



Roadrunner Chronicle

PYLE EDITION

NOVEMBER 2024

PYLE
ADULT
RECREATION
CENTER

655 E. Southern Ave.
Tempe, AZ 85282

www.tempe.gov/pyle

(480)350-5211
TTY: (480)350-5050

HOURS
Mon-Thu 8am-9pm
Fri 8am-5pm
Sat 9am-4pm
Sun Closed



Pyle's Thanksgiving Feast

November 21, 11:30am

Join friends & family for a delicious meal of turkey, stuffing, mashed potatoes, vegetables, gravy, cranberry sauce, & pie for dessert!

RJA Members: \$6, Non-members: \$7

Code: 82400 register early space is limited





October Birthdays:
Cyndie Taylor, Barbara Moulton and Norma Joiner

Pyle Special Events

Thursday special events start at **11:30 a.m.** unless stated otherwise. Advance registration is required and you may register for the entire month, but payment in full is required at time of registration. Please sign up at the front desk.

11/07 Birthday Bingo - Celebrate November Birthdays! BYO lunch, then enjoy cake & ice cream and play Bingo for fun prizes. RTA \$2; Non-members \$3. **Code: 82377**

11/14 Arch Ways - Holiday Blues (pg. 7) **Code: 82376**

11/21 Thanksgiving Lunch (pg. 1) **Code: 82400**

11/28 & 29 & 30 **CLOSED FOR THANKSGIVING**

Internet Security



Wednesday, November 20
10 am - 12 pm
Code: 82217

Learn three different ways to create and save your passwords. Learn **WHY** you want your email password to be unique, and **HOW** to recognize scammers. Get practical advice to protect your money and your sanity.

RTA Meeting

Wednesdays, 10 am
 November 6
 December 4

**COLOR, CREATE
 & CONVERSE
 WITH FRIENDS**
Tuesdays
9:30-11:00 am
Free

Pyle Tuesday Lunch

This month's menu:



On Tuesdays, join your friends for a simple, low-cost lunch. Registration is limited, so sign up early!

PLEASE NOTE: Lunch is served at 11:30 a.m. Meals **will not** be held past 11:45am

RTA \$3; Non-member \$4

Due to inflation, food substitutes may be necessary.

11/05 - NO LUNCH TODAY (ELECTION DAY)

11/12 - Sausage & zucchini skillet over rice & side salad - Lunch & Learn ComForCare (pg. 7)
Code: 82370

11/19 - Schoolhouse hamburger, gravy over potatoes & broccoli
Code: 82371

11/26 - Taco salad, chips & salsa
Code: 82372

ClipDart Free Haircuts!

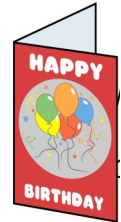
Pyle is offering FREE haircuts for Seniors ages 55+. They are provided by ClipDart, whose mission is to improve mental wellness through mobile hair professionals. If you are interested in making an appointment for a FREE haircut, please call the Pyle front desk! ClipDart provides one barber and one hairstylist per appointment. Please come with clean hair; no wash included. Some walk-ins will be accommodated.

Monday, November 18
1:30-5 pm
Code: 81333

FREE Card Making with Rey

Join Rey on the first Monday of the month to make beautiful birthday and holiday cards! No experience necessary. FREE! You must now pre-register for this program, which is limited to 10 participants. *In Tucson Room this month!*

Monday, November 4
9:30-11:30 am
Code: 82378



Groups & Activities at Pyle

If you have an idea for an activity or group that is not listed, please stop by Pyle's Front Desk and share it!

Groups

LOONEY TOONER KITCHEN BAND

Mondays, 9-11 a.m. Bring your instrument or listen and tap your toes! All levels welcome.

PYLE BLUEGRASS & FOLK JAM

Mondays, 12-3 p.m.
 ALL players and listeners welcome.

MEN'S GROUP

Tuesdays, 1-3 p.m.
 Informal discussion just for the guys.

NEEDLEWIELDERS

Tuesdays & Thursdays,
 9 a.m.-1 p.m. Create hand-crafted items for charity in a fun, social environment.

CURRENT EVENTS DISCUSSION GROUP

Thursdays, 1-3p.m. Discuss current events, books, movies, etc. Meets virtually and in-person.

BOOK CLUB

Friday, November 22, 9-11 a.m. via Zoom. This month's book: First Ladies by Marie Benedict. Call Pyle to get Zoom link and Meeting ID.

ADVANCED BLUEGRASS JAM

Fridays, 10:00 a.m.-12:00 p.m.

SEW SOCIAL

Fridays, 12:30-4:30 p.m.
 Bring your own quilting, needlework, crochet or work on the group project.

