Art & Crafts

BEGINNING WHEEL THROWING FOR SENIORS
Learn the art of wheel-throwing in this beginning class especially for seniors. Sign-up with a friend or meet new friends in this fun and informative ceramics class!

Instructor: Doug Edwards  Instructor fee: $0  Supply fee: $10
Location: Tumbleweed Recreation Center, Ceramics Studio
Resident fee: $41  Non-resident fee: $56
W 3/4-3/25 11:30-1:30 p.m.  55 yrs+
W 4/1-4/22 11:30-1:30 p.m.  55 yrs+

JEWELRY WITH SHRINKY DINKS
Discover the possibility of shrinky dinks. Students make rings, hairpins, buttons and whatever their inner artist imagines after learning the technique.

Instructor: Vesna Taneva-Miller  Instructor fee: $0  Supply fee: $10
Location: Senior Center, Lounge
Resident fee: $9  Non-resident fee: $13
F 4/3 6-8 p.m.  12 yrs+

NEEDLE FELTING
Class participants will be introduced to 3D fiber art using wool rovings, a felt brush and felting needles. Each person will create a desert plant during class.

Instructor: Vesna Taneva-Miller  Instructor fee: $0  Supply fee: $10
Location: Senior Center, Lounge
Resident fee: $9  Non-resident fee: $13
F 3/6 10 a.m.-1 p.m.  12 yrs+
F 4/3 10 a.m.-1 p.m.  12 yrs+

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: $22
M 3/23-4/20  12:30-2:30 p.m.  55 yrs+

WATER COLOR PAINTING – BEGINNER
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: $53  Non-resident fee: $72
W 4/8-5/27  9:30 a.m.-noon  55 yrs+

WATER COLOR PAINTING – INTERMEDIATE
Continue to improve your skills and learn more tricks. Students must take beginner class first. Bring your own supplies.

Instructor: DeeAnn Benson  Instructor fee: $0  Supply fee: $0
Location: Community Center
Resident fee: $53  Non-resident fee: $72
Tu 4/7-5/26  9:30 a.m.-noon  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

SNEDEGAR 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
Jackie Garrett, 480-782-2907 | jackie.garrett@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.

Chandler Mayor Jay Tibshraeny's Committee for the Aging cordially invites you to attend the 25th Annual Senior Expo.

WEDNESDAY, MARCH 11, 2015
9 A.M. TO NOON
FREE
Blood Pressure & Glucose Checks

Community Center
125 E. Commonwealth Ave.

Offering information & services for active seniors like you!
Meet with representatives from a variety of health care agencies, leisure services, senior-related product firms, City departments and local organizations ready to serve your needs.
The Senior Expo is open to the public and admission is FREE!

For more information, call the Chandler Senior Center at 480-782-2720
ZENDOODLE – YOGA FOR THE BRAIN
Doodling can be relaxing and meditative when using zen designs and patterns. You don’t have to be an artist to learn this simple and beautiful technique. Come in, relax and make art.
Instructor: Vesna Taneva-Miller Instructor fee: $0 Supply fee: $10
Location: Senior Center, Lounge
Resident fee: $9 Non-resident fee: $13
F 3/20 6-8 p.m. 55 yrs+

Dance
LINE DANCING
Whether you’re a dancer or not, come learn some new moves and get some exercise while you’re at it!
Instructor: Donna Chapman
Location: Senior Center, Multipurpose Room
Resident fee: $16 Non-resident fee: $22
Tu 3/10-3/31 2-3 p.m. 55 yrs+
W 4/7-4/28 2-3 p.m. 55 yrs+
W 5/5-5/26 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 completion of 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: $21
Th 3/19 1-5 p.m. 18 yrs+
Th 4/16 1-5 p.m. 18 yrs+
Th 5/21 1-5 p.m. 18 yrs+

COMPUTER BASIC – I
This class is for beginners, using Windows7 and Microsoft Word 2010. Instructions will include terminology; mouse movements, creating and editing letters/documents. You will also learn to insert graphics along with printing, copying, cutting and pasting.
Instructor: M. Johnson Instructor fee: $0 Supply fee: $15
Location: Senior Center, Computer Lab
Resident fee: $41 Non-resident fee: $56
W 3/4-4/8 9-10:30 a.m. 55 yrs+
W 4/22-5/27 9-10:30 a.m. 55 yrs+

COMPUTER INTERMEDIATE – II
This class is designed for students with Basic I computer skills. Windows7-Microsoft Word 2010 will be used to create documents and apply graphics. Learn how to customize your computer; change font style/size, set margins, print, apply bullets/numbering and create file folders. Also learn to organize tables and prepare envelopes and labels.
Instructor: M. Johnson Instructor fee: $0 Supply fee: $15
Location: Senior Center, Computer Lab
Resident fee: $41 Non-resident fee: $56
W 3/4-4/8 1-2 p.m. 55 yrs+
W 4/22-5/27 1-2 p.m. 55 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: $28 Non-resident fee: $38
W 3/18-4/15 5-6 p.m. 55 yrs+

EXCEL II: INTERMEDIATE MICROSOFT EXCEL
Learn how to take Excel to the next level! This class is 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, with a focus on real world application in professional and personal settings.
Instructor: Timothy Anderson
Location: Senior Center, Computer Lab
Resident fee: $28 Non-resident fee: $38
W 4/29-5/27 5-6:30 p.m. 55 yrs+

