

TRIPS & OUTINGS



Frontier of Flight Museum

Thursday, July 7

Bus leaves 9:45am, Returns 1:15pm

\$10/person

Register: [GoGrapevine.com/ActiveAdults](https://Grapevine.com/ActiveAdults)

Come experience the stories of aviation and space flight, from Leonardo da Vinci, to the Wright Brothers, to the spacecraft of the twenty-first century, all in one museum. The Frontiers of Flight Museum is a premier Air and Space Museum located in Dallas, Texas; originally located within a terminal at Dallas Love Field. Afterward we will enjoy lunch at Big Al's Smokehouse BBQ.

Lunch Bunch

Thursday, July 14, Olive Garden (Fort Worth)

Thursday, August 25, Mi Cocina (Flower Mound)

Bus leaves 10:45am, Returns 1:00pm

Register : [GoGrapevine.com/ActiveAdults](https://Grapevine.com/ActiveAdults)

Like eating lunch or eating in general? Be adventurous with this group of foodies to experience different restaurants and challenge your taste buds. Each person will pay for their own meal at the restaurant.



RE:defined Coffee House

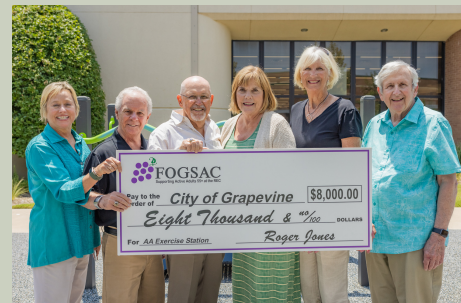
Thursday, July 28,

Bus leaves 10:00am, Returns 12:15pm,

FREE

Register : [GoGrapevine.com/ActiveAdults](https://Grapevine.com/ActiveAdults)

RE:defined Coffee House is a great place to sit, put your feet up, and relax. Complete with comfy couches, coffee tables, and fireplaces it feels more like home than a coffee house! Choose from many hot or iced beverages to sip on while you catch up with friends, play games, or even sit and read quietly. Just bring what you want to focus on and enjoy some downtime.



GRAPEVINE SENIOR CITIZENS ADVISORY BOARD (GSCAB)

This City Council-appointed Board meets quarterly at 1:00 pm to discuss topics related to seniors in our community. This is an open meeting and community members are encouraged to attend. The next GSCAB meeting is Tuesday, July 5 at 1:00pm, at The REC of Grapevine Stewart Hall B. Any meeting changes or cancellations will be posted the on GrapevineTexas.gov website. Hope you can come and bring friends with you!



1175 Municipal Way
Grapevine Texas 76051
817.410.3465

JULY

SUN	MON	TUE	WED	THR	FRI	SAT
					1 Life Long Learners Jeopardy	2
3	4 The REC CLOSED Independence Day	5 Grocery Store Trip Tech Time	6	7 Frontiers of Flight Museum	8	9 Acorn Park
10	11 Morning Music Group	12 Grocery Store Trip Tech Time	13	14 Lunch Bunch Crafty Cards	15 Jeopardy	16
17	18 Morning Music Group	19 Grocery Store Trip Tech Time	20	21 Mall Trip	22	23
24	25 Morning Music Group	26 Grocery Store Trip Tech Time	27	28 RE:defined Coffee House	29	30

AUGUST

SUN	MON	TUE	WED	THR	FRI	SAT
	1 Morning Music Group	2 Grocery Store Trip Tech Time	3 Ranger's Game	4	5 Life Long Learners Jeopardy	6
7	8 Morning Music Group	9 Grocery Store Trip Tech Time	10	11 Dallas Museum of Art Crafty Cards	12	13 Acorn Park
14	15 Morning Music Group	16 Grocery Store Trip Tech Time	17	18 Mall Trip	19 Jeopardy	20
21	22 Morning Music Group	23 Grocery Store Trip Tech Time	24	25 Lunch Bunch	26	27
28	29 Morning Music Group	30 Grocery Store Trip Tech Time	31			

Mall Trips

Thursday, July 21 & Thursday, August 18

Bus leaves at 10:45am, Returns 1:15pm, FREE

Register: GoGrapevine.com/ActiveAdults

We're going to the mall, ya'll! Enjoy window shopping or actual shopping. For lunch, pick from a variety of restaurants at the food court located inside of the mall.

