



1175 Municipal Way
Grapevine, TX 76051
817.410.3465

**THE
GRAPE AFFAIR**
December 2016

For the Active Adult 55 and Better

Welcome to The REC

Active Adult 55 and Better

December brings a flurry of activities to the Active Adult wing of The REC! In addition to the many new exercise classes recently implemented, we offer a number of special trips this month and we want to include you in the holiday excitement! Don't hesitate to participate! We are a friendly group and this is a terrific avenue to meet new people, get fit, learn new things and just have fun!

Computer Class Registration for the New Year!

Keep in mind that the next upcoming round of classes is right around the corner. Registration in person takes place on Monday, January 9, 9 AM-noon in the Stage Classroom at The REC. Registration by phone begins at 1 PM. A complete class schedule will be available in mid-December at the Active Adult desk or can be downloaded from the city website. Go to playgrapevine.com, in the left hand column click on "Active Adults 55 & Better" and then click on "Winter Computer Schedule." Don't miss this opportunity to improve your computer skills.

Highlights for December

- 1 Home Meds
- 4 *The Littlest Wiseman*
- 5 Young@Heart Gardeners
- 6 Bridge Tournament
- 6 Sr Citizens Advisory Board
- 8 Dallas Arboretum
- 10 *The Gift of Christmas*
- 13 SSA Panel Discussion
- 14 Dallas Arboretum
- 22 Active Adult Chorus Performance
- 22-23 PulsePoint Barre Workshop

Highlights for January

- 9 Computer Class Registration
- 17 Collette Vacations Presentation
- 18 AARP Driver Safety

Bridge Tournament

A tournament will be held on Tuesday, December 6 beginning at 9:30 AM. To participate, please sign up at the Active Adult desk. You should be knowledgeable about duplicate bridge. Join the fun and win some prizes! Everyone is welcome.

The Gift of Christmas

On Saturday, December 10, we will attend a spectacular pageant presented by Prestonwood Baptist Church. This multimedia event has special effects, flying angels, all your favorite Christmas Carols, and a beautiful Living Nativity. The bus leaves at 1:15 PM and returns by 5:30 PM. Cost of the trip is \$19. Seating is limited. Sign up at the Active Adult desk.

Dallas Arboretum

Join us either on Thursday, December 8 or Wednesday, December 14 for a trip to the Dallas Arboretum to view "The 12 Days of Christmas" exhibit which is an elaborate collection of Victorian style gazebos filled with music, three-dimensional characters and mechanical parts. On Wednesday, you get the added enjoyment of seeing the new Claus Collection Santa Exhibit at the DeGolyer House. Showcased are Santa figures on loan from members of the Junior League of Dallas. The bus leaves at 4 PM and stops at the Highland Park Cafeteria for dinner before dropping you off at the gate at the Arboretum. At 8 PM, the bus leaves to return home. Cost of the trip is \$10; dinner is on your own. Sign up at the Active Adult desk.

Northern National Parks with Collette Vacations

When your kids ask you what you want to do for Christmas, tell them you want to take this trip! Escape from the Texas heat and spend some time in Utah and Wyoming from August 31 - September 7. Highlights include Salt Lake City, Jackson Hole, Yellowstone National Park, Old Faithful, Grand Teton National Park and Park City. Charge per person is: Double-\$2,749; Single-\$3,449; Triple-\$2,719. The price includes round trip air fare from DFW Airport, air taxes and fees/surcharges and hotel transfers. For more information, visit <https://gateway.gocollette.com/link/740443>. Brochures are available at The REC. Join us on January 17 at 10 AM to see a presentation and get all the facts on this trip.

Senior Pass

From 8-11 am Monday through Friday, the GSAC or Senior Pass allows you to use the walking track, fitness room and pool area not occupied with classes. If you have Silver-Sneakers or Silver&Fit through your Medicare plans, you may be eligible for those memberships which allow you to use the building whenever it is open. Feel free to check into it at the Active Adult desk. The bulk of our Active Adult programming takes place between 8 AM and 4 PM Monday through Friday. Because of the demand, we remind everyone to sign up on the first of each month for the next month's classes. This can be done at the Active Adult desk. Priority in all classes and programs is given to Grapevine residents. Lunches provided by Senior Citizen Services of Greater Tarrant County, Inc. (SCS) are served in Event Hall A Monday through Friday at noon. Reservations must be made before noon the day prior to your visit. To participate in the program, SCS paperwork must be completed. If you are 60 years or older, the cost is by donation; if you are 55-59 years old, there is a \$6 charge.

