



Recreation Division
Senior Adult Program
623-773-7436

At Your Leisure . . .

Summer 2007
July - September

Leisure Activities for those 50 and better!

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Peoria Community Center

8335 W. Jefferson
Peoria, AZ 85345
623-773-7436
[Http://recreation.peoriaaz.gov](http://recreation.peoriaaz.gov)

Hours of Operation:

Monday-Thursday
8:00 am-9:00 pm
Friday
8:00 am-5:00 pm

Holiday Closures:

Wednesday, July 4, 2007
Independence Day observed
Monday, September 3, 2007
Labor Day observed



“Celebrate the old west traditions at *Salute to Arizona!*”



“Take a trip and oh, the places we’ll go!”

Para mas informacion llame a Josie Salas, 623-979-3911.

CENTER STAFF

Welcome to the Center, and remember... The Recreation and C.A.P. personnel are here to serve you. Please do not hesitate to contact us if you are in need of additional information.

FOR ACTIVITIES CONTACT:

623-773-7436

**CITY OF PEORIA
COMMUNITY SERVICES DEPARTMENT
Recreation Division**

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FOR MEALS & SOCIAL SERVICES CONTACT:

623-979-3911

C.A.P. — NUTRITION
Foundation for Senior Living
(funded through the Area Agency on Aging)

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Sonia Hernandez
Head Cook

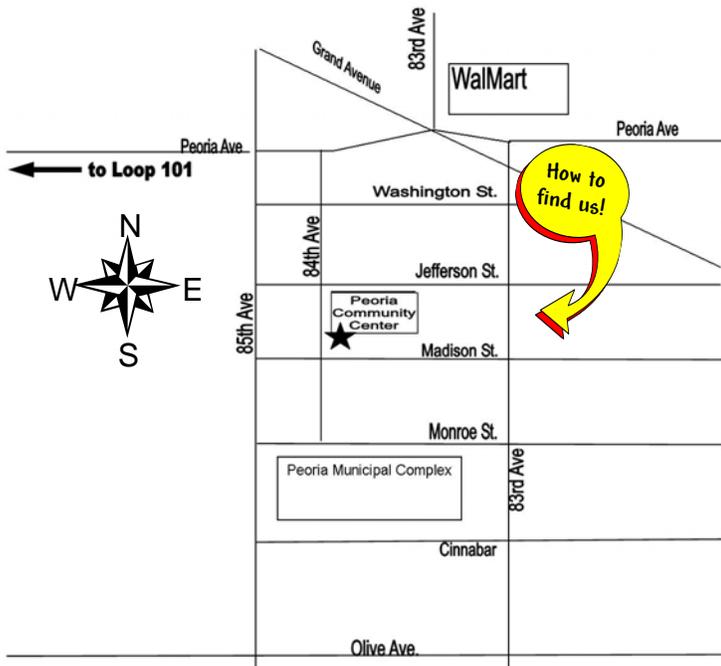
Paul Bull
Kitchen Aide

Matthew Schwartz
Assistant Cook

Jo Cea & Maggie Acel
Center Aides

Location address:

PEORIA COMMUNITY CENTER
8335 W. JEFFERSON ST.
PEORIA, ARIZONA
(2 BLOCKS SOUTH OF PEORIA AVE.)



Groups that meet at the Center:

<u>GROUP</u>	<u>DAY</u>	<u>TIME</u>
VFW Post 2135	2nd Wed	6:00-8:00 pm
A-Z Quilters	1 st & 3 rd Wed	7:00-9:00 pm
Korean War Vets	2nd Fri	12:30-3:30 pm
General Federation of Women's Clubs	1st Tues & 3rd Tues	11:00-3:30 pm 10:00-2:00 pm

Call the Community Center at 623-773-7436 to verify the above group meetings over the summer months. It might save you a trip!

Need to Know Numbers:

Community Information & Referral	602-263-8856
Senior Help Line	602-264-4357
AARP Phoenix Office	866-389-5649
City of Peoria - General Information	623-773-7000
Graffiti Hotline	623-773-7494
graffitihotline@peoriaaz.gov	

WELCOME!

