

PRIME TIME



Adults 50+ Newsletter

Spring 2014

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



Bill and May Utall.

Image courtesy of Arizona Republic.

Tempe is the best place to be as the fresh, sunny days of spring inspire us to get out and be active! In this issue of *Prime Time*, you'll discover all the great 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 classes, walking programs, volunteer opportunities and special events.

Tempe's wide assortment of classes gives participants the chance to build new skills or re-familiarize themselves with a forgotten hobby. If you're looking to craft, cook, get tech-savvy or exercise, Tempe has a program for you!

Speaking of exercise, try out one of the fantastic walking clubs offered by the Cahill and Escalante Senior Centers. There's no better way to experience Tempe than with other adventurous individuals and your favorite pair of sneakers! You're sure to have a blast creating new friendships and strengthening existing ones, all while staying healthy and doing something good for yourself!

Exercise is necessary to strengthen the body and keep it healthy, just like love and companionship strengthen the heart and soul. We'll introduce you to three couples who have been married for over 50 years – all three of which are frequent visitors of the Pyle Adult Recreation Center! They share a little insight on how love, a little work and a lot of humor help to build the foundation of a happy lifetime together.

A strong foundation is the key to the success of any community, and Tempe is no exception. The city flourishes with the support of its residents. Whether you decide to volunteer your time to helping school-aged youth through Tempe's AARP Experience Corps program, or share your ideas and suggestions for the new Village-type program, you will be helping to form a generous and effective community for future generations to come.

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



Visit us at: www.Tempe.gov/Adults50Plus

Spring Class Preview

Spring is the season that inspires new growth and also signals the time to try something new! The City of Tempe has many exceptional programs for adults ages 50 years and older in a variety of subjects ranging from arts & crafts, to technology and skill building, to exercise and cooking. Take a look below at just a handful of the fun and exciting classes offered during the upcoming 2014 spring class session.



Make your own handmade greeting cards and gift tags in *Creative Seniors: Handmade Cards*. This free class will use a variety of items including cardstock, felt, glue, needle and thread to make charming items with a personal touch. We will teach you how to get started as well as supply materials for use in class.

Learn how to organize, upload and email photos on your computer in the new *Senior Techs: Photo Pros*. This free class will guide you through managing your photos with ease and will show you how to post them to an online website. Note: Basic computer skills are required.



Get ready for an energizing workout that incorporates unique, Latin dance moves with up-beat Latin music in *Zumba for 50+*. 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. This 10-week class is cost-effective at just \$41 for the entire session.

Do you love chocolate? Make your own chocolate-dipped pretzel treats in our free *Senior Chefs: Chocolate Lovers* workshop. We will discuss the differences between dark and milk chocolate, the health benefits of chocolate, and share favorite chocolate dessert recipes in this deliciously fun program.



Finding recipes that are both easy to prepare and nutritious can be difficult, but our *Senior Cooking Demonstrations* will show you how to make healthy cooking a breeze! Demonstrations take place at 10 a.m. on the first and third Tuesday of the month at the Cahill Senior Center, at 10:30 a.m. the first and third Wednesday of the month at the Escalante Senior Center, and 10:30 a.m. the first and third Thursday of the month at the North Tempe Senior Center.

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



Walking Programs

Regular exercise, such as walking, can give you renewed energy and motivate you to become more active outdoors, invigorate your social life, and participate in more activities with your family, especially your grandkids! Walking helps reduce your blood pressure, improve your cardiovascular functions and is a major factor to enjoying a healthier lifestyle. In addition to maintaining healthier bones and joints, walking has a positive impact on your weight and in reducing the occurrence of age-related illnesses. Looking to reduce stress and achieve better balance? Get out and walk. Want to increase your flexibility and muscle strength? Hit the ground and start walking. The City of Tempe has two great walking programs designed to get you motivated and active: the Cahill Senior Center's *Heart and Sole Walking Program* and the Escalante Senior Center's *Walking with Ease* program.

The Cahill Senior Center's *Heart and Sole Walking Program* offers participants the opportunity to walk with others in a group setting, enjoy our beautiful city, engage in stimulating conversation, make new friends or strengthen the bonds of current friendships.

The Escalante Senior Center's *Walking with Ease* program allows participants to exercise while exploring new locations. Walkers meet every Wednesday at the Escalante Center, and as a group travel to a new destination for the weekly walk.

Whether you're entering the *Prime Time* of your life or have already been enjoying it, it's time to add extra fun with a fitness walking program focused on fun, activity, and you!

Tempe Senior Health & Wellness Expo

Thurs., April 10, 2014

8:30 a.m. – 12:30 p.m.

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 Corp

- 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.
- Tempe's AARP Experience Corps information sessions:
Tues., March 18; 2-3 p.m.
Wed., April 2; 2-3 p.m.
Tempe Public Library
3500 South Rural Road

Contact Rebecca Bond
at (480) 858-2464
or Rebecca_Bond@tempe.gov



www.tempe.gov/VolunteerEC

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-Thursday; 8:30 a.m.-8:30 p.m.