December 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
4 3:00 <i>The littlest Wiseman</i> Bus leaves at 1:30 PM Free Event	5 8:00 Water Aerobics 9:30 Music Jam 10:00 Young@Heart* 10:30 55 Fit A 11:05 55 Fit B 1:00 Power Time 1-4:00 Mah Jongg	6 8:00 Water Aerobics 9:30 Bridge Tournament 9:45 Chair Exercise 9:45 Grocery Shopping 10:00 Bank and Post Office 10:00 Thrifty Tuesday 10:00 Oil Painting 10:30 Blood Pressure Check 11:00 Seniors With Pizazz 12:45 Grocery Shopping 1:00 Bingo, Yoga Lite 3:30 Sr Citizens Advisory Board	7 8:00 Water Aerobics 9:45 Chair Exercise 10:00 Vine Quilters Class 10:30 Beginner Tai Chi 10:30 No 55 Fit A 11:05 No 55 Fit B 12:00 Movin' Groovin' Seniors 1:00-3:30 Pickleball 1:30 Hand & Foot
11	12 8:00 Water Aerobics 9:30 Music Jam 10:30 55 Fit A 11:05 55 Fit B 1:00 Power Time 1-4:00 Mah Jongg	13 8:00 Water Aerobics 9:45 Chair Exercise 10:00 Oil Painting 10:00 Bridge 10:30 Blood Pressure Check 11:00 Seniors With Pizazz 11:00 SSA Panel Discussion* 1:00 Yoga Lite 1:00 Bingo 1-3:30 Pickleball	14 8:00 Water Aerobics 9:45 Chair Exercise 9:45 Grapevine Shopping 10:00 Vine Quilters Class 10:30 Beginner Tai Chi 10:30 55 Fit A 11:05 55 Fit B 12:00 Movin' Groovin' Seniors 12:45 Grocery Shopping 1:00-3:30 Pickleball 1:30 Hand & Foot 4:00 Dallas Arboretum
18	19 8:00 Water Aerobics 9:30 Music Jam 10:30 55 Fit A 11:05 55 Fit B 1:00 Power Time 1-4:00 Mah Jongg	20 8:00 Water Aerobics 9:45 Chair Exercise 10:00 Oil Painting 10:00 Bridge 10:30 Blood Pressure Check 11:00 Seniors With Pizazz 1:00 Yoga Lite 1:00 Bingo 1-3:30 Pickleball	21 8:00 Water Aerobics 9:45 Chair Exercise 9:45 Grapevine Shopping 10:00 Vine Quilters Class 10:30 Beginner Tai Chi 10:30 55 Fit A 11:05 55 Fit B 12:00 Movin' Groovin' Seniors 12:45 Grocery Shopping 1:00-3:30 Pickleball 1:30 Hand & Foot
25 <i>Merry Christmas!</i>	26 8:00 Water Aerobics 9:30 Music Jam 10:30 No 55 Fit A 11:05 No 55 Fit B 1:00 Power Time 1-4:00 Mah Jongg	27 8:00 Water Aerobics 9:45 Chair Exercise 10:00 Oil Painting 10:00 Bridge 10:30 Blood Pressure Check 11:00 Seniors With Pizazz 1:00 Yoga Lite 1:00 Bingo 1-3:30 Pickleball	28 8:00 Water Aerobics 9:45 Chair Exercise 9:45 Grapevine Shopping 10:00 Vine Quilters Class 10:30 Beginner Tai Chi 10:30 55 Fit A 11:05 55 Fit B 12:00 Movin' Groovin' Seniors 12:45 Grocery Shopping 1:00-3:30 Pickleball 1:30 Hand & Foot

