**Active Adult 55+ Classes**

**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  
**W** 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 new 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 use 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+

**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, memoirs 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  
**W** 438SC.245  
6/3  
Noon-1:30 p.m.  
55 yrs+  
**W** 439SC.245  
7/1  
Noon-1:30 p.m.  
55 yrs+  
**W** 440SC.245  
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 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.
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
Resident fee: $9 Non-resident fee: $12
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
Resident fee: $9 Non-resident fee: $12
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
Resident fee: $9 Non-resident fee: $12
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
Resident fee: $9 Non-resident fee: $12
Tu 7/14 7-9 p.m. 18 yrs+
Th 8/13 7-9 p.m. 18 yrs+

TAI CHI CH’UAN – NEW BEGINNERS
This ancient exercise is a gentle way to improve balance, flexibility, bone density, and also improve your stamina and strength, then Tai Chi may be for you! 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 density 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
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 – 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: Juliette Spence
Location: Community Center
Resident fee: $41 Non-resident fee: $55
W 7/1-7/22 1-4 p.m. 55 yrs+

LOOKING FOR MORE 55+ ACTIVITIES?
Log on to www.chandleraz.gov/senior-adults to find our newsletter and check out the Teen and Adult section (pages 67-78)
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 Wadzzek
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 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+

ASHTANG YOGA
Take ashtanga 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+

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 DOMINOS: 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.

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

RECREATION
PARK & RECREATION MONTH: Celebrating since 1965
We've been challenged to get gnarly and rock Park and Recreation Month 80s-style. Therefore we are offering an array of retro-themed 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.

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 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.

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 or call, 480-782-2753.