Friday; 8:30 a.m.-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 5th 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 Tempe Community Action Agency (TCAA) offers programs and lunch every Monday at the Cahill Senior Center for participants ages 60 years and older.

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 Recreation 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 friendly conversations with familiar 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, field trips, as well as a nutrition-focused congregational 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.-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, just north of Curry on 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+.

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 provides resource information about services like Dial-a-Ride, as well as health promotion and fitness activities. The center coordinates enjoyable year-round programming including: presentations, on-site computer lab access and senior skill-building facilitated through the Tempe Public Library, fitness activities including the Silver Sneakers program, as well as Bingo games and themed luncheons.

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.-9 p.m.
Friday; 8 a.m.-5 p.m.
Saturday; 9 a.m.-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.

Tempe Neighbors Helping Neighbors wants to hear from you!



There has been a growing body of research in the past decade focused on how to best meet the changing needs of today's older adults. During this time, the Village model has emerged as the dominant, nationally-recognized model of aging initiatives. Villages are self-governing, grassroots, community-based organizations developed with the sole purpose of enabling people to remain in their homes and communities as they age.

Tempe Community Council (TCC) has been selected as one of three sites in Maricopa County to pilot a Village-type program to help adults over 60 years old remain happy, healthy, and engaged. TCC is working in partnership with Tempe Neighbors Helping Neighbors (www.tempeighbors.org/) (TNHN) to develop a program that responds to the needs of Tempe residents and enables them to remain independent in their homes as they age.

TNHN wants to know what type of service you think should be included in the program. Is there a need for assistance finding reliable contractors and/or service providers, transportation for errands, dog walkers, or just a daily social call to check-in?

Your feedback for Tempe's Village-type program is very important. You may receive a TNHN survey at your home, please complete and return it. Additionally, you can email TNHN directly at tempeighbors@yahoo.com or leave a message at 480-858-2309 to share your thoughts. The new Executive Director will be housed at the Pyle Adult Center in the near future. Please stop in to visit and

offer your suggestions to help shape the future of Tempe Neighbors Helping Neighbors!

Visit the Tempe Neighbors Helping Neighbors website at www.tempeighbors.org. For more information regarding age-friendly communities visit: www.connect60plus.org.

Leave a learning legacy with Experience Corps



In partnership with AARP, the City of Tempe offers a unique volunteer opportunity for adults 50+ to work with elementary school children. AARP Experience Corps is a nationally recognized literacy program currently running in 20 cities across the country. In Tempe, there are 72 volunteers who work in nine Tempe elementary schools. Volunteers work one-on-one with first through third grade students, helping them to improve their literacy skills.

In fall 2014, Tempe's AARP Experience Corps program is expanding into three new schools and is looking to add approximately 30 volunteers. There are no special skills required to be a volunteer – just the willingness to share your experiences, time and patience. Comprehensive training, support services and orientation are provided. Learn more by attending an information session on Tuesday, March 18, at 2 p.m. or Wednesday, April 2 at 2 p.m. at the Tempe Public Library, 3500 S. Rural Rd. For more information, visit www.tempe.gov/volunteerec or call 480-858-2464.

Pyle Couples



Alfred Sr. & Oralia Keeme. Image courtesy of Arizona Republic.

Three long-time couples and frequent visitors to Tempe's Pyle Adult Recreation Center have shared their secrets to a happy marriage with The Arizona Republic. Each of the seven couples featured have been married for over 50 years, with a total of 172 years between all three of Pyle's couples; Alfred Sr. and Oralia Keeme have been married 52 years, John and Loretta O'Malley have been married 61 years, and Bill and May Uttal have been married for 59 years.

The secrets to their blissful longevity as man and wife seem not so secret at all, but instead speak more about hard work, communication, staying connected to one-another and making sure to have fun.

Alfred Keeme Sr. traveled from Tempe to Nogales regularly for a year to see Oralia, and after 52 years together, he still thinks she is beautiful. John and Loretta O'Malley met as students attending Arizona State University, and they recall times of John serenading Loretta and traveling the world together during John's service as an officer in the Army. Bill and May Uttal met while attending graduate school at Ohio State University. For Bill, it was love at first sight.

Read the full article and watch the video (<http://www.azcentral.com/news/azliving/articles/20140213valley-couples-married-50-years-prog.html>) on AZ Central of all seven couples who were interviewed.

AARP Free Tax-Aide Program

Begins February 3 at Pyle



Mondays only

8:30 a.m. – 3:00 p.m.

Feb. 3 – Apr. 14

*Except Feb. 17 and Mar. 31
Pyle Closed

Walk-ins welcome!

