

# At Your Leisure

Leisure Activities for those 50 and better!

April - June 2020

## Stay Active, Stay Connected, Stay Informed



### STAY CONNECTED.....

Although we're all *social distancing* physically, as humans we need to stay connected emotionally. Take time to explore the digital activities throughout the newsletter. New opportunities will be sent out weekly for you to explore. You won't regret it!

### STAY INFORMED.....

The City of Peoria will continue to provide real-time assessments to ensure we are acting in alignment with the recommendations of our health care experts and officials, in the best interest of public health and safety.



City of Peoria

Neighborhood and Human Services

Family and Youth Services

Active Adult Program

Peoria Community Center

8335 West Jefferson Street

Peoria, Arizona 85345

[www.peoriaaz.gov/activeadults](http://www.peoriaaz.gov/activeadults)

HOURS OF OPERATION

**TEMPORARILY  
CLOSED**

IN ORDER TO PREVENT THE SPREAD  
OF THE COVID-19 (CORONAVIRUS).

# PEORIA COMMUNITY CENTER

## Stay Active, Stay Connected, Stay Informed

**Activities,  
call 623-773-7436**

**CITY OF PEORIA  
NEIGHBORHOOD & HUMAN  
SERVICES DEPARTMENT**

Family and Youth Services

**Paula Considine, CTRS, CPRP**

Recreation Superintendent  
Senior & Adaptive Programs  
Facility Rentals

[paula.considine@peoriaaz.gov](mailto:paula.considine@peoriaaz.gov)

**Ryan Stevens**

Active Adult Coordinator  
[ryan.stevens@peoriaaz.gov](mailto:ryan.stevens@peoriaaz.gov)

**Katherine Connors**

Administrative Assistant II  
[katherine.connors@peoriaaz.gov](mailto:katherine.connors@peoriaaz.gov)

**Nutrition Program,  
call 623-979-3570**

**NUTRITION PROGRAM**

Foundation for Senior Living  
(funded through the Area Agency on Aging)

**Josie Salas**

Director  
[peoriacap@msn.com](mailto:peoriacap@msn.com)

**Jaleala Greene**

Head Cook

**Bea Hernandez**

Receptionist

*“Public safety is the city of Peoria’s number one priority. As we continue to understand the impact of COVID-19, limiting community engagement is intended to support slowing the spread of this virus. I want to ensure Peoria residents that our core services, including police, fire-medical, water, solid waste, etc. will continue without interruption.”*

**— Peoria Mayor Cathy Carlat**

**NEED-TO-KNOW NUMBERS**

AARP Phoenix Office 866-389-5649

Dial-a-Ride 623-773-7435

City of Peoria  
General Information 623-773-7000

Graffiti Hotline 623-773-7494  
[graffitihotline@peoriaaz.gov](mailto:graffitihotline@peoriaaz.gov)

Community  
Information &  
Referral 602-263-8856

Senior Help Line 602-264-4357

Para mas informacion  
llame a Josie Salas 623-979-3570

**WELCOME!**

Free Tax Aide services have been suspended, however  
**Tax deadline has been extended until July 15**



## LUNCH

Congregate lunches have been suspended until the Community Center reopens. **If you live in Peoria and are in need of a hot lunch delivered to your home during our closure**, please contact Josie at 623-979-3570 or the Community Center at 623-773-7436.

## THURSDAY BROWN BAG

**Is still serving.....however we ask that you remain in your car and we will serve you there.**

Thursday BROWN BAG FOOD PROGRAM is for seniors and individuals with a physical and/or intellectual disability and families in need. Pick up food once a week on Thursday mornings (8:00 - 9:00 am approximately) at the Peoria Community Center. The variety includes vegetables, fruits, some miscellaneous products, drinks and usually some bread and pastries. Call 623-979-3570 for more information.

**EACH PERSON COUNTED  
IS WORTH \$3,000 IN  
PUBLIC SERVICES**

**MAKE SURE YOU COUNT!**

United States®  
**Census  
2020**

**[HTTPS://2020CENSUS.GOV/EN.HTML](https://2020census.gov/en.html)**



Although current trips have been suspended, we are working hard on planning new and exciting adventures.

Look for a new trip flyer to be released as soon as possible.

