

the GR^{PE} AFFAIR newsletter

For Active Adults 55 & Better

January/February 2022

GoGrapevine.com   

STAFF *Spotlight*

Hello Grapevine Active Adults!
Along with the change of the new year, I would like to share a change that will be happening with my position here at The REC of Grapevine. Change is inevitable. However, with this change comes familiarity. I am changing my role as a Recreation Coordinator with The REC of Grapevine to becoming a contract instructor. What does that mean? You won't see me behind the Active Adult front desk, but rather you will see me teaching more classes that will continue to entice and challenge your physical fitness levels, poke and prod at your brain fitness levels, and elevate and support your balance levels. I look forward to opening many doors with programming that engages and invites you to come have fun and learn no matter the time or day. I love you guys, and can't wait to see what lies ahead.

Patrece Coblentz



1175 Municipal Way
Grapevine Texas 76051
817.410.3465

Strolling Down Memory Lane



Computer Registration

Take your pick from our list of tech-topics, which include learning about iPhone, iPad, Google, Shutterfly, Mac Laptops, Windows, social media, and more. Classes will be taught at different levels, from beginner to advanced. Registration for Spring computer classes is now open. For more information and to register, visit www.GoGrapevine.com.

Fee: Free

Age: 55+



AARP Tax-Aide

Tax Aide is back at for Active Adults (55+) if you need assistance with your taxes. Beginning Wednesday, February 2 certified volunteers will be available by appointment only every Wednesday through the middle of April. Your 2021 taxes will be prepared, reviewed, and submitted with one visit. To schedule an appointment, please contact the Active Adult front desk by calling 817.410.3465.

Date and Time: By appointment only

Fee: Free

Age: 55+

Lunch and Learns

Lunch and Learns will be returning in 2022. Join us as we hear speakers from different organizations give informative talks on relevant topics to seniors. Keep a look out for emails with new dates, times, and topics. Emails will be sent to any participants that have registered for any Active Adult classes in the past.

Dates and Times: TBD

Fee: Free

Age: 55+

NEW! Beyond Fit Class

For the Active Adult who wants that extra push! The drive to go Beyond Fit is met here with intensity and function. Challenge yourself to go farther, to work harder, to keep moving! Go Beyond where you are! We will do occasional floor work as well as use fun exercise toys! The class you didn't know you needed is here! Bring your water bottle.

Days: Mondays & Wednesdays

Time: 11:10pm

Fee: \$15/person

Age: 55+

NEW! Hatha Yoga Class

Formerly Yoga Lite Advanced, this mat yoga class is offered in person at The REC. We incorporate flexibility, range of motion, strength, and balance postures, as well as relaxation techniques. Modifications and progressions provided to customize your practice.

Day: Thursdays

Time: 1:00pm

Fee: \$10/person

Age: 55+

WEEKLY SCHEDULE

(V) Virtual (L) Live

MONDAY

8 am: Water Aerobics
9:30 am: Music Jam
9:30 am: 55 Fit Virtual
10:20 am: 55 Fit
11:10 am: Beyond Fit \$
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
11 am: Beg. T'ai Chi
11:10 am: Beyond Fit \$
12:30 pm: Knit/Crochet

THURSDAY

8 am: Water Aerobics
10 am: Chair Exercise
10 am: Chorus
10 am: Jewelry Making
11 am: Srs with Pizazz \$
11 am: Tap into Fitness \$
1 pm: Hatha Yoga \$

FRIDAY

10:20 am: 55 Fit Circuit
11 am: Beg T'ai Chi
1 pm: Line Dancing
1 pm: Ceramics Class \$
1 pm: Bridge

Register for programs and events at

GoGrapevine.com/ActiveAdults or call 817.410.3465

Spring Computer Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Jan 10 How to use your iPhone Monday 9 am-12pm Beverly Savage Win Fundamentals 12:30-3:30pm Mon & Wed Carolyn Ernst	Jan 11 Keyboarding 12:30-3:30pm Tuesday Carolyn Ernst	Jan 12 Win Fundamentals 12:30-3:30pm Mon & Wed Carolyn Ernst	Jan 13 	Jan 14
Jan 17 How to use your iPhone Monday 9 am-12pm Beverly Savage Win Fundamentals 12:30-3:30pm Mon & Wed Carolyn Ernst	Jan 18 	Jan 19 Win Fundamentals 12:30-3:30pm Mon & Wed Carolyn Ernst	Jan 20 	Jan 21
Jan 24 How to use your Android Phone 9am – 12pm Mon & Wed Roger Jones Win Fundamentals 12:30-3:30pm Mon & Wed Carolyn Ernst	Jan 25 iPhone Camera 12:30-3:30pm Tuesday Pearl Dill & Gay Grissom	Jan 26 How to use your Android Phone 9am – 12pm Mon & Wed Roger Jones Win Fundamentals 12:30-3:30pm Mon & Wed Carolyn Ernst	Jan 27 Android Camera/Google Photos 9am – 12pm Thursday Roger Jones Photo Fun for Mobile Devices 12:30-3:30pm Thurs Gay Grissom & Pearl Dill	Jan 28
Jan 31 Windows 10 Files & Folders 12:30-3:30pm Monday Dick Guckel	Feb 1 Word 12:30pm-3:30pm Tue, Thurs, Fri. Pam Price	Feb 2 Win 11 9am – 12pm Wednesday Dick Guckel & Roger Jones iPad for Everyone 12:30-3:30pm Wednesday Gay Grissom	Feb 3 Word 12:30pm-3:30pm Tue, Thurs, Fri. Pam Price	Feb 4 Word 12:30pm-3:30pm Tue, Thurs, Fri. Pam Price
Feb 7 Win 10 Photos 9am – 12pm Mon & Wed Roger Jones	Feb 8 Tree Climbing: Your New Obsession 9am-12pm Tue & Thurs Pearl Dill Word 12:30pm-3:30pm Tue, Thurs, Fri. Pam Price	Feb 9 Win 10 Photos 9am – 12pm Mon & Wed Roger Jones MAC Laptops 12:30-3:30pm Wednesday Laura Jesberg	Feb 10 Tree Climbing: Your New Obsession 9 am-12pm Tue & Thurs Pearl Dill Word 12:30pm-3:30pm Tue, Thurs, Fri. Pam Price	Feb 11 Senior Friendly iPhone Settings 9am-12pm Friday Twyla O'Keefe
Feb 14 Windows 10 Tips & Tricks 12:30-3:30pm Mon & Wed Dick Guckel & Roger Jones	Feb 15 Shutterfly 12:30-3:30pm Tue & Thurs Laura Jesberg	Feb 16 Windows 10 Tips & Tricks 12:30-3:30pm Mon & Wed Dick Guckel & Roger Jones	Feb 17 Shutterfly 12:30-3:30pm Tue & Thurs Laura Jesberg	Feb 18



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

Senior Movers

The REC of Grapevine Active Adults would love volunteers to help with the Senior Movers program. This volunteer-based program assists with the routine medical and dental transportation needs of the local senior population. For more information about this program and how to volunteer, please contact Brandon Ware at bware@grapevinetexas.gov or by calling 817.410.3465.



EARLY BIRD REGISTRATION

Early Bird Registration is available for Active Adults that are residents of Grapevine.

Grapevine residents are able to register for classes beginning on the 1st of the month for the next months' classes. Registration opens for non-residents on the 7th of each month.

For more information or to register for visit GoGrapevine.com/ActiveAdults