



**Arts & Crafts**

**PHOTOGRAPHY 101**

Learn how to take great exposures and improve your existing pictures in this five week class. You will learn how to fully understand your camera and make fantastic compositions and prints. DSLR or mirror-less camera required.

Instructor: David Miller Instructor fee: \$60 Supply fee: \$0

Location: Senior Center, Lounge

**Resident fee: \$16 Non-resident fee: \$21**

Sa 7/11-8/8 12:30-2:30 p.m. 55 yrs+

**WATER COLOR PAINTING – BEGINNER/ INTERMEDIATE**

Learn to paint in watercolor! Everything from how to apply the paint to composition and color will be covered. Bring your own supplies. Supply list is available at the Chandler Senior Center.

Instructor: DeeAnn Benson

Location: Community Center

**Resident fee: \$63 Non-resident fee: \$85**

Tu 6/9-7/28 9 a.m.-noon 55 yrs+

**Dance**

**LINE DANCING**

Whether you're a dancer or not, come learn some line moves get some exercise while you're at it!

Instructor: Donna Chapman

Location: Senior Center, Multipurpose Room

**Resident fee: \$16 Non-resident fee: \$22**

Tu 6/9-6/30 2-3 p.m. 55 yrs+

Tu 7/7-7/28 2-3 p.m. 55 yrs+

Tu 8/4-8/25 2-3 p.m. 55 yrs+

**Education**

**AARP DRIVER SAFETY PROGRAM**

Traffic rules, driving conditions, and roads themselves have changed over the years. AARP offers a defensive driving course that will help make you a safer driver. You may be eligible for an insurance discount upon completing the course! Make checks payable to AARP and turn them in at the Chandler Senior Center.

Instructor: AARP Instructor

Location: Community Center

**AARP member fee: \$15 Non-AARP member fee: \$20**

Th 6/18 1-5 p.m. 18 yrs+

Th 7/16 1-5 p.m. 18 yrs+

Th 8/20 1-5 p.m. 18 yrs+

**EXCEL I: INTRO TO MICROSOFT EXCEL**

Yes.. Excel can be fun! This class provides an introduction to Microsoft Excel for beginners. Subjects include file manipulation (new, open, save, save as), formatting, printing, beginning functions and available templates. Come learn how to us Excel to organize your work, finances and hobbies!

Instructor: Timothy Anderson

Location: Senior Center, Computer Lab

**Resident fee: \$18 Non-resident fee: \$25**

W 6/10-7/8 5-6 p.m. 18 yrs+

**ACTIVE ADULT CONTACTS & CLASS LOCATIONS**

**COMMUNITY CENTER**

125 E. Commonwealth Ave., 480-782-2727

Shaun Bishop, 480-782-2730 | shaun.bishop@chandleraz.gov

**SENIOR CENTER**

202 E. Boston St., 480-782-2720

Nancy Jackson, 480-782-2722 | nancy.jackson@chandleraz.gov

Eliza Haws, 480-782-2741 | eliza.haws@chandleraz.gov

**SNEDIGAR RECREATION CENTER**

4500 S. Basha Rd. (East of Alma School Rd., South of Ocotillo Rd.)

Susan Richardson, 480-782-2641 | susan.richardson@chandleraz.gov

**TUMBLEWEED RECREATION CENTER**

745 E. Germann Rd., 480-782-2900

Sean Paulson, 480-782-2913 | sean.paulson@chandleraz.gov

All class fees are paid during the registration process. All instructor and supply fees must be paid to your instructor at the first class.

**EXCEL II: INTERMEDIATE MICROSOFT EXCEL**

Learn how to take Excel to the next level! For those who have completed Excel I, or who have basic experience with Microsoft Excel. Subjects include intermediate formulas, charts/graphs, logical functions, numerical formatting, filtering and conditional formatting. Focus on real world application in professional and personal settings.