SOCRATES CAFÉ

Saturdays, 2-3:30 p.m.
 Join philosophical conversations with an open mind.

Activities

CRIBBAGE

Mondays, 8:30 a.m.-12 p.m.

BEGINNER MAH JONGG

Mondays, 10 a.m.-12 p.m.

SCRABBLE

Mondays, 1-3 p.m.

COLOR & CONVERSATION

Tuesdays, 9:30-11 a.m.
 Come visit with friends while coloring. Books, pencils, and markers are provided or bring your own.

PINOCHLE & GAMES

Tuesdays, 10 a.m.-3 p.m.

BINGO: (for 18+)

Wednesdays, 1 p.m.
 Card sales begin at 12:15 p.m.
 50¢ per card; 10 card limit.

PARTY BRIDGE

Thursdays, 10 a.m.-3 p.m.

MAH JONGG*

Thursdays, 1-4:30 p.m. (*intermediate / advanced)

50+ & 18+ Drop-In Classes at Pyle

Most classes are available for single day drop-in. This is based on each session and class availability. Please check the updated class drop-in information at the Pyle front desk. The cost for a single drop-in 50+ class is \$5 and for 18+ class is \$7.



Medicare Benefits Assistance Program By Appointment

Offered by the **Area Agency on Aging**, this program provides objective information about insurance and benefits to seniors.

A trained Benefits volunteer will be available by **appointment:**
Times are 9:30-11:30 am

Saturday, November 2
Saturday, November 16
Saturday, November 23

Services include:
Assistance with organizing Medicare and Supplemental claims.
Assistance on Medicare Part D prescription drug coverage.
Information regarding HMOs, managed care, Medicare Supple-

ment plans (Medigap), and options under Medicare. This is a free service.

Please call or stop by the front desk to make an appointment and for future appointment dates.

To make an appointment with **Johnny** our **Senior Advisor Intern** at Pyle call: 602-980-9748. He is available Thursdays, 8am-4pm for appointments.

Apple Iphone and Ipad Help

Calling all beginners & seasoned techies! Sign up to give or receive help with operating iphones and ipads, ask a tech question, or offer answers from personal experience. Participants will be together during the session to learn from each other. Please note, new phone set up is not available. This activity is free.



Tuesday, November 12 **Tuesday, November 26**
9:30-11:30 pm **9:30-11:30 am**
Code: 82373 **Code: 82374**

Windows Laptop Tech Support

Register to get help with Windows on your laptop (No Apple/Mac help). Must bring laptop! FREE

Tuesday, November 19
9:30-11:30 am
Code: 82375

Pyle Fitness Center

Take advantage of Pyle's fully equipped & affordable Fitness Center!

The Pyle Fitness Center is open during the following hours:

Monday - Thursday, 8am - 8:30pm; Friday, 8am - 4:30pm; Saturday, 9am - 3:30pm.

Closed on City Holidays



Membership Fees:

One month - \$15	Three months - \$35
Six months - \$55	Single Day Drop-in - \$2

The Apology Workshop: Holiday Seasons

The Negotiated Apology Project teaches negotiation tactics in apologies to maximize your chances to earn forgiveness. Holidays are an especially difficult time when the mistakes of our past re-emerge in the shape of regret. Come to our FREE class to learn how to get started on having these difficult conversations before year's end.

**Wednesdays,
November 6 & 13
11 am-12 pm
Code: 82081 & 82082**

Center for Vein Restoration

Center for Vein Restoration will scan your legs for FREE! If you experience leg pain, edema, general swelling, changes in skin color, non-healing ulcers, ulcers that appear suddenly, heaviness, aching legs, leg cramps, charley horses, or restless leg syndrome, these symptoms are most likely related to vein disease.

**Wednesday, November 20
11:30 am - 1 pm
Code: 82323**

CapTel Telephone

Learn about the FREE caption phone for people who struggle to hear on the phone! No landline required.

**Wednesday, November 13
11:30 am in the lobby**

AARP Smart Driver Program - A Refresher Course in Safety and Skills

Learn new driving techniques, rules of the road, defensive driving & how to minimize distractions. Trained volunteers instruct the AARP Smart Driver course, serving ages 50+. The course enables drivers to refresh their driving skills and understand how to adjust to age-related challenges. Materials included. Completion of the course may entitle you to an auto insurance discount (check with your insurer). **Please call Ms. Rose Morra at 480-220-0204 for more information and to register.**

