Activities for Adults (50+ Years)

Volunteer Opportunities: TCAA is actively recruiting volunteers to assist with their Home Delivered Meals program. Contact Kathy Flores at the North Tempe Senior Center Front Desk at 480-858-6510.

Pyle Adult Recreation Center

655 East Southern Avenue
(SW Corner of Rural and Southern)
480-350-5211
www.tempe.gov/pyle

The Pyle Adult Recreation Center is a recreation facility for adults, ages 18 yrs+. Classes and programs for adults are offered through the brochure at this facility. The facility has a multipurpose room, dance room, billiards room, fitness room and six meeting rooms.

Facility Hours

Monday-Thursday	8 a.m.-9 p.m.*
Friday	8 a.m.-5 p.m.
Saturday	9 a.m.-4 p.m.
Sunday	Closed

*Pyle closes at 5 p.m. the weeks of Nov. 24, Dec. 22 and Dec. 29

Facility Closures: Sept. 1, Nov. 11, Nov. 27-29, Dec. 25

Retirees of Tempe Advisory (RTA)

The Retirees of Tempe Advisory (RTA) is a group sponsored by the City of Tempe Community Services Department and the Pyle Adult Recreation Center. The RTA advises Pyle staff regarding programs and events for those 50 years and older. RTA membership is $5 per year and provides members with discounts on lunches and other special events and activities. To become a member, you must apply in person at the Pyle Adult Recreation Center's front desk.

Monthly Retiree Activities

Tuesday/Thursday Lunch/Program	11:30 a.m.
Needlewielders Tuesdays/Thursdays	9 a.m.-Noon
Senior Songbirds meet Wednesdays	9:30 a.m.
Looney Tooner Kitchen Band Mondays (Sept. - May)	9:30 a.m.
Tuesday New Release Movies	12:30 p.m.
Bingo Every Wednesday	1 p.m.
Bluegrass Jam Session every Wednesday	1-3:30 p.m.
Current Events Discussion Group every Thursday	1 p.m.
Bluegrass Jam Session every Friday	9-11:30 a.m.
Various card groups throughout the week	Times Vary
Classic Movie Fridays	12:30 p.m.

Fees for the above programs are minimal and vary by program to cover costs of the program. If you have questions about any of the programs or classes offered for adults 50+ years, call 480-350-5211, or visit the Pyle Adult Recreation Center's website at www.tempe.gov/pyle.

Classes - Participants & Observation:

- Childcare is not offered.
- Observers and non-registered individuals, including children, are not permitted in classes or workshops.
- Closed-toe shoes are required for ceramics, pottery and jewelry classes.

Arts & Crafts

For a list of suggested materials, visit www.tempe.gov/pyle, or the Pyle Center Front Desk.

Acrylic and Oil Painting

Instructed by Donna Levine, this course in Acrylic and Oil Painting includes composition, color theory and basic painting techniques. Class requires additional materials; please bring materials to the first class. Refer to class listing below for proper experience level placement (beginning, intermediate, advanced). *No class the week of 11/24. 480-350-5211

39237	50 yrs+	Beg.	M	9/8-10/13	9 a.m.-Noon	$36	PAC
39238	50 yrs+	Int.	W	9/3-10/15	1-4 p.m.	$42	PAC
39239	50 yrs+	Adv.	Th	9/4-10/16	9 a.m.-Noon	$42	PAC
39240	50 yrs+	Beg.	M	10/20-12/1*	9 a.m.-Noon	$36	PAC
39241	50 yrs+	Int.	W	10/22-12/3*	1-4 p.m.	$36	PAC
39242	50 yrs+	Adv.	Th	10/23-12/4*	9 a.m.-Noon	$36	PAC

Crafts and Coffee with Kim

Join us on the third Wednesday of each month for coffee and crafting. Kimberly Sams, Program Coordinator, will lead you through a different craft each month. Fee: $4. 480-858-2420.