Instructor: Timothy Anderson

Location: Senior Center, Computer Lab

**Resident fee: \$26 Non-resident fee: \$35**

W 7/15-8/12 5-6:30 p.m. 18 yrs+

**FAMILY MEMORIES AND HISTORY WRITING WORKSHOP**

Using creative nonfiction techniques, write short vignettes to share with your children, grandchildren, and friends. Develop anecdotes that include humorous, sentimental, and cultural aspects of family life. Beginners and advanced writers are welcome.

Instructor: Marilyn Janson

Instructor Fee: \$0 Supply fee: \$10

Location: Community Center

**Resident fee: \$28 Non-resident fee: \$38**

M 6/8-6/29 10:30 a.m.-12:30 p.m. 55 yrs+

M 7/13-8/3 10:30 a.m.-12:30 p.m. 55 yrs+

**FACEBOOK FOR BEGINNERS**

This workshop is for the individual who would like to learn how to use Facebook, a web application used for social networking.

Instructor: Brigitte Calahate

Location: Senior Center, Computer Lab

**Resident fee: \$9 Non-resident fee: \$12**

Tu 7/7 7-9 p.m. 18 yrs+

Th 8/6 7-9 p.m. 18 yrs+

**HERE'S MY LIFE**

Combine your written history, memoires and photos into an expandable book. Vivid family experiences will come alive using my unique questionnaire. A written guide and instructor advice will help preserve your family history, and create something that is virtually priceless.

Instructor: Lisa Gershkowitz

Instructor fee: \$0 Supply fee: \$25

Location: Senior Center, Computer Lab

**Resident fee: \$3 Non-resident fee: \$5**

438SC.245 W 6/3 Noon-1:30 p.m. 55 yrs+

439SC.245 W 7/1 Noon-1:30 p.m. 55 yrs+

440SC.245 W 8/5 Noon-1:30 p.m. 55 yrs+

**INTRO TO ESSENTIAL OILS**

This series covers everything essential oil relations from the foundation, to the power behind proper health, emotional health, mood management all the way up to emergency preparedness! You'll receive a class topic outline on the first night. Come to one or all classes!

Instructor: Judi Juliano

Instructor fee: \$0 Supply fee: \$3

Location: Senior Center, Lounge

**Resident fee: \$3 Non-resident fee: \$5**

W 6/3-8/26 5:30-6:45 p.m. 55 yrs+

ACTIVE ADULT 55+ CLASSES

# active adult 55+ classes

## MICROSOFT WORD

This workshop is for the beginner who wants to learn about the Microsoft Word 2010 software. In this workshop, you will learn about the HOME menu bar and how to format text. Lots of examples provided.

Instructor: Brigitte Calahate

Location: Senior Center, Computer Lab

|                          |                               |         |  |
|--------------------------|-------------------------------|---------|--|
| <b>Resident fee: \$9</b> | <b>Non-resident fee: \$12</b> |         |  |
| Tu 6/16                  | 7-9 p.m.                      | 18 yrs+ |  |
| Th 8/20                  | 7-9 p.m.                      | 18 yrs+ |  |

## MICROSOFT POWERPOINT

This workshop will teach you the menu bar, formatting text, adding pictures/clipart, and basic features associated with PowerPoint 2010.

Instructor: Brigitte Calahate

Location: Senior Center, Computer Lab

|                          |                               |         |  |
|--------------------------|-------------------------------|---------|--|
| <b>Resident fee: \$9</b> | <b>Non-resident fee: \$12</b> |         |  |
| Tu 6/23                  | 7-9 p.m.                      | 18 yrs+ |  |
| Th 7/23                  | 7-9 p.m.                      | 18 yrs+ |  |

## PINTEREST FOR BEGINNERS

This workshop is for the individual who would like to learn how to use Pinterest, a web application which you can collect, share and use as an organizational tool.

Instructor: Brigitte Calahate

Location: Senior Center, Computer Lab

|                          |                               |         |  |
|--------------------------|-------------------------------|---------|--|
| <b>Resident fee: \$9</b> | <b>Non-resident fee: \$12</b> |         |  |
| Tu 6/30                  | 7-9 p.m.                      | 18 yrs+ |  |
| Th 7/30                  | 7-9 p.m.                      | 18 yrs+ |  |

## YOUTUBE FOR BEGINNERS

This workshop is for the individual who would like to learn how to use YouTube, a web application used to store, upload and view videos.