**Saturday, November 2, 10 am - 2 pm
Fee is \$20 for AARP Members, \$25 for Non-AARP Members**

Fall 2024 50+ Classes

Online Registration:

www.tempe.gov/play

**Fall Session
September 3
Through
December 21**

Code	FALL 2024 50+	Begin	End	Day	Time	Length	Fee
81025	Ballroom Dance	9-Sep	16-Dec	M	6:00 PM	1h	\$72.00
80925	Bones and Balance	6-Sep	20-Dec	F	10:30 AM	45m	\$56.00
81636	Bones and Balance	6-Sep	20-Dec	F	11:30 AM	45m	\$56.00
80926	Bones and Balance	3-Sep	17-Dec	Tu	10:30 AM	45m	\$60.00
80933	Bones and Balance	3-Sep	17-Dec	Tu	9:30 AM	45m	\$60.00
80927	Bones and Balance II: Functional Fitness	4-Sep	18-Dec	W	10:45 AM	1h	\$70.00
80928	Bones and Balance II: Functional Fitness	9-Sep	16-Dec	M	10:30 AM	1h	\$55.00
80929	Bones and Balance II: Functional Fitness - Vir.	9-Sep	16-Dec	M	10:30 AM	1h	\$55.00
80930	Bones and Balance II: Functional Fitness - Vir.	4-Sep	18-Dec	W	10:45 AM	1h	\$70.00
80931	Chair Yoga	4-Sep	18-Dec	W	9:15 AM	1h	\$60.00
80932	Chair Yoga	6-Sep	20-Dec	F	9:15 AM	1h	\$56.00
80935	Chair Yoga - Virtual	4-Sep	18-Dec	W	9:15 AM	1h	\$60.00
80936	Chair Yoga - Virtual	6-Sep	20-Dec	F	9:15 AM	1h	\$56.00
80941	Gentle Joint Cardio	9-Sep	16-Dec	M	8:15 AM	1h	\$60.00
80942	Gentle Yoga	3-Sep	17-Dec	Tu	12:30 PM	1h	\$75.00
80943	Line Dance Beginning	5-Sep	19-Dec	Th	5:00 PM	55m	\$70.00
80944	Line Dance Intermediate	3-Sep	17-Dec	Tu	5:00 PM	55m	\$75.00
80945	Line Dance Intermediate/Advanced	3-Sep	17-Dec	Tu	6:00 PM	55m	\$75.00
80946	Mixed Media Dimensional Design	5-Sep	19-Dec	Th	10:00 AM	3h	\$120.00
80947	Oil (Acrylic accepted) Painting	9-Sep	16-Dec	M	10:00 AM	3h	\$96.00
80949	Seated Strength Training	9-Sep	16-Dec	M	9:30 AM	45m	\$60.00
80950	Seated Strength Training - Virtual	9-Sep	16-Dec	M	9:30 AM	45m	\$60.00
81661	Seated Strength Training	5-Sep	19-Dec	Th	10:15 AM	45m	\$75.00
80951	Tai Chi/Body Balance I	9-Sep	16-Dec	M	12:00 PM	1h	\$48.00
81591	Tai Chi/Body Balance I	4-Sep	18-Dec	W	12:00 PM	1h	\$60.00
80953	Tai Chi/Body Balance II	9-Sep	16-Dec	M	1:05 PM	1h	\$48.00
81592	Tai Chi/Body Balance II	4-Sep	18-Dec	W	1:05 PM	1h	\$56.00
80955	Tap Dance; Beginning	9-Sep	19-Dec	M Th	10:40 AM	55m	\$100.00
80956	Tap Dance; Intermediate	3-Sep	19-Dec	Tu Th	9:10 AM	55m	\$116.00
80957	Tap Dance; Performance	3-Sep	19-Dec	Tu Th	10:10 AM	55m	\$116.00
80960	Toners & Shapers	6-Sep	20-Dec	F	9:30 AM	1h	\$70.00
80961	Toners & Shapers	9-Sep	16-Dec	M	9:30 AM	1h	\$65.00
80962	Toners & Shapers	4-Sep	18-Dec	W	9:30 AM	1h	\$75.00
81077	Watercolor Painting; Intermediate/Adv.	4-Sep	18-Dec	W	12:30 PM	3h	\$120.00
80965	Watercolor Painting; Introduction/Cont.	4-Sep	18-Dec	W	9:00 AM	3h	\$120.00
80973	Zumba for 50+	3-Sep	17-Dec	Tu	11:10 AM	55m	\$75.00
80974	Zumba for 50+	6-Sep	20-Dec	F	10:40 AM	55m	\$70.00
80975	Zumba Toning	9-Sep	16-Dec	M	8:15 AM	55m	\$60.00
80976	Zumba Toning	6-Sep	20-Dec	F	8:15 AM	55m	\$70.00
80977	Zumba Toning	4-Sep	18-Dec	W	8:15 AM	55m	\$75.00

Fall Art and Crafts Boutique



November 8th, 9am-4pm
&
November 9th, 9am-3pm

Pyle’s Fall Arts & Crafts Boutique is a two-day community event that gives artists and crafters an opportunity to sell their handiwork and gives the community a head start on Holiday shopping! All items for sale must be hand-made by the vendor.

