

PRIME TIME



Adults 50+ Newsletter

Spring 2015

Dennis J. Cahill Senior Center • Escalante Senior Center • North Tempe Senior Center • Pyle Adult Recreation Center



We're excited to call Tempe home this time of year when the weather is beautiful and the events and programs are in full bloom! In this issue of Prime Time, we'll share with you the wide array of amazing activities Tempe offers specifically for its residents and visitors, ages 50 and older. Discover how you can enjoy Tempe and become a part of the community through our classes, volunteer opportunities, public safety programs, charitable social groups, special events and more!

Tempe's collection of classes just for ages 50 yrs.+ affords you the opportunity to try an exciting new trend, enhance your current skills or re-visit a dormant talent.



For anyone looking to donate their time in an educational-based setting, *Tempe's AARP Experience Corps* is seeking volunteers to assist

local youth in grades 1-3 with their literary skills. We'll give you all the details about upcoming information sessions and how you can make a difference in the life of a child.



Many of us spend time and energy helping others, but it's important to create and build a routine of self-care! We're excited to share with you three programs that will help you focus on your safety, health and peace of mind. Tempe's

Smart911 program will explain how you can plan for emergencies and provide vital, potentially life-saving information to Tempe's public safety teams. In *Matter of Balance*, you'll learn about a stellar program designed to help you eliminate your fear of falling and teach you how to take control of your mind, body and surroundings. Additionally, the Brain G.Y.M. program returns with a full boot camp-style workout for your mind.



Are you skilled with a crochet hook or knitting needles? Then you'll fit right in with the Tempe Needleweilders! This energetic and generous group of

talented artists use yarn, fabric and other materials to create hand-crafted items for those in need within the community.

For all of you social butterflies, the City hosts an assortment of free or budget-friendly activities for all interests. Join us for our themed and holiday luncheons, book discussions, music groups, free movies, Bunco, Pokeno, Bingo and more!

We invite you to enjoy this issue of Prime Time and take advantage of all the amazing opportunities Tempe has to offer!

Visit us at: www.Tempe.gov/Adults50Plus

Spring Class Preview



Tempe's spring classes start the week of March 16. We offer a wide range of classes in art, business and computers, dance, and health and fitness - designed specifically for

ages 50 and better. We've got a class for every interest, stage and skill level, so you're sure to find the perfect opportunity just for you. Below you'll find a few new and favorite classes to inspire you to get active and spring into something new this season!



We are proud to offer all levels of exercise classes from chair exercise to *Zumba*. Looking for a little extra adventure? Try one of our new Boating classes out on Tempe Town Lake:

Boom Kayak focuses on physical fitness and basic stroke technique in a low-stress/low-impact setting, while *Boom SUP* helps you enhance your fitness, balance and basic stroke technique on a stand-up paddleboard.

Enjoy working out with others? You'll love our *Adult Fitness* or *Aerobic Dance Exercise* classes that will get your heart pumping in a fun, comfortable and friendly environment. If group exercise isn't your style, try one of Tempe's fitness centers with treadmills, stationary bicycles, weight machines and free weights. These no-stress, low-key atmospheres make it easy to get in shape.



With the influence of spring in the air, it's time to explore the light and flavorful side of food. In our free *Healthy Cooking for Seniors* demonstrations,

we'll teach you how to incorporate locally grown produce into healthy meals. Or try the *Cooking with Trena; Jams and Jellies* or *The Crepe Bar* workshops. In these two-hour, fee-based lessons you'll get hands-on practice with basic skills and tricks to creating delicious novelty items.



Starting in early June, look for the water fitness class at the Escalante Center as part of the Tempe Community Action Agency's (TCAA) Senior Action Program. This eight-

week class is currently accepting registrations. Contact the Escalante Senior Center at 480-350-5872, or stop-by for more information.



Check out the spring Tempe Opportunities brochure for a full schedule of classes and start this season by making a better you!

