



Senior News

City of Chandler Senior Center

202 E. Boston Street
Chandler, AZ 85225

480-782-2720

Fax: 480-782-2725

www.chandleraz.gov/senior-adult

Monday–Friday
8 am– 5 pm

Holiday Closures:

Dec 25, Jan 1 & 18, Feb 15

BULLETIN BOARD

What time is it? 10 am? Time to party at the Senior Center!

Dec 2 - Christmas JOY Show: Ten31 Arts is a group of girls ages 7-17 are coming to entertain with their musical and theatrical acts!

Dec 7 - Name That Tune!

Dec 16 - Holiday Party with Ollie Mann!

Dec 18 - Sarah's Singers: A semi-professional singing group are coming to bring us holiday cheer through music and snacks!

Dec 31 - New Years Party with Carlotta Wheeler!

Jan 6 - Let's play The Price is Right!

Jan 8 - Breakfast with No Place Like Home Care

Jan 20 - Magic Show with Gary Kane

Feb 3 - Let's play Jeopardy!

Feb 12 - Valentine's Day with Dallas West

Feb 22 - Black History Program

Holiday Dinner Dance
Friday, December 11, 2015

5:30 - 8:30 pm

\$5 residents, \$7 non-residents
Dinner from Boston Market,
live music with Gene Mann
Band and pictures with Santa!

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New Year, New Goals!

December is when we start eating all the good stuff so we want to make sure we're earning all those treats—let's walk!

Come let us know if you want to participate in this initiative and keep track of your miles! We'll keep a running track along the card room wall of everyone participating.

For what purpose?

To get healthy! AND to train for the Mayor's Fun Run during the Ostrich Festival on March 5th!

Mark your calendars and save up \$20 for registration—let's show Chandler that seniors can be active too! More information to come!

Site Council

Site Council is back in session and the board is:

President: Prannath Tiku, **Vice-President:** Ann Moore,

Treasurer: Bert Crockett **Secretary:** Neil Bales.

Site Council: Bill Bennett, Lennie Bhaerman, Thelma Brown, Betty Crawford, Dwayne Jacobs, Mary Jane Jakubowski, Bert Johanson, LaVerne Johanson, George Pace, Gloria Pino-Lugo, Bob Reichard, Mary Ann Ringmann, Ed Roberts, Nick Simiz, Wanda Shaulis, Fred Utter, and Maretta Wood.

The next meeting will be January 11th at 9:30 am.

A special "thanks!" goes out to Chandler Walmart Supercenter #1512 for their generous donations to be used for bingo prizes.

City of Chandler Recreation

Recreation Coordinator II: Nancy Jackson (480) 782-2722

Recreation Coordinator I (Senior Center): Eliza Haws (480) 782-2741

Recreation Coordinator I (Therapeutics): Collette Prather (480) 782-2709

Customer Service Representative: Loretta Colson (480) 782-2720

Nutrition Program provided by Chandler Christian Community Center

Senior Food Programs Manager: Kelly Delgado (480) 782-2721

Community Outreach Specialist: Brianna Burrows (480) 503-6061

Senior News

December '15–February '16

WEEKLY ACTIVITIES

MONDAY

- Weights Exercise 8:30 am
- Standing Exercise 9 am
- Chair Exercise 9:30 am
- Bunco 10 am
- Bridge 12 pm
- Bingo 12:15 pm

TUESDAY

- Quilting 8:30 am
- Knitting/Crocheting 8:30 am
- Bridge 9 am
- Pinochle, Hand/Foot 12 pm
- Mah-Jong 12:30 pm

WEDNESDAY

- Ceramics 8 am
- Weights Exercise 8:30 am
- Standing Exercise 9 am
- Chair Exercise 9:30 am
- Bunco 10 am
- Hand/Foot 12 pm
- Pinochle 12 pm
- Bingo 12:15 pm
- Intermediate Bridge 12 pm