EMAIL/INTERNET
(must have Basic I computer skills) Do you want to “send email” and “surf the internet”? This is the class for you! Search topics of interest on the World Wide Web and organize information by using bookmarks and favorites. Learn how to set-up email accounts; make travel reservations; online shop, create a personal address/contact book, understand sending, receiving, replying, forwarding, and attachments.
Instructor: M. Johnson Instructor fee: $0 Supply fee: $15
Location: Senior Center, Computer Lab
Resident fee: $28 Non-resident fee: $38
W 4/22-5/20 1-3 p.m. 55 yrs+

HERE’S MY LIFE
Combine your written history, memories 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 3/4 Noon-1:30 p.m. 55 yrs+
W 4/1 Noon-1:30 p.m. 55 yrs+
W 5/6 Noon-1:30 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 58-69)

iPAD EXPERIENCE
Grab your iPad, jot down your Apple ID and password and bring them all to class! Gain basic knowledge of the iPad including how to identify device buttons and icons, learn email, photos, videos and download/delete apps. Expand your iPad understanding by acquiring helpful and numerous tips.

Instructor: M. Johnson
Location: Senior Center, Computer Lab
Resident fee: $16 Non-resident fee: $22
M 3/2-3/23 1-3 p.m. 55 yrs+
M 4/6-4/27 1-3 p.m. 55 yrs+

iPHONE WORKSHOP
Learn the great things your iPhone can do for you! Students must have their Apple ID and password at the beginning of class. Learn about adding contacts, texting, emails, internet, maps, conference calls, blocking/deleting calls, sending calls to voicemail, photos, video use, and placing calls on hold, to name a few!

Instructor: M. Johnson
Location: Senior Center, Computer Lab
Resident fee: $28 Non-resident fee: $38
M 3/2-3/23 9:30-11:30 a.m. 55 yrs+
M 4/6-4/27 9:30-11:30 a.m. 55 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
Location: Community Center
Resident fee: $28 Non-resident fee: $38
M 3/2-3/23 10:30 a.m.-12:30 p.m. 55 yrs+
M 4/20-5/11 10:30 a.m.-12:30 p.m. 55 yrs+

Language

SPANISH I – BEGINNER
You know you want to do this! It’s all here, waiting for you: vocabulary, introductory grammar, and the opportunity to practice what you learn.

Instructor: Juliette Spence
Location: Senior Center, Multipurpose Room
Resident fee: $41 Non-resident fee: $55
Th 3/12-4/30 1-2:30 p.m. 55 yrs+

PASSPORT SPANISH
You’re not looking to master the language, just know a little for that upcoming trip to (fill in with any Spanish-speaking country). Go ahead and pack; you’ll be ready!

Instructor: Juliette Spence
Location: Senior Center, Multipurpose Room
Resident fee: $41 Non-resident fee: $55
Th 3/12-4/30 2:45-4:15 p.m. 55 yrs+

Special Events & Programs

KITT PEAK NATIONAL OBSERVATORY NIGHT EXCURSION
See page 8 for more details.

Sports & Fitness

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+

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: Betsy Hall
Location: Community Center
Resident fee: $18 Non-resident fee: $25
F 3/6-4/10 10-10:45 a.m. 55 yrs+
F 4/17-5/22 10-10:45 a.m. 55 yrs+

Yoga, Pilates, T’ai-Chi & Meditation

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
Location: Senior Center, Multipurpose Room
Resident fee: $40 Non-resident fee: $54
M 3/2-3/18 2:45-3:45 p.m. 55 yrs+

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.
Ongoing Activities for Active Adults at the Senior Center!

**ARTS & CRAFTS**

**CRAFTS**: Free craft classes; all supplies provided. Every 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., Monday 1-3 p.m.

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

**MEXICAN TRAIN DOMINOS**: Thursday and Friday at 1 p.m.

**PINGO**: Tuesday and Wednesday at Noon.

**SCRABBLE**: Thursdays at 12:30 p.m.

**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, glucose and cholesterol checks the first Thursday of every month from 9-11 a.m.

**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 last Wednesday of every month at 11 a.m. Call for the name of the restaurant each month.

**BIRTHDAY CELEBRATION**: Please sign up at the front desk to celebrate your birthday. A special table is reserved at lunch for our birthday guests on the last Friday of each month at 11:30 a.m.

**BIRTHDAY CELEBRATION**: Please sign up at the front desk to celebrate your birthday. A special table is reserved at lunch for our birthday guests on the last Friday of each month at 11:30 a.m.

**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 3/2-4/8 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: Carol Haynes
Location: Senior Center, Multipurpose Room
Resident fee: $40 Non-resident fee: $54
W 3/4-5/20 2:45-3:45 p.m. 55 yrs+

**YOGA AND MEDITATION**

Learn exercises to release 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: $38
Th 3/12-4/30 11:30-12:30 p.m. 18 yrs+

**BIRTHDAY CELEBRATION**: Please sign up at the front desk to celebrate your birthday. A special table is reserved at lunch for our birthday guests on the last Friday of each month at 11:30 a.m.