



1175 Municipal Way
Grapevine, TX 76051
817.410.3465

THE GRAPE AFFAIR

JUNE/JULY 2016

For the Active Adult 55 and Better

Welcome to The REC Active Adult 55 and Better

Your friendly Active Adult staff is always ready to serve you. Stop by the desk in the Community Wing and let us know how we can make your visit fun and enjoyable!

The popularity of our exercise classes continues to grow. Please remember on the 1st of each month to register for the following month's classes at the Active Adult desk. Priority in all classes and programs is given to Grapevine residents.

Have you tried our state of the art massage lounge? Take care of your body after you exercise and your body will benefit. It will help your muscles repair themselves and function well during exercise and while at rest. For more information about our massage chair ultimate luxury experience, visit the upstairs Fitness Desk today!

Highlights for June

- 2 Perot Museum
- 7 Senior Advisory Board
- 10 Go Go Girls Trip
- 14 Bush Library
- 19 Father's Day
- 27 Young@Heart Gardeners
- 30 FOPS Trip

Highlights for July

- 4 The REC closed
- 8 Go Go Girls Trip
- 22 Bureau of Engraving
- 25 Young@Heart Gardeners

SilverSneakers and Silver&Fit Memberships

Are you a member of SilverSneakers or Silver&Fit? If you are, we have fantastic news! The Grapevine Parks and Recreation Department is proud to announce we now accept both SilverSneakers and Silver&Fit Memberships at The REC! These new memberships give active adults in our community the opportunity to utilize the facility during our regular operating hours for FREE. Swing by the Active Adult desk to check on your eligibility today!

Bureau of Engraving and Printing

Join us on **July 22** to go to the Bureau of Engraving and Printing in Fort Worth. We will tour the facility and see massive amounts of currency printed as we walk in an enclosed walkway that is suspended over the production floor. In addition, we will be able to watch information videos and learn about the history and manufacturing processes. Please note that cell phones, cameras, backpacks, pointed objects, food and drinks are prohibited in the Bureau. There is no coat or package check service. After the tour, lunch is at BJs Restaurant and Brewhouse at 1 pm. Sign up at the Active Adult desk. The tour is free; lunch is on your own.

Fraternal Order of Plaid Shirts

On Thursday, **June 30**, the FOPS will explore the new cult favorite Buc-ee's location in far north Ft. Worth at the corner of Hwy 114 and I35 across from the Texas Motor Speedway. This huge convenience store is known for its clean toilets, travel snacks, fuel pumps and friendly atmosphere. For lunch, Hard Eight BBQ in Roanoke will take care of your appetite. The bus leaves at 9:45 am and returns at 2 pm. Sign up at the Active Adult desk.

Go Go Girls from Grapevine

Sign up today for a trip to downtown McKinney on Friday, **June 10** where unique shops and restaurants are waiting just for you! The downtown square boasts art galleries, antique and gift shops and clothing boutiques. The bus leaves at 9:30 am and returns by 4 pm. Lunch is on your own. On Friday, **July 8**, we will take you to Northpark for some shopping. So grab your girlfriends and let's spend a few hours at the mall! Bus leaves at 9:30 am and returns by 2:30 pm.

Noon Lunch for Active Adults at The REC

Lunches provided by Senior Citizen Services of Greater Fort Worth, Inc. (SCS) are served in Events Hall A Monday through Friday. Reservations must be made at least by noon the day prior. If you are 60 years of age or better, a voluntary donation of \$2 is suggested. You may give more or less at your discretion. If you are 59 years or younger, there is a mandatory charge of \$6. SCS paperwork must be completed before the second meal can be ordered.

George W. Bush Presidential Library and Museum

On Tuesday, **June 14**, visit the museum that commemorates the triumphs, struggles, people and culture during President Bush's Administration. You may dine at the Courtyard Café, or make your own reservations at Cafe 43 by calling 214-200-4302. All bags will be x-rayed prior to entering the exhibit. Register at the Active Adult desk with your \$11 payment. Lunch is on your own. The bus leaves at 9:30 am and returns by 2:30 pm. We must have a minimum of 20 for the group rate. Otherwise, the cost increases to \$14.

