



The Grape Affair

March 2014

Grapevine Senior Activities Center

Play **OFTEN** - Play **GRAPEVINE**

421 Church Street ~ Grapevine, Texas 76051 ~ 817.410.3465

Hours of Operation: Monday - Friday 8 am to 3 pm

playgrapevine.com

Highlights for the Month March 2014

- 3 Computer Registration
- 4 Art Trip & Lunch
- 4 Birthday Lunch
- 6 FOPS Trip
- 6 Participant Meeting
- 7 Dallas Quilt Show
- 10 Medication Management
- 11 Health Break
- 11 AARP Driver Safety
- 12 Hot Breakfast
- 18 Ft. Worth Botanic Garden
- 21 Food Handlers Training
- 24 Young@Heart Gardeners
- 27 Go Go Girls Trip
- 28 Yummy in My Tummy

Looking Ahead April 2014

- 1 Deaf Action Center presentation
- 8 Perot Museum
- 11 "The Barber of Seville"
Simulcast at AT&T Stadium

Fort Worth Botanic Garden

Sign up today for an exciting trip to Ft. Worth on Tuesday, March 18. We will begin with lunch at The Gardens Restaurant followed by a visit to the glass Conservatory at the Fort Worth Botanic Garden. This year the "Butterflies in the Garden" exhibit features butterflies of Asia. Cost of the trip is \$23. Sign up at the front desk and select your lunch preference. The bus leaves at 10:30 am and returns by 3:30 pm.

Perot Museum

Make plans today for a trip to view the exhibit halls at the Perot Museum on Tuesday, April 8. Bus leaves at 10:30 and returns by 4 pm. Deadline to sign up is March 25. Cost of the trip is \$12 payable when you sign up. Bring money for lunch at the café inside the museum.

Art Trip to Boy Scouts of America Museum

Join us on Tuesday, March 4 at 9:30 am for a trip to the BSA Museum to see the Norman Rockwell Collection. Lunch will follow at Via Rial. Cost of the trip is \$5 plus your lunch. Sign up at the front desk.

Dallas Quilt Show

Join us for the annual trip to the Dallas Quilt Show on Friday, March 7. The theme is "Modern Quilts-Building on Tradition." The bus leaves at 9:30 am and returns at 3 pm. Tickets at the door are \$9 for seniors. Ticket presales at local quilt stores are \$8. Sign up at the front desk. Lunch is brown bag or purchase on site. Contact Sandra if you have questions.

Medication Management and Social Work Services

A social worker with Senior Citizen Services will be here on Monday, March 10 from 9:30-11:30 am to meet with anyone who takes multiple medications or has experienced dizziness, lightheadedness, or falls, and would like a free medication review. Other issues such as housing, medical, legal or personal can also be addressed. For a personal one-on-one meeting, please call to schedule an appointment.

Food Handlers Training – March 21, 1-2 pm

This date is our annual training by Senior Citizen Services. If you are interested in volunteering to serve meals at lunchtime, please make plans to attend this mandatory training. Sign up at the front desk so we can plan on the number of training materials needed.

Computer Classes Registration

Be sure to be here on Monday, March 3 to register for computer classes being offered March 10 – May 1. A list of classes is available at the SAC or you can look online at playgrapevine.com.

Young@Heart Gardeners

If you enjoy the sights and sounds of birds in your garden, come join us to learn how to attract these feathered friends to your garden and keep them coming back. You will also make a decorative birdhouse for your yard. The class takes place Monday, March 24, 10 am to noon at the Grapevine Botanical Gardens. Pre-registration at the SAC is required along with a \$5 materials fee payment.

Fraternal Order of Plaid Shirts

Do you remember the Alamo? The Plaid Shirt guys will be honoring the memories of that historical site when we visit the Settlement to City buildings in Grapevine on Thursday, March 6. The structures feature parts of early day life in the 19th century Grapevine. After our learning experience, we will eat lunch at AJ's on Main Street. The bus will leave at 9:45 am and return by 2 pm. So cross this line _____, sign up at the front desk, and be ready! Newcomers welcome any time!

Go Go Girls

We are going to check out the stores at Northeast Mall on Thursday, March 27. Bus leaves at 9:45 am and returns by 2 pm. Bring money for lunch at the food court. Sign up at the front desk.

AARP Tax-Aide

Call for an appointment to have certified volunteers assist you with your taxes. This service is offered on Wednesdays from 8:30 am – 1:30 pm to help those in the low to middle income range. Special emphasis is given to those aged 60 and over.

Attention All Billiard Players

Did you know we have a pool table in our game room? Although a variety of activities occur in that room, typically it is quiet from 2-3:30 pm, Tuesdays through Fridays. Call your friends and come hang out with us!