Hello Everyone:

The Peoria Community Center is your place for an active, fun-filled summer.

The Center is open Monday through Friday at 8:00 a.m. This newsletter is published quarterly and is your resource to all the special events, classes, speakers, trips and more offered through the Recreation Division. In addition, the Community Action Program (C.A.P.) office oversees a nutrition program at the Center. Pre-registration is required for classes, trips and some special events and lunches.

Research shows keeping the brain active throughout our lives will pay dividends. Learning something new, playing table games and exercising are just some of the activities that can "fire up the brain cells"! So look through this newsletter and see the countless ways you can be ACTIVE!

To everyone who brought items for the Senior Activity Committee Rummage and Bake Sale, WE WANT TO SAY A GREAT BIG THANK YOU! The Committee is looking forward to purchasing items to enhance programs and services at the Center.

As always, there is no membership fee or residency requirement to attend our trips or programs.

Have a wonderful summer...Community Center Staff

No
Membership fee!

Non-residents
welcome!



Senior Activity Committee

We need your help! We want your input on programs & activities at the Center. The meetings are quarterly. The next meetings will be on:

Monday, July 2, 2007 and
October 1, 2007 at 10:00 am
for 30 minutes

Call Sonja Haldeman at 623-773-7921
for more information.

HERE'S HOW TO GET CONNECTED

- ◆ **Drop by and visit**, Monday-Friday between 8:00 a.m. and 5:00 p.m.
- ◆ Sign up to receive **email alerts** and be among the first to hear about trip destinations, special events, classes, and hikes. Email Lorrie at: communitycenter@peoriaaz.gov to be added to the list or give us a call.
- ◆ If you like to surf the **internet**, check out <http://recreation.peoriaaz.gov> and click on Senior Adult Programs.
- ◆ **At Your Leisure** is the quarterly newsletter for senior adults with the most up-to date listing of activities. It is available at the Community Center, Branch and Main Libraries, Sunrise Family Center and at the Parks and Recreation Office located in the Peoria Municipal Complex.
- ◆ Just give us a call at **623-773-7436**.

TRAVEL - in the Valley and Beyond

TRIP POLICIES AT A GLANCE ...

- All trips require a minimum number of registrations. Please adhere to deadlines as trips will be canceled if the minimum is not reached.
- Registration for trips is on a first-come/first-served basis.
- PAYMENT IS DUE AT TIME OF REGISTRATION.
- Please arrive at least 15 minutes before departure times.
- Cancellations: For events where a ticket has been purchased or space booked from an outside agency (theater, travel co., etc.), we cannot issue a full refund—we can only try to resell your ticket or you may sell it yourself. In some cases, a partial refund or credit will be issued. For cancellations where the preceding does not apply, credit will remain in your account or a refund will be mailed to you in approximately 3-4 weeks. No refunds on casino trips and no credits towards future trips.
- **Trip registration can be done in person, through TeleReg or RecConnect on June 21, 2007.**