41197	50 yrs+	W	9/17	10 a.m.	CSC
41198	50 yrs+	W	10/15	10 a.m.	CSC
41199	50 yrs+	W	11/19	10 a.m.	CSC
41200	50 yrs+	W	12/17	10 a.m.	CSC

Drawing; Color/B&W

In this class instructed by Donna Levine, students can explore both black and white, and color media of their choice. Emphasis will be on technique, composition and learning to "see" color. Cost of materials will vary depending on the media you choose. Please bring one drawing medium and appropriate paper to the first class. *No class 11/24. 480-350-5211

39249	50 yrs+	M	9/8-10/13	12:30-3:30 p.m.	$36	PAC
39250	50 yrs+	M	10/20-12/1*	12:30-3:30 p.m.	$36	PAC

Pastel Painting

Instructor Alice Van Overstraeten covers a unique medium in a fun environment where you will produce beautiful art with intense color. Please bring supplies to the first class; for a list of supplies, visit www.tempe.gov/pyle, or the Pyle Center Front Desk. *No class 11/27. 480-350-5211

39260	50 yrs+	Th	9/4-10/16	1-3:30 p.m.	$42	PAC
39261	50 yrs+	Th	10/23-12/11*	1-3:30 p.m.	$42	PAC

Photography for 50+
This class concentrates on light technique and composition, and takes the mystery out of the terms "shutter speed" and "f" stop as they apply to digital cameras. Instructed by John Berend, a photographer whose work has been collected in over 70 countries. A fancy camera is not necessary. 480-350-5211

39262	50 yrs+	Sa	11/1-11/15	10 a.m.-Noon	$30	PAC

Watercolor Painting
Instructed by Donna Levine, the emphasis of this class is on the use of materials as they apply to still life, landscape and portraiture. Class requires additional materials. Approximate cost of materials is $40-$45 depending on projects selected. Please bring materials to the first class. *No class 11/11, 11/25. 480-350-5211

39278	50 yrs+	T	9/2-10/14	1-4 p.m.	$42	PAC
39279	50 yrs+	T	10/21-12/2*	1-4 p.m.	$30	PAC

Business & Computers

New! Apps for Seniors
Using our new Tempe Public Library Outreach iPad Lab we will be "hands on" while exploring the software applications known as "Apps". We will learn how to load, open, delete, move and create folder. iPad's will be provided. Fee: None. 480-350-5802

41149	50 yrs+	F	12/5	2:30-4 p.m.	ESCA

New! Blogging made Easy
Do you like to write? Share your thoughts, hobbies, photos, and more with blogging. We will show you how to use Google Blogger to start your own blog. Topics include: choosing an online blog, making posts, and basic design. Basic computer experience/ skill is required. Fee: None. 480-350-5521

41155	50 yrs+	F	12/12	9:30-11 a.m.	NCC
41156	50 yrs+	T	9/9	5-6:30 p.m.	CSC

Digital Library
Explore what the Tempe Public Library webpage has to offer. Learn where to go to download free books, audio books, classes or music. You will also learn how to review various databases. Basic computer skills would be helpful. Fee: None. 480-350-5802

40936	50 yrs+	M	9/8-9/15	3:30-5 p.m.	LMRB

Kooky iPad
In this class, you will be introduced to the Tempe Public Library Outreach iPad Lab. After you learn the basics of using an iPad you will be able to practice your new skills as you download apps. You will also learn how to download e-books, audio books and more from the Tempe Public Library's collection. Registration is required. Fee: None. 480-350-5802

41284	50 yrs+	T	11/18-11/25	2:30-4 p.m.	ESCA
41285	50 yrs+	T/W	12/2-12/3	2:30-4 p.m.	ESCA

PayPal
Many consumers are apprehensive about using credit cards to make purchases from the Internet. This class will explore the use of PayPal as well as discuss the pros and cons of Internet shopping. Fee: None. 480-350-5802

41147	50 yrs+	Th	11/6	2-3:30 p.m.	ESCA
41148	50 yrs+	Th	10/9	10:30 a.m.-Noon	LCL

New! Senior Techs: Brand New to the Computer
This is a very basic computer class where prior computer experience is not necessary. Learn how to use the mouse and become familiar with computer terminology. You will also learn more about the various components of a computer. You will use the Internet to practice the skills that you have gained in the class. Fee: None. 480-350-5521