**In the meantime....**

Take virtual tours of some of the world's most popular destinations by clicking directly on the location below:

## **Google Earth**

[Click here to fly around the world digitally](#)

## **Smithsonian Museum Virtual Tours**

[Click here to virtually tour 10 different Smithsonian Museums](#)

## **San Diego Zoo Live Cams**

[Click here to view live streams of animals at the San Diego Zoo](#)

## **Monterey Bay Aquarium Live Cams**

[Click here to view live streams of marine life at Monterey Bay](#)

## **Aquarium of the Pacific Live Cams**

[Click here to view live streams of the various aquariums and exhibits](#)

## **Yellowstone Old Faithful Live Cam**

[Click here to view a live stream of the Upper Geyser Basin at Yellowstone](#)

## **Grand Canyon Virtual Hike and River Raft Tour**

[Click here to take a digital hike and raft tour through photographs of the Grand Canyon](#)



# Stay Fit!

ACTIVE ADULT  
PROGRAMS

**Join our fitness instructors in these digital classes.**

**Click on the classes below to take each at your own pace.**

**DANCE FIT**

**SIT AND FIT**

**WALK FIT**

**TAI CHI**

**New routines weekly**



**KEEP  
CALM  
AND  
EXERCISE  
ON**

# CLASSES

**Plan for classes and ongoing activities  
to return as soon as possible.**

**In the meantime, take advantage of some of these fun  
and educational sites. Click on each to learn more:**

## **Staying Sharp with AARP**

AARP is offering free access to games and brain teasers for the month of April.

## **Smithsonian Natural History Museum Virtual Tour**

Pan around to view the exhibits. The collections are literally at your fingertips.

## **TED Talks**

View thousands of lectures/presentations on a myriad of searchable topics.

## **Epicurious**

Find recipes, watch food preparation and various reviews.

## **Digital Coloring with Michael O'Mara Books**

Pick a book and photo, then begin coloring your work of art.

## **National Parks Service Media Library**

Explore photos, videos, articles, and documentaries covering our National Parks.

## **Explore Live Cams**

Select from animal and nature videos from all over the world. Ryan's favorite is the Decorah Bald Eagles. The babies recently hatched, and are often in view.

## **Quickdraw with Google**

Challenge artificial intelligence in a Pictionary style drawing game. Don't worry, there aren't any art critics around, and you're definitely better than Ryan!

# ONGOING PROGRAMS

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Even though we are closed, we miss you and want to stay in touch. What better way than to go virtual...?

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Click on the virtual activities below to join the video calls at their scheduled day and time.

## **LUNCH BUNCH WITH RYAN & FRIENDS**

We hope you will join us at lunch time, over a video conference, so that we can visit with one another from a safe distance.

**Tuesdays/Wednesdays/Thursdays**

**12:00pm**

[Join this Webex Meeting](#)

## **TRIVIA GAMES GROUP**

Log-on and challenge friends to trivia games covering pop-culture, history, music, and more...

**Mondays and Fridays**

**2:00pm**

[Join this Webex Meeting](#)

You can connect to the Webex video conferences from your smart phone, tablet, or computer by clicking on the activities above and following the prompts to join, during their scheduled time. Click [HERE](#) to view this helpful how-to video. This way you can ensure we will be able to see and hear you during our virtual activities.

# SPECIAL EVENTS

**Although we don't know when the programs will resume, we are still planning away.....so save the dates for these upcoming Special Events**

## Cinco de Mayo

### Fiesta

Tuesday, May 5  
9:30am -11:45 a.m.



**Let's have a fiesta!**

### Mariachi del Monte Campesinos

will play traditional mariachi music on authentic instruments. An authentic lunch and special dessert will be served.



## LUAU

Friday, June 12th  
9:30 am - Noon

Visit Hawaii via the Peoria Community Center!

This event features tropical refreshments, entertainment and a special lunch with pineapple upside down cake for dessert.

Entertainment by

**DJ ERIC**

From Electric Blue Entertainment

## National Senior Health & Fitness Day

Wednesday, May 27th,  
8:00am - Noon

FREE fitness activities, screenings, refreshments, guest speakers and blood pressure screenings, as well as other great activities.



Thursday, June 18th

12:00 pm—12:45 pm

Stay cool and enjoy our  
Summertime Ice Cream Socials  
with entertainment by

**Bob Mengel**

Special Events sponsored by:

**Humana**®

Please call FSL to register for lunch at 623-979-3570