Instructor: Brigitte Calahate

Location: Senior Center, Computer Lab

|                          |                               |         |  |
|--------------------------|-------------------------------|---------|--|
| <b>Resident fee: \$9</b> | <b>Non-resident fee: \$12</b> |         |  |
| Tu 7/14                  | 7-9 p.m.                      | 18 yrs+ |  |
| Th 8/13                  | 7-9 p.m.                      | 18 yrs+ |  |

## Language

### SPEEDY SPANISH

You've mastered other languages, so add Spanish to your list. Because you already understand language concepts and terminology, we're not slowing down for that – or anything else. Ready, set, go!

Instructor: Juliette Spence Instructor fee: \$0 Supply fee: \$5

Location: Community Center

|                           |                               |         |  |
|---------------------------|-------------------------------|---------|--|
| <b>Resident fee: \$41</b> | <b>Non-resident fee: \$55</b> |         |  |
| W 7/1-7/22                | 1-4 p.m.                      | 55 yrs+ |  |

## LOOKING FOR MORE 55+ ACTIVITIES?

Log on to

[www.chandleraz.gov/senior-adults](http://www.chandleraz.gov/senior-adults)

to find our newsletter and check out the Teen and Adult section (pages 67-78)



Learn more about the Senior Center by scanning this QR code with your smart phone!



## Adopt-A-Park Program

The City's Adopt-A-Park Program offers citizens and especially park users, the opportunity to exhibit their pride in the community. It is set up for groups to visit the park of their choice on a regular basis to collect litter and complete other tasks and projects to ensure the park is kept clean. Local service and youth organizations, church and neighborhood groups can have fun while also providing a valuable community service. Groups can also win awards for their efforts. By adopting a community park, residents are making their parks more beautiful and are extending tax dollars by allowing City parks employees to spend their time on major renovation, repair and maintenance work. *For more information call 480-782-2667 or visit [www.chandleraz.gov/parks](http://www.chandleraz.gov/parks).*

## Sports & Fitness



### CHAIR YOGA

This 30 minute class focuses on whole body and mind well-being. Traditional yoga poses with the assistance of a chair.

Location: Tumbleweed Recreation Center, East Gym

**Fee: TRC rates apply (Included in TRC passes)**

|         |   |                |         |
|---------|---|----------------|---------|
| Drop-In | W | 8:15-8:45 a.m. | 55 yrs+ |
|---------|---|----------------|---------|

### HEALTHWAYS SILVER SNEAKERS® – CLASSIC

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support. Members are not required to be a Silver Sneakers® member to participate.

Location: Tumbleweed Recreation Center, East Gym

**Fee: TRC rates apply (Included in TRC passes)**

|         |   |           |         |
|---------|---|-----------|---------|
| Drop-In | M | 9-10 a.m. | 55 yrs+ |
| Drop-In | W | 9-10 a.m. | 55 yrs+ |

### SENIOR TOTAL BODY CONDITIONING

Senior Total Body Conditioning specializes in increasing strength and endurance to improve functional use in everyday activities.

Location: Tumbleweed Recreation Center, East Gym

**Fee: TRC rates apply (Included in TRC passes)**

|         |   |                 |         |
|---------|---|-----------------|---------|
| Drop-In | F | 9:30-10:30 a.m. | 55 yrs+ |
|---------|---|-----------------|---------|

**Check out Tumbleweed Recreation Center's Group Exercise Schedule on page 87 and at [www.chandleraz.gov/tumbleweed](http://www.chandleraz.gov/tumbleweed)**

### TAI CHI CH'UAN – ADVANCED

Learn additional techniques to strengthen your body and discipline your mind. Tai Chi is "an exercise for all, meditation for some, and a martial art for a few". Wear comfortable, loose fitting clothing, and flat bottom shoes.

