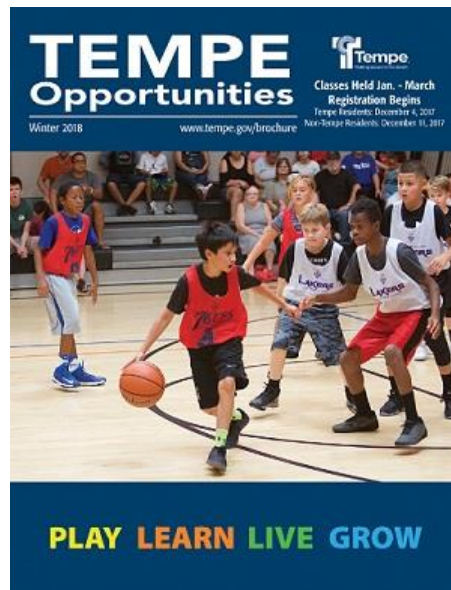


December 2017

Give the gift of health and fun this holiday season!

'Tis the season for giving! What better way to bring the family together than to fill your holiday list with classes and activities that will last well beyond December? The winter edition of the [Tempe Opportunities](#) brochure is now available and registration is underway for Tempe residents. Registration for non-residents begins Monday, Dec. 11 and most classes begin the first week in January. Read on for a preview of the classes you already know and love, along with some new ones for the family to explore. Plus, learn how Tempe's Pyle Adult Recreation Center is bringing philanthropists together to give back.



TOTS— Classes and activities

German; Parent/Child

Learn the basics of German with your child. Classes focus on the alphabet, greetings, numbers and shapes. Children and parents will learn songs, poems and stories.

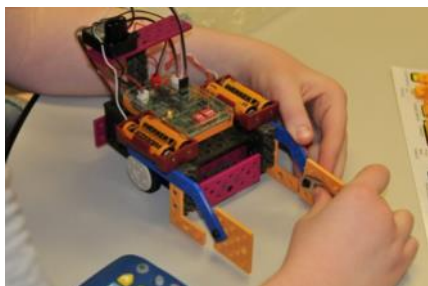
Mudpies and Fingerpaints; Parent/Child

This is a great sensory class for toddlers to get them off to a great start exploring the world of art using age appropriate (and sometimes edible) materials help your little ones express themselves.



YOUTH— Classes and activities

NEW! Robotics using LEGO® NXT®



Rise to the challenge as you investigate mechanical and software design, loops and conditional statements while building robots using the LEGO® Mindstorms® NXT® system. Work in teams to problem-solve and program your robot. Control the robot to avoid obstacles, pick-up and carry objects, and play sounds.

YOUTH— Classes and activities (cont.)

Youth Sports

Is your child looking to improve their jump shot, fielding or swing? Tempe's Youth Sports program offers quality instruction in fun and safe environments. From Youth Hoops and LadyHawks Softball to Junior Golf and Tennis, we've got your kids covered when it comes to sports in Tempe!

For more information, visit www.tempe.gov/brochure.



TEENS — Classes and activities

Lifeguard Training, Renewal & Swim Instructor classes help prepare you for a great summer job!

American Red Cross Lifeguard Training

This is a certification course for individuals who are interested in Lifeguarding. It includes First Aid, CPR, as well as Lifeguard Training. Must be 15 years of age and be able to perform the swimming skills necessary to complete the pre-course requirements.

American Red Cross Lifeguard Training Review

A renewal certification course for individuals who possess a current American Red Cross Lifeguarding certification is now available.



Starfish Swim Instructor

Instructor candidates will receive the training needed to teach courses in the SAI Program and learn how to help students develop correct stroke technique; develop an understanding of how to teach students at different levels, and water safety techniques.

Visit www.tempe.gov/lifeguard for more info.

ADULTS— Classes and activities

Holistic Health and Wellness

Certified coach Veronica Clark provides a comprehensive approach to nutrition and health that considers all aspects of a person's life. The series of classes leads your journey towards holistic health and wellness.

Meditations for Life in the Fast Lane

Learn a variety of mild-to-active meditation technique and breathing exercises aimed to increase awareness, self-integration and restore balance from emotional wreckage and the demands of day-to-day rigor of life. All levels are welcome.



