

PRIME TIME



Adults 50+ Newsletter

Winter 2013/14

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



The City of Tempe is dedicated to engaging the mind, the heart and the body with activities for ages 50 and older, and does so at four facilities – the Dennis J. Cahill Senior Center, Escalante Senior Center, North Tempe Senior Center and Pyle Adult Recreation Center. Conveniently located throughout the city, each center is easy to access, no matter what area you're traveling from. Each unique location provides a sense of community, fun and ease. Whether you're looking to stop-in for a cup of coffee, visit with friends at a social gathering or play a game of Mah Jongg, Tempe provides destinations for relaxation, entertainment, education and more!

With its wide variety of classes, social groups, community partnerships and volunteer opportunities, the City of Tempe has something to offer for every skill and activity level. The city's recreation-based programming for older adults includes activities such as: painting/drawing, photography, technology/computers, health & fitness, as well as music and dance. Not to overlook the importance of physical well-being, the city hosts Health and Wellness Expos complete with free health screenings, vendor booths and class demos.

If you're looking to give back to the community, consider becoming a volunteer. With so many programs in need of helping hands, you're sure to find an opportunity that suits your interests. Enjoy cooking in the kitchen or calling a Bingo game? Want to rekindle your musical talents or knit blankets for children in need? How about delivering meals to home-bound or disabled individuals living in Tempe? You can even help school-aged youth with their literacy skills through AARP's Experience Corps. Whatever you choose to donate your time to, your service is sure to leave a lasting impact on you and the lives of those you help.

The City of Tempe is committed to offering quality programming and opportunities for individuals ages 50 and older. Come join us and begin your new adventures today!



Visit us at:
www.Tempe.gov/Adults50Plus

**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 with support from AmeriCorps and ASU's Public Ally program. 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 congregate 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, technology-based classes 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**

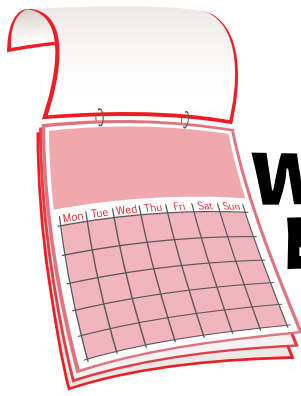
www.tempe.gov/pyle

**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.



Winter 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.

Holiday Luncheons

Thurs., Nov. 21 11:30 a.m.
Pyle's Thanksgiving Luncheon
Pyle Adult Center 480-350-5211

Fri., Nov. 22 11 a.m.
Cahill's Thanksgiving Luncheon
Cahill Senior Center 480-858-2420

Fri., Nov. 22 11 a.m.
Escalante's Thanksgiving Luncheon
Escalante Senior Center 480-350-5872

Fri., Nov. 22 11:30 a.m.
North Tempe's Thanksgiving Luncheon
North Tempe Senior Center 480-858-6512

Wed., Dec. 18 11 a.m.
North Tempe's Holiday Luncheon
North Tempe Senior Center 480-858-6512

Thurs., Dec. 19 11:30 a.m.
Pyle's Holiday Luncheon
Pyle Adult Center 480-350-5211

Fri., Dec. 20 11 a.m.
Cahill's Holiday Luncheon
Cahill Senior Center 480-858-2420

Fri., Dec. 20 11 a.m.
Escalante's Holiday Luncheon
Escalante Senior Center 480-350-5872

Holiday Teas

Fri., Dec. 6 1 p.m.
Cahill's Holiday Tea
Cahill Senior Center 480-858-2420

Fri., Jan. 17 Time TBD
North Tempe's New Year Snowflake Tea
North Tempe Senior Center 480-858-6512

Events

Sat., Nov. 16, 10 a.m.-3 p.m.
Medicare Open Enrollment
Presented by Area Agency on Aging
Individual assistance will be provided.
Pyle Adult Recreation Center 480-350-5211