Gila River Casino at Wild Horse Pass—#45476

Monday, June 25, 8:30 am-5:00 pm ----- \$2

“The King and I” at the Broadway Palm Dinner Theatre in Mesa—#42535

Thursday, July 12, 11:00 am-5:00 pm ----- \$68

Arizona Diamondbacks vs. San Diego Padres—#45498

Saturday, July 14, 5:30-10:30 pm ----- \$23

Mazatzal Casino in Payson—#45474

Wednesday, July 18, 7:30 am-5:30 ----- \$2

Fashion Show & Lunch at Heritage Palmeras—#45723

Thursday, July 26, 11:30 am– 2:00 pm ----- \$15

Gila River Casino at Wild Horse Pass—#45475

Monday, July 30, 8:30 am-5:00 ----- \$2

“Mystery Repeats Itself”: Federal Reserve Bank—#45487

Tuesday, July 31, 9:00 am-1:00 pm ----- \$25

Lunch at The Boulders Resort—#45488

Friday, August 10, 10:30 am-2:30 pm ----- \$35

Mazatzal Casino in Payson—#45477

Wednesday, August 15, 7:30 am-5:30 pm ----- \$2

Arizona Diamondbacks vs. Milwaukee Brewers—#45492

Tuesday, August 21, 5:30-10:30 pm ----- \$23

Gila River Casino at Wild Horse Pass—#45478

Monday, August 27, 8:30 am-5:00 pm ----- \$2

September Mystery Trip—#45489

Wednesday, September 5, 9:00 am-1:00 pm ----- \$23

TRIPS CONTINUED ON NEXT PAGE

more TRAVEL – etc.

Arizona Diamondbacks vs. San Francisco Giants—#45493 -----\$23
Monday, September 17, 5:30-10:30 pm

Mazatzal Casino in Payson—#45691 ----- \$2
Wednesday, September 19, 7:30am-5:30 pm

Gila River Casino at Wild Horse Pass—#45692 ----- \$2
Monday, September 24, 8:30am-5:00 pm

Additional trips for September will be advertised on a separate flyer available August 1, 2007. (Registration begins August 2nd)



Additional information can be found on trip flyers available at the Peoria Community Center.

Library Link

The Peoria Library has some great new activities scheduled for the coming months. The first is a three part program on Alzheimer's Disease. In the program you will learn about the behaviors that occur in the disease and what they can mean. The program is set for August 29th at 10:00 am, Willow Room in the Main Library. Parts two and three will be offered in later months.

On a lighter note we will be having an art program on the latest craze of Artist Trading Cards (ATCs). Come learn about Artist Trading Cards (ATCs), mini masterpieces of art that you can create, trade, and collect. The concept of ATCs was inspired by an artist in Switzerland who saw the popularity of trading sports cards and thought that artists could do the same. What started in his studio has grown to include world wide interest. With some paper, pictures, a glue stick and scissors any one can create mini masterpieces that will amaze everyone! Come join the fun and creativity and set your inner artist free! All materials will be provided. Registration required (623-487-5150). The program is at **Sunrise Mountain Library** on Sept 11th 4:00 pm & 7:00 pm, Presentation Room.

Coming this Fall! State of the art adult classes on Blogs, digital photography, and MP3 Players. Become the techno whiz you aspire to be!

The Bookworm Club

Join our daytime book discussion group the first Monday of the month at 1:00 pm at the Peoria Community Center. Read and chat about a wide variety of books. Group members provide their own copies of the book. Led by Millie Acres. Refreshments served at each meeting.

<u>Discussion Date</u>	<u>Book Title</u>
July 2	Ordinary Heroes by Scott Turow
August 6	The Memory Keeper's Daughter by Kim Edward
September 10	Inkheart by Cornelia Funk
October 1	A Lesson Before Dying by Ernest Gaines



Call 623-773-7436 for more information

Peoria Public Libraries

Main Library 8463 W Monroe Peoria, AZ 85345	Sunrise Mountain Branch 21200 N 83rd Ave Peoria, AZ 85382
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WELLNESS MATTERS

YOUR HEALTH AND FITNESS MATTERS...It really does! This space is devoted to classes, seminars and services designed to help you achieve or maintain an optimum level of wellness. Let us help you get started on a healthier you today by signing up for one or more of the activities listed below.

Sun Health Staying Well Program

"It's Never Too Late to Exercise"

Call Sun Health Line at 623-876-5432 to register or for more information.

TUE, 8/14 **10:30-11:30 am**

Blood Pressure Screenings

Volunteers with training from Boswell Hospital provide **free** blood pressure screenings throughout the year at the Center. **No screenings July or August.**

TUE, 9/4 **9:00-11:30 am**

Fit After 50 (year-round)

Stay active and well with a thorough resistance-training program using weights, dynabands and balls for muscular strengthening and stretching, followed by a lively low impact cardiovascular workout. No pre-registration is required. **Fee is \$1.00 per class/\$20 punch card.** Instructor: Sue Miller-Dee.