Appointments may be made **in person only** with a Tax-Aide volunteer on Mondays at Pyle. No appointments will be made by phone.



AARP Tax-Aide provides free tax assistance and tax preparation for low to moderate income taxpayers, with special attention to those aged 60 and older. AARP Tax-Aide volunteers are trained in cooperation with the Internal Revenue Service and offer help with personal income tax returns. Completed returns are filed electronically, which is very efficient and expedites your refund. This free tax service is available by appointment (made in person) and to "walk-ins".



Pyle Adult Recreation Center – 655 E. Southern Ave., Tempe, AZ 85282
480-350-5211; TTY 480-350-5050

free tax preparation



beginning february 1, 2014

DON'T PAY TO FILE YOUR TAXES

Visit this [VITA](#) site to have your taxes prepared and e-filed for FREE!

WHEN AND WHERE

Landings Credit Union 
2800 S. Mill Ave, Tempe

Saturdays - 9am-12pm 2/1/14 to 4/12/14 (Closed 3/8 & 3/15 for Spring Break)

Wednesdays - 5pm-7pm 2/5, 2/12, 2/19, 2/26 & 3/5

For other free tax preparation sites, <http://www.cir.org/tax> or call 2-1-1

WHO IS ELIGIBLE

Individuals and families who made less than \$52,000 in 2013, those with disabilities and the elderly. Please note that you may not qualify if your return is complex.

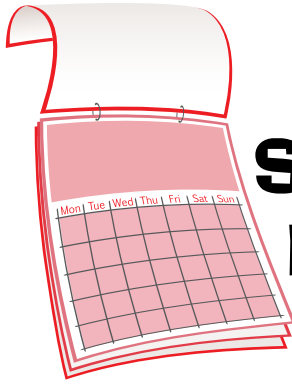
WHAT TO BRING TO A VITA SITE

- Valid photo ID for yourself and/or your spouse.
- Social Security cards or ITIN cards for you, your spouse, and dependents.
- Birthdates for you, your spouse, and dependents.
- Wage and earnings statements from all employers. (Form W-2 or 1099-MISC)
- Interest and dividend statements from banks. (Form 1099-INT or 1099-DIV)
- Social Security Statement (SSA-1099), Education Expenses (1098-T), Pensions (1099 R) and Unemployment Statement (1099-G) if applicable.
- Other relevant information about income and expenses, i.e., donations made, including those to schools, educational expenses, home interest, property taxes and medical expenses for those who will be able to itemize.
- Total amount paid for day care and the day care providers' tax identification number.
- For Direct Deposit—bank routing numbers and account numbers
- Copy of last year's tax return.
- If filing joint, both you and your spouse must be present to sign the return.

 **Save \$50 of your refund and get a chance to win \$100**
Bring your savings account information to enter

FOR MORE INFO: www.tempecommunitycouncil.org | 480.858.2323





Spring Events

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

March

- Wed., March 12** 11 a.m.
St. Patrick's Day Party
 North Tempe Senior Center 480-858-6512
- Thurs., March 13** 10 a.m.
St. Patrick's Day Party
 Escalante Senior Center 480-350-5872
- Thurs., March 13** 11:30 a.m.
St. Patrick's Day Luncheon
 Pyle Adult Center 480-350-5211
- Tues., March 18** 2 p.m.
Experience Corps Info Session
 Tempe Public Library 480-858-2464
- Fri., March 28** 11 a.m.
Jazz/Blues Festival
 Cahill Senior Center 480-858-2420

April

- Wed., April 2** 2 p.m.
Experience Corps Info Session
 Tempe Public Library 480-858-2464
- Thurs., April 10**
 8:30 a.m.-12:30 p.m.
Tempe Senior Health & Wellness Expo
 Pyle Adult Center 480-350-5211
- Fri. and Sat., April 11 & 12**
 9 a.m.-Noon; 10 a.m.- 1 p.m.
Patio Sale (Jewelry, Crafts, Household Items)
 Escalante Senior Center 480-350-5872

- Wed., April 16** 11 a.m.
Spring Fling
 North Tempe Senior Center 480-858-6512
- Thurs., April 17** 11:30 a.m.
Spring Luncheon with Entertainment
 Pyle Adult Center 480-350-5211
- Fri., April 25** 11 a.m.
Mad Hatter Luncheon
 Cahill Senior Center 480-858-2420

May

- Fri., May 2** 10 a.m.
Cinco de Mayo Fiesta
Catered by Rosita's Mexican Restaurant
 Escalante Senior Center 480-858-5872
- Wed., May 7** 10:30 a.m.
Mother's Day Spa & Luncheon
 North Tempe Senior Center 480-858-6512
- Thurs., May 8** TBD
Mother's Day Luncheon
 Pyle Adult Center 480-350-5211
- Fri., May 9** 11 a.m.
Mother's Day Luncheon
 Cahill Senior Center 480-858-2420