To view a full list of classes or to register, visit the Tempe Opportunities Brochure page at www.Tempe.gov/Brochure, or pick up a copy at City of Tempe facilities.

tax preparation & e-file

FREE FOR SENIORS

WE PREPARE



OR



SELF-HELP

TAX SITE OPEN:
Saturdays—9am-Noon
Mar 21, 28 & Apr 4, 11

FOR MORE INFO:
www.tempecommunitycouncil.org
480.858.2300



Supported by:







Matter of Balance

One of the most common fears that adults have as they age is the fear of falling. Realizing the importance of helping older adults cope emotionally and practically with this fear, the AmeriCorps program at both the Escalante and North Tempe Senior Centers will be conducting a comprehensive class on the Matter of Balance.

The curriculum for this class is from the State of Maine's Partnership for Healthy Living, adapted by permission from Boston University. Matter of Balance has seen a 97% to 99% success rate in the following changes from participants taking the class: more comfortable in talking about the fear, comfortable with increasing activity, and eager to continue exercising. Most who participate are excited about recommending the class to friends.

Matter of Balance is an eight-week program that begins with learning about the fear of falling and how it can diminish one's quality of life, reduce self-confidence, lessen activity, affect health and even reduce socialization. Helpful exercises, fall prevention tips, recognizing bad habits, as well as identifying fall hazards in the home and community will be discussed.

At the end of the class, participants will receive help to make a personalized plan towards reducing fears, creating a home safety checklist, and planning an appropriate exercise program. Most older adults want to achieve and maintain a method for healthy aging, and Matter of Balance will greatly assist with this process.

For more information about the class, contact the Escalante Senior Center at 480-350-5872 or North Tempe Senior Center at 480-858-6512.

Tempe Senior Health & Wellness Expo

Thurs., April 9, 2015

8 a.m. – Noon

Don't miss this great, FREE event!



50+ Vendors

Health Screenings

Class Demonstrations

A light, healthy breakfast

Giveaways

Door Prize Drawings

Pyle Adult Recreation Center

655 E. Southern Ave., Tempe

480-350-5211

8-year-olds seek experience.

Yours. PROUD AFFILIATE
AARP



- Experience Corps provides one-on-one early literacy tutoring to children in first through third grade
- Volunteers are ages 50+
- Comprehensive training, support services and orientation provided

Join us for an upcoming information session
Wed., March 18
or Thurs., May 7
at 10 a.m.

at the
Tempe Public Library
3500 South Rural Road

www.Tempe.gov/ExperienceCorps

480-858-2464



**Dennis J. Cahill Senior Center/
Westside Multi-Generational Center**

**715 W. Fifth St., Tempe, AZ 85281
480-858-2420**

www.tempe.gov/cahill

**Hours of Operation:
Monday-Friday 8:30 a.m. to 2:30 p.m.
Closed Saturday, Sunday
and major holidays**

The Dennis J. Cahill Senior Center is nestled in the east wing of the Westside Multi-Generational Center, located on Fifth Street just east of Hardy Drive. Just minutes away from Downtown Tempe, the Cahill Center and its programs offer a cozy setting for patrons ages 50 and older, where friends gather for fun, food and socialization.

Looking for guaranteed entertainment? The Cahill Center's monthly, themed special events showcase some of the valley's best entertainers, as well as delicious meals prepared on-site by Cahill's friendly staff and volunteers. In addition to our exciting events, participants are sure to enjoy Cahill's homemade breakfasts and lunches, crafting classes, cooking demonstrations, new release movies and game options including Bingo, offered every Monday and Friday afternoon.

The Cahill Center is also the perfect destination for those wanting to exercise both their mind and body; a fully-equipped fitness room is available six days a week and our computer lab offers internet access and classes for beginning to intermediate users. The Cahill Center offers a varied selection of books from the Tempe Public Library, which may be checked-out at the front desk. If you want to get involved, the Cahill Center has a variety of volunteer opportunities available in the kitchen and computer lab, as well as for calling Bingo games.

The Dennis J. Cahill Senior Center participates in the Retirees of Tempe Advisory (RTA) program, sponsored by the City of Tempe Community Services Department. RTA's annual \$5 membership fee provides participants with discounts on lunches, special events and activities at both the Cahill and Pyle Centers.

