

Connecting Tempe

THROUGH PEOPLE, PARKS AND PROGRAMS



December 29, 2010

New Year, New You

Friday night, the giant, sparkling crystal ball will drop in Times Square, party poppers will be pulled and champagne poured and toasted to ring in 2011. A new year wouldn't be complete, though, without the dreaded task of jotting down a few New Year's resolutions for ourselves and vowing that this is the year we will make good on them. With the help of Tempe Recreation, 2011 can be the year that you actually follow through on your resolutions while having fun in the process. To help you get started, here are 10 easy, convenient and economical resolutions and solutions to help make 2011 the best yet!

1. Lose weight and get fit

Year-round, Tempe Recreation offers hundreds of reasonably priced and convenient exercise and fitness classes designed to get you and your family away from the TV or computer and into shape. Introduce your child to gymnastics or basketball and sign up for a pay as you go zumba, aerobics or Pilates class for yourself. No matter your age, interest or physical ability, Tempe's fitness programs have something for everyone. Many classes for the winter 2011 session begin in January. Visit www.tempe.gov/brochure to see the complete listing of classes.

If you're interested in working out at your own pace, but don't have the equipment available, visit one of the city's four fitness centers. [Kiwanis Recreation Center](#), [Pyle Adult Recreation Center](#), [Escalante Community Center](#) and the [North Tempe Multi-Generational Center](#) each have a fitness center located within their facilities. Daily and monthly rates are available for various levels of use. Need a goal to look forward to? Why not start training for the second [Arbor Day 5K](#) on April 29, 2011.



2. Pay off debt and achieve financial stability

Money may be tight right now, but that doesn't mean you can't afford to have fun! Tempe hosts plenty of inexpensive – and many times, free – events and programs throughout the year. In 2011, look for the Movies in the Park free family movie series at Kiwanis Park in May and October, the July 4th Tempe Town Lake Festival, Play Day and the 34th Annual Family Halloween Carnival.

In addition to the free events and services offered at the [Tempe Public Library](#), library card holders can take advantage of the [Culture Pass program](#), that allows community members to check out a pass that grants free admission for either two or four people to 14 participating Valley museums and cultural centers. Each pass is valid for seven days, and you can check out two passes per month. Destinations include the Phoenix Zoo, Children's Museum of Phoenix, Arizona Science Center, Desert Botanical Gardens and more.



[Free Art Friday](#), family-friendly event allows you the opportunity to create art, learn about music and movement, and have a great time at the [Edna Vihel Center for the Arts!](#) Program features different art projects each month that explore various themes. On Jan. 21 from 9-11 a.m., the theme will be New Year's Traditions. It is not necessary to register for these free, leisurely mornings of activities.

3. Spend more time with loved ones

Pack a picnic lunch or [reserve a ramada](#) and host a family or corporate gathering at a Tempe park! Tempe's 48 parks are strategically located so that there is one park within approximately one mile of every resident. Parks are some of Tempe's most valuable assets, providing a backyard for the community to gather and play.



Tempe residents and community members can also enjoy the cool winter weather by taking their canine companions to visit one of Tempe's five [off-leash dog parks](#). See each park up close and hear the reasons why people continue to take their beloved dogs to exercise and socialize in Tempe's dog parks. The [new Tempe 11 video](#) also provides a brief overview of dog park locations, rules and acceptable behavior.

4. Get organized

Make organization a priority this year! Here are some tips to make the seemingly huge task of organization a little simpler:

- Make a list of priorities and stick to it
- Always replace things after use
- Use a calendar or planner and refer to it multiple times each day
- Combine similar activities at once, like running all errands at the same time
- Make task lists and cross off items as you go
- Multi-task – fold clothes while watching TV or empty dishwasher while on the phone

Or, if you'd like some instruction on getting your finances or e-mail organized, Tempe offers [Money Management Planning](#) and Keeping your [Mail Organized](#) classes in the [winter 2011 brochure](#).

5. Enjoy life more



More than anywhere else in the Valley, and maybe even in the entire state of Arizona, Tempe has just the right amenities for hosting events and a vibrant population that loves to have fun. [Tempe Town Lake](#) is one of Arizona's most popular outdoor destinations. Located in downtown Tempe, the 220-acre lake and the surrounding [Tempe Beach Park](#) host hundreds of events of all shapes and sizes each year, from the Ironman Arizona competition and Tempe Oktoberfest to the Fantasy of Lights Boat Parade and the Fiesta Bowl Block Party. In February and March, [Tempe's Diablo Stadium](#) is the spring training home of the Los Angeles Angels of Anaheim, and golf enthusiasts can take their swings at Ken McDonald and Rolling Hills municipal [golf courses](#) throughout the year.



Tempe also hosts a variety of ongoing events throughout the year. At the [Tempe Center for the Arts](#), shake off the holiday bustle and enjoy a relaxing evening of live music as [Walk-in Wednesdays Open Mic](#) resumes from 6 to 10 p.m. on Jan. 5 at the Musicians and spectators are welcome. Food and beverages are available. Open Mic runs every Wednesday through May.

At the [Tempe History Museum](#), bring your lunch and enjoy the Tempe Historical Society Lunch Talks that focus on music. On Wednesday, Jan. 12 at 11:30 a.m., Karin Enloe will do a presentation based on her Ph.D. dissertation, "Willie, Waylon, Buck and Merle: Nashville Outlaws and the American West." Coffee is provided.

