

## STAFF SPOTLIGHT

Lauren Sparks, your friendly neighborhood yoga instructor, was born and raised in Waco, Texas. She has two sisters (one who is her twin). They graduated 1st and 2nd in their high school class and then went on to finish at Baylor University (Sic'Em). Lauren married her boss at one of her first professional jobs and they have 2 children together and one son from his first marriage. From this bonus son, Lauren has 4 grandchildren. The oldest born when she was just 38!



Lauren has been in the fitness industry for 20 years as a manager and instructor of almost every class you can imagine. She is also a writer – sharing her adventures and faith in God from her laptop at [laurensparks.net](http://laurensparks.net). She is a contributing author for three books: Perseverance: 30 Devotions for Faith that Moves Mountains, Prayer: Approaching the Throne of Grace, and The ABC's of God's Love Letter: a 25-Week Bible Study with Topics From Abide to Zeal.



1175 Municipal Way  
Grapevine Texas 76051  
817.410.3465

## UPCOMING FIELD TRIPS

### Trawick Park Picnic

Join us at Grapevine Lake for some fun and lunch! Activities to enjoy will include corn-hole, horseshoes, an escorted hike beginning at 10:15 am, as well as a workout station. A hamburger lunch is available for \$5/person and registration is required prior to the event. Regular lunch service will NOT be served at The REC of Grapevine on this day. You may also choose to drive on your own and meet us there.

**Date: Friday, May 7**

**Time: Bus leaves The REC of Grapevine at 9:45 am**

**Location: Trawick Park Pavilion**

**Fee: \$5/person**

### NERF Battlefield

It is time to get your Nerf on at the Battlefields! Challenge yourself and your friends as the foam darts fly! After the battle is won, we will head out to Mi Ranchito Mexican restaurant for lunch.

**Date: Tuesday, May 18**

**Time: Bus leaves The REC of Grapevine at 9:15 am**

**Fee: \$15/person**

### Dallas World Aquarium

Take your next adventure with us to the Dallas World Aquarium. There are so many sights to see from tropical birds to monkeys to alligators! After touring the exhibits, you can take your pick of lunch venues from inside the aquarium. View the menus by visiting [www.dwazoo.com/restaurants/](http://www.dwazoo.com/restaurants/).

**Date: Thursday, May 6**

**Time: Bus leaves The REC of Grapevine at 9:45 am**

**Fee: \$23/person**

### Grapevine Animal Shelter and Fire Station Tour

Grapevine offers so many wonderful services to the community! Come tour the brand new Animal Shelter & New Fire Station. After the tours we will eat lunch at Harvest Hall located inside of the new Grapevine Main Station!

**Date: Thursday, June 10**

**Time: Bus leaves The REC of Grapevine at 9:45 am**

**Fee: Free**

## MAY

SUN	MON	TUE	WED	THR	FRI	SAT
						1 Acorn Park
2	3	4	5	Dallas World Aquarium Library Adventure Time: Bubble Blowing	Trawick Park Picnic Take a Hike: Trawick Park	8
9 HAPPY MOTHER'S DAY	10	11 Around Town	12 Knitting & Crochet Interest Class	13 Crafty Cards: Graduation Theme	14	15
16	17	18 Nerf Battlefield	19	20 FOPS: Classic Cars	21	22
23 30	24 31	25	26 Knitting & Crochet Interest Class	27 Park Picnic Workout	28	29

## JUNE

SUN	MON	TUE	WED	THR	FRI	SAT
		1 Goin' Strollin: Wall-Fararr Rock Art Trail	2	3 Library Adventure Time: Paper Quilting	4	5 Acorn Park
6	7	8 Take a Hike: Rockledge Park	9	10 Grapevine Facility Tour Crafty Cards: Father's Day Theme	11	12
13	14	15	16	17	18	19
20 HAPPY FATHER'S DAY	21	22	23	24 FOPS: Frontiers Flight Museum	25	26
27	28	29	30			

## Fraternal Order of Plaid Shirts (FOPS)

Whether you are a car guy or you appreciate nice cars, join us as we check out some classic cars at StreetSide Classics. We will have lunch at Harvest Hall located inside the new Grapevine Main Station.

**Date: Thursday, May 20**

**Time: Bus leaves The REC of Grapevine at 9:45 am**

**Fee: Free**

Come check out the Frontiers of Flight Museum at Southwest Airlines Airport and experience the stories of aviation and space flight! Lunch will be at Big Al's Smokehouse afterward.

**Date: Thursday, June 24**

**Time: Bus leaves The REC of Grapevine at 9:45 am**

**Fee: \$8/person**

## OUTDOOR ADVENTURES

### Take a Hike

Ready for a challenge? Take a hike with us at Rockledge Park. This hike rated a 3 out of 5 for difficulty. Walking poles welcome! Bring a string bag with water and a bag lunch. After the hike we will chill by the lake and eat! You may ride the bus or drive.