**Escalante Senior Center/
Escalante Multi-Generational Center**

**2150 E. Orange St., Tempe, AZ 85281
480-350-5872**

**www.tempe.gov/escalante
www.tempeaction.org**

**Hours of Operation:
Tuesday-Friday; 8 a.m. to 3 p.m.
Closed Saturday, Sunday
and major holidays**

The Escalante Senior Center, housed within the Escalante Recreation Center, is located off of River Drive between Apache Boulevard and University Drive, just west of the 101 freeway. The Escalante Senior Center provides activities for patrons ages 60 and older that emphasize health, wellness and socialization.

Designed for community use, the Senior Center's lobby is perfect for watching TV, movies, playing games, reading literature from the library, or just having conversations with friends and new acquaintances.

The Escalante Senior Center is run as an active partnership with the Tempe Community Action Agency (TCAA), which allows the Center to offer exercise and Zumba classes, health checks and educational talks, as well as an interactive nutritional cooking demonstration twice a month. Community is key at the Senior Center, so be sure to join in the fun at a variety of exciting social activities including Craft Club, Readers Theater, Walking Club, Garden Club, field trips and lunch program.

A highlight of Escalante's Senior Center is the TCAA's Community Garden, located just outside the facility's entrance. The garden echoes and honors the history of the neighboring Victory Acres, where early migrant workers planted gardens for themselves and their neighbors. Escalante's senior participants have been instrumental in raising money and dedicating their time to enhance the garden, which enables them to stretch their food dollars, promote good nutrition and encourage community involvement.

**North Tempe Senior Center/
North Tempe Multi-Generational Center**

**1555 N. Bridalwreath St., Tempe, AZ 85281
480-858-6512**

**www.tempe.gov/northtempe
www.tempeaction.org**

**Hours of Operation:
Monday-Friday; 8 a.m. to 3 p.m.
Closed Saturday, Sunday
and major holidays**

The North Tempe Senior Center is located within the North Tempe Multi-Generational Center building on Bridalwreath Street, off of McKellips Road between Hayden Road and Scottsdale Road. This beautiful and uniquely-designed facility sets the tone for fun-filled activities in an intimate setting. Whether you're visiting to have a cup of coffee or attend one of the many great events North Tempe Senior Center has to offer, you will instantly feel right at home.

The North Tempe Senior Center is run as an active partnership between the City of Tempe and Tempe Community Action Agency (TCAA). The services and programs, funded in part by the Area Agency on Aging, are designed to enhance the lives of participants ages 60 years and older.

The center is delighted to provide its guests with congregate meals, as well as offer a Home Delivered Meal (HDM) program. HDM's invaluable services aid home-bound elderly and disabled individuals throughout Tempe and South Scottsdale. Not only does HDM provide meals for those who are unable to obtain food on their own, but its volunteers act as a lifeline to the community and provide companionship for the patrons they serve.

The North Tempe Senior Center's friendly staff is able to provide resource information about transportation services, health promotion, fitness opportunities and more! A variety of activities are offered at the center through the AmeriCorps wellness program including exercise classes, health programs and wellness checks. North Tempe also coordinates year-round programming including: educational presentations, Bingo games and themed luncheons with entertainment. Visitors also have access to a computer lab and senior skill-building opportunities facilitated through the Tempe Public Library.

Pyle Adult Recreation Center

**655 E. Southern Ave., Tempe, AZ 85282
480-350-5211**

www.tempe.gov/pyle

**Hours of Operation:
Monday-Thursday; 8 a.m. to 9 p.m.
Friday; 8 a.m. to 5 p.m.
Saturday; 9 a.m. to 4 p.m.
Closed Sunday and major holidays**

The Pyle Adult Recreation Center is situated within the Community Services Complex on the southwest corner of Rural Road and Southern Avenue. Easy to access and centrally located to many of Tempe's wonderful amenities including the Tempe Public Library and History Museum, the Pyle Center offers classes and programming for energetic adults ages 50 and older.

The Pyle Center is distinguished by its budget-friendly themed and holiday luncheons, complete with delicious meals prepared in-house and exciting entertainment you're sure to enjoy. If you're looking to keep busy, learn new skills and meet new friends, Pyle offers a wide variety of art, dance and exercise-based classes for all skill levels. Feel free to attend one of our specialty group meetings where you can find everything from music, to world issue and book discussions, to sewing and card playing. Guests may also experience free lectures and movies, a fitness room with treadmills and weight machines, card games, Mah Jongg, and even an on-site Billiards room. The Pyle Adult Recreation Center offers something for everyone; it's the perfect place to make friends and have fun!

