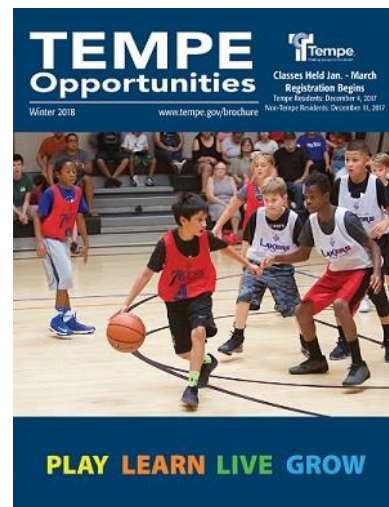


January 2018

## New Year, New You!

A new year wouldn't be complete without an attainable resolution or two. To help you get started, here are ten easy, convenient and economical **resolutions** and **solutions** to help make 2018 the best yet!

The winter issue of [Tempe Opportunities](#) is chock-full of great classes that will help you reach these goals! View the brochure online or pick one up at any city facility. Registration is going on now and classes begin the first week of January.



### 1. Lose weight. Get fit.



#### *Yoga, aerobics, sports and dance classes*

Tempe offers hundreds of reasonably priced and convenient exercise and fitness classes designed to get you and your family in shape and away from the TV or computer. Find the perfect aerobics or dance class. Try your hand at a new sport like tennis or martial arts. Or find your inner strength with a variety of yoga and Pilates classes, including paddleboard yoga on Tempe Town Lake.

#### *City fitness centers*

Want to work out at your own pace? Check out the city's fitness centers including [Kiwanis Recreation Center](#), [Pyle Adult Recreation Center](#), [Escalante Community Center](#) and the [North Tempe Multi-Generational Center](#). Each have a fitness center located within their facilities. Daily and monthly rates are available for various levels of use.



#### *Drop-in classes*

Can't make it to a session with multiple classes? The city offers several drop-in classes that are pay-as-you-go, including yoga, Zumba, West Coast Swing and Building Better Bones.

## 2. Have fun without breaking the bank.

Are finances on your mind in 2018? Tempe hosts several inexpensive – and often free – events and programs. Mark your calendars for these in the next couple of months.

### *Library Comicon*

**When:** Saturday, Jan. 27, 2018, 10 a.m. to 5 p.m.

**Where:** Tempe Public Library (Library Plaza)

Fans of Marvel, DC, Star Wars, Trekkies and more are invited to Comicon, an annual event featuring costume contests, artists and authors, shopping and activities for kids and adults. Admission is free. Visit [www.tempe.gov/comicon](http://www.tempe.gov/comicon) for more info.



### *Third Thursday featuring the fashion of FABRIC*

**When:** Thursday, Jan. 18, 7 p.m.

**Where:** Tempe History Museum

Get a glimpse into the world of fashion with local designers who will discuss the creative design and production process. FABRIC (Fashion and Business Resource Innovation

Center), located in downtown Tempe, houses local fashion professionals who can create, collaborate, learn, source and manufacture all in one building. Learn how it all works at this cool Third Thursday event. Visit [www.tempe.gov/MuseumEvents](http://www.tempe.gov/MuseumEvents) for more info.

### *Performances at the Museum*

**When:** Saturday, Jan. 27 and Feb. 2, 7 p.m.

**Where:** Tempe History Museum

Enjoy free, family-friendly concerts at the museum with music from the [Sara Robinson Band](#) on Jan. 27 and soul band [Aunt B](#) on Feb. 2. Visit [www.tempe.gov/MuseumEvents](http://www.tempe.gov/MuseumEvents) for more info.



### *PlayDay at Kiwanis Park*

**When:** Saturday, Feb. 24, 10 a.m. to 2 p.m.

**Where:** Kiwanis Park (new location at Mill Ave. and All-America Way). Kids of all ages can have fun and stay active with games, kayaking, the Kid Zone Experience, inflatable spots drills and more.

The popular Touch-A-Truck returns, featuring all types of city vehicles that keep Tempe moving. And the Just for Kids Fishing Festival is back, beginning at 8 a.m. on the west side of Kiwanis Lake. For more info, visit [www.tempe.gov/FamilyFun](http://www.tempe.gov/FamilyFun) or call 480-350-5200.

Throughout the year, be sure to visit [www.Tempe.gov/FamilyFun](http://www.Tempe.gov/FamilyFun) for upcoming event dates, times and locations.

### 3. Spend more time with loved ones.

Make memories and discover new and hidden talents with several art-themed classes at the Edna Vihel Arts Center.

#### *Parent/child morning art classes*

Messy Art for Minis and Creative Painting are just two examples of how you and your toddler can bond through art. Eight-week session fee is only \$24. Find a class and register at [www.tempe.gov/brochure](http://www.tempe.gov/brochure).



#### *Free Art Friday*

These free, family-friendly events are geared towards kids ages 2-5. Each event is filled with music and age-appropriate art projects. All events take place at the Edna Vihel Arts Center from 9-11 a.m. Mark your calendars for these Free Art Friday Dates: Jan. 26, Feb. 23, March 23 and April 27.

