the GRAPE AFFAIR newsletter
For Active Adults 55 & Better
September/October 2022
GoGrapevine.com

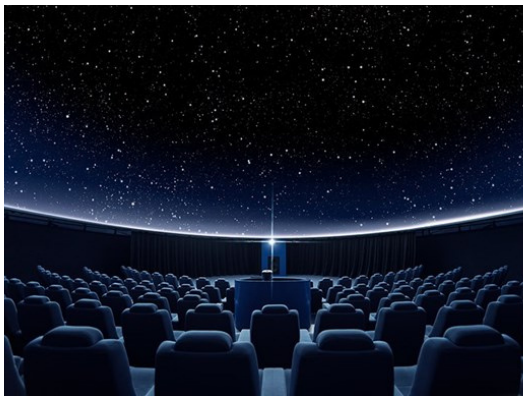
TRIPS & OUTINGS

Tinsletown Movie Theatre Trip
Thursday, September 15

Cool off, sit back and relax as you join us for a matinee trip to the movies. We will be going down the road to Grapevine Tinseltown. The time of the bus departure, and movie and time is TBD, but we will inform you of the details by Monday, September 12th. You will be able to buy your ticket and select your seat at the theater once we arrive.

Lunch Bunch
Thursday, September 22
Bus leaves 10:45am, Returns 1:00pm

Like food? Bring your appetite as we take a trip to Asia King Buffet in Hurst! It will be a great time of eating and connecting with friends. Each person will pay for their own meal at the restaurant.



UTA Planetarium
Wednesday, September 28
Bus leaves 9:45am, Returns 1:45pm,
Fee: $8/person

Come explore with us as we go to the UTA Planetarium. The Planetarium provides unparalleled views of the night sky, the solar system, stars, and distant galaxies. Learn about wonders "From the Earth to the Universe" in this featured film. Lunch will be afterwards on your own at Babe's Chicken.

Texas Civil War Museum
Wednesday, October 5
Bus leaves 9:45am, Returns 1:15pm
Fee: $9/person

Please join us as we step back into time at one of the largest civil War Museum on this side of the Mississippi River. They have a little bit of everything from letters, weapons, war models, and attire from the time period. Lunch will be on your own at Ginger Brown's.

STAFF HIGHLIGHT

Being away from Texas for four years, Megan has come back home! She had formerly worked for the City of Grapevine Parks and Recreation Department from 2009 up to 2018. Throughout her time with the city, she served as a camp counselor, front desk staff, and Active Adults coordinator. Now after living in Florida for a year and northern Indiana for 3 years, she wanted to come back home and be close to family.

Megan has been with the Active Adult Department for many years and she loves getting to know the seniors and making those special bonds. She helps plan trips, coordinate classes and many other facets of the busy 55 & Better community.

She has her degree in Health and Physical Education with a Sports Management minor from Cameron University 2009. As she played on a basketball scholarship at West Point Prep, Angelo State and finished at Cameron University.

Her family; husband Kevin and 8-year-old daughter Evelynn love to camp, be outdoors and travel. They also have 2 dogs, Cowboy and Cookie. She is also a big Dallas Cowboys fan!!!

THE REC OF GRAPEVINE
1175 Municipal Way
Grapevine Texas 76051
817.410.3465

SEPTEMBER

SUN	MON	TUE	WED	THR	FRI	SAT
				1	2 Life Long Learners Jeopardy	3
4	5 The REC Labor Day Hours 5:00am-5:00pm	6	7	8	9	10
11	12 Morning Music Group	13 Grocery Store Trip Blood Pressure Checks Tech Time	14	15 Crafty Cards Tinsletown Mind, Brain, Body	16 Jeopardy	17
18	19 Morning Music Group	20 Grocery Store Trip Tech Time	21 AARP: Smart Driver Course	22 Mind, Brain, Body Lunch Bunch	23	24
25	26 Morning Music Group	27 Grocery Store Trip Tech Time	28 Collette Meeting UTA Planetarium	29	30	