41152	50 yrs+	F	9/26	9:30-11 a.m.	NCC

Senior Techs: Computer Basics
Become more comfortable and gain confidence using the computer. These computer classes are geared towards seniors age 50+. Topics covered will include: meet the computer, Microsoft Word, and exploring Google. Basic computer skills are required. Fee: None. 480-350-5521

41153	50 yrs+	Th	9/18-10/2	10:30 a.m.-Noon	LCL

Senior Techs: Facebook for Beginners
Are you ready to open a Facebook account? We can help get you started in this class. Students must be registered for, or have completed, Senior Techs: Social Media Showcase to take this class. A current email account and basic computer skills are required. Fee: None. 480-350-5521

41171	50 yrs+	W	9/24-10/1	4-5:30 p.m.	CSC
41172	50 yrs+	M	11/10-11/17	10:30 a.m.-Noon	LCL

New! Senior Techs: Go Google
Learn how to surf the Internet and improve your research skills while having fun. We will explore Google calendar, Google maps and how to use YouTube to watch videos. Fee: None. 480-350-5521

41154	50 yrs+	F	10/3-10/17	2-3:30 p.m.	NCC

Senior Techs: Pinterest
Learn how to set up and use Pinterest. Pinterest is an on-line tool that can be used to organize ideas, events, household projects or it can help you bookmark your favorite websites. A current email account and basic computer skills are required. Fee: None. 480-350-5521.

41221	50 yrs+	W	10/8	4-5:30 p.m.	CSC

Senior Techs: Social Media Showcase
Boost your knowledge of on-line social networking tools. The class will include a basic overview of Facebook, Twitter, and Pinterest. This class is a prerequisite to Senior Techs: Facebook for Beginners. Basic computer skills are required. Fee: None. 480-350-5521

41169	50 yrs+	W	9/17	4-5:30 p.m.	CSC
41170	50 yrs+	M	11/3	10:30a.m.-Noon	LCL

Dance, Music & Theater

Ballroom Basics
Has it been a while since you tripped the light fantastic? Or perhaps you've never ventured on to the dance floor. Either way, this fun, relaxed class is for you. All the basics of Ballroom Dance will be covered as you dust-off your dancing shoes for an afternoon of fun. Fee: $35. 480-350-5287

41128	50 yrs+	M	9/8-10/27	2:30-3:30 p.m.	PAC

Line Dance; Beginning
A perfect class for the beginner who would like to learn the fun and easier dances at a slower pace. Focus is on form, technique and terminology in a fun and friendly environment. *No partner necessary. *No class 11/11, 11/25. 480-350-5211

39256	50 yrs+	T	9/2-10/14	1:30-2:30 p.m.	$28	PAC
39258	50 yrs+	T	10/21-12/16*	1:30-2:30 p.m.	$28	PAC

Line Dance; Intermediate
A continuing class for those who feel they have mastered the basics and want more of a challenge. Focus is on rhythms, patterns and styles as you move to the music. *No class 11/11, 11/25. 480-350-5211

39257	50 yrs+	T	9/2-10/14	2:30-3:30 p.m.	$28	PAC
39259	50 yrs+	T	10/21-12/16*	2:30-3:30 p.m.	$28	PAC

Tap Dance; Beginning
This beginning level class will teach you the basic Tap steps as you put them together to create a fun dance routine. Lots of fun, and great exercise! *No class 11/27. 480-350-5211

39270	50 yrs+	Th	9/4-10/16	11:15 a.m.-12:10 p.m.	$19	PAC
39273	50 yrs+	Th	10/23-12/11*	11:15 a.m.-12:10 p.m.	$19	PAC

Tap Dance; Intermediate
Get fit while having fun. Learn fundamental Tap technique and steps, and then choreograph them for muscle memory. Start tapping your way to fitness. *No class 11/11, 11/25, 11/27. 480-350-5211

39271	50 yrs+	T/Th	9/2-10/16	9:10-10:05 a.m.	$39	PAC
39274	50 yrs+	T/Th	10/21-12/11*	9:10-10:05 a.m.	$37	PAC

Tap Dance; Performance
Take the fundamental Tap dance technique and steps that you've learned, and now focus on formations and polishing-up routines for performances. Must come prepared to have fun. *No class 11/11, 11/25, 11/27. 480-350-5211