Instructor: Carol Haynes

Location: Senior Center, Multipurpose Room

**Resident fee: \$40 Non-resident fee: \$54**

|   |          |                |         |
|---|----------|----------------|---------|
| W | 6/3-8/19 | 2:45-3:45 p.m. | 55 yrs+ |
|---|----------|----------------|---------|

### TAI CHI CH'UAN – INTERMEDIATE

Already been through the beginning class and want to advance? Review what you learned in the beginner class and then take it to the next level in this intermediate class!

Instructor: Carol Haynes

Location: Senior Center, Multipurpose Room

**Resident fee: \$40 Non-resident fee: \$54**

|     |           |                |         |
|-----|-----------|----------------|---------|
| M/W | 6/1-7/8   | 1:30-2:30 p.m. | 55 yrs+ |
| M/W | 7/13-8/19 | 1:30-2:30 p.m. | 55 yrs+ |

### TAI CHI CH'UAN – NEW BEGINNERS

If you want to learn and practice an exercise that does not require any special clothing or equipment, that can be done anywhere, and that will also improve your stamina and strength, then Tai Chi may be for you! This ancient exercise is a gentle way to improve balance, flexibility, bone strength and concentration. Tai Chi is a form of exercise based upon martial arts, and has no age limits due to the calmness of the movements. Wear comfortable, loose fitting clothing, and flat bottom shoes.

Instructor: Carol Haynes Instructor fee: \$0 Supply fee: \$3

Location: Senior Center, Multipurpose Room

**Resident fee: \$40 Non-resident fee: \$54**

|   |          |                |         |
|---|----------|----------------|---------|
| M | 6/1-8/17 | 2:45-3:45 p.m. | 55 yrs+ |
|---|----------|----------------|---------|

**ZUMBA® GOLD**

This class brings the exciting Latin and international dance rhythms from the original ZUMBA® program to the active adult population! Come dance to get fit!

Instructor: Diane Wadzeck

Location: Senior Center, Multipurpose Room

**Resident fee: \$16 Non-resident fee: \$22**

|   |          |              |         |
|---|----------|--------------|---------|
| M | 6/8-6/29 | 11 a.m.-noon | 55 yrs+ |
| M | 7/6-7/27 | 11 a.m.-noon | 55 yrs+ |
| M | 8/3-8/24 | 11 a.m.-noon | 55 yrs+ |

**Yoga, Pilates, T'ai-Chi & Meditation**

**ASHTANG YOGA**

Take ashtang yoga to learn the 8 steps to achieve full happiness. Obtain a total fitness of mind and body to rid yourself of physical and mental illness. You'll get a healthy body, positive mind and good posture.

Instructor: Nilima Shah

Location: Senior Center, Lounge

**Resident fee: \$28 Non-resident fee: \$38**

|   |          |                |         |
|---|----------|----------------|---------|
| W | 7/1-8/19 | 5:30-6:30 p.m. | 55 yrs+ |
|---|----------|----------------|---------|

**YOGA AND MEDITATION**

Learn exercises to relax tension from your mind and body. Learn to use these meditation techniques to gradually develop a special quality of mind and emotion. Yoga and meditation will help you to obtain optimal health. Bring an exercise mat and towel.

Instructor: Sudesh Abrol

Location: Senior Center, Lounge

**Resident fee: \$28 Non-resident fee: \$37**

|    |           |                       |         |
|----|-----------|-----------------------|---------|
| Th | 6/25-8/13 | 11:30 a.m.-12:30 p.m. | 18 yrs+ |
|----|-----------|-----------------------|---------|



We've been challenged to get gnarly and rock Park and Recreation Month 80s-style. Therefore we are offering an array of retro theme programs at 80s prices or for FREE! Check out all we have to offer and be entered to win a Parks & Recreation prize pack. The more you participate the more chances you have to win!

See the inside front cover of this issue and pages 16-17 for more information and program listings.

**Ongoing Activities for Active Adults at the Senior Center!**

**ARTS & CRAFTS**

**CRAFTS:** Free craft classes; all supplies provided. Alternating Tuesdays and Thursday at 9 a.m.

**CROCHET & CANVAS**

**STITCHING:** Join us for crochet and plastic canvas stitching projects. Every Tuesday at 8:30 a.m.

**CERAMICS:** Join us for ceramic painting. Buy objects to paint and bring the items with you to the class. Every Wednesday at 8:30 a.m.

