Registration begins December 10; classes begin January 7 unless noted otherwise within class descriptions. No classes January 21 or February 18. To view a list of class location abbreviations, see page 2., or visit www.tempe.gov/brochure.

The activities and classes below are designed specifically for Adults (50+ Years). Additional offerings for adults may be viewed in the Adults (18+ Years) section.

Cahill Senior Center

715 West 5th Street
480-858-2420
www.tempe.gov/cahillseniorcenter

The Dennis J. Cahill Senior Center offers a fully-equipped fitness room, computers with Internet access, luncheons, classes, movies and special events for adults ages 50+.

Facility Hours: Monday-Friday, 8:30 a.m.-2:30 p.m.

Facility Closures: Jan 1, Jan 21, Feb 18

Weekly Activities

Monday		
	TCAA Congregate Lunch	11:45 a.m.
	BINGO*	1 p.m.
Wednesday		
	New Release Movie	11:15 a.m.
Friday		
	$3 Lunch before Bingo	11:30 a.m.
	BINGO*	1 p.m.

*Card sales begin at 12:30 p.m.
No Bingo Jan 21, Feb 18

Please refer to the Roadrunner Chronicle newsletter, or call 480-858-2420 for more information. Join the RTA (Retirees of Tempe Advisory Group) for event discounts.

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

Facility Closures: Jan 1, Jan 21 and Feb 18

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 calendar year, and provides members with discounts on lunches and other special events and activities. To become a member, you must register in person at the Pyle Adult Recreation Center's front desk or at Cahill Senior Center.

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 meets Mondays	9:30 a.m.
Tuesday New Release Movies	12:30 p.m.
Bingo Every Wednesday	1 p.m.
Current Events Discussion Group every Thursday	1 p.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 any 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 http://www.tempe.gov/pyle.

Multi-Generational Centers

Escalante Senior Center
2150 East Orange Street
480-350-5870
www.tempe.gov/escalante

The Escalante Senior Center offers activities and programs for adults, ages 60 and older including: Bingo, craft club, readers' theater, weekly movies, holiday celebrations, a Valentine's Day dance and other entertainment. For additional information visit the Escalante Senior Center or call 480-350-5872.

Facility Hours

Tuesday-Friday 8 a.m.-3 p.m.

Tempe Opportunities Brochure now available for pick-up at Tempe Fry's Food Stores!

Activities for Adults (50+ Years)

North Tempe Senior Center
1555 North Bridalwreath Street
480-858-6510
www.tempe.gov/northtempe

The North Tempe Senior Center is operated by the Tempe Community Action Agency (TCAA). The Center offers a billiards table, a book and magazine collection, a big screen TV, cards and a collection of board games. Programming includes luncheons, classes, special events, BINGO and a home-delivered meals program. All facilities and their corresponding programs are for ages 60 and older.

Volunteer Opportunities
TCAA is actively recruiting volunteers to assist with various programs. Contact Kathy Flores at the North Tempe Senior Center Front Desk at 480-858-6510, or stop by to see what opportunities are available.

Facility Hours:
Monday-Friday, 8 a.m.-3 p.m.

Weekly Activities

Tues, Wed, Thurs:	TCAA Congregate Lunch	11:45 a.m.
Tuesday:	Bingo	12:30 p.m.

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 1/21or 2/18. 480-350-5211

32519	50 yrs+	Beg.	M	1/14-3/4	9 a.m.-Noon	$36	PAC
32520	50 yrs+	Int.	W	1/16-3/6	1-4 p.m.	$48	PAC
32521	50 yrs+	Adv.	Th	1/17-3/7	9 a.m.-Noon	$48	PAC

Crafts and Coffee with Sara
Join us for a morning of coffee and crafting. Sara Johnson, Program Coordinator, will lead you though a different craft each month. Fee: $4. For more information, call 480-858-2420.

32659	50 yrs+	W	2/27	9-10:30 a.m.	CSC
32660	50 yrs+	W	3/27	9-10:30 a.m.	CSC

Want to keep a good class going? Register early!