JUNE 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		8:00 Water Aerobics 9:45 Chair Exercise 9:45 Grapevine Shopping 10:00 Vine Quilters Class 10:30 Beginner Tai Chi 11:00 55 Fit 12:00 Sizzlin' Seniors 12:45 Grocery Shopping 1:00 Strength Training 1:30 Hand & Foot	8:00 Water Aerobics 9:45 Chair Exercise 9:45 Mall Shopping/Walking 9:45-2:30 Perot Museum 10:00 Jewelry Making 10:00 NO Chorus 10:30 Cycling with Megan 10:45 Sizzlin' Seniors 1:00 Yoga Lite 1:00-3:00 Pickleball	9:45 Chair Exercise 10:00 Ceramics 10:30 Beginner Tai Chi 11:00 55 Fit 12:00 Sizzlin' Seniors 1:00 Card Making 1:00 Basic Line Dancing
8:00 Water Aerobics 9:30 Music Jam 10:00 Art with Hanz 11:00 55 Fit 1:00 Strength Training 1:00 Mah Jongg	8:00 Water Aerobics 9:45 Chair Exercise 10:00 Oil Painting 10:00 Bridge 10:00 Bank & Post Office 10:00 Thrifty Tuesday 10:30 Blood Pressure Check 10:45 Sizzlin' Seniors 1:00 Bingo 1:00-3:00 Pickleball	8:00 Water Aerobics 9:45 Chair Exercise 9:45 Grapevine Shopping 10:00 Vine Quilters Class 10:30 Beginner Tai Chi 11:00 55 Fit 12:00 Sizzlin' Seniors 12:45 Grocery Shopping 1:00 Strength Training 1:30 Hand & Foot	8:00 Water Aerobics 9:45 Chair Exercise 9:45 Mall Shopping/Walking 10:00 Jewelry Making 10:00 NO Chorus 10:30 Cycling with Megan 10:45 Sizzlin' Seniors 1:00 Yoga Lite 1:00-3:00 Pickleball	9:30-4:00 Go Go Girls Trip 9:45 Chair Exercise 10:00 Ceramics 10:30 Beginner Tai Chi 11:00 55 Fit 12:00 Sizzlin' Seniors 1:00 Card Making 1:00 Basic Line Dancing
8:00 Water Aerobics 9:30 Music Jam 10:00 Art with Hanz 11:00 55 Fit 1:00 Strength Training 1:00 Mah Jongg	8:00 Water Aerobics 9:45 Chair Exercise 9:45-2:30 Bush Library 10:00 Oil Painting 10:00 Bridge 10:30 Blood Pressure Check 10:45 Sizzlin' Seniors 1:00 Bingo 1:00-3:00 Pickleball	8:00 Water Aerobics 9:45 Chair Exercise 9:45 Grapevine Shopping 10:00 Vine Quilters Class 10:30 Beginner Tai Chi 11:00 55 Fit 12:00 Sizzlin' Seniors 12:45 Grocery Shopping 1:00 Strength Training 1:30 Hand & Foot	8:00 Water Aerobics 9:45 Chair Exercise 9:45 Mall Shopping/Walking 10:00 Jewelry Making 10:00 NO Chorus 10:30 Cycling with Megan 10:45 Sizzlin' Seniors 1:00 Yoga Lite 1:00-3:00 Pickleball	9:45 Chair Exercise 10:00 Ceramics 10:30 Beginner Tai Chi 11:00 55 Fit 12:00 Sizzlin' Seniors 1:00 Card Making 1:00 Basic Line Dancing
8:00 Water Aerobics 9:30 Music Jam 10:00 NO Art with Hanz 11:00 55 Fit 1:00 Strength Training 1:00 Mah Jongg	8:00 Water Aerobics 9:45 Chair Exercise 10:00 NO Oil Painting 10:00 NO Bridge 10:30 Blood Pressure Check 10:45 Sizzlin' Seniors 1:00 Bingo 1:00-3:00 Pickleball	8:00 Water Aerobics 9:45 Chair Exercise 9:45 Grapevine Shopping 10:00 Vine Quilters Class 10:30 NO Tai Chi 11:00 55 Fit 12:00 Sizzlin' Seniors 12:45 Grocery Shopping 1:00 Strength Training 1:30 Hand & Foot	8:00 Water Aerobics 9:45 Chair Exercise 9:45 Mall Shopping/Walking 10:00 NO Jewelry Making 10:00 NO Chorus 10:30 Cycling with Megan 10:45 Sizzlin' Seniors 1:00 Yoga Lite 1:00-3:00 Pickleball	9:45 Chair Exercise 10:00 Ceramics Trip 10:30 NO Tai Chi 11:00 55 Fit 12:00 Sizzlin' Seniors 1:00 NO Card Making 1:00 Basic Line Dancing 1:00 Yummy in My Tummy
8:00 Water Aerobics 9:30 Music Jam 10:00 Art with Hanz 10:00-12:00 Young@Heart 11:00 55 Fit 1:00 Strength Training 1:00 Mah Jongg	8:00 Water Aerobics 9:45 Chair Exercise 10:00 Oil Painting 10:00 Bridge 10:30 Blood Pressure Check 10:45 Sizzlin' Seniors 1:00 Bingo 1:00-3:00 Pickleball	8:00 Water Aerobics 9:45 Chair Exercise 9:45 Grapevine Shopping 10:00 Vine Quilters Class 10:30 Beginner Tai Chi 11:00 55 Fit 12:00 Sizzlin' Seniors 12:45 Grocery Shopping 1:00 Strength Training 1:30 Hand & Foot	8:00 Water Aerobics 9:45 Chair Exercise 9:45 Mall Shopping/Walking 9:45 FOPS Trip 10:00 Jewelry Making 10:00 NO Chorus 10:30 Cycling with Megan 10:45 Sizzlin' Seniors 1:00 Yoga Lite 1:00-3:00 Pickleball	