MON/WED/FRI, ongoing **8:00 – 9:00 am**

Body Works

This class integrates total body conditioning, yoga stretching, breathing techniques and relaxation exercises. Instructor: Lana Kerrigan

TUE & THU (8 classes) 8:30-9:30 a.m.

Session I, 7/3 #43432

Session II, 8/7 #43436

Session III, 9/11 #45563

Chair Exercise Class

Improve your posture! A compact, 45 minute routine performed "in the chair" using therabands. Led by a volunteer. **FREE!**

Tuesdays, ongoing **10:00-11:00am**

Walking & Hiking Orientation—#45641

Join this energetic group; Arizona is a perfect place for day hiking! Hikes are scheduled from October through April and are progressive in difficulty. Pre-registration is requested. **FREE**

Wednesday, 10/3 **9:00 a.m.**

Stretch and Tone

Pilates based exercises to improve core strength, stability and coordination. Balls, bars, weights and mats are provided. Instructor: Sue Miller-Dee

MON & FRI (12 classes) 9– 9:30 am **\$18**

Session I 7/23 #43434

Session II 9/10 #45564

12th Annual

Aloha Summer Strut

Senior Fun Walk

**Wednesday,
July 25, 2007
7:00 a.m.**

Arrowhead Towne Center

Early Bird Special, \$12 if postmarked by July 10

\$13 postmarked after July 10

\$15 day of event

Fee includes T-shirt,
entertainment, continental
breakfast, fun bag and door prizes!



For information, call 623-773-7436.

CLASSES

Ceramics

Ceramics is a fun and relaxing hobby. Class is open-entry, open-exit. Bring your own supplies or purchase them from the instructor. Four class punch card is available for \$25. Instructor: Dottie Weedman.

Mondays; ongoing 8:30 —11:00 am

Intro to Watercolor Painting

Express your creativity through painting with watercolors! Class is on going, open-entry, open-exit. Fee of \$13.50 will be collected each class by instructor for instructional materials and lesson plans. Supplies list is available at the Community Center. Instructor: Kathy Neal

Thursdays; ongoing 1:00 -3:30 pm
\$15/10 class punch card

Beading 101 - #45565

Create beautiful jewelry while learning the basics of bead stringing. You will make a double strand bracelet with a variety of colored glass beads; supplies are included in the fee. Instructor: Sonja Haldeman

FRI, 9/7 (1 class) 10:00 am-12 Noon \$12

Discovery 101

Interesting speakers on an assortment of topics done in partnership with various community agencies. No pre-registration required.

FREE Fri 10:45 am—11:30 am

7/20 Jackie Stanley "Rio Vista Recreation Center"

8/17 Liz Lucas "Overdrive and Bookletters"

9/21 Mike Fusco "Heat Stress Prevention"



Driver Safety Program

This defensive driving course is offered throughout the year at the Center. The cost for each session is \$10. Checks should be made payable to AARP, and brought on the first day of class. Space is limited and pre-registration is required. Attendance on both days is required from 9:00 am - 1:00 pm.

NO CLASSES IN JULY OR AUGUST

Thur & Fri 9/6 & 9/7 #42006



Line Dance

Meet up with other people and dance your way to fun and fitness! This progressive class has three levels and doesn't require a partner. Instructor: Pat Newell

6 classes \$18

Basics of Line Dance is a great class for the beginner. **Mondays, 1:00-2:30 pm**

Session I 7/23 #43430

Session II 9/10 #45566

Line Dance I is for the student with some-experience. **Mondays, 10:00-11:30 am**

Session I 7/23 #43435

Session II 9/10 #45679

Line Dance II is designed for the beginning/intermediate student. **Wednesdays, 9:30-11:00 am**

Session I 7/25 #45686

Session II 9/12 #45657



Avoid Regret, Register Today!

If you are interested in a class or trip, register today! Don't wait! If a minimum enrollment is not met before its start date, a class may be canceled.