39272	50 yrs+	T/Th	9/2-10/16	10:10-11:05 a.m.	$39	PAC
39275	50 yrs+	T/Th	10/21-12/11*	10:10-11:05 a.m.	$37	PAC

Health & Fitness

Adult Fitness
Meet new people and feel great while working out in our fitness center. The class will occur in a small group setting with each participant receiving some individual guidance each class. *No Class 9/24, 9/25, 12/3, 12/4. Fee: None. 480-350-5800

40800	50 yrs+	M	9/8-9/29	Noon-1 p.m.	ESCA
40801	50 yrs+	T	9/9-9/30	Noon-1 p.m.	ESCA
40802	50 yrs+	W	9/10-10/1*	Noon-1 p.m.	ESCA
40803	50 yrs+	Th	9/11-10/2*	Noon-1 p.m.	ESCA
40804	50 yrs+	M	10/13-11/3	Noon-1 p.m.	ESCA
40805	50 yrs+	T	10/21-11/4	Noon-1 p.m.	ESCA
40806	50 yrs+	W	10/22-11/5	Noon-1 p.m.	ESCA
40807	50 yrs+	Th	10/23-11/6	Noon-1 p.m.	ESCA
40808	50 yrs+	M	11/17-12/8	Noon-1 p.m.	ESCA
40809	50 yrs+	T	11/18-12/9	Noon-1 p.m.	ESCA
40810	50 yrs+	W	11/19-12/10*	Noon-1 p.m.	ESCA
40811	50 yrs+	Th	11/20-12/11*	Noon-1 p.m.	ESCA

Aerobic Dance Exercise
Get your heart pumping as you move to choreographed routines that encourage flexibility, muscular strength and cardiovascular endurance. *No class 10/8, 10/24. **No class 10/2, 10/7, 10/9, 11/11. 480-350-5211

39243	50 yrs+	M/W/F	9/3-11/21*	8:05-9 a.m.	$82	PAC
39244	50 yrs+	T/Th	9/4-11/20**	8:05-9 a.m.	$48	PAC
39245	50 yrs+	M/W/F	12/1-12/19	8:05-9 a.m.	$23	PAC
39246	50 yrs+	T/Th	12/2-12/18	8:05-9 a.m.	$15	PAC

For all upcoming events coming to Tempe, visit: tempe.gov/familyactivities

Chair Yoga
Are you unable to get up and down from the floor? You can still do Yoga. Learn to breathe slower and deeper, increase flexibility and strength, improve your memory, sleep better and boost your immune system. Suitable for all physical abilities. *No class 11/26, 11/28. 480-350-5211

39247	50 yrs+	W/F	9/3-10/3	9-10 a.m.	$30	PAC
39248	50 yrs+	W/F	10/15-12/12*	9-10 a.m.	$48	PAC

Gentle Yoga
This class will focus on breathing and relaxation techniques that will quiet the mind and relax the body. Students will practice the basic hatha yoga poses, focusing on those that stretch the muscles and improve balance and strength. *No class 11/11, 11/25. 480-350-5211

39252	50 yrs+	T	9/2-10/14	12:15-1:15 p.m.	$25	PAC
39253	50 yrs+	T	10/21-12/16*	12:15-1:15 p.m.	$25	PAC

Healthy Cooking for Seniors
Join us on the 1st and 3rd Tuesdays of each month for a "hands on" class that will teach you how to incorporate locally grown produce into healthy meals. Samples will be provided. Fee: None. 480-858-2420

41207	50 yrs+	T	9/2	10 a.m.	CSC
41208	50 yrs+	T	9/16	10 a.m.	CSC
41209	50 yrs+	T	10/7	10 a.m.	CSC
41210	50 yrs+	T	10/21	10 a.m.	CSC
41211	50 yrs+	T	11/4	10 a.m.	CSC
41212	50 yrs+	T	11/18	10 a.m.	CSC
41214	50 yrs+	T	12/16	10 a.m.	CSC

Stretch & Tone
Haven't exercised in a while? Get back into the exercise routine with this gentle exercising and stretching program. Exercise at your comfort level either sitting in a chair or standing. *No class 10/6, 10/8. **No class 11/11. 480-350-5211