NOTES:

- June 2 Perot Museum Trip - Cost \$12
- June 7 Senior Citizens Advisory Board
- June 10 Go Go Girls Trip - Downtown McKinney
- June 14 Bush Library Trip - Cost \$11
- June 19 Father's Day
- June 24 Yummy in My Tummy - Debbie Gill - Keller Williams Realty
- June 27 Young@Heart Gardeners "Tiny Terrariums" - Cost \$5
- June 30 FOPS Trip - Bucc-ee's North Fort Worth

JULY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Notes: July 4 The REC is closed July 8 Go Go Girls Trip - Northpark Mall July 22 Bureau of Engraving and Printing July 25 Young@Heart Gardeners - "Garden Mosaic" - Cost \$5 July 29 Yummy in My Tummy - Debbie Gill - Keller Williams Realty				1 9:45 Chair Exercise 10:00 Ceramics 10:30 Beginner Tai Chi 11:00 55 Fit 12:00 Sizzlin' Seniors 1:00 Card Making 1:00 Basic Line Dancing
4 The REC is closed. Happy 4th of July!	5 8:00 Water Aerobics 9:45 Chair Exercise 10:00 Oil Painting 10:00 Bridge 10:00 Bank and Post Office 10:30 Blood Pressure Check 10:45 Sizzlin' Seniors 1:00 Bingo 1:00-3:00 Pickleball	6 8:00 Water Aerobics 9:45 Chair Exercise 9:45 Grapevine Shopping 10:00 Vine Quilters Class 10:30 Beginner Tai Chi 11:00 55 Fit 12:00 Sizzlin' Seniors 12:45 Grocery Shopping 1:00 Strength Training 1:30 Hand & Foot	7 8:00 Water Aerobics 9:45 Chair Exercise 9:45 Mall Shopping/Walking 10:00 Jewelry Making 10:00 NO Chorus 10:30 Cycling with Megan 10:45 Sizzlin' Seniors 1:00 Yoga Lite 1:00-3:00 Pickleball	8 9:30-2:30 Go Go Girls Trip 9:45 Chair Exercise 10:00 Ceramics 10:30 Beginner Tai Chi 11:00 55 Fit 12:00 Sizzlin' Seniors 1:00 Card Making 1:00 Basic Line Dancing
11 8:00 Water Aerobics 9:30 Music Jam 10:00 NO Art with Hanz 11:00 55 Fit 1:00 Strength Training 1:00 Mah Jongg	12 8:00 Water Aerobics 9:45 Chair Exercise 10:00 NO Oil Painting 10:00 Bridge 10:30 Blood Pressure Check 10:45 Sizzlin' Seniors 1:00 Bingo 1:00-3:00 Pickleball	13 8:00 Water Aerobics 9:45 Chair Exercise 9:45 Grapevine Shopping 10:00 NO Vine Quilters Class 10:30 Beginner Tai Chi 11:00 55 Fit 12:00 Sizzlin' Seniors 12:45 Grocery Shopping 1:00 Strength Training 1:30 Hand & Foot	14 8:00 Water Aerobics 9:45 Chair Exercise 9:45 Mall Shopping/Walking 10:00 NO Jewelry Making 10:00 NO Chorus 10:30 Cycling with Megan 10:45 Sizzlin' Seniors 1:00 Yoga Lite 1:00-3:00 Pickleball	15 9:45 Chair Exercise 10:00 Ceramics Trip 10:30 Beginner Tai Chi 11:00 55 Fit 12:00 Sizzlin' Seniors 1:00 NO Card Making 1:00 Basic Line Dancing
18 8:00 Water Aerobics 9:30 Music Jam 10:00 Art with Hanz 11:00 55 Fit 1:00 Strength Training 1:00 Mah Jongg	19 8:00 Water Aerobics 9:45 Chair Exercise 10:00 NO Oil Painting 10:00 NO Bridge 10:30 Blood Pressure Check 10:45 Sizzlin' Seniors 1:00 Bingo 1:00-3:00 Pickleball	20 8:00 Water Aerobics 9:45 Chair Exercise 9:45 Grapevine Shopping 10:00 NO Vine Quilters Class 10:30 NO Tai Chi 11:00 55 Fit 12:00 Sizzlin' Seniors 12:45 Grocery Shopping 1:00 Strength Training 1:30 Hand & Foot	21 8:00 Water Aerobics 9:45 Chair Exercise 9:45 Mall Shopping/Walking 10:00 NO Jewelry Making 10:00 NO Chorus 10:30 Cycling with Megan 10:45 Sizzlin' Seniors 1:00 Yoga Lite 1:00-3:00 Pickleball	22 9:45 Chair Exercise 9:45-2:30 Bureau Trip 10:00 Ceramics 10:30 NO Tai Chi 11:00 55 Fit 12:00 Sizzlin' Seniors 1:00 Card Making 1:00 Basic Line Dancing
25 8:00 Water Aerobics 9:30 Music Jam 10:00 NO Art with Hanz 10:00-12:00 Young@Heart 11:00 55 Fit 1:00 Strength Training 1:00 Mah Jongg	26 8:00 Water Aerobics 9:45 Chair Exercise 10:00 NO Oil Painting 10:00 NO Bridge 10:30 Blood Pressure Check 10:45 Sizzlin' Seniors 1:00 Bingo 1:00-3:00 Pickleball	27 8:00 Water Aerobics 9:45 Chair Exercise 9:45 Grapevine Shopping 10:00 NO Vine Quilters Class 10:30 NO Tai Chi 11:00 55 Fit 12:00 Sizzlin' Seniors 12:45 Grocery Shopping 1:00 Strength Training 1:30 Hand & Foot	28 8:00 Water Aerobics 9:45 Chair Exercise 9:45 Mall Shopping/Walking 10:00 NO Jewelry Making 10:00 NO Chorus 10:30 Cycling with Megan 10:45 Sizzlin' Seniors 1:00 Yoga Lite 1:00-3:00 Pickleball	29 9:45 Chair Exercise 10:30 NO Tai Chi 11:00 55 Fit 12:00 Sizzlin' Seniors 1:00 NO Card Making 1:00 Basic Line Dancing 1:00 Ceramics 1:00 Yummy in My Tummy