### 4. Get organized.

Make organization a priority this year. Check out with Winter 2018 issue of Tempe Opportunities for information about events like Tempe's Zero Waste Day, where Tempe residents can bring in



almost any item for recycling including books, shoes, electronics and more! You can also get rid of old paperwork by bringing it in for secure, confidential document shredding. Tempe has added two Zero Waste Days in 2018 – the first is on Saturday, Jan. 20 from 7 a.m. to 1 p.m. at Kiwanis Park.

*Here are some tips to make the seemingly huge task of organization a little simpler:*

- Make a list of priorities and stick to it
- Always replace things after use
- Use a calendar or planner and refer to it multiple times each day
- Combine similar activities at once, like running all errands at the same time
- Make task lists and cross off items as you go

### 5. Get outdoors.

#### *Enjoy your city parks*

Pack a picnic lunch or reserve a ramada for a family or corporate gathering at a Tempe park! [Tempe's 48 parks](#) are strategically located so that there is one park within approximately one mile of every resident. Bring the kids to a playground or let the dogs make new furry friends at one of the city's five [dog parks](#). Take advantage of the surrounding natural and authentically-local settings that Tempe has to offer!



## 5. Get outdoors (continued).

### *Take the family out to the ball game*

Cheer on the Los Angeles Angels or your favorite team during Spring Training at Tempe's [Diablo Stadium](#). The season kicks off on Saturday, Feb. 24. This year's home games include matchups against the Padres, Cubs, Dodgers and the D-backs. Plus, get a first look at international baseball star [Shohei Ohtani](#), who signed with the Angels in the offseason. Visit [www.tempe.gov/diablo](http://www.tempe.gov/diablo) for tickets and game days.



### *Check out Tempe's golf courses*

If you're a golf enthusiast, take a swing at Ken McDonald and Rolling Hills municipal which are open throughout the year. Both feature championship courses, unique city views and well-equipped clubhouses for the novice or expert golfer. Visit [www.tempe.gov/GolfTempe](http://www.tempe.gov/GolfTempe) to book a tee time.

## 6. Give up a bad habit.

They say it takes 21 repetitions to turn an action into a habit, but we all know it takes a lot longer to kick it! Make a commitment, track your progress, enlist the support of a friend or family member and find alternatives to replace the bad habit (see resolution # 7). Giving up a habit isn't always easy, so be patient and reward yourself when you make progress.



## 7. Learn something new.



With programs for toddlers, youth, teens, adults, adults 50+ and a variety of adapted recreation leagues and programs, look no further than the winter 2018 issue of [Tempe Opportunities](#) to learn a new hobby, sport or skill. No matter your age, interest or physical ability, Tempe offers something for everyone.

The winter session has several new yoga class offerings, robotics classes for youth, belly dance lessons, country two step classes and so much more.

For more ideas, visit [www.tempe.gov/brochure](http://www.tempe.gov/brochure).



## 8. Be more charitable and help others.



### *Take the Polar Plunge*

Brave enough to freeze your paws off for a good cause? Dive into the [Polar Bear Plunge](#) at [The Lakes](#) community pool, 8 a.m. on Saturday, January 13, 2018. This charitable event tests even the bravest of “bears.” Polar Bears will jump into the community swimming pool for a desert-style unified polar plunge. For those not crazy enough to jump, you can still join in the fun and help the cause; just be sure to register as a **Teddy Bear!** Proceeds benefit participants of the City of Tempe’s and other local adapted recreation programs.

### *Become a bowling buddy*

Connect with an athlete with special-needs by becoming a bowling buddy in Tempe’s [Adapted Recreation](#) Buddy Bowling League. Spend your Saturday mornings knocking down pins while building new friendships.

### *Help students learn to read*

Adults 50 yrs.+ can even volunteer with [AARP Experience Corp](#) and help teach first through third graders literacy skills.

Whatever you choose to devote your time to, there’s no better feeling than helping others and giving back to your community.

## 9. Be more eco-friendly.

### *Recycle your green organics*

Tempe offers seasonal green organics collection as part of the city’s bulk trash program. The next collection is coming up in March and April – check your schedule [here](#). All the material collected will be recycled and turned into compost, which can be picked up by Tempe and Guadalupe residents for free by [scheduling an appointment](#).



### *Clean the stream*

Check your recycling bin – then check it twice. Commit to making sure only recyclable materials go into the blue bin.

### *Adopt a park, path or street*

Gather your friends and neighbors and Adopt-A-Park, Path or Street. It’s the perfect opportunity to help make your neighborhood a better place to play!

## 10. Reduce stress.

Need to get that post-holiday stress in check? Whether you'd like to attend an event, fitness class, or even a [counseling session](#), Tempe has something for everyone interested in winding down after the holiday season.

Try de-stressing with one of the popular relaxation classes for [Adults 18+](#), including *Yoga*, *T'ai Chi* and several other holistic workshops.



## Tips for keeping your New Year's resolutions

1. *Be realistic.*
2. *Make time-bound goals.*
3. *Plan ahead.*
4. *Find others trying to achieve the same goals and support each other.*
5. *Write it down and talk about it to make it real.*
6. *Track progress.*
7. *Reward yourself.*
8. *Be patient with yourself.*
9. *Maintain a positive attitude.*
10. *Keep on trying!*



Make 2018 the most productive, meaningful and fun year ever. Call Tempe Recreation at 480-350-5200 or visit [www.tempe.gov/brochure](http://www.tempe.gov/brochure) and make this year count!