6. Give up a bad habit

They say it takes 21 repetitions to turn an action into a habit, but we all know it takes a lot longer to kick it! Use these tips to take back control and better your life:

- Make a commitment with achievable and time-bound goals
 - Track your progress by writing it down
 - Enlist the support of a friend or family member
 - Find alternatives to replace the bad habit (see resolution #7)
 - Be patient with yourself and reward yourself when you make progress
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7. Learn something new

With programs for toddlers, youth, teens, adults and adults 50+, and a variety of adapted recreation leagues and programs, look no further than the [Tempe Opportunities brochure](#) to learn a new hobby, sport or skill.

Does [rowing](#) on Tempe Town Lake pique your teen's interest? Sign them up for the after-school [Tempe Town Lake Junior Kayak Team](#). Teens ages 12-17 will meet on Mondays, Wednesdays and Fridays, Jan. 10 through March 25 from 4-6 p.m. The class focuses on basic paddling technique, paddling fitness, as well as teaching boating safety and will be taught by a national level kayaker and former National Team paddler for the US.



How about [tennis](#)? Kiwanis Recreation Center offers a variety of introductory level classes for beginners of all ages. Or learn basketball with the City of Tempe Youth Sports Team. The kindergarten – eighth grade [winter basketball programs](#) will be held on Saturdays at [Kiwanis Recreation Center](#) and [Escalante Community Center](#). Registration for basketball ends Friday, Jan. 7, 2011. Contact Keyon Cornejo at 480-350-5222 or keyon_cornejo@tempe.gov for more information.



Are you a teen writer looking for a place to write and share your creative ideas? ASU student and writer, Aasima Khokhar will be leading the newly formed [Teen Writing Club](#) at the [Tempe Public Library](#). Teens ages 11-18 are welcome to attend this free program. The club will meet from 3 – 4 p.m. on Jan. 8 and 22, Feb. 5 and 19, March 5 and 19, and April 2 and 16. Registration is required and may be done by calling 480-350-5522.

You can learn multiple things in the new year, so why choose just one. Learn to play golf, teach Fido some new tricks, learn a language, improve your dancing, or even enroll the whole family in karate, drawing or guitar lessons. These are just a few examples of the [fun and educational programs](#) you and your family members can choose from to add a little spice to 2011.

8. Be more charitable and help others

Gather your friends and neighbors and [Adopt-A-Park](#) in 2011. Now that the weather's cooling down, it's the perfect opportunity to help make your neighborhood a better place to play. After the large turnout of volunteers at community cleanup events, the City created the Adopt-A-Park program as a way to coordinate year-round opportunities for the dedicated neighborhood groups, community organizations and local businesses so that they can continue to enhance the appearance, safety and cleanliness of Tempe parks.



Connect with a special-needs athlete by becoming a [bowling buddy](#). Join Tempe's Adapted Recreation Buddy Bowling League and spend your Saturday mornings knocking down pins and building new friendships.

Residents looking for ways to give back to their community can learn about volunteer opportunities at the 9th annual Tempe Volunteer Expo! on Wednesday, Jan. 26 from 10 a.m. to 1 p.m., in the community room of the [Tempe History Museum](#). Refreshments will be served and door prizes will be raffled. Representatives from volunteer and non-profit programs in Tempe will be available to provide information to prospective volunteers.

9. Be more eco-friendly

Tempe has many resources to help you become more eco-friendly in 2011. Drop off your old electronics and hazardous materials at the [Household Products Collection Center](#), or drop off your old athletic shoes at various [Nike Reuse-A-Shoe](#) locations. Learn more about recycling by visiting an event featuring Tempe's [ERIC](#) trailer.



10. Reduce stress

Do you have some extra stress now that the holidays are over? Whether you'd like to attend an event, fitness class, or even a counseling session, Tempe has something for everyone interested in winding down after the holiday season.

Attend [Third Thirstday Night Cafe at the Museum Bringing History Books to Life: A Series of Local Author Events](#), for a free cup of coffee and a series that features book signings, discussions and storytelling. On Thursday, Jan. 20 at 7 p.m., Donald R. Campbell will discuss "Tough Life? So What! Move Beyond Struggle." Campbell wrote this book to inspire and motivate those of all ages who doubt their inner-strength in the midst of facing life's continuous challenges.

Try de-stressing with one of the popular relaxation classes, including:

[Yoga](#), the an ancient science that connects the body and mind. Students and instructors work towards personal goals through systematic exercising and conditioning of the physical body.

[Taoist Meditation](#), designed to lead people gently and gradually to the core of their being. This unique meditation uses the energies of body, emotions and mind to resolve difficulties and attain a clear and relaxed spirituality.

[T'ai Chi](#) uses the internal system to increase self-awareness, self-confidence and balance. Slow meditative movements teach internal focus and reduce stress levels.



Tempe also provides [counseling](#) for individuals, couples and families who do not have other resources or insurance available to them. Counseling is available for depression, stress, parent/child issues, partner relationship problems, sexual abuse, grief, trauma, domestic violence, substance abuse and other emotional and behavioral issues. Services are available in English and Spanish. Fees are \$5 to \$40 per session based on family size and income. Counseling is strictly confidential.

Tips for Keeping New Year's Resolutions

1. Be realistic
2. Make time-bound goals
3. Plan ahead
4. Find others trying to achieve the same goals and support each other
5. Write it down and talk about it to make it real
6. Track progress
7. Reward yourself
8. Be patient with yourself
9. Maintain a positive attitude
10. Keep on trying!

Starting Saturday, you have 365 days to make 2011 the most productive, meaningful and fun year ever. That's 8,760 hours of possibility, 525,600 minutes of opportunity. Call Tempe Recreation at 480-350-5200 or visit www.tempe.gov/rec and make this year count!



City of Tempe

www.tempe.gov/recreation



PLAY LEARN LIVE GROW