**Date: Tuesday, June 8**

**Time: Bus leaves The REC of Grapevine at 10:00 am**

**Fee: Free**

### Goin' Strollin'

Stroll with us as we explore the beautiful Rock Art Trail out at Wall-Farrar! You must be able to walk at least 2 miles or more. Make sure to wear proper shoes and clothes.

**Date: Tuesday, June 1**

**Time: The bus leaves The REC of Grapevine at 9:30 am**

**Fee: Free**



## Acorn Park Adventures

Join our gang of do-gooders as we keep Grapevine beautiful at Acorn Woods Park! We provide basic plastic gloves, bags, and trash pickers. Other items to consider bringing are sunscreen, bug spray, gloves, and buckets. You are welcome to bring friends and family to join our efforts to Keep Grapevine Beautiful!

**Dates/Times:**

**Saturday, May 1 from 9:00 - 11:00 am**

**Saturday, June 5 from 8:30 - 10:30 am**

**Location: Acorn Woods, 1000 Oak Grove Loop S.**

**Fee: Free**

## Park Picnic Workout

Walk the trails, use the workout stations, play on the playscapes, and finish with a picnic at one of Grapevine's fabulous parks! Box lunch is from Jason's Deli. Choice is roasted turkey on wheat or chicken salad on wheat. Please bring your own water.

**Date: Thursday, May 27**

**Time: Bus leaves The REC of Grapevine at 10:00 am**

**Fee: \$10/person**

## Around Town

We will be taking a walk to the Grapevine Public Service Building for a behind the scenes tour! Meet in the Active Adults lounge. Lunch will follow at Baja Mexican Grill.

**Date: Tuesday, May 11**

**Time: 10:00 am**

**Fee: Free**

## WEEKLY SCHEDULE

(V) Virtual (L) Live

### MONDAY

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

### TUESDAY

8 am: Water Aerobics  
9:45 am: Shopping  
10 am: Chair Exercise  
10 am: Oil Painting  
10 am: Bridge  
11 am: Srs with Pizazz \$  
12:45 pm: Bingo  
1pm: Yoga Lite (V/L)

### WEDNESDAY

8 am: Water Aerobics  
9 am: (V) Coffee Chat  
10 am: Quilting  
10:20 am: 55 Fit A (V/L)  
11:05 am: 55 Fit B  
11 am: Beg. T'ai Chi

### THURSDAY

8 am: Water Aerobics  
10 am: Chair Exercise  
10 am: Jewelry Making  
11 am: Srs with Pizazz \$  
11 am: Tap into Fitness \$  
1 pm: Yoga Lite Adv (V/L) \$

### FRIDAY

10:20 am: 55 Fit A (V/L)  
11:05 am: 55 Fit B  
11 am: Beg T'ai Chi  
1 pm: Line Dancing  
1 pm: NEW! Ceramics \$  
1 pm: Bridge

Register for programs and events at

**GoGrapevine.com/ActiveAdults or call 817.410.3465.**



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## 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 SeniorMovers**

**817.410.3465**

**Active Adults Desk at The REC of Grapevine**

## FINE ARTS

### NEW! Ceramics Class

This class is designed to guide you through creating ceramic pieces from start to finish; perfect for gifts and home décor.

**Day: Fridays**

**Location: The REC of Grapevine, Arts & Crafts Room**

**Time: 1:00 - 3:00 pm**

**Fee: \$20/month**



### Crafty Cards

Create custom cards for your loved ones! There will be pre-made cards to use as inspiration or you may design your own.

**Dates:**

**Thursday, May 13: Graduation theme**

**Thursday, June 10: Birthday & Fathers Day theme**

**Time: 10:00 am - 12:00 pm**

**Location: The REC of Grapevine, Classroom**

**Fee: \$5/person**

### Library Adventure Time (LAT)

The Grapevine Library is a great resource to the community and they are offering fun activities for our Seniors!

**Dates:**

**Thursday, May 6: Art of Bubble Blowing**

**Thursday, June 3: Paper Quilting**

**Time: 10:00 am - 12:00 pm**

### Knitting and Crocheting Interest Meeting

Have you ever wanted to learn to knit or crochet? This is your opportunity to investigate! Come ask questions and get a feel for the needles and yarn!

**Dates/Time:**

**Wednesday, May 12 from 1:00 - 1:50 pm**

**Location: The REC of Grapevine, Arts & Crafts Room**

**Wednesday, May 26 from 1:00 - 1:50 pm**

**Location: The REC of Grapevine, Stage Classroom**

## Plan your next adventure!

For additional information, contact:

Stephen Chevier, Recreation Coordinator

schevier@grapevinetexas.gov or 817.410.3443