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 1/21 or 2/18. Fee: $36. 480-350-5211

32525	50 yrs+	M	1/14-3/4	12:30-3:30 p.m.	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. Fee: $55. 480-350-5211

32529	50 yrs+	Th	1/10-3/7	1-3:30 p.m.	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. Fee: Below. 480-350-5211

32530	50 yrs+	Sa	1/26-2/9	10 a.m.-12 p.m.	$30	PAC
32531	50 yrs+	T	2/19-3/5	10 a.m.-12 p.m.	$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. Fee: $48. 480-350-5211

32542	50 yrs+	T	1/15-3/5	1-4 p.m.	PAC

Business & Computers

Computer Seminar: Skype Communication
Presented by Jason Ake of Think Tank Solutions. An introduction into the world of video chatting. A great way to stay connected with family. The first hour is instruction, the second hour is a question and answer period. Fee: None. 480-858-2420

32661	50 yrs+	Th	1/17	9-11 a.m.	CSC

Computer Seminar: Keeping your Computer Safe
Presented by Jason Ake of Think Tank Solutions. The Do's and Don'ts of basic computer maintenance. This class will help you protect your computer and make it last longer. The first hour is instruction, the second hour is a question and answer period. Fee: None. 480-858-2420

32662	50 yrs+	Th	3/21	9-11 a.m.	CSC

The Oasis Institute and the Tempe Public Library have joined together to offer Computer classes to seniors at the North Tempe Multi-Generational Center. Classes are one to two hour workshops designed specifically for the senior population. Sign up for one or all courses!

Meet the Computer
Never tried a computer before? In this course you will get to meet the computer, the keyboard and the mouse, and you will learn what they are and how to use them. No experience is necessary for you to take this relaxed, fun class. Note: If you have never used a computer before, this is an excellent class to take before Introduction to Computers. Fee: None. 480-858-6500

33153	50 yrs+	T	1/15	9-11 a.m.	NCC
33154	50 yrs+	F	1/25	9-11 a.m.	NCC

Looking at Windows
Refresh the skills you need to work with the Windows operating system or just learn some simple things about Windows. You will practice resizing and manipulating Windows and rearranging the Desktop, and pick up more helpful tips. Fee: None. 480-858-6500

33155	50 yrs+	F	2/1	9-11 a.m.	NCC

Exploring the Internet
Having trouble finding what you need on the Internet? Come to this class and learn the best way to search for the information you want. You will get to try out some search strategies online with plenty of time to practice. Fee: None. 480-858-6500

33157	50 yrs+	T	2/12	9-11 a.m.	NCC
33158	50 yrs+	F	2/15	9-11 a.m.	NCC

Exploring Google
Google is a leading search engine that helps you locate information on the Internet. In this course, you will learn about some of the other useful and fun features of Google, including news, maps, videos, calendars and health and financial information. Fee: None. 480-858-6500

33160	50 yrs+	W	2/20	9-11 a.m.	NCC
33161	50 yrs+	Th	2/28	9-11 a.m.	NCC

Computer Survival Skills
Learn how to keep your computer running and troubleshoot minor problems. This class is hands-on and requires that you have previously used a mouse and keyboard. Fee: None. 480-858-6500

33162	50 yrs+	T	3/12	9-11 a.m.	NCC

Going Wireless
How to Use Wi-Fi. Want Internet access on the go? Wi-Fi is the wireless Internet Connection available at many coffee shops, libraries and airports. You can also set up a Wi-Fi system at home. In this course, you will learn all about Wi-Fi, where and how to get it, and important safety precautions you need to know. If you have a laptop computer or cell phone with Wi-Fi Internet access, you can bring it to class; however, it is not required. Fee: None. 480-858-6500

33163	50 yrs+	Th	3/21	9-11 a.m.	NCC

Dance, Music & Theater

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. Fee: $35. 480-350-5211

32527	50 yrs+	T	1/8-3/5	1:30-2:30 p.m.	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. Fee: $35. 480-350-5211

32528	50 yrs+	T	1/8-3/5	2:30-3:30 p.m.	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. Fee: $25. 480-350-5211

32538	50 yrs+	Th	1/10-3/7	11:15 a.m.-12:10 p.m.	PAC

Want to keep a good class going? Register early!

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! Fee: $50. 480-350-5211

32539	50 yrs+	T/Th	1/8-3/7	9:10-10:05 a.m.	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. Come prepared to have fun. Fee: $50. 480-350-5211

32540	50 yrs+	T/Th	1/8-3/7	10:10-11:05 a.m.	PAC

Health & Fitness

Aerobic Dance
Get your heart pumping as you move to choreographed routines that encourage flexibility, muscular strength and cardiovascular endurance. *No class 1/21, 2/7, 2/8, or 2/18. 480-350-5211

32522	50 yrs+	M/W/F	1/7-3/6*	8:05-9 a.m.	$54	PAC
32523	50 yrs+	T/Th	1/8-3/5*	8:05-9 a.m.	$38	PAC

Chair Yoga
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. Fee: $54. 480-350-5211

32524	50 yrs+	W/F	1/9-3/8	9-10 a.m.	PAC

Gentle Yoga
This class will focus on breathing and relaxation techniques that will quiet the mind and relax the body. We will practice the basic Hatha Yoga poses, focusing on those that stretch the muscles and improve balance and strength. Fee: $45. 480-350-5211

32526	50 yrs+	W	1/9-3/6	10:30-11:45 a.m.	PAC

Stretch & Tone
Haven't exercised in a while? Get back into the exercise routine with this gentle exercise and stretching program. Exercise at your comfort level either sitting in a chair or standing. No class 1/21, 2/7 or 2/18. Fee: $32. 480-350-5211

32532	50 yrs+	M/W	1/7-3/6*	10:30-11:15 a.m.	PAC
32533	50 yrs+	T/Th	1/8-3/5*	9:15-10 a.m.	PAC

Want to keep a good class going? Register early!