March

Sunday

Monday

Tuesday

Wednesday

<p>2</p>	<p>3</p> <p>8-2 Table Games 9-12 Computer Registration 9:30 Music Jam 9:30 Art with Hanz 9:45 Walking 9:50 Tai Chi 11:00 Strength Training 1-2 Computer Registration 1:00 Card Making 1:00 SilverSneakers Classic 2:00 Mah Jongg</p>	<p>4 Birthday</p> <p>8-12 Table Games 9:30-2 Art Trip* 9:45 Chair Exercise 9:45 Bank & Post Office 10:00 Walking, GV Library 10:00 Blood Pressure Check by Woodridge 10:00 Oil Painting 10:00 Bridge 12:30 Watercolor Class 12:45 Bingo</p>	<p>5 Tax-Aide on Wednesdays</p> <p>8-3 Table Games 9:45 Chair Exercise 9:45 Grapevine Shopping 10:00 Vine Quilters Class 10:00 Knitting Group 11:00 Strength Training 11:00 Advisory Council 12:45 Grocery Shopping 1:00 SilverSneakers Classic</p>
<p>9</p>	<p>10</p> <p>8-2 Table Games 9:30 Music Jam 9:30 Art with Hanz 9:30 Medication Management 9:45 Walking 9:50 Tai Chi 11:00 Strength Training 1:00 Card Making 1:00 SilverSneakers Classic 2:00 Mah Jongg</p>	<p>11</p> <p>8-12 Table Games 9:45 Chair Exercise 10:00 Walking, GV Library 10:00 Blood Pressure Check by Woodridge 10:00 Oil Painting 10:00 Bridge 11:15 Health Break* 12:30 Watercolor Class 12:45 Bingo 1-5 AARP Driver Safety</p>	<p>12</p> <p>8-3 Table Games 8-9:30 Hot Breakfast** 9:45 Chair Exercise 9:45 Grapevine Shopping 10:00 Vine Quilters Class 10:00 Knitting Group 11:00 Strength Training 12:45 Grocery Shopping 1:00 SilverSneakers Classic</p>
<p>16</p>	<p>17</p> <p>8-2 Table Games 9:30 Music Jam 9:30 Art with Hanz 9:45 Walking 9:50 Tai Chi 11:00 Strength Training 1:00 Card Making 1:00 SilverSneakers Classic 2:00 Mah Jongg</p>	<p>18</p> <p>8-12 Table Games 9:45 Chair Exercise 10:00 Walking, GV Library 10:00 Blood Pressure Check by Woodridge 10:00 Oil Painting 10:00 Bridge 10:30 FW Botanic Garden* 12:30 Watercolor Class</p>	<p>19</p> <p>8-3 Table Games 9:45 Chair Exercise 9:45 Grapevine Shopping 10:00 Vine Quilters Class 10:00 Knitting Group 11:00 Strength Training 12:45 Grocery Shopping 1:00 SilverSneakers Classic</p>
<p>23</p>	<p>24</p> <p>8-2 Table Games 9:30 Music Jam 9:30 Art with Hanz 9:45 Walking 9:50 Tai Chi 10-12 Young@Heart* 11:00 Strength Training 1:00 Card Making 1:00 SilverSneakers Classic 2:00 Mah Jongg</p>	<p>25</p> <p>8-12 Table Games 9:45 Chair Exercise 10:00 Walking, GV Library 10:00 Blood Pressure Check by Woodridge 10:00 Oil Painting 10:00 Bridge 12:30 Watercolor Class 12:45 Bingo</p>	<p>26</p> <p>8-3 Table Games 9:45 Chair Exercise 9:45 Grapevine Shopping 10:00 Vine Quilters Class 10:00 Knitting Group 11:00 Strength Training 12:45 Grocery Shopping 1:00 SilverSneakers Classic</p>
<p>30</p>	<p>31</p> <p>8-2 Table Games 9:30 Music Jam 9:30 Art with Hanz 9:45 Walking 9:50 Tai Chi 11:00 Strength Training 1:00 Card Making 1:00 SilverSneakers Classic 2:00 Mah Jongg</p>		

