

STAFF SPOTLIGHT

Paul Hoover, the youngest of three boys, was born on a farm outside of a Canadian town with a population of 326. He attended the same one room - eight grade school as his father and grandfather. His jobs included bank teller, salesman, machinist, and clergyman; suggesting he was a "career confused ne'er do well". He wandered south of the U.S. border and only by the grace of God was he able to receive a Bachelors of Arts and a Public Health graduate degree without a high school diploma or GED.

For 35 years he directed programs and was a consultant to airlines nationwide concerning the safe management of employees with behavioral health and substance abuse issues, including threat management and workplace trauma. Employees governed by Federal Aviation Administration Medical regulations were also a specialty.

Paul has three children & six grandchildren. He has lived in 11 provinces/states and has traveled to four continents. In 2015 he had the joy of being accepted into The REC of Grapevine family and began serving the fantastic Active Adult community. His wife is also very grateful for Paul working at The REC; she doesn't have to put up with him 24/7.



FALL PREVENTION AWARENESS

Fall Prevention Event

Join us as we raise awareness and educate consumers about the risk of falls and how to prevent them. Presented by Baylor Scott White Medical Center Grapevine, there will be medication reviews, hearing screenings, blood pressure checks, vision screenings, gait testing, balance testing, fitness demonstrations and more! This is a come and go event, and registration is not required. Details are subject to change. Please visit [GoGrapevine.com/ActiveAdults](https://www.gograpevine.com/ActiveAdults).

Day: Wednesday, September 22

Location: The REC of Grapevine, Stewart Hall

Time: 9:00 am- 12:00 pm

Ages: 55+ years

Fee: Free



A Matter of Balance

A Matter of Balance class helps reduce the fear of falling. It is an award-winning, evidence-based program designed to help manage falls and increase activity levels. Taught by staff from Baylor Scott and White Medical Center Grapevine, you will learn exercises to increase strength, flexibility, and balance.

Dates: Mondays, September 13 - November 1

Location: The REC of Grapevine, Stage Classroom

Time: 10:00 am - 12:00 pm

Ages: 55+ years

Fee: Free

Texercise

Texercise is an evidence-based program designed to help participants increase their knowledge about the value of physical activity and healthy eating, as well as increase their ability to engage in healthy behaviors. Taught by staff from Baylor Scott and White Medical Center Grapevine, the focus is on balance, endurance, strength, and stretching exercises.

Dates: Tuesdays & Thursdays, September 14 - November 18

Time: 10:00 am- 12:00 pm

Location: The REC of Grapevine, Stewart Hall B

Ages: 55+ years

Fee: Free

SEPTEMBER

SUN	MON	TUE	WED	THR	FRI	SAT
			1	2 Library Adventure Time	3	4
5	6	7	8	9 Crafty Cards at the Library	10	11 Acorn Park Adventure
<div>The REC of Grapevine Closed - Maintenance Week, August 7- 12</div>						
12 <div>Closed</div>	13	14 Mind, Brain, & Body Animal Shelter Tour Trip	15	16 GrapeFest	17 GrapeFest	18 GrapeFest
19	20	21 Animal Shelter Tour Trip	22 Fall Prevention Awareness Event	23 FOPS Frontiers of Flight Museum	24	25
26	27	28 Animal Shelter Tour Trip	29 Songs and Smiles	30 Go Go Girls Leonard's Muesum		

OCTOBER

SUN	MON	TUE	WED	THR	FRI	SAT
					1	2
3	4	5 Mind, Brain & Body Paula's Picks	6	7 Library Adventure Time State Fair Trip	8	9 Acorn Park Adventure
10	11	12	13 AARP Drivers Safety	14 Crafty Cards State Fair Trip	15	16
17	18	19 Go Go Girls Coco's Tearoom	20	21 FOPS British Flight Training School Museum	22	23
24/31	25	26 Mind, Brain, & Body	27 Songs and Smiles	28 Parker Cemetery Stroll	29	30

GROUP FIELD TRIPS

Animal Shelter Tour

Come with us to tour the NEW Grapevine Animal Shelter and see the facility and meet some of its current residents. In order to accommodate capacity limits of the animal shelter facility and the popularity of this trip, there will be three trip dates.

Dates: Tuesday, September 14, 21 & 28.

Times: Check in at 9:30 am, Active Adult Lounge

Fee: Free



Texas State Fair

The State Fair of Texas is an historical event that celebrates all things Texas. Join us on a trip and enjoy games, shows, rides, and, of course – the food! We have two trip dates planned.

Dates: Thursday, October 7 & 14

Time: Check in at 9:30 am, Active Adult Lounge

Fee: \$10/person

Paula's Picks

Come one, come all--surprises abound! Paula will choose a mystery destination, or two where you can browse and shop. Then we will have lunch nearby!