Join The Retirees of Tempe Advisory (RTA), a group sponsored by the City of Tempe Community Services Department and the Pyle Adult Recreation Center. RTA membership requires an annual fee of \$5, and provides members with discounts on lunches, special events and activities at both the Pyle Adult Center and the Dennis J. Cahill Senior Center. Applicants must apply in-person at either facility.



Work-up a mental sweat with Brain G.Y.M.

Tempe Police to launch Arizona's first "Smart911" program

The Tempe Police Department, in partnership with Tempe Fire Medical Rescue, has launched Arizona's first Smart911 program. This service allows members of the Tempe community to upload and store information to a secure, online database that may be accessed by public safety personnel in the event of an emergency.

Smart911 works directly with Tempe Police Communications & Dispatch staff when a 9-1-1 call is made from your location. The information you choose to post within the Smart911 system is available to responding officers, allowing for faster access to necessary and potentially life-saving information.

Residents are able to self-enter the following data to the Smart 911 system: physical descriptions/photos of family members in case he or she goes missing, medical information, disabilities and property/premise information. To self-subscribe to Smart911, visit www.Smart911.com.



Smart911 is currently available in 35 states and more than 500 municipalities across the country. Access to the information

is limited to the subscriber, Smart911, and public safety members only. Smart911 is NOT searchable by law enforcement. Public safety access to the information is triggered only by a call from the subscriber to 9-1-1. The information is available for 45 minutes, unless an additional 9-1-1 call is placed. Tempe is making Smart911 available as another means of partnering with residents to respond to emergencies, as well as provide an additional method of ensuring the safety of community members.

Banner Alzheimer's Institute and Banner Sun Health Research Institute have designed a Brain G.Y.M. (Grow Your Mind) Boot Camp for cognitively normal adults who want to learn additional ways to promote brain health and find brain activities that will give them a better mental "workout."

Brain G.Y.M. is a free, 2.5 hour workshop that will review lifestyle factors related to brain health and teach participants a variety of methods to exercise various cognitive domains of the brain including language, attention, executive function, memory and visuospatial skills.

Join us from 2-4:30 p.m. on Wednesday, April 15 at the Tempe Public Library – Tempe Connections Program Room, located at 3500 S. Rural Road in Tempe. The workshop is limited to 20 people and requires pre-registration. To register, call 602-230-2273.



Get fit in Tempe!

We have five fitness centers to help you stay active. And we're flexible - you can purchase a monthly pass or pay as you go. Be sure to visit the fitness center nearest you.

Escalante Fitness Center	480-350-5800
Kiwanis Fitness Center	480-350-5201
North Tempe Fitness Center	480-858-6500
Pyle Fitness Center	480-350-5211
Westside Fitness Center	480-858-2400

www.tempe.gov/fitness

Tempe Needleweilders make a difference while having fun!

The Tempe Needleweilders are a lively group of retirees who meet to knit, crochet and sew for charities, but also to socialize and have a great time!

The mission of the Tempe Needleweilders is to provide handmade items to local community members and organizations in-need. These special, one-of-a-kind items are knitted, crocheted and quilted with love and care throughout the year by a talented group of 70 active members ranging in age up to 90+ years young. Most items are made from donated materials and distributed directly back to local charities, creating a unique form of recycling. In addition to any work they perform off-site, the group meets from 9 a.m.-1 p.m. on Tuesdays and Thursdays at the Pyle Adult Recreation Center to socialize, have fun, and often enjoy a delicious spread of homemade food items.

In 2014, the Needleweilders contributed 30,189 volunteer hours to the City of Tempe. The group is a 501(c)3 organization, so all donated cash or materials are tax deductible. On the third weekend in October, the Pyle Center holds its annual Arts & Crafts Boutique, where you will find the Needleweilders with their many handmade items for sale. All proceeds from the sale generate cash donations to local charities such as food banks, veteran's groups, etc., and to support the Association for the next calendar year. This is the only formal fundraiser the Needleweilders hold during the year, but you are welcome to drop-in and shop on their regular meeting days at the Pyle Center.