ONGOING PROGRAMS

Social Games

These groups are free of charge, meet weekly and are open to new participants. Feel free to stop by and look in on any of the groups listed.



Duplicate Bridge	Mondays	12:30 pm
offered through the Valley of the Sun Bridge Club		
Canasta	Mondays	1:00 pm
Mex. Train Dominoes	Mondays & Wednesdays	9:15 am
Horseshoes	Tues & Thurs	9:15 am
Euchre	Wednesdays	12:00 pm
Social Bridge	Wednesdays	12:30 pm
Bunko	2nd & 4th Thursday	9:30 am
Pinochle	Thursdays	12:30 pm
Scrabble	Thursday	12:30 pm
Hand in Foot	Fridays	1:00 pm

CLASSIC FILM SERIES FOR THE YOUNG AT HEART

Bring back memories with films of Hollywood's biggest stars. Refreshments will be served.
Hosted by Ron Ford.

Tuesdays at 9:30 a.m. at the PCC

FREE!

August 21
"In the Good Old Summertime"

September 18
"Ball of Fire"

September 25
"The Harvey Girls"
10:30 am



Bingo

Tuesdays & Fridays 12:30 pm
Bingo cards cost 25¢ apiece and winners divide the money collected. Pots generally range from \$5-\$35. Bingo may start later on Special Event Days.

Grab Bag Bingo

Thursdays 11:00 am
A fun, free bingo every Thursday. Ten games are played and winners choose from an assortment of grab bags.

Busy Bee Crafters

Tuesdays 9:00 am
This creative group meets every week to share ideas and work on a variety of projects.

Hot Topics Discussion Club

Exercise your mind! Meet the 3rd Monday of the month at 1:00 pm to share information, debate opinions and ideas; topics will vary widely. Led by Millie Acres

Ballroom Dances!



The Community Center hosts weekly dances every Thursday afternoon from 1:30—4:00 pm. The \$4.00 admission fee includes live music by Bobby Freeman, refreshments and a door prize ticket.



New dancers welcome!



July

Call 623-979-3911 for Lunch
Reservations 24 hours in advance.

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p>2 Baked Chicken Steamed Potato Carrots Roll Fruit Cocktail</p>	<p>3 Hamburger Potato Salad Spinach Salad Bun Apple</p>	 <p>4 CLOSED INDEPENDENCE DAY</p>	<p>5 Liver Onions & Tomatoes Green Beans Roll Tapioca Pudding</p>	<p>6 Chef Salad Beets V-8 Juice Crackers Peachers</p>
	<i>Salute to America</i>			
<p>9 Turkey Sandwich Vegetable Soup Bread Pears</p>	<p>10 Beef & Broccoli Oriental Blend White Rice Mandarin Oranges</p>	<p>11 Baked Lasagna Spinach Garden Salad Roll Pineapple</p>	<p>12 BBQ Chicken Corn on the Cob Cole Slaw Bread Watermelon</p>	<p>13 Baked Cod Peas & Carrots Herb Potatoes Roll Ice Cream</p>
<p>16 Salisbury Steak Red Potatoes Brussels Sprouts Roll Fruit Cocktail</p>	<p>17 Baked Penne Pasta Garden Salad French Green Beans Roll Peaches</p>	<p>18 Cheese Enchilada Casserole Corn Orange Juice Rice Jell-O w/Fruit</p>	<p>19 Turkey, Ham, Cheese Sub Sandwich Cream of Broccoli Soup Banana</p>	<p>20 Chicken Strips French Fries Buttered Peas Bread Chocolate Pudding</p>
			<i>Ice Cream Social</i>	
<p>23 Pizza Carrots Garden Salad Orange</p>	<p>24 Meatloaf Mashed Potatoes w/ Gravy Green Beans Applesauce</p>	<p>25 Bean Tostada Mex-Tex Corn V-8 Juice Rice Pineapple</p>	<p>26 Chicken Patty Capri Blend Rice Pilaf Cookies</p>	<p>27 Battered Fish Lattice Fries Cole Slaw Roll Strawberries</p>
<p>30 Chicken Breast Mixed Veggies Garden Salad Roll Pears</p>	<p>31 Stuffed Bell Peppers Steamed Potatoes Veggie Blend Roll Fruit Salad</p>	<p>Lunch is served Monday through Friday at 11:45 a.m. A \$2.00 (\$2.50 on special event days) donation is requested to help offset food costs. The cost of the meal is done on a donation basis so that each of you can pay what is within your financial reach. If you cannot afford the total amount, any amount that you can afford is satisfactory. Each participant is requested to follow these guidelines. By doing so we all benefit.</p> <p style="text-align: center;"><i>Thanks, your Senior Center Staff and Site Council</i></p>		