ADULTS— Classes and activities (cont.)

NEW! Exercise; Throwback Thursdays- Step Aerobics

Step up and join Donna for a combo of retro music, step aerobics and strength training using bodyweight exercises and dumbbells with high energy music from the 70's, 80's, & 90's.

NEW! Yoga; ABC's of Yoga

Take the mystery out of yoga and learn the basic fundamentals in this easy-to-follow class that will give you the tools you need to find your inner yogi. Instructor will guide you through the most common poses and how to use equipment for optimal self-care.



Coloring for Grownups

Coloring reduces stress and anxiety, helps you unplug and focus, and allows you to express your inner artist. Listen to soothing music, while practicing mindfulness and enjoying coloring sheets. Join us every second Sunday of the month.

For more information, visit www.tempe.gov/brochure.

Adults 50+ — Classes and activities



Banner Brain Health Program

Banner Alzheimer's Institute and Banner Sun Health Research Institute have designed a program to boost brain health. This free 2.5 hour Brain Health Boot Camp reviews lifestyle factors related to brain health and teaches a variety of methods to exercise various cognitive domains of the brain.

Eat Healthy, Be Active

Taught by Nutrition Education Professionals, discuss healthy food choices, recipe modifications/substitutions, eating on a budget and a cooking demonstration with samples.

To see all offerings for adults ages 50+, visit www.tempe.gov/brochure.

ADAPTED RECREATION — Classes and activities

Tempe's Adapted Recreation Program provides a variety of classes, leagues and social events for individuals with intellectual and developmental disabilities.

Buddy Bowling Unified Bowling League

This fun, unified bowling program provides a great way for athletes ages 8 and older with and without disabilities to participate together at AMF Tempe Village Lanes from Dec. 9 – March 10. The cost is \$6 per week and includes two games of bowling and rental of bowling shoes.



ADAPTED RECREATION — Classes and activities (cont.)

Team Tempe - Special Olympics

The winter season of Special Olympics offers a variety of sports for individuals ages 8 years and older to participate in. Activities include Basketball (Dec. 9 – March 10) and Cheerleading (Dec. 11 – March 12). Join Team Tempe and meet new friends.



To learn more about these programs and all Adapted Recreation offerings, visit www.tempe.gov/AdaptedRecreation.

Scholarships available for Tempe classes and activities

Tempe's Community Services Scholarship Program encourages Tempe and Guadalupe residents ages 0-17 or youth enrolled in a Tempe school to stay active by offering reduced registration fees so everyone can play.



Restrictions apply. Visit www.tempe.gov/brochure for details.

Family Fun Factory returns with music and a jolly guest

Experience a Winter Wonderland by visiting Tempe's annual Family Fun Factory. This free, family-friendly holiday event will delight visitors of all ages from 6-8:30 p.m. on Friday, Dec. 15, within the Tempe Community Complex, located at 3500 S. Rural Rd. on the southwest corner of Rural Rd. and Southern Ave.

Kick-start your holiday creativity with make-and-take art projects at the Edna Vihel Activities Center. While you're there decorate cookies, write Letters to Santa and enjoy some hot cocoa.



Kid Zone will engage guests with stimulating science projects, including making their very own snow, which are representative of the types of activities found within the Enrichment Program.

The Sunpunchers will add extra jingle and joy to the night with a live performance at the Tempe History Museum.

Additional entertainment includes a live choir and a visit from the jolliest old elf himself, Santa. Guests are encouraged to bring cameras to capture photos with Santa.

For more information on the Family Fun Factory event, call 480-350-5200.

Pyle Center's Needlewielders group brings fellowship, philanthropy to Tempe community



Laughter is the first thing you notice when you step into a Needlewielders gathering at Tempe's Pyle Adult Recreation Center. You feel instantly at home.

Started by the City of Tempe in 1974, the Needlewielders are now more than 80 members strong. This group of ladies (and one man) meet twice a week to socialize while quilting, crocheting, or knitting. They range in age from 50 to 97. Most have been part of the group for years.