2014

Thursday	Friday	Saturday	Notes
<p>6</p> <p>8-3 Table Games 9:45-2 FOPS Trip** 9:45 Chair Exercise 9:45 Mall Walking 10:00 Jewelry Making 10:00 Chorus 12:30 Participant Meeting 1:00 SilverSneakers Yoga 1:15 Beginner Line Dancing 2:15 Intermediate Line Dancing</p>	<p>7</p> <p>8-3 Table Games 9:30-3 Dallas Quilt Show 9:45 Chair Exercise 9:45 Walking 9:50 Tai Chi 10:00 Ceramics 11:00 SilverSneakers Classic</p>	<p>1</p> <p>8</p>	<p>*Art Trip Boy Scout Museum Lunch at Via Rial Cost: \$5 + Lunch</p> <p>**Fraternal Order of Plaid Shirts Settlement to City Museum Lunch at AJ's</p>
<p>13</p> <p>8-3 Table Games 9:45 Chair Exercise 9:45 Mall Walking 10:00 Jewelry Making 10:00 Chorus 1:00 SilverSneakers Yoga 1:15 Beginner Line Dancing 2:15 Intermediate Line Dancing</p>	<p>14</p> <p>8-3 Table Games 9:45 Chair Exercise 9:45 Walking 9:50 Tai Chi 10:00 Ceramics 11:00 SilverSneakers Classic</p>	<p>15</p>	<p>*Health Break "Nutrition & Label Reading" Tarrant County Health Dept.</p> <p>**Hot Breakfast Scrambled Eggs, Bacon, Sausage, Biscuits, Juice Cost: \$3 Reservations Required Minimum: 20 people</p>
<p>20</p> <p>8-3 Table Games 9:45 Chair Exercise 9:45 Mall Walking 10:00 Jewelry Making 10:00 Chorus 1:00 SilverSneakers Yoga 1:15 Beginning Line Dancing 2:15 Intermediate Line Dancing</p>	<p>21</p> <p>8-3 Table Games 9:45 Chair Exercise 9:45 Walking 9:50 Tai Chi 10:00 Ceramics 11:00 SilverSneakers Classic 1-2 Food Handlers Training</p>	<p>22</p>	<p>*Ft. Worth Botanic Garden Bus leaves at 10:30 Returns by 3:30 Cost: \$23</p>
<p>27</p> <p>8-3 Table Games 9:45-2 Go Go Girls Trip** 9:45 Chair Exercise 9:45 Mall Walking 10:00 Jewelry Making 10:00 Chorus 1:00 SilverSneakers Yoga 1:15 Beginner Line Dancing 2:15 Intermediate Line Dancing</p>	<p>28</p> <p>8-3 Table Games 9:45 Chair Exercise 9:45 Walking 9:50 Tai Chi 10:00 Ceramics 11:00 SilverSneakers Classic 1-2 Yummy in My Tummy</p>	<p>29</p>	<p>*Young@Heart Gardeners "Attracting Birds" Cost: \$5</p> <p>**Go Go Girls Trip Shopping at Northeast Mall</p>
		<p>Please remember, you must pay for all trips at the time of reservation. No spots will be held without payment.</p> <p>SCS Lunches served each Monday-Friday 12 Noon</p>	<p><i>Blood Pressure Checks and Birthday Cake courtesy of Woodridge at Grapevine Health & Rehabilitation</i></p>

The Grape Affair
421 Church Street
Grapevine, TX 76051
facebook.com/GrapevineSAC



PRESORTED
STANDARD
U.S. POSTAGE
PAID
GRAPEVINE, TX
PERMIT NO. 140

Helpful Phone Numbers:

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

Northeast Transportation
Service (NETS)
817.336.8714

Grapevine SeniorMovers
817.410.3465



Is March the first month or the third month of the calendar?

The original Roman calendar was said to be invented by Romulus, the first king of Rome, at around 753 BCE (Before Common Era). The calendar started in March (Martius) and consisted of 10 months. The winter season was not assigned to any month, so the calendar year only lasted 304 days with 61 days unaccounted for in the winter. This calendar didn't align with the seasons so it didn't work for long. Around 700 BCE, King Pompilius added the months of January (Ianuarius) and February (Februarius). It was still flawed and not in line with the seasons so an extra month was added in some years to make up for the lack of days in a year. By the 1st century B.C.E., the Roman calendar had become hopelessly confused. The year, based on cycles and phases of the moon, totaled 355 days, about 10¼ days shorter than the solar year. The occasional intercalation of an extra month of 27 or 28 days, called Mercedonius, kept the calendar in step with the seasons. The confusion was compounded by political maneuvers. The Pontifex Maximus and the College of Pontiffs had the authority to alter the calendar, and they sometimes did so to reduce or extend the term of a particular magistrate or other public official. Finally, in 46 B.C.E., Julius Caesar initiated a thorough reform that resulted in the establishment of a new dating system, the Julian calendar. This calendar was refined in 1592 and became the Gregorian calendar that we use today. So if your new year resolutions have faded, you can view March as a fresh beginning and a chance to start anew!

“YUMMY IN MY TUMMY” WITH DEBBIE GILL OF KELLER WILLIAMS REALTY

Debbie has been gracious to host monthly demonstrations of quick and easy recipes to make. This month she will be demonstrating “Make It Yourself” spa and beauty items.

Do you have rough dry hands? If so, learn how to make a sugar scrub with items you have in the kitchen. There are many things you have at your home that can be combined to create your own in-home spa without all the

expense! Join us on Friday March, 28 at 12:45 pm to see what spa and beauty creations Debbie has planned. You will also be eligible for a drawing for a \$25 gift card!

—Trent Kelley, Supervisor

**KELLEY'S
CORNER**