Call 623-979-3911 for Lunch
Reservations 24 hours in
advance.

August

Monday	Tuesday	Wednesday	Thursday	Friday
<p>stay Cool</p> 		<p>1 Turkey Sandwich Potato Soup Broccoli Salad Apple</p>	<p>2 BBQ Ribbette Scalloped Potatoes Cauliflower Roll Pineapple Upside Down Cake</p>	<p>3 Beef Hot Dog on Bun Tater Tots Ranch Style Beans Cantaloupe</p>
<p>6 Roast Beef Sandwich Mashed Potatoes w/ Gravy Cauliflower Applesauce</p>	<p>7 Tuna Salad Cream of Broccoli Soup Tomato Wedges Crackers Fruit Cocktail</p>	<p>8 Meat Ball Sub Pasta Salad Yellow Squash Orange Juice Vanilla Wafers</p>	<p>9 Chicken Chow Mein Oriental Blend Veggies Carrots White Rice Peach Tarts</p>	<p>10 Baked Ham Cabbage w/Tomatoes Mashed Sweet Potatoes Roll Pears</p>
<p>13 Baked Chicken Steamed Potato Carrots Roll Fruit Cocktail</p>	<p>14 Chef Salad Beets V-8 Juice Crackers Peaches</p>	<p>15 Taco Salad Corn Orange Juice Tortilla Chips Jello w/Fruit</p>	<p>16 Liver Onions & Tomatoes Green Beans Tapioca Pudding</p>	<p>17 Hamburger Potato Salad Spinach Salad Apple</p>
			Ice Cream Social	
<p>20 Turkey Sandwich Vegetable Soup Pears</p>	<p>21 Beef & Broccoli Oriental Blend White Rice Mandarin Oranges</p>	<p>22 Baked Lasagna Spinach Garden Salad Roll Pineapple</p>	<p>23 BBQ Chicken Corn on the Cob Cole Slaw Bread Watermelon</p>	<p>24 Steak Peas & Carrots Herb Potatoes Ice Cream</p>
			Salute to Arizona	
<p>27 Salisbury Steak Red Potatoes Brussels Sprouts Roll Fruit Cocktail</p>	<p>28 Baked Penne Pasta Garden Salad French Green Beans Roll Peaches</p>	<p>29 Cheese Enchilada Casserole Corn Orange Juice Rice Jello w/Fruit</p>	<p>30 Turkey, Ham, Cheese Sub Sandwich Cream of Broccoli Carrot Salad Banana</p>	<p>31 Chicken Strips French Fries Buttered Peas Bread Chocolate Pudding</p>



Call 623-979-3911 for Lunch
Reservations 24 hours in advance.