THURSDAY

- Quilting 8:30 am
- Bridge, Crafts 9 am
- Food Box/Bread Distribution 10 am
- Pitch 12 pm
- Scrabble, Mexican Train Dominoes 12:30 pm
- Euchre 1 pm
- Bowling at Kyrene Lanes (\$7.50) 1 pm

FRIDAY

- Weights Exercise 8:30 am
- Standing Exercise 9 am
- Chair Exercise 9:30 am
- Bunco 10 am
- Bridge 12 pm
- Bingo 12:15 pm

MONDAY-FRIDAY ACTIVITIES

- Koffee Klatch 8 am
- Computer Lab 8 am-5 pm
(excluding class time)
- Pool table 8 am-5 pm
(excluding exercise time and bridge)
- Lunch 11:30 am
- Mexican Train Dominoes 1:15 pm

SPECIAL SERVICES

Have Questions?

Call the **Senior Help Line** 602-264-4357.

Transportation: Dial a Ride 480-633-0101 ext. 4
Coupons for Cabs 480-962-7433

Peer Counseling: These free support services can help you work through problems, manage stress, achieve goals and cope with grief or depression. Contact Renee Ouellet with EMPACT at (602) 672-5048 for details and to make an appointment.

Benefits Assistance Program: Area Agency on Aging provides free Medicare consultations the second Monday of every month. Call the front desk to make an appointment.

Health Screenings: St. Luke's Hospital sponsors blood pressure readings for free the first Thursday of every month starting at 9 am.

AARP Smart Driver Course: Classes are offered the third Thursday of every month from 1-5 pm! Class fee is \$15 for AARP members, and \$20 for non-AARP members. Sign up in advance!

Legal Consultations: Attorney Cami Pickett is available for 30-minute legal consultation sessions on January 13th and February 24th from 9 am through 11:30 am. Sign up at the front desk for an appointment!

MedAssure: Keith from MedAssure will be in to adjust your ambulatory devices. He can fix your wheelchair, walker or cane! Just bring it in January 27th at 10 am!

BMI Screenings: Gemini Hospice offers free Body Mass Index (BMI) and blood pressure screenings the third Thursday of every month starting at 9 am.

Computer Help: Andrea Grech and Uma Nagulapalli from My House In-Home Care are here to assist you on Thursday mornings from 8:30-10 am in the computer lab. Bring in any and all questions!

Night Life at the Senior Center!

Residents: \$5, Non-residents: \$7
5:00pm - 6:30 pm

Thursday, January 21 - Bingo and Bagels!

Thursday, February 25 - Bingo and Burritos!

We can never have too much bingo so come out and play with us!

Senior News

December '15–February '16

CLASSES

A LIFETIME OF MEMORIES

Combine your living history, memories and photos into an expandable book. A written guide and instructor advice will help preserve your family history and create something priceless.

Resident fee: \$3	Non-resident fee: \$5	Supply fee: \$25
W 12/2	12-1:30 p.m.	55 yrs+
W 1/6	12-1:30 p.m.	55 yrs+
W 2/3	12-1:30 p.m.	55 yrs+

BEGINNING/INTERMEDIATE WATER COLOR

Learn everything from how to apply the paint to composition and color. Experienced painters will improve their skills and learn new tricks. Students must bring their own supplies. Supply list available at the Senior Center.

Resident fee: \$63	Non-resident fee: \$86	
Tu 1/5-2/23	9:30 a.m.-12 p.m.	55 yrs+

BEGINNER BRIDGE

Want to learn how to play bridge? Chandler Senior Center is the place to do it! Come start from the beginning and learn alongside other newbies!

There are opportunities to continue to practice with our bridge groups afterwards for free!

Resident fee: \$28	Non-resident fee: \$38	
M/Th 1/18-1/27	1:30-3:30 p.m.	18 yrs+

EXCEL I: INTRO TO MICROSOFT EXCEL

This class provides an introduction to Microsoft Excel for beginners. Subjects include file manipulation, formatting, printing and templates. Learn how to use Excel to organize your work, finances and hobbies!