If you are interested in joining the Tempe Needleweilders, or donating items, be sure to stop by the Pyle Center to visit and have a cup of coffee with the group!



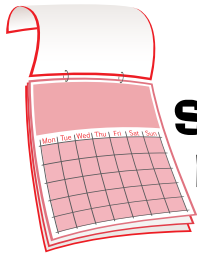
Tempe's AARP Experience Corps Seeks Volunteers

Thousands of experienced adults across the country are working to make a difference in their communities through the AARP Experience Corps program. If you are an adult age 50 or older, learn how you can join them! Attend one of Tempe's AARP Experience Corps information sessions at the Tempe Public Library, 3500 South Rural Road, at 10 a.m. on one of the following dates: Wednesday, March 18 and Thursday, May 7.

Tempe has 84 Experience Corps volunteers working in nine local elementary schools, providing one-on-one early literacy tutoring to children in first through third grade. Volunteers do not need any special skills, just a willingness to share their experience, time and patience. Comprehensive training, excellent support services and orientation will be provided.

The City of Tempe is one of 22 U.S. cities across the country making a significant impact in the community. More than 2,000 older adult tutors nationwide are helping 20,000 Kindergarten through third grade students improve their reading skills and succeed in school.

For details about the Volunteer Information Sessions or Tempe's AARP Experience Corps program, visit www.Tempe.gov/ExperienceCorps or contact Rebecca Bond at 480-858-2464 or Rebecca_Bond@tempe.gov.



Spring Events

Please join us at any and all of the festive events listed below. Please note there is a small fee associated with each lunch and reservations are required.

March

- Wed., March 4** Time TBD
Amateur Hamm Radio Presentation
North Tempe Senior Center 480-858-6512
- Tues., March 17** Time TBD
St. Patrick's Day Celebration
Escalante Senior Center 480-350-5872
- Wed., March 18** Time TBD
St. Patrick's Day Celebration
North Tempe Senior Center 480-858-6512
- Thurs., March 19** 11:30 a.m.
Pyle Talent Showcase
Pyle Adult Recreation Center 480-350-5211
- Fri., March 27** 11 a.m.
Cahill Gameshow
Cahill Senior Center 480-858-2420

April

- Wed., April 1** Time TBD
April Fool's Day Celebration
North Tempe Senior Center 480-858-6512
- Thu., April 2** Time TBD
Spring Holiday Celebration
Escalante Senior Center 480-350-5872
- Thurs., April 9** 8 a.m.–noon
Tempe Senior Health & Wellness Expo
Pyle Adult Recreation Center 480-350-5211
- Wed., April 15** Time TBD
Learn about Archaeology
North Tempe Senior Center 480-858-6512
- Thurs., April 23** 11:30 a.m.
Spring Luncheon with Entertainment
Pyle Adult Recreation Center 480-350-5211
- Fri., April 24** 11 a.m.
Mad Hatter Luncheon
Cahill Senior Center 480-858-2420

May

- Tue., May 5** Time TBD
Cinco de Mayo Celebration
Escalante Senior Center 480-350-5872
- Wed., May 6** Time TBD
Mother's Day Fashion Show
North Tempe Senior Center 480-858-6512
- Thurs., May 7** Time TBD
Mother's Day Event
Pyle Adult Recreation Center 480-350-5211
- Fri., May 8** 11 a.m.
Mother's Day Luncheon
Cahill Senior Center 480-858-2420
- Fri., May 8** Time TBD
Mother's Day Luncheon
Escalante Senior Center 480-350-5872
- Fri., May 22** Time TBD
Volunteer's Luncheon
Escalante Senior Center 480-350-5872

June

- Thurs., June 18** 11:30 a.m.
Father's Day Luncheon
Pyle Adult Recreation Center 480-350-5211
- Fri., June 19** Time TBD
Father's Day Celebration
Escalante Senior Center 480-350-5872
- Fri. June 24** Time TBD
Sock Hop
North Tempe Senior Center 480-858-6512