September

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p>3 CLOSED LABOR DAY</p>	<p>4 Meatloaf Mashed Potatoes w/ gravy Green Beans Roll Applesauce</p>	<p>5 Bean Tostada Mex-Tex Corn V-8 Juice Rice Pineapple</p>	<p>6 Chicken Patty Capri Blend Lettuce & Tomato Rice Pilaf Cookies</p>	<p>7 Battered Fish Lattice Cut Fries Cole Slaw Roll Strawberries</p>
<p>10 Chicken Breast Mixed Veggies Garden Salad Roll Pears</p>	<p>11 Stuffed Bell Peppers Steamed Potatoes Veggie Blend Roll Fruit Salad</p>	<p>12 Turkey Sandwich Potato Soup Broccoli Salad Apple</p>	<p>13 BBQ Ribbette Scalloped Potatoes Cauliflower Roll Pineapple Upside Down Cake</p>	<p>14 Beef Hot Dog on Bun Tater Tots Ranch Style Beans Cantaloupe</p>
<p>17 Hot Roast Beef Sandwich Mashed Potatoes w/ gravy Cauliflower Applesauce</p>	<p>18 Tuna Salad Cream of Broccoli Soup Tomato Wedges Crackers Fruit Cocktail</p>	<p>19 Meat Ball Sub Pasta Salad Yellow Squash Orange Juice Vanilla Wafers</p>	<p>20 Chicken Chow Mein Oriental Blend Veggies Carrots White Rice Peach Tarts</p>	<p>21 Baked Ham Cabbage w/Tomatoes Mashed Sweet Potatoes Roll Pears</p>
<p>24 Chef Salad Beets V-8 Juice Crackers Peaches</p>	<p>25 Baked Chicken Steamed Potato Carrots Roll Fruit Cocktail</p>	<p>26 Taco Salad Corn Orange Juice Tortilla Chips Gelatin w/ fruit</p>	<p>27 Liver Onions & Tomatoes Green Beans Roll Tapioca Pudding</p>	<p>28 Hamburger Potato Salad Spinach Salad Apple</p>
				<p>Nostalgia Event!</p>



Call 623-979-3911 for Lunch
Reservations 24 hours in advance.



Nostalgia Week...take a trip down memory lane!

Munchkin Land Birthday Party

**Monday, 9/24
2:00 - 4:00 pm**

Rio Vista Recreation Center
8866 W. Thunderbird Rd.
Advance tickets \$1.00,
\$2.00 at the door.



Join us for a "showbiz" afternoon at Peoria's newest Recreation Center! Margaret Pelligrini, the oldest surviving member of the original Munchkins from The Wizard of Oz, will share her Hollywood experience, we'll see clips of the movie and celebrate her 84th birthday! For more information, and tickets, call 623-773-7436. Limited transportation from the Community Center.

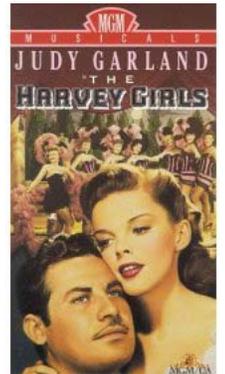
Registration deadline is Friday, 9/21.

"The Harvey Girls" Movie & Lunch

**Tuesday, 9/25
10:30 am-1:30 pm**

Peoria Community Center Annex
8335 W. Jefferson
\$2.00, lunch included

Remember the Harvey Girls? Rich in Arizona history, these women brought respectability to waitressing. Join us for the 1946 movie starring Judy Garland and a themed lunch. Registration deadline is Friday, 9/21.



MENU

Hen House Baked Chicken
Steamed Taters
Chillicothe Carrots
Home baked Roll
Santa Fe Fruit Cocktail

Second Annual Ladies Night Out Under the Stars

**Wed-Thurs, 9/26-27
12:30 pm-10:00 am
Desert Outdoor Center
Lake Pleasant
\$60**



If your best recollection of camping is frozen toes, a deflating mattress and a large rock in the middle of your back, take heart! Join us for an overnight retreat with all the conveniences of home at the Desert Outdoor Center at Lake Pleasant. Relax and enjoy the views, pamper yourself, line dance, hike, sing around the campfire, and make new friends. Register early, space is limited.

For more information, call 623-773-7436.

Nostalgia Show

**Friday, 9/28
9:30 am – Noon
Peoria Community Center
8335 W. Jefferson
Free**

Bring back memories of the great comedians and the wonderful big band era. The Desert Dancers will perform and Lynn Roberts will present "Music & Memories."

Lunch (\$2.50 donation suggested) with brownies & ice cream for dessert will follow event. Call 623-979-3911 to make your reservation.