39264	50 yrs+	M/W	9/3-11/19*	10:30-11:15 a.m.	$43	PAC
39265	50 yrs+	T/Th	9/4-11/20**	9:15-10 a.m.	$45	PAC
39266	50 yrs+	M/W	12/1-12/17	10:30-11:15 a.m.	$13	PAC
39267	50 yrs+	T/Th	12/2-12/18	9:15-10 a.m.	$13	PAC

Tai Chi / Body Balance Advanced
This exercise class builds on the five movements of the Tai Chi Body/Balance Basic class by adding six new movements. Qigong breathing exercises coordinated to each Tai Chi movement will be learned. Major emphasis is on balance and stability with basic stretching exercises to improve flexibility and strength. Prerequisite: Tai Chi/Body Balance Basic. *No class 11/24. 480-350-5211

39269	50 yrs+	M	9/8-10/20	12:30 -1:30 p.m.	$30	PAC
40535	50 yrs+	M	10/27-12/15*	12:30 -1:30 p.m.	$30	PAC

Tai Chi / Body Balance Basic
This exercise class uses basic Tai Chi movements and Qigong breathing exercises to gently relax and exercise the body. Major emphasis is on balance and stability, but students will also learn basic stretching exercises to improve flexibility and strength. A basic Tai Chi Short Form that uses five major movements to exercise the body will be learned. *No class 11/24. 480-350-5211

39268	50 yrs+	M	9/8-10/20	11:15 a.m.-12:15 p.m.	$30	PAC
40534	50 yrs+	M	10/27-12/15*	11:15 a.m.-12:15 p.m.	$30	PAC

Toners & Shapers
This class is designed to strengthen and tone muscles, and to increase flexibility. Class consists of a warm-up and stretch, strength-training exercise and a cool-down stretch and relaxation. Each participant is encouraged to work at his/her own level. Participants are asked to provide their own weights upon instructor recommendation. *No class 10/3-10/10, 10/24. 480-350-5211

39276	50 yrs+	M/W/F	9/3-11/21*	9:05-10:20 a.m.	$85	PAC
39277	50 yrs+	M/W/F	12/1-12/19	9:05-10:20 a.m.	$26	PAC

Yoga; with Weights
The perfect combination of flexibility and strength training! Class combines yoga and stretch exercises utilizing 1-2 lb handheld and light ankle weights to strengthen the core of the body; area between the shoulders and knees. Perfect for those experiencing tightness in hips, shoulders, lower back and legs. Each class ends with a brief relaxation. *No class 11/26. 480-350-5200

40569	50 yrs+	W	9/10-12/10*	10:35-11:35 a.m.	$46	PAC

Zumba for 50+
A fun workout that incorporates unique, Latin dance moves with up-beat Latin music. Zumba maximizes caloric output with fat-burning movements and adapts to your ability level with easy-to-follow dance steps so that you can have fun. *No class 11/11, 11/25. **No class 11/28. 480-350-5211

39280	50 yrs+	T	9/2-10/14	11:10 a.m.-12:05 p.m.	$29	PAC
39281	50 yrs+	F	9/5-10/17	10:35-11:30 a.m.	$29	PAC
39282	50 yrs+	T	10/21-12/9*	11:10 a.m.-12:05 p.m.	$25	PAC
39283	50 yrs+	F	10/31-12/12**	10:35-11:30 a.m.	$25	PAC

Social Activities

For additional information on the following Cahill Senior Center special events and menus, please refer to the monthly Roadrunner Chronicle, or call 480-858-2420.

$3 Homemade Lunch

Join us for fresh and delicious Friday Lunches at the Cahill Senior Center. Please call for weekly menu. Register by the Wednesday before each event. Fee: $3. 480-858-2420

41179	50 yrs+	F	9/5	11:30 a.m.	CSC
41180	50 yrs+	F	9/12	11:30 a.m.	CSC
41181	50 yrs+	F	9/19	11:30 a.m.	CSC
41182	50 yrs+	F	10/3	11:30 a.m.	CSC
41183	50 yrs+	F	10/10	11:30 a.m.	CSC
41184	50 yrs+	F	10/17	11:30 a.m.	CSC
41185	50 yrs+	F	10/24	11:30 a.m.	CSC
41186	50 yrs+	F	11/7	11:30 a.m.	CSC
41187	50 yrs+	F	11/14	11:30 a.m.	CSC
41189	50 yrs+	F	12/26	11:30 a.m.	CSC