The REC is Closed for Cleaning Week

OCTOBER

SUN	MON	TUE	WED	THR	FRI	SAT
						1
2	3 Morning Music Group	4 Grocery Store Trip GSCAB mtg Tech Time	5 Civil War Museum	6 Crafty Cards	7 Life Long Learners Jeopardy	8 Acorn Park
9	10 Morning Music Group	11 Grocery Store Trip Tech Time	12	13 Mind, Brain, Body State Fair	14	15
16	17 Morning Music Group	18 Grocery Store Trip Tech Time	19	20 Mind, Brain, Body State Fair	21 Jeopardy	22
23	24 Morning Music Group	25 Grocery Store Trip Tech Time	26 Buc-ee's	27	28	29
30	31 Morning Music Group					

State Fair

Thursday, October 13 or Thursday, October 20
Bus leaves at 9:20am, Returns 2:00pm
Fee: $5 Bus Fee/person

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. Each person will pay for their own ticket at the gate; $5/seniors 60+, and $10/seniors 55-59.

Buc-ee's

Wednesday, October 26
Bus leaves 10:30am, Returns 1:00pm, Fee:$2/person

Check off an item on your bucket list, and experience the greatness of Buc-ee's one stop travel store. You can buy your own lunch while you are browsing around the store.

EDUCATION

AARP: Smart Drivers Course

Wednesday, September 21
Time: 8:45am - 1:00pm
Fee: $20 for AARP Members; $25 for Non-AARP members.
Payment (cash or check) to instructor on day of class.

You never forget how to drive, but it never hurts to refresh your driving skills and help you avoid accidents. Geared for individuals age 50 and above this program has been proven to save lives and many insurance companies give a multiyear discount for attendance. Please arrive 15 mins early for check-in procedures.

Mind, Brain, Body Classes

These classes are taught by instructor Vicki Hinesley. Please visit GoGrapevine.com/Active Adults for more class information.

Preparing for the Inevitable
Days: Session 1 Thursday, September 15 AND
Session 2 Thursday, September 22
Time: 10:00 am - 12:00 pm
Fee: Free

Arthritis and Joint Pain
Day: Thursday, October 13
Time: 10:00 am - 12:00 pm
Fee: Free

Dental Health, Hearing Loss, & Changes in eyesight
Day: Thursday, October 20
Time: 10:00 am - 12:00 pm
Fee: Free

UPCOMING MEETINGS

Grapevine Senior Center Advisory Board

Tuesday, October 4, Stewart Hall B
Time: 1:00pm - 2:00pm

Collette Vacations

Wednesday, September 28
Time: 10:00am - 12:00pm

Come plan your next trip with Collette Vacations! This meeting covers the details for upcoming trips in 2023. Attend this meeting and get $100 off these trips:

- Greece: Island Hopper June 2023
- Southern Italy and Sicily: September 2023

WEEKLY SCHEDULE

MONDAY
8 am: Water Aerobics
9:30 am: Music Jam
9:30 am: 55 Fit (V)
10 am: Zumba Gold
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 am: Zumba Gold
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
10am: Choir (begins 9/15)
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 Circut $
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! Zumba Gold

The Zumba Gold program is for anyone beginning a new fitness lifestyle, those who have been ill and getting back into fitness and for active adults. The class will be a modified Zumba class that recreates the original moves at a lower intensity. Zumba Gold introduces easy to follow Zumba choreography that focuses on balance, range of motion and coordination. Other benefits include, cardiovascular, muscular conditioning, flexibility and balance. Come ready to sweat, and prepare to leave empowered and feeling invigorated! You will need water and a sweat towel.

Days: Monday & Wednesdays
Location: The REC of Grapevine, Exercise B
Time: 10:00am - 11:00am
Fee: $25/month

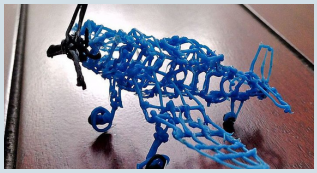
FINE ARTS

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 focus. Meet in the Active Adult lounge at 10:00am and we will walk over together!

Friday, September 2, FREE
Cactus Garden Rock Painting

Friday, October 7, FREE
Doodlers



Crafty Cards

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

Thursday, September 8, Fall theme, Classroom
Thursday, October 13, Halloween, Party Room A
Time: 10:00 am - 12:00 pm, Fee: $5