Resident fee: \$18	Non-resident fee: \$25	
W 1/6-2/3	5:30-6:30 p.m.	18 yrs+

EXCEL II FOLLOW-UP CLASS

Resident fee: \$26	Non-resident fee: \$35	
W 2/10-3/9	5:30-7 p.m.	18 yrs+

FACEBOOK FOR BEGINNERS

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

Resident fee: \$9	Non-resident fee: \$12	
Tu 1/19	7-9 p.m.	18 yrs+

FAMILY MEMORIES WRITING CLASS

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. Both beginner and advanced writers welcome!

Resident fee: \$28	Non-resident fee: \$38	Supply fee: \$10
M 2/18-2/29	10:30 a.m. - 12:30 p.m.	18 yrs+

LINE DANCE

It's not only fun, it's exercise for the mind and body! Come out, learn some new moves and dance!

Resident fee: \$16	Non-resident fee: \$22	
Tu 12/8-12/29	2-3 p.m.	55 yrs+
Tu 1/5-1/26	2-3 p.m.	55 yrs+
Tu 2/2-2/23	2-3 p.m.	55 yrs+

ADVANCED LINE DANCE

Know your line dances? Want to shake it up, learn harder ones and become a better dancer? Come on out and dance some more!

Resident fee: \$16	Non-resident fee: \$22	
F 1/8-1/29	2-3 p.m.	55 yrs+
F 2/5-2/26	2-3 p.m.	55 yrs+

MICROSOFT WORD

In this workshop, you will learn how to use the HOME menu bar and how to format text.

Resident fee: \$9	Non-resident fee: \$13	
Tu 1/5	7-9 p.m.	18 yrs+

MICROSOFT POWERPOINT

This workshop teaches all the basic features associated with PowerPoint 2010.

Resident fee: \$9	Non-resident fee: \$12	
W 1/13	7-9 p.m.	55 yrs+

PINTEREST FOR BEGINNERS

Learn how to use Pinterest, a web application with which you can collect, share, and use as an organizational tool.

Resident fee: \$9	Non-resident fee: \$12	
Th 1/21	7-9 p.m.	55 yrs+

YOUTUBE FOR BEGINNERS

Learn the basics of YouTube, a web application used to store, upload and view videos.

Resident fee: \$9	Non-resident fee: \$12	
Tu 1/26	7-9 p.m.	55 yrs+

CLASSES, CONTINUED

PASSPORT SPANISH

Not looking to master the language but want to know a little for your upcoming trip to (insert any Spanish-speaking country)? You'll be ready!

Resident fee: \$43 Non-resident fee: \$58 Supply fee: \$5
Th 1/7-2/25 1-2:30 p.m. 55 yrs+

TAI CHI CH'UAN - NEW BEGINNERS

Come learn a martial art exercise that will improve your stamina and strength! Wear comfortable, loose fitting clothing.

Resident fee: \$34 Non-resident fee: \$46 Supply fee: \$3
M/W 12/2-1/13 2:45-3:45 p.m. 55 yrs+
M/W 1/25-2/29 2:45-3:45 p.m. 55 yrs+

TAI CHI CH'UAN - INTERMEDIATE

Second level!

Resident fee: \$34 Non-resident fee: \$46
M/W 12/2-1/13 1:30-2:30 p.m. 55 yrs+
M/W 1/25-2/29 1:30-2:30 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 optimize health. Bring an exercise mat and towel.

Resident fee: \$28 Non-resident fee: \$38
Th 1/7-2/25 11:30 a.m.-12:30 p.m. 18 yrs+

ZUMBA GOLD

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

Resident fee: \$16 Non-resident fee: \$22
Tu 12/1-12/22 10-11 a.m. 55 yrs+
Tu 1/5-1/26 10-11 a.m. 55 yrs+
Tu 2/2-2/23 10-11 a.m. 55 yrs+

ASHTANG YOGA

Rid yourself of physical and mental illness and gain a healthy body, positive mind, and good posture.