Brunch & Bunco

Join us for a delicious breakfast and a game of Bunco with prizes. Register by the Monday before each date. Fee: $4 for RTA members; $5 for non-members. 480-858-2420

41173	50 yrs+	W	9/10	10 a.m.	CSC
41174	50 yrs+	W	10/8	10 a.m.	CSC
41175	50 yrs+	W	11/12	10 a.m.	CSC
41176	50 yrs+	W	12/10	10 a.m.	CSC

Pancake Breakfast

This is a simple and enjoyable breakfast of all-you-can-eat pancakes and great conversation. Register by the Friday before each date. Fee: $3. 480-858-2420

41177	50 yrs+	W	9/24	10 a.m.	CSC
41178	50 yrs+	W	10/29	10 a.m.	CSC

Pokeno and Bagels

Pokeno is a game that is a combination of poker and keno, though it is pretty much like playing Bingo with standard playing cards. Join us for a morning of fun games and prizes. Fee: $2. 480-858-2420

41215	50 yrs+	W	9/3	10 a.m.	CSC
41216	50 yrs+	W	10/1	10 a.m.	CSC
41217	50 yrs+	W	11/5	10 a.m.	CSC

Special Event: Oktoberfest!

Menu: Bratwurst and sauerkraut on a bun, German potato salad, and dessert. Fee: $5 for RTA members; $6 for non-members. 480-858-2420

41190	50 yrs+	F	9/26	11 a.m.	CSC

Special Event: Halloween Party

Join us for a scary good time and come dressed in your spooky finest for our costume contest. Fee: $5 for RTA members; $6 for non-members. 480-858-2420

41191	50 yrs+	F	10/31	11 a.m.	CSC

Special Event: Thanksgiving Luncheon

Gather with friends and give thanks at Cahill's Thanksgiving Day Feast. Menu: Roast turkey, dressing, mashed potatoes and gravy, vegetables, and pumpkin pie. Fee: $6.50 for RTA members; $7.50 for non-members. 480-858-2420

41192	50 yrs+	F	11/21	11 a.m.	CSC

Special Event: Holiday Tea

Begin this holiday season with an elegant afternoon tea. Sample a variety of teas with delicate pastries and finger sandwiches. Fee $9 for RTA members; $10 for non-members. 480-858-2420

41193	50 yrs+	F	12/5	1 p.m.	CSC

Special Event: White Elephant Luncheon

Join us for a delicious homemade lunch with Holiday spirit. Bring a wrapped gift (re-gift something from home in excellent condition) to exchange during our Cahill White Elephant Party. Fee: $4. 480-858-2420

41188	50 yrs+	F	12/12	11 a.m.	CSC

Special Event: Holiday Luncheon

Come for some holiday cheer with a meal of spiral cut ham, scalloped potatoes, green beans, salad, dinner roll, and dessert. Fee $5 for RTA members; $6 for non-members. 480-858-2420

41194	50 yrs+	F	12/19	11 a.m.	CSC

Special Interest

Cooking with Trena: A Cooking Series for Adults 50 yrs+

Join Chef Trena Jones for an enjoyable afternoon of cooking. Practice basic skills and explore culinary methodology. Learn tips and tricks that are certain to enhance your favorite recipes. All recipes are included as part of the class fee and participants will sample every dish. Wear your apron and/or old clothes to class; class activity may be messy. Fee: $18 per class. An additional $5 supply fee is due to the instructor at the beginning of each class. 480-350-5200

Oktoberfest

Let's celebrate Oktoberfest! Menu: Rahm Schnitzel (pork), Spaetzle (dumplings) and individual Apple Strudels. Learn how to make Clarified Butter to keep and use for all of your cooking needs.

41326	50 yrs+	M	9/15	1-3 p.m.	PAC

Protein Possibilities
Are you getting enough protein in your diet? Discover meatless sources of protein; find-out how easy it is to incorporate protein into your diet. Menu: Red Pepper Hummus, Falafel, Tofu and Chickpea Crunch Bites.

