes.

**Please visit GoGrapevine.com/ActiveAdults or
call the Active Adults desk at 817.410.3465 with
questions!**



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

Tap into Fitness and Fun

Need a fun way to exercise without lifting weights or running? Tap dancing is a great way to improve flexibility, stability, hand-eye coordination, and get some cardio! It doesn't matter if you are a professional or a complete novice, we will teach you what you need to know to be successful. Tap shoes are not required. This class is suitable for men and women, so grab your partner and sign up today!

Day: Thursdays

Location: The REC of
Grapevine, Dance Room

Time: 11:00 - 11:50 am

Ages: 55+ years

Fee: \$15 Member

\$25 Non-member



Virtual Computer Classes

Interested in becoming more computer savvy? These computer classes will teach you tips and tricks for Zoom, using your iPhone or iPad, and much more.



Class times 9:30 - 11:30 am

- Zoom Introduction - Thursday, April 1
- Using Your iPhone - Tuesday, April 6
- Windows 10 Photos - Wednesday, April 7
- Zoom Administration - Tuesday, April 13
- Genealogy Introduction - Tuesday, April 20

Note: Computer classes will be breaking for summer 2021.

Visit GoGrapevine.com/ActiveAdults to register