"I come for therapy," said member and crocheter Marilyn Clever. "It's wonderful to come here every week and leave smiling."

"I popped into the Pyle Center one day and found this group," said retired Air Force veteran Kate Kuchay. "It's an opportunity to get to know people better. I love it."

But fellowship is only part of the Needlewielders' draw and charm. This is also a group of philanthropists, using their talents and skills to help those in need.



"This is the most unselfish group I've ever met in my life," said current Needlewielders president Mary Lou Delvecchio. "We contribute to over 30 organizations in Tempe and surrounding areas."



ABOVE: Roxanne Beasley and Kate Kuchay

The Needlewielders make preemie hats, blankets and stuffed animals for kids in hospitals and Head Start schools. They make blankets, quilts and afghans for adults and children and have designed an ingenious fidget bib for people with Alzheimer's. They make helmet liners for the armed forces and toys and pads for pets. And they donate it all. They even sent an array of sewing and quilting items to a Houston Quilters Guild that lost everything in the hurricane.

"We can use our gifts and skills to produce something to benefit others," said Lichuan (Roxanne) Beasley, an immigrant and missionary from Taiwan. "It makes us feel useful and it's very joyful."
(continued on next page)

Pyle Center's Needlewielders group brings fellowship, philanthropy to Tempe community (cont.)

All the materials the group uses to create their masterpieces are donated by community members, including tools, equipment, fabric and yarn. It's all done by word-of-mouth. Every October the group participates in the Pyle Arts and Crafts Boutique with the proceeds going to local charities chosen by a group vote.



ABOVE: Martha Kasapis and Christy Summers

"The annual craft boutique is an incredible display of this group's talent" said Tempe employee and Needlewielders liaison Christy Summers. "You'll find handmade items ranging from microwave bowls to quilts, afghans and baby layettes, holiday items to pet and baby toys. It's the perfect way to shop for a good cause."

The group will present the cash donations this month.

"I don't know what I'd do if I didn't have the Needlewielders to come to," said quilter and self-proclaimed talker Martha Kasapis. "Everyone pitches in when there is a need."

For more information about the Pyle Center, visit www.tempe.gov/pyle.

Swimming with Santa and Winter Waves

Swimming with Santa

Saturday, Dec. 30, 1-5 p.m.

All of those young and young at heart are invited to ride the waves with Santa, have story time with Mrs. Claus, enjoy complimentary milk and cookies, and participate in reindeer games while holiday music plays in the background. As a treat for parents, local company gift certificates will be raffled off throughout the event! Ranges from \$5-\$7 with advance tickets. \$7-\$9 day of tickets.



Winter Waves

Dec. 27-29, 1-5 p.m.

Celebrate this holiday season in style by catching a wave at the Kiwanis Indoor Wave Pool! New this year: holiday music, reindeer games and light refreshments! You have three days to play, Dec. 27-29, from 1-5 p.m.
\$5-\$7

For more information, visit www.tempe.gov/waves.

Exam cram week

Want to get out of the house but need a cozy place to study for semester exams? Join us in the Library Teen Center December 18 – 21 for music, study space, white boards, good company and FOOD. Fun study break activities will be held outside on the Teen Center patio.

Free music at the museum and a Petersen House tradition

The lights, the music, the festivities. The holidays are here and what better way to celebrate than by bringing the family to the [Tempe History Museum](http://www.tempe.gov/Museum) and Petersen House to enjoy some quality time together. All events are free and family-friendly. For more information, visit www.tempe.gov/MuseumEvents. Here are some dates to remember:

Christmas at the Petersen House

Two more weekends in December, open from 10 a.m. to 2 p.m.

Saturday: 12/9 and 12/16

Sunday: 12/10 and 12/17

Experience a Tempe Christmas tradition by visiting the Petersen House Museum, located at 1414 W. Southern Ave.



PERFORMANCES at the MUSEUM

Friday, Dec. 15, 7 p.m.: Christmas with the SunPunchers

Saturday, Dec. 16, 3 p.m.: Holiday Azure Family Concert with Tetra String Quartet



PLAY. LEARN. LIVE. GROW.

www.tempe.gov/recreation