December 2016

THURSDAY	FRIDAY	SATURDAY	NOTES
1 8:00 Water Aerobics 9:45 Chair Exercise 9:45 Mall Shopping/Walking 10-11:30 Home Meds 10:00 Jewelry Class 10:00 Chorus 10:30 Cycling with Megan 11:00 Seniors With Pizazz 1:00 Power Time 1:00-3:30 Pickleball	2 9:45 Chair Exercise 10:00 Ceramics 10:30 Beginner Tai Chi 10:30 55 Fit A 11:05 55 Fit B 12:00 Movin' Groovin' Seniors 1:00 Line Dancing	3	
8 8:00 Water Aerobics 9:45 Chair Exercise 9:45 Mall Shopping/Walking 10:00 Jewelry Class 10:00 Chorus 10:30 Cycling with Megan 11:00 Seniors With Pizazz 1:00 Power Time 1:00-3:30 Pickleball 4:00 Dallas Arboretum**	9 9:45 Chair Exercise 10:00 Ceramics 10:30 Beginner Tai Chi 10:30 55 Fit A 11:05 55 Fit B 12:00 Movin' Groovin' Seniors 1:00 Line Dancing	10 2:30 <i>The Gift of Christmas</i> Bus leaves at 1:15 PM Cost: \$19	*Young@Heart Gardeners Holiday Ornaments Cost: \$5 **Dallas Arboretum 12 Days of Christmas Dinner at Highland Park Cafeteria Cost: \$10 + Dinner on your own
15 8:00 Water Aerobics 9:45 Chair Exercise 9:45 Mall Shopping/Walking 10:00 Jewelry Class 10:00 Chorus 10:30 Cycling with Megan 11:00 Seniors With Pizazz 1:00 Power Time 1:00-3:30 Pickleball	16 9:45 Chair Exercise 10:00 Ceramics 10:30 Beginner Tai Chi 10:30 55 Fit A 11:05 55 Fit B 12:00 Movin' Groovin' Seniors 1:00 Line Dancing	17	* Senior Services Alliance Panel Discussion Chamber of Commerce members discuss issues related to aging in place. Audience questions encouraged.
22 8:00 Water Aerobics 9:45 Chair Exercise 9:45 Mall Shopping/Walking 10:00 Jewelry Class 10:00 Chorus 10:30 Cycling with Megan 11:00 Seniors With Pizazz 1:00 Power Time 1:00 PulsePoint Barre Workshop 1:00-3:30 Pickleball	23 9:45 Chair Exercise 10:00 Ceramics 10:30 No Beginner Tai Chi 10:30 55 Fit A 11:05 55 Fit B 12:00 No Movin' Groovin' 1:00 PulsePoint Barre Workshop 1:00 Line Dancing	24	
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1175 Municipal Way
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U.S. POSTAGE
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GRAPEVINE, TX
PERMIT NO. 140

facebook.com/GrapevinePandR • www.TheREC.com

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

Home Meds - A Medication Management Program

On the first Thursday of every month, Meals on Wheels will be here from 10-11:30 AM to help you identify any serious drug reactions from too many medications. If you want to know if all the prescription and over-the-counter medications and dietary supplements you take are working well together, they can help. Call us at 817.410.3465 for more information and to make an appointment.

The Littlest Wiseman

This play pageant of the nativity is presented as a Christmas gift to the community by The Dorothy Shaw Bell Choir through a grant from The Walsh Foundation. The story of the Nativity is reenacted through beautiful costumes and set scenes and fabulous handbell music. We have tickets to attend the matinee on Sunday, December 4 at 3 PM. The bus departs The REC at 1:30 PM and returns by 5:30 PM. This is a free event; sign up at the Active Adult desk.

PulsePoint Barre Workshop

Want to give yourself the gift of fitness this year? Come work on your posture, balance, and core stability while sculpting those muscles and increasing your cardiovascular endurance with Amy at our special two-day PulsePoint Barre workshop on December 22 and 23 at 1 PM. Join us to learn some fun, new ways to work on your flexibility and range of motion. Thursday will be a shorter gentle barre experience for 45 minutes followed by Friday with a slightly more challenging 60 minute class designed to push your limits a little further. Class size is limited. Sign up at the Active Adult desk.

Bridge Tournament

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Joke of the Month:

A woman on the phone to her friend: "I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising.... I decided to take an aerobics class for seniors. I bent, twisted, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over."