SilverSneakers and Silver&Fit Memberships Available
 Come visit the Active Adult desk to check for your eligibility today!



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1175 Municipal Way
Grapevine, TX 76051

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U.S. POSTAGE
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GRAPEVINE, TX
PERMIT NO. 140

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HELPFUL PHONE NUMBERS:

2-1-1
First Call for Help, United Way Information and Referral Line

817.336.8714
Northeast Transportation Service (NETS)

817.410.3465
Grapevine SeniorMovers

Collette Vacations: London! March 2-8, 2017

This is a single hotel stay so you only have to unpack once! Highlights include Buckingham Palace, Big Ben, Stonehenge, Salisbury, London Eye, Shakespeare’s Globe Theatre and a traditional pub dinner. Prices per person which include round trip air from DFW, taxes, fees, surcharges and transfers are: double \$2,749; single \$3,349; triple \$2,719. September 26 is the deposit due date. Brochures are available at the Active Adult front desk.

Tai Chi

Tai Chi helps to improve muscle strength, coordination, flexibility and your overall physical condition. If you are brand new to this class, you are invited to join on Wednesday, **June 1**. In this program, each class builds on knowledge learned in previous classes. Newcomers are invited to join quarterly. The next invitation for newcomers will be Friday, September 2. Please register at the Active Adult desk to join this class.

Young@Heart Gardeners

On Monday, **June 27**, you will assemble a mini garden in a jar and learn about succulent plants and their care. On Monday, **July 25**, you will learn about the history of mosaic design and then create some faux stone art embellished with glass beads and tiles for your garden or potted plants. Both days offer an opportunity to stroll through the Gardens, feed the fish and see what plants are at their best during the summer months. Classes take place at the Edith Pewitt Pavilion at the Botanical Gardens from 10 am-12 pm. Mandatory pre-registration with your \$5 fee may be done at The REC.

Perot Museum

Signups have begun for the Perot Museum trip planned for Thursday, **June 2**. Check at the Active Adult desk for space availability. Bus leaves at 9:30 am and will return by 2:30 pm. There is a café on site where you can get a bite to eat. Cost of the trip is \$12.

A+ Aging: Successful Aging Tip of the Month: Keep Thinking!
Keep Thinking: Exercising the body isn’t enough. You also have to exercise your mind. Because the brain is like muscles in your body, you have to use it or lose it. Brainteasers, puzzles or learning new skills can be fun and can exercise the mind. Studies have shown that staying vigorously and mentally active reduces the risk of Alzheimer’s disease.