41327	50 yrs+	M	10/6	1-3 p.m.	PAC

The Fall Harvest
Welcome to the Fall Harvest! With Chef Jones' help, learn how to make delicious recipes using fruits and vegetables that are harvested throughout fall. Menu: Acorn Squash Soup, Brussels Sprouts, Roasted Butternut Squash and an Apple and Cranberry Chutney to be served over ice cream.

41328	50 yrs+	M	10/27	1-3 p.m.	PAC

Made with Milk
Discover the techniques used to make dairy products at-home and with little effort. From Paneer, Cottage and Mozzarella cheeses to yogurt and butter (made with cream), learn how to make your favorite dairy products with milk!

41329	50 yrs+	M	11/17	1-3 p.m.	PAC

Health Benefits of Herbs and Spices
Herbs and spices aren't just for cooking – they are also used to enhance and supplement every day health. Explore traditional uses and benefits of herbs commonly found in your pantry. Experience the possibilities; add herbs and spices to your diet!

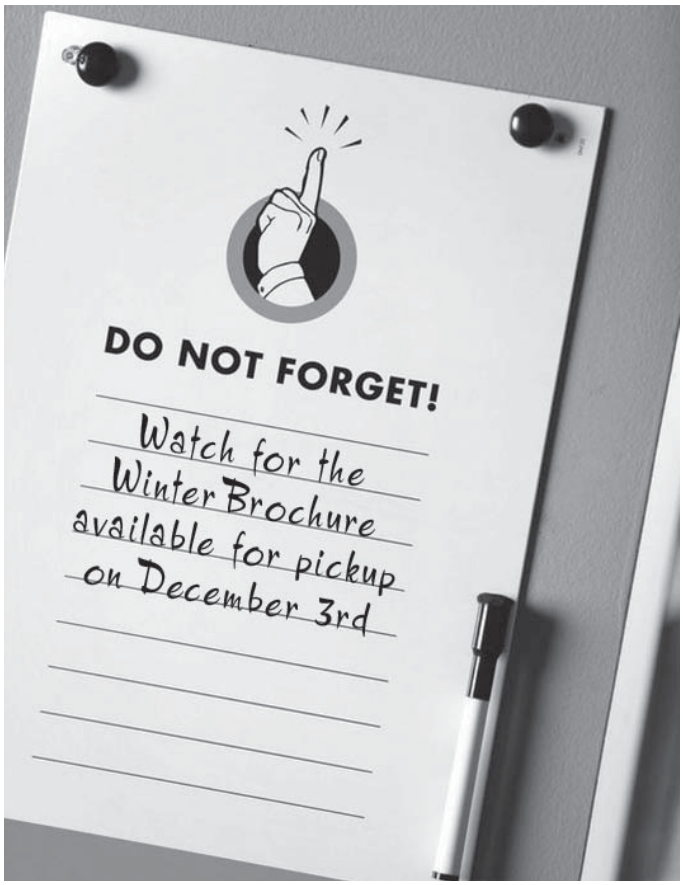
41330	50 yrs+	M	12/8	1-3 p.m.	PAC

Creative Seniors: Loom Knit Hats
Make your own hand-knit hat using a knitting loom. We will teach you how to get started and supply yarn and looms for use in class. This is an easy and fun way to make hats for all ages. Fee: None. 480-350-5521

41222	60 yrs+	F	10/3-10/24	10-11 a.m.	CSC

New! Retired and Loving it!
Learn how to use the internet to search for information on what's going on in and around the valley as well as abroad. What's the best way to travel, air, land or sea? Where can we look for deals? Also share your expertise about what to do and what not to do when traveling. Fee: None. 480-350-5802

41146	50 yrs+	W	10/15-11/5	3:30-5 p.m.	ESCA

Senior Chefs: Super Smoothies
Find out how to make delicious, healthy juice drinks at home. We will talk about the health benefits of different fruits and vegetables, share smoothie recipes, and taste what we make. Fee: None. 480-350-5521.

41223	60 yrs+	F	9/4-9/11	10:30-11:30 a.m.	NCC