

TRIPS & OUTINGS



Fort Worth Stock Show

Thursday, January 19 OR

Thursday, January 26

Bus leaves 9:30am Returns 2:00pm

Fee: \$2 bus fee upon registration

AND \$12/person at the gate

Grab your Western wear and join us as we head to the Fort Worth Stock Show! You can see all the livestock, poultry, and other animals as well as visit all the fun booths. Lunch will be on your own inside the stock show. Wear A&M gear on Thursday, January 19 or TCU gear on Thursday, January 26 and get in free on that day!

Lunch Bunch

Thursday, January 12, Chan's Mongolian Grill

Thursday, February 2, Red, Hot & Blue

Bus leaves 10:30am, Returns 1:00pm



Like food? Bring your appetite and head over with the Lunch Bunch to explore new restaurants!! It will be a great time of eating and connecting with friends. Each person will pay for their own meal (around \$10-15/plate) at the restaurant.

Dallas Aquarium:

Thursday, February 16

Bus leaves 9:30am, Returns 1:30pm,

Fee: \$20/person

Grab your snorkels and goggles, we're going exploring under the sea at the Dallas World Aquarium! There are also other sights to see from tropical birds to monkeys to alligators! After touring the exhibits, take your pick from the many lunch venues located inside the aquarium.

Ripley's Believe it or Not

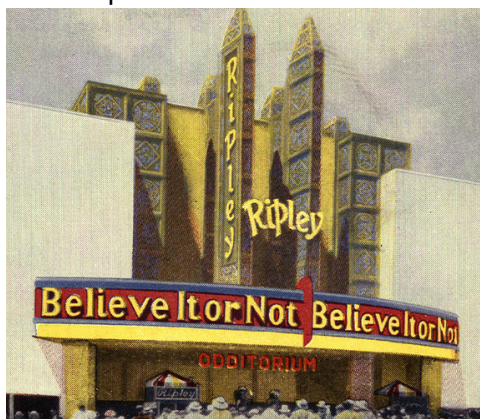
Thursday, February 23

Bus leaves 9:30am, Returns 1:30pm

Fee: \$15/person

Ripley's features a number of unbelievable exhibits of people, animals, stories, art, and more. There's always more to see at Ripley's! Afterwards, we will head over to Cheddars for lunch.

Everyone will be responsible for purchasing their own meal.



MONDAY MORNING MUSIC



All are welcome to come to The REC of Grapevine, Stewart Hall at 9:30am to listen to live music every Monday morning played by The Young at Heart Band. This group has been making music together for over 20 years. Bring a friend to enjoy classic country music and dancing. It is sure to be music to your ears and put a smile on your face!

1175 Municipal Way
Grapevine Texas 76051
817.410.3465

JANUARY

SUN	MON	TUE	WED	THR	FRI	SAT
1	February 2 Registration Begins Morning Music	Grocery Trip 3 Blood Pressure Checks Tech Time	4	5	6 Life Long Learners Jeopardy	7
8	9 Morning Music	Grocery Trip 10 Blood Pressure Checks Tech Time	11	12 Crafty Cards Lunch Bunch	13	14 Acorn Park
15	16 Morning Music	17 Grocery Trip Tech Time	18	19 Fort Worth Stock Show	20 Jeopardy	21
22	23 Morning Music	24 Grocery Trip Blood Pressure Checks Tech Time	25	26 Fort Worth Stock Show	27	28
29	30 Morning Music	31 Grocery Trip Tech Time				

FEBRUARY

SUN	MON	TUE	WED	THR	FRI	SAT
			March 1 Registration Begins Tax Aid	2 Lunch Bunch	3 Life Long Learners Jeopardy	4
5	6 Morning Music	7 Grocery Trip Tech Time	8 Tax Aid	9 Crafty Cards	10	11 Acorn Park Byron Nelson Valentines Dance
12	13 Morning Music	14 Grocery Trip Tech Time	15 Tax Aid	16 Mind, Brain, Body Class Dallas Aquarium	17 Jeopardy	18
19	20 Morning Music	21 Grocery Trip Tech Time	22 Tax Aid	23 Mind, Brain, Body Class Ripley's Believe It or Not	24	25
26	27 Morning Music	28 Grocery Trip Tech Time				

Winter Semester Computer Class 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 Winter computer classes is now open. For more information and to register, visit www.GoGrapevine.com/ActiveAdults



AARP Tax-Aide

Tax Aide is back at The REC of Grapevine for Active Adults needing assistance with taxes. Beginning in February, certified volunteers will be available Wednesdays by appointment only, through the middle of April. Your 2022 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.

Mind, Brain, Body

Join our Mind, Brain, Body instructor Vicky Hinsley as she teaches these free classes on the following:

- **Our Changing Memory**
Thursday, February 16 at 10:00am - 12:00pm
- **Improving Our Quality of Sleep**
Thursday, February 23 at 10:00am - 12:00pm

OUTSIDE

Acorn Park Pickup:

Saturday, January 14 at 11:00am

Saturday, February 11 at 11:00am

Fee: Free

Join our gang of do-gooders as we keep Grapevine beautiful at Acorn Woods Park! You are welcome to bring friends and family to join our efforts to Keep Grapevine Beautiful!

FINE ARTS

Crafty Cards

Thursday, January 12, Theme: Valentines Day/Thank You

Thursday, February 9, Theme: Birthday/Get Well

Time: 10:00 am - 12:00 pm, Fee: \$5

Calling all crafters to the workshop! Whistle while you work to make the cheeriest cards! Use your own inspiration or use the samples provided to create custom cards for your loved ones!

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, January 6, FREE
Painting with Watercolors



Friday, February 3, FREE
Valentine Cupcake Decorating



WEEKLY SCHEDULE

MONDAY

8 am: Water Aerobics
9:30 am: Music Jam
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
6:30 pm: Boomer Karate \$

TUESDAY

8 am: Water Aerobics
9:30 am: Boomer Karate \$
9:45 am: Shopping
10 am: Oil Painting
10 am: Bridge
11 am: Tap into Fitness \$
11 am: Srs with Pizazz \$
11 am: Balance Fit \$
12:45 pm: Bingo
1 pm: Yoga Lite (V/L)
1 pm: Brain Fit \$

WEDNESDAY

8 am: Water Aerobics
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 \$
1 pm: Knit/Crochet
1 pm: 55 Fit \$
1:30 pm: Euchre

THURSDAY

8 am: Water Aerobics
9:30 am: Boomer Karate \$
10 am: Chair Exercise
10 am: Jewelry Making
10am: Choir
11 am: Srs with Pizazz \$
1 pm: Hatha Yoga \$

FRIDAY

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

A decorative border for the Valentine's Dance event. It features a repeating pattern of red hearts and small purple dots. On the left and right sides, there are stylized illustrations of red roses and purple tulips with green leaves. The text "Valentines Dance" is centered within this border.

Valentines Dance

Saturday, February 11
The REC of Grapevine, Stewart Hall
2:00pm - 4:00pm

Don't miss out on this free, fun annual event sponsored by Byron Nelson High School's National Honor Society! Come party your heart out and toast to good friends and good times. There will be light refreshments and finger foods along with dancing, music, and games!

GoGrapevine.com/ActiveAdults