The City of Tempe does not directly or indirectly endorse any products or services presented, or to be presented, by the Brown Bag or Lunch and Learn Presenter. Presenters shall not state or imply any endorsement by the City of Tempe or any of its employees.

Lunch & Learn: ComForCare

ComForCare will be talking about VA coverage for home care and also how people with dementia can now receive respite care, as they are a partner with Medicare.

Tuesday, November 12
11:30 am
Code: 82370

Lunch & Learn: Finding a job at Age 85

Our fellow Pyle Recreation Center participant Leroy Cook will be speaking about how finding gainful employment, even at 85, is possible.

Tuesday, November 19
11:30 am
Code: 82371
\$3 RTA; \$4 Non-Member

Brown Bag: Arch Well Holiday Blues

The benefits of positivity: How to build a positive thinking mentality, keep an optimistic attitude, and stay positive when life feels negative.

Thursday, November 14
11:30 am
Code: 82376
\$1

People of Pyle - Juanita Ramirez



Juanita was born in Guatemala in 1945. Her grandfather had a ranch that she worked on when she was growing up. She also took care of her baby brother from the time she was young. Even though her childhood was very hard, Juanita is happy for so many opportunities and miracles she has experienced as an adult. She enjoys staying busy with swimming, dancing and walking. Juanita is super proud of her grandsons for graduating from Boston University and the University of Oxford in England. And she is grateful she was able to visit England with family.

Pyle November 2024



Monday

Tuesday

Wednesday

Thursday

Friday

		30 NO BINGO DUE TO VOTING	31 Happy Halloween! 	1 10am-12pm Advanced Bluegrass Jam 12:30-4:30pm Sew Social
4 8:30am-12pm Cribbage 9:30-11am Looney Tooner Kitchen Band 9:30-11:30am Card Making with Rey 10-11am Beginner Mah Jongg 12-3:00pm Pyle Bluegrass Folk Jam 1-3pm Scrabble	5 ELECTION DAY 9am-1pm Needlewielders NO Color & Convo 10am-3pm Pinochle NO \$3 Lunch NO Men's Group	6 11am-12pm The Apology Workshop (pg. 5) NO BINGO DUE TO VOTING	7 9am-1pm Needlewielders 10am-3pm Party Bridge NO Current Events Discussion Group 1-4:30pm Mah Jongg	8 Craft Boutique Fri 9am-4pm Sat 9am-3pm
11 CLOSED Veterans Day 	12 9am-1pm Needlewielders 9:30-11am Color & Convo 9:30am Windows Laptop 10am-3pm Pinochle 11:30am \$3 Lunch & Learn (pg. 7) 1-3pm Men's Group	13 11am-12pm The Apology Workshop (pg. 5) 1pm BINGO	14 9am-1pm Needlewielders 10am-3pm Party Bridge 11:30 am Brown Bag (pg. 7) 1-3pm Current Events Discussion Group 1-4:30pm Mah Jongg	15 9am-4pm AT Still University Free Assessments (pg. 2) 10am-12pm Advanced Bluegrass Jam 12:30-4:30pm Sew Social
18 8:30am-12pm Cribbage 9:30-11am Looney Tooner Kitchen Band 10-11am Beginner Mah Jongg 12-3:00pm Pyle Bluegrass Folk Jam 1-3pm Scrabble 1:30-5pm Clip Dart (pg. 3)	19 9am-1pm Needlewielders 9:30-11am Color & Convo 9:30am I-Phone & I-Pad Help Tech Support 10am-3pm Pinochle 1-3pm Men's Group	20 10am-12pm Internet Security 11:30am-1pm Center for Vein Restoration FREE SCANS (pg. 5) 1pm BINGO	21 9am-1pm Needlewielders 10am-3pm Party Bridge 11:30 am Thanksgiving Lunch (pg. 1) 1-3pm Current Events Discussion Group 1-4:30pm Mah Jongg	22 9am Virtual Book Club 10am-12pm Advanced Bluegrass Jam 12:30-4:30pm Sew Social
25 8:30am-12pm Cribbage 9:30-11am Looney Tooner Kitchen Band 10-11am Beginner Mah Jongg 12-3:00pm Pyle Bluegrass Folk Jam 1-3pm Scrabble	26 9am-1pm Needlewielders 9:30-11am Color & Convo 9:30am I-Phone & I-Pad Help Tech Support 10am-3pm Pinochle 11:30am \$3 Lunch 1-3pm Men's Group	27 1pm BINGO	28 CLOSED Thanksgiving	29 CLOSED Thanksgiving CLOSED Saturday Thanksgiving