New! Tai Chi/Lotus Blossom Fan
This is an exercise class using a hand fan and basic Tai Chi movements, which provides each student with a very elegant Tai Chi exercise experience. It will exercise the wrists, elbows and shoulders more, but other parts of the body will also move. Body balance will also be emphasized. Students may bring their own hand fans or purchase one from the instructor for only $10. There is no prerequisite for this class. Fee: $20. 480-350-5211

32536	50 yrs+	M	2/4-3/4	11:15 a.m.-12:15 p.m.	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 1/21, 2/8 or 2/18. Fee: $62. 480-350-5211

32541	50 yrs+	M/W/F	1/7-3/6	9:05-10:20 a.m.	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. Fee: Below. 480-350-5211

32543	50 yrs+	T	1/8-3/5	11:10 a.m.-12:05 p.m.	$37	PAC
32544	50 yrs+	F	1/11-3/8	10:35-11:30 a.m.	$37	PAC

Pyle Fitness Center; 655 E. Southern Ave
To view a list of fitness room times and fees, see page xx.

Westside Fitness Center; 715 W. Fifth Street
Work out in our fully equipped fitness room at your convenience. It's free! M-F 8:30 a.m. – 7:00 p.m. Fee: None. 480-858-2420.

Spring Brochure Available Feb. 14

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.

Breakfast & Bunco

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

32646	50 yrs+	W	1/9	9 a.m.	CSC
32647	50 yrs+	W	2/13	9 a.m.	CSC
32648	50 yrs+	W	3/13	9 a.m.	CSC

Pancake Breakfast

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

32667	50 yrs+	W	1/23	9 a.m.	CSC
32668	50 yrs+	W	2/20	9 a.m.	CSC
32669	50 yrs+	W	3/20	9 a.m.	CSC

Pokeno

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: $1. 480-858-2420

32670	50 yrs+	W	1/2	9 a.m.	CSC
32671	50 yrs+	W	2/6	9 a.m.	CSC
32672	50 yrs+	W	3/6	9 a.m.	CSC

Year in Review Luncheon

Have a hot, hearty meal as we look at the past year through photos of the 2012 events at Cahill Senior Center. Menu: Baked Ziti, tossed salad, garlic bread and dessert. Fee: $5 for RTA members; $6 for non-members. 480-858-2420

32666	50 yrs+	F	1/25	11 a.m.	CSC

Mardi Gras Luncheon

Enjoy a Cajun style meal complete with a King cake. Celebrate Mardi Gras with jazz music, masks, beads and great conversation. Fee: $5 for RTA members, $6 for non-members. 480-350-2420

32676	50 yrs+	F	2/22	11 a.m.	CSC

Wild West Barbeque Luncheon

Put on your cowboy boots and head on down to the Cahill Senior Center for some BBQ favorites and country entertainment. Fee: $5 for RTA members, $6 for non-members. 480-350-2420

32677	50 yrs+	F	3/22	11 a.m.	CSC

Special Interest

Crazy Cell Phones

Are those cell phones driving you crazy? Figuring out how to add a contact number or send a text can be frustrating? Hopefully this program can help. We will cover a few of the basics in 15 minutes individual sessions so you have to make an appointment after you register. Space is limited. Fee: None. 480-350-5802

32869	55 yrs+	F	3/8	10:30-11:30 a.m.	ESCA
32870	55 yrs+	F	3/1	10:30-11:30 a.m.	WCC

Hobbies, New and Old

Enjoy many different hobbies. Presenters will speak and introduce activities they enjoy. Baking, quilting, gardening are just a few of the hobbies we will be covering in this program. Who knows you might even get a chance to participate. Everyone is encouraged to share what they like to do and bring in examples. Fee: None. 480-350-5800

32872	55 yrs+	T	1/22-2/12	1:30-2:30 p.m.	ESCA

Kooky e-Books

Those electronics devices driving you bonkers? In this class we will cover how to download e-books to different e-Readers through the Tempe Public Library. Fee: None. 480-350-5802

32871	55 yrs+	T	3/12	2-3 p.m.	ESCA

Tempe Opportunities Brochure now available for pick-up at Tempe Fry's Food Stores!