Resident fee: \$34 Non-resident: \$46
M/W 1/4-1/27 8:30-9:30 a.m. 18 yrs+

Full class listing in Break Time Magazine

MONTHLY OUTINGS

Movies and Lunch!!!

What more could you want???

Sign up at the Senior Center and come join us!
Transportation is provided and you pay your way!

December

Movie: Dec. 8 - \$2 at Pollack Cinemas.

The movie will be chosen on Dec. 4

Lunch: Dec. 9 - Cold Beers & Cheeseburgers
11 am

January

Movie: Jan. 5 - \$2 at Pollack Cinemas.

The movie will be chosen on Dec. 31

Lunch: Jan. 13 - Mod Pizza 11 am

February

Movie: Feb. 9 - \$2 at Pollack Cinemas.

The movie will be chosen on Feb. 5

Lunch: Feb. 17 - Ivy Mediterranean Lounge
11 am

Monthly Trips to the Casino

Wednesday, December 30

Fort McDowell

Cost: Free

Pick up at 8:30 am

Return between 4:30 and 5:00 pm

Wednesday, January 27

Vee Quiva

Cost: \$5

Pick up at 8:30 am

Return between 4:30 and 5:00 pm

Wednesday, February 24

Apache Gold

Cost: \$20 cash registration

Everyone gets \$25 to start at the slots!

Pick up at 8:30 am

Return between 4:30 and 5:00 pm

All cancellations must be made 24 hours or more in advance to have money refunded to you or put on your account. All cancellations made less than 24 hours in advance will forfeit their fee. Please register at the front desk.

ADVENTURES AND EXCURSIONS

**All cancellations must be made 3 business days in advance to receive a full refund. Less than 3 days notice will result in a 50 percent refund. No refund will be issued for cancellations made on the day of an excursion.

Tuesday, December 1 - Feed My Starving Children

Cost: \$3 registration fee, \$5 non-residents

- This was advertised in the last newsletter but there are still spots so if you want to give back, let us know! Lunch to follow on your own at Red Lobster!
- Leave at 9:00 am; return approximately 1:30 pm

Tuesday, December 15 - McCormick Stillman Railroad Park and Lights

Cost: \$3 registration fee, \$5 non-residents

- Come tour 2 mini museums in Scottsdale! The model train museum is free and the historical museum featuring Eisenhower's old car is \$2. Afterwards, we'll purchase train tickets at \$4 apiece to see the famous railroad lights around the park! Pack food for dinner in the park and money for a dessert stop at Sugar Bowl on the way home!
- Leave at 4:00 pm; return approximately 8:00 pm

Friday, December 18 - Mesa Swap Meet

Cost: \$3 registration fee, \$5 non-residents

- The Mesa Swap Meet has hundreds of vendors waiting to show you their goods and sell you last minute holiday gifts at great prices! Food is available and musical entertainment as well! Free to get in!
- Leave at 10:00 am; return approximately 2:00 pm

Tuesday, December 29 - Christmas at the Princess

Cost: \$8 registration fee, \$11 non-residents

- You won't want to miss this spectacular event! We're going to the Fairmont Scottsdale Princess' winter wonderland to take in all they have to offer! Free events include the carousel, the petting zoo, the Holiday Light Show and the Princess Express Train that takes you all around their lagoon to see their 2.8 million LED lights! Let's go walk around, eat, shop, ice skate, and enjoy the beautiful holiday spirit!
- Leave at 4:45 pm; return approximately 8:30 pm

Monday, January 25 - Phoenix Zoo

Cost: \$18 registration fee, \$25 non-residents

- So much to see, including the new Isle of the Tiger, the new 16,000 square feet habitat with all the bells and whistles that a tiger could hope for! Let's go see it while it's beautiful outside!
- Leave at 10:00 am; return approximately 2:00 pm

Thursday, January 28 - Out to Lunch Concert at the Mesa Arts Center with Stan Foster: Tribute to the Stars