Rangers Baseball Game

Wednesday, August 3rd,

Bus leaves 12:00pm, Returns 5:30pm, \$25/person

Register : GoGrapevine.com/ActiveAdults

Let us root, root, root for our home team... The Texas Rangers!!! We will be heading to Rangers Stadium for a great time watching the Rangers play the Baltimore Orioles, also while enjoying \$1 hotdogs! Space is limited so register now!

Dallas Museum of Art

Thursday, August 11,

Bus leaves 9:45am, Returns 1:15pm, FREE

Register: GoGrapevine.com/ActiveAdults

The Dallas Museum of Art is a space of wonder and discovery where art comes alive; presenting works of art across cultures and time. After exploring the multitude of art, lunch will be enjoyed at The DMA Cafe in the beautiful Hamon Atrium which features a menu of farm-fresh selections made from locally grown products.

ACTIVITIES

Jeopardy

First and third Friday each month

11:00 am, FREE, no registration

Come test your trivia skills and join us for a fun time of jeopardy in Stewart Hall!

FINE ARTS

Life Long Learners

Come join us as we head over to the Grapevine library for some fun and engaging activities! Each month will have a different topic that is covered. Meet in the Active Adult lounge at 10:00am and we will walk over together!

Tai Chi with Susan Thompson
Friday, July 1, FREE



Modern Calligraphy
Friday, August 5, FREE



Crafty Cards

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

Thursday, July 14, Birthday/Sympathy, Library Boardroom
Thursday, August 11, Thank you/Birthday, Stage Classroom
Time: 10:00 am - 12:00 pm, Fee: \$5
Register: GoGrapevine.com/ActiveAdults

Tech Time Tuesdays

Day: Tuesdays

Time: 11:30 am - 12:30 pm

Fee: Free

Ever have a quick technology question and wish you had someone to ask for help instead of making appointment technical support? Come by Stewart Hall for Tuesday Tech Time and get your questions answered! Everything from cell phone questions, to app questions, to laptop questions; our tech reps will do their best to help. Tech Time occurs every Tuesday, from 11:30am - 12:30pm. No registration is required and it is FREE!

WEEKLY SCHEDULE

MONDAY

8 am: Water Aerobics
9:30 am: Music Jam
9:30 am: 55 Fit (V)
10:20 am: 55 Fit \$
11:15 am: Beyond Fit \$
1 pm: 55 Fit \$
1 pm: Line Dancing \$
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 (V)
10 am: Chair Exercise
10 am: Quilting
10:20 am: 55 Fit \$
11 am: Beg. T'ai Chi
11:15 am: Beyond Fit \$
12:30 pm: Knit/Crochet
1 pm: Euchre
1 pm: 55 Fit \$
6:10 pm: Silver Fit \$

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: Hatha Yoga (V/L) \$

FRIDAY

9:30 am: 55 Fit (V)
10:20 am: 55 Fit Circuit \$
11 am: Beg T'ai Chi
1 pm: Line Dancing
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)

817.336.8714

Grapevine SeniorMovers

817.410.3468

Active Adults Desk at The REC of Grapevine

817.410.3465

FITNESS

NEW! Silver Fitness

This Functional Fitness program involves training the body for activities we perform daily such as turning, bending, reaching, squatting, and pushing. We will be performing exercises at all levels using our own body weight or dumbbells/elastic bands. This class will help to strengthen your body, flexibility and improves body posture.

Day: Wednesdays

Location: The REC of Grapevine, Dance Room

Time: 6:10 - 6:50pm

Fee: \$10/month

Register: GoGrapevine.com/ActiveAdults



SENIOR LUNCH PROGRAM

Lunch is served! The Active Adult lunch program is open for all 55 & Better individuals! Lunches are \$5 and are served Monday-Friday beginning at 12 noon, at The REC of Grapevine Stewart Hall. We invite you to enjoy your meal with us here or bring your own container to pack it to go. Lunches MUST be picked up by 12:30pm and will not be held past then. It is required to register for lunch at least 48 hours ahead of time.

**For more detailed information
and to register visit
GoGrapevine.com/ActiveAdults
or stop by the Active Adults front desk.**