**QUILTING:** Every Tuesday and Thursday at 8:30 a.m.

**CARDS & GAMES**

**BINGO:** Bring a friend or make some new ones while enjoying some fun, laughter and great prizes! Cost is 50 cents per card and there is no limit on the number of cards you can buy. Every Monday, Wednesday and Friday from 12:15-1:15 p.m.

**BRIDGE:** Monday and Friday from Noon-4 p.m., Tuesday and Thursday from 9-11 a.m., and Wednesday 12:30 p.m.

**BUNCO:** Monday, Wednesday and Fridays at 10 a.m.

**PITCH/CRIBBAGE:** Thursdays at Noon.

**EUCHRE:** Thursdays at Noon.

**HAND & FOOT CARDS:** Tuesday and Wednesday from 1-4 p.m.

**MAHJONG:** Tuesdays at 12:30 p.m.

**MEXICAN TRAIN DOMINOES:**

Thursday and Friday at 1 p.m.

**PINOCHLE:** Tuesday and

Wednesday at Noon.

**COMPUTER**

**COMPUTER LAB:** The Senior Center has a computer lab with 15 computers. You must be 55 or older to use the computer lab. The lab is not available during scheduled class times.

**HEALTH & SAFETY**

**AARP DRIVER SAFETY**

**PROGRAM (55 Alive):** Innovative, classroom driver re-trainer program to help people age 50 and older improve their driving skills. Class fee is \$15 resident/\$20 non-resident. Classes are held on the third Thursday of each month from 1-5 p.m. Contact the front desk at 480-782-2720 for a registration form.

**ARTHRITIS EXERCISES:** This low-impact 30 minutes of exercise is a winner for everyone. Drop in and give it a try. Every Monday, Wednesday and Friday morning at 8:30 a.m.

**MEDICAL SCREENINGS:**

St. Luke's Hospital sponsors blood pressure checks the first Thursday of every month from 9-11 a.m.

**OTHER**

**BENEFITS ASSISTANCE**

**PROGRAM:** Area Agency on Aging provides free Medicare consultations the second Monday of every Month. Call for an appointment.

**LEGAL AID:** 30-minute legal consultations sessions are offered one day every month. Call for the date this month!

**SOCIAL FUN**

**BOWLING:** Every Thursday at 1 p.m. at Kyrene Lanes, 6225 W. Chandler Blvd. Cost: \$6, which includes shoe rental and three games.

**KOFFEE KLATCH:** Get the morning off to a good start with friends! Fresh coffee, hot tea and hot chocolate are served in the dining room for 25 cents per day. Monday through Friday, 8:30-10 a.m.

**OUT TO THE MOVIES:** Join your friends and go out to the movies. Transportation is provided to and from the center to the theater. Cost is \$2 for admission. Go out once a month on the first Tuesday afternoon.

**OUT TO LUNCH BUNCH:** Join other seniors as we try out new restaurants on the second Wednesday of every month at 11 a.m. Call for the name of the restaurant each month.

**No registration is required for the ongoing activities at the Senior Center.**

**The Chandler Senior Center is located at 202 E. Boston St.**

**For details call 480-782-2720 or visit [www.chandleraz.gov/senior-adults](http://www.chandleraz.gov/senior-adults).**

**Living Tree Donation Program**

Through the City's Living Tree Program, you can help beautify our City parks, while celebrating life, by planting a tree! You can plant a tree in tribute of a wedding, birth of a child, anniversary, or to honor the memory of a loved one. Just donate money towards the purchase of a special tree, or donate a live tree to the City of Chandler Parks Division. We will then arrange for the park site and planting of the tree, as well as the tree maintenance. All living tree donations are tax-deductible.

**For more information visit [www.chandleraz.gov/Content/LivingTreeBrochure.pdf](http://www.chandleraz.gov/Content/LivingTreeBrochure.pdf) or call, 480-782-2753.**