Cost: \$3 registration fee, \$5 non-residents

- Pack a light lunch (or purchase from a vendor at the park) and bring a camping chair. You'll need these things while we go listen to an outdoor concert featuring Stan Foster! He does a variety of impersonations and is going to put on a spectacular concert showcasing the biggest stars from all eras. It's going to be a fun, relaxing time!
- Leave at 11:00 am; return approximately 2:00 pm

Tuesday, February 2 - Barleen's Arizona Opry Variety Show Dinner Theater

Cost: \$39 registration fee, \$53 non-residents

- We went to the Rock N Roll show but they can do so much more! Come see their Variety Show! Same great double entrée dinner of tender beef with gravy and chicken with rice!
- Leave at 5:30 pm; return approximately 10:30 pm

Friday, February 6 - Gilbert Art Walk

Cost: \$3 registration fee, \$5 non-residents

- Downtown Gilbert is so cute and quaint and explodes with art vendors during their "Art Walk" days. Come see what our neighbor town has to offer! Meet at Joe's BBQ at 11 am if you want to have lunch with the group or eat on your own!
- Leave at 9:30 am; return approximately 1:30 pm

Thursday, February 18 - Sonoran Sunset Series at the Environmental Education Center featuring the Real Thing Band

Cost: \$10 registration fee, \$14 non-residents

- Bring a lawn chair and maybe a jacket. We're going to enjoy the outdoors while we still can! The Real Thing Band features the up and coming powerhouse vocalist sisters Gransbergen and they can sing everything you throw at them. Backed up by a live band, this will be a fun concert to see outside on the lake by the Environmental Education Center. We'll provide dinner from Jason's Deli so just let us know your bread, meat, and dessert preference when you sign up!
- Leave at 6:00 pm; return approximately 8:30 pm

December 2015

MUSIC, EDUCATION, AND OTHER EXTRACURRICULAR OPPORTUNITIES

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 9 am - Trip to Feed My Children 10 am - Music with Jay Farris	2 10 am - Christmas Joy Show by Ten31 Arts	3 9 am - Computer Help 9 am - Blood Pressure Checks 9 am - Crafts with Juanita 9:30 am - Tai Chi Qigong 10:15 am - Mindfulness Group	4 10 am - Music with Dallas West 10 am - Creating Cards with Heather 1:15 pm - Movie: Madea Family Christmas	5
6	7 9 am - Benefits Assistance 10 am - "Name That Tune"	8 TBD - \$2 movie at Tempe 9 am - Paper Crafts with Wanda	9 10 am - "Coping with grief during the holidays" with Hospice of the Valley 11 am - Out to Lunch: Cold Beers & Cheeseburgers 1:30 pm - Rummikub Group	10 9 am - Computer Help 9:30 am - Tai Chi Qigong 10:15 am - Mindfulness Group	11 10 am - "Credit Scores and Smart Money" with Parkway Bank 5:30 pm - Holiday Dinner Dance	12
13	14 10 am - Music with Bob Doszak	15 4 pm - Trip to McCormick Stillman Railroad Lights	16 10 am - Holiday Center Party with Ollie Mann	17 9 am - Computer Help 9 am - BMI and Blood Pressure Checks 9 am - Crafts with Juanita 9:30 am - Tai Chi Qigong 10:15 am - Mindfulness Group	18 10 am - "Ask A Nurse" provided by Gina Robinson from Heart to Home 10 am - Trip to Mesa Swap Meet 10:30 am - Sarah's Singers	19
20	21 10 am - Art Social with Stephanie from Chandler Memory Care	22 9 am - Paper crafts with Wanda 10 am - Music with Carl Nyberg	23 10 am - Singing with Ralph	24 9 am - Computer Help	25 Closed for Christmas	26
27	28	29 4:45 pm - Trip to Christmas at the Princess	30 8:30 am - Fort McDowell Casino	31 9 am - Angel Committee 9:30 am - Tai Chi Qigong 10 am - New Year's Party with Carlotta Wheeler		