Date: Tuesday, October 5

Time: Check in at 9:30 am, Active Adult Lounge

Fee: Free

Fraternal Order of Plaid Shirts (FOPS)

The British Flying Training School Museum

This museum celebrates a little-known chapter of World War II history with an archive that contains an extensive record of the #1 British Flying Training Schools in existence. The collection includes hundreds of historical items such as log books, training materials, WWII memorabilia, uniforms, and explores many fascinating personal stories behind the artifacts.

Date: Thursday, October 21

Time: Check in at 9:30 am, Active Adult Lounge

Fee: Free

Frontiers of Flight Museum

We are taking a trip over to Love Field to learn about innovations and historical figures of aerospace as well as see amazing memorabilia and aircrafts. Lunch will follow at Big Al's Smokehouse BBQ.

Date: Thursday, September 23

Time: Check in at 9:30 am, Active Adult Lounge

Fee: \$8/person

GO GO GIRLS

Leonard's Museum

Let's go back in time to Leonard Brothers' museum. A homage to the trendsetter department store, Leonard's Museum houses a ton of history waiting to be seen. Lunch will be at M&O Station Grill.

Date: Thursday, September 30

Time: Check in at 10:00 am, Active Adult Lounge

Fee: Free

High Tea at Coco's Tearoom

Treat yourself to High Tea at Coco's Tearoom with fabulous tea and three courses; this will be an event to savor! We will have a few minutes to explore Grapevine Antique Mall before High Tea begins.

Date: Tuesday, October 19

Time: Check in at 10:45 am, Active Adult Lounge

Fee: \$21/person

OUTDOORS

Acorn Park Adventures

Join our gang of do-gooders to Keep Grapevine Beautiful at Acorn Woods Park! We provide plastic gloves, bags, and trash pickers.

Dates: Saturday, September 11 & October 9

Time: 8:00 - 10:00 am

Location: Acorn Woods, 1000 Oak Grove Loop S.

Parker Cemetery Stroll

Let's explore Parker Cemetery! What things of the past can we find on our stroll?!

Date: Thursday, October 28

Time: Check in at 9:30 am, Active Adult Lounge

Fee: Free

EDUCATION

Mind, Brain, and Body

This is a series of presentations designed to teach skills for healthy living addressing emotional, social, mental, and physical challenges. Attendees will be involved in practicing skills and interacting with other members of the class.

Dates: Tuesday, September 14, October 5, and 26

Time: 10:00 am - 12:00 pm

Location: The REC of Grapevine, Classroom

Fee: Free

WEEKLY SCHEDULE

MONDAY

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

TUESDAY

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

WEDNESDAY

8 am: Water Aerobics
9:30 am: 55 Fit Virtual
10 am: Chair Exercise
10 am: Quilting
10:20 am: 55 Fit A
11:05 am: 55 Fit B
11 am: Beg. T'ai Chi
12:30 pm: Knit/Crochet

THURSDAY

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

FRIDAY

10:20 am: 55 Fit A
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.



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 SeniorMovers

817.410.3465

Active Adults Desk at The REC of Grapevine

AARP: Driver Safety Course

In this refresher course you'll learn the current rules of the road, defensive driving techniques and how to operate your vehicle more safely in today's increasingly challenging driving environment. Payments are made to the instructor on the day of class (check or cash). Registration ends Wednesday, October 6

Date Wednesday, October 13

Time: 10:00 am - 3:00 pm

Location: The REC of Grapevine, Stage Classroom

Fee: \$20/AARP member or \$25 non-member

FINE ARTS

Chorus

Chorus season is back once again! Learn new songs, meet new friends, and engage in community outreach by performing programs off-site.

Day: Thursdays

Time: 10:00 am - 11:30 am

Location: The REC of Grapevine, Stage Classroom

Fee: Free

Library Adventure Time (LAT)

The Grapevine Library is offering fun activities for our Seniors!

Dates: Thursday, September 2: Drum Circle

Thursday, October 7: Genealogy & Photo Scanning

Time: Check in at 10:00 am, Active Adult Lounge

Location: The Grapevine Library

Fee: Free

Crafty Cards

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

Dates: Thursday, September 9: Fall Theme (held at the Library)

Thursday, October 14: Halloween Theme

Time: 10:00 am - 12:00 pm

Location: The REC of Grapevine, Classroom

Fee: \$5/person

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COME TRAVEL WITH THE REC OF GRAPEVINE

JOIN US ON OCTOBER 6TH AT 10AM

**THE REC OF GRAPEVINE IN STEWART HALL
1175 MUNICIPAL WAY | GRAPEVINE TX, 76051**

For additional information contact
Stephen Chevier, Recreation Coordinator
817.410.3443 | schevier@grapevinetexas.gov



Sunny Portugal
03/16/2022



Exploring Scotland
05/09/2022



Imperial Cities with
Oberammergau
Passion Play
06/19/2022



Western Canada's
Rockies, Lakes and
Wine Country
07/30/2022



Alaska Discovery:
Land and Cruise
09/03/2022