January 2016

MUSIC, EDUCATION, AND OTHER EXTRACURRICULAR OPPORTUNITIES

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Closed for New Year's Day	2
3	4 10 am - Music with Jai Mitchell	5 TBD - \$2 movie at Tempe Pollack Cinemas	6 10 am - The Price is Right 4:30 pm - Cracker Barrel with Gilbert	7 9 am - Computer Help 9 am - Blood Pressure Checks 9 am - Crafts with Juanita	8 9 am - Breakfast with There's No Place Like Home Care 10 am - Creating Cards 1:30 pm - Singing in the Rain class	9
10	11 9 am - Benefits Assistance 9:30 am - Site Council 10 am - Music with David Keller	12 10 am - Restless Leg Syndrome/ Circulation with Desert Cove	13 9 am - Legal Aid 10 am - Health Care Decisions with HOV 11 am - Out to Lunch: Mod Pizza 1:30 pm - Rummikub Group	14 9 am - Computer Help 9 am - Crafts with Wanda	15 10 am - Crocheted Totes with Plastic Class 1:15 pm - Movie: Cyber Senior 1:30 pm - Singing in the Rain	16
17	18 Closed for Martin Luther King Jr. Day	19 10 am - Music with MJ Moore	20 10 am - Magic Show with Gary Kane	21 9 am - Computer Help 9 am - BMI and BP testing 9 am - Crafts with Juanita 5 pm - Bingo and Bagels Nite	22 10 am - Singing with Ralph 1:30 pm - Singing in the Rain Class	23
24	25 10 am - Dancing with the Silver Foxes 10 am - Trip to the Phoenix Zoo	26 2 pm - Variety Show Auditions	27 8:30 am - Vee Quiva Casino 10 am - MedAssure 10 am - A Matter of Life: Talking About Suicide	28 9 am - Crafts with Wanda 11 am - Trip to Out to Lunch Concert	29 10 am - "How to Recognize the Onset of Dementia" 1:30 pm - Singing in the Rain	30

February 2016

MUSIC, EDUCATION, AND OTHER EXTRACURRICULAR OPPORTUNITIES

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 10 am - Music with Carlotta Wheeler 2 pm - Variety Show Auditions	2 5:30 pm - Barleen's Arizona Opry	3 10 am - Jeopardy	4 9 am - Computer Help 9 am - Blood Pressure Checks with St. Luke's Hospital 9 am - Crafts with Juanita	5 10 am - Village Holiday Smoothies Entertainment 10 am - Creating Cards 1:30 pm - Singing in the Rain Class	6 9 am - Trip to Gilbert Art Walk
7	8 9 am - Benefits Assistance 9:30 am - Site Council 10 am - RX Matters with Area Agency on Aging	9 TBA - \$2 Movie at Tempe Pollack Cinemas 10 am - Music with Jay Farris	10 10 am - What is Dementia Anyway? With HOV 1:30 pm - Rummikub	11 9 am - Computer Help 9 am - Crafts with Wanda	12 10 am - Valentine's Day Party with Dallas West 1:30 pm - Singing in the Rain Class	13
14	15 Closed for President's Day	16	17 10 am - "Should I stay or should I go?" - Family Home Care 11 am - Out to Lunch at Ivy Mediterranean Lounge	18 9 am - Computer Help 9 am - BMI and Blood Pressure 9 am - Crafts with Juanita 6 pm - Trip to Sonoran Sunset Series Concert	19 10 am - Singing with Ralph 1:15 pm - Movie: The Great Debaters 1:30 pm - Singing in the Rain Class	20
21	22 10 am - Black History Month Presentation	23 10 am - Music with Howard Clark	24 8:30 am - Apache Gold Casino 9 am - Legal Aid	25 9 am - Crafts with Wanda 5 pm - Bingo and Burritos Nite	26 1:30 pm - Singing in the Rain Class	27
28	29 10 am - Music with Looney Tuners 1:30 pm - Healthy Living Class begins					



CITY OF CHANDLER
Community Services Department
Mail Stop 501, P.O. Box 4008
Chandler, AZ 85244-4008



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