



Recreation Division
Senior Adult Program
623-773-7436

At Your Leisure . . .

Winter 2012
January-March

Leisure Activities for those 50 and better!

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Additional Parking

Parking can be difficult on busy days at the Community Center. Please remember that additional parking is available in the Park and Ride lot directly across the street from the Community Center at the corner of 84th Avenue and Jefferson.

Peoria Community Center

8335 W. Jefferson St.
Peoria, AZ 85345
623-773-7436
<http://recreation.peoriaaz.gov>

Hours of Operation:

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

Holiday Closures:

12/26 Christmas Holiday - Closed
1/2 New Year's Holiday - Closed
1/16 MLK Day - Closed
2/20 Presidents' Day - Lunch only

Cruise Party



Wild, Wild West



St. Patrick's Day



New Time!

Step Into Spring Fun Walk

Tuesday, February 21

10:00 am - Noon

\$15

Join us at the Peoria Sports Complex, the spring training facility for the Padres and Mariners, located at 16101 N. 83rd Avenue for a heart healthy morning followed by lunch. Entertainment by Bobby Freeman, fun bag, wellness fair, T-shirt, lunch and door prizes for only \$15. Registration forms are available at Peoria Community Services office, Peoria Libraries, Rio Vista Recreation Center and Peoria Community Center, or you can download it at recreation.peoriaaz.gov. **Register by the February 7 deadline to guarantee your t-shirt at the walk.** For more information, call 623-773-7436.



PEORIA COMMUNITY CENTER

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

Paula Considine, CTRS, CPRP

Recreation Supervisor
Senior & Adaptive Recreation Programs
Facility Rentals
paula.considine@peoriaaz.gov

Bill Moss

Recreation Coordinator
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Lorrie Mengel

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lorrie.mengel@peoriaaz.gov

Erin Cammarata

Administrative Assistant II
erin.cammarata@peoriaaz.gov

FOR MEALS & SOCIAL SERVICES CONTACT

623-979-3911

C.A.P. — NUTRITION

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

Josie Salas — Director

peoriacap@msn.com

Matthew Florez-Gonzales

C.A.P. Supervisor
m.florez-gonzales@juno.com

Bea Hernandez, Maria Sigala

Caseworker

Sonia Hernandez

Head Cook

Angel Gardea & Ida Reyes

Assistant Cooks

Jo Cea, Maggie Acel

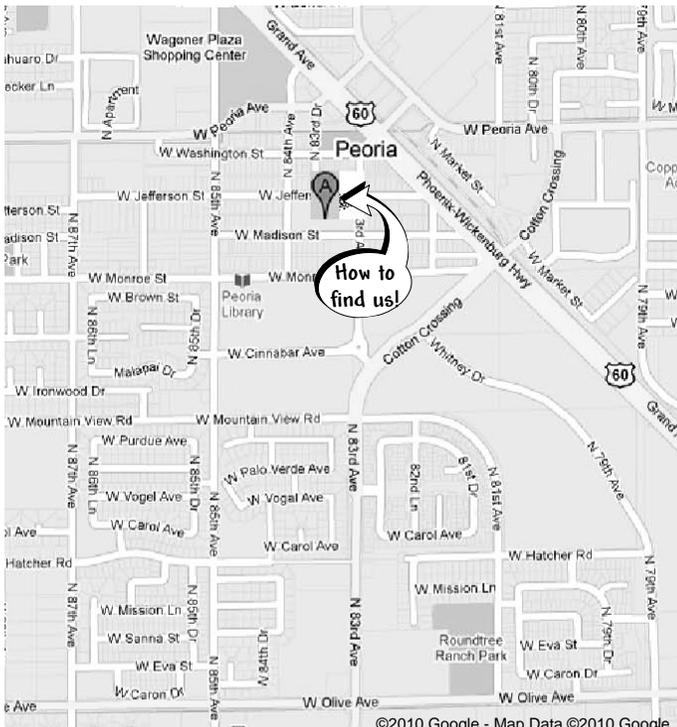
Center Aides

Rosalie Gamez

Receptionist

Location Address:

PEORIA COMMUNITY CENTER
8335 W. JEFFERSON ST.
PEORIA, ARIZONA 85345
(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.	7:00-8:00 pm
Korean War Vets	2nd Fri.	2:00-3:30 pm
Peoria Women's Club	1st Tues	11:00-3:30 pm

**Currently meeting at Rio Vista Recreation Center, 8866 W. Thunderbird

**Currently meeting at DCSB building, 9875 W. 85th Ave

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

Need to Know Numbers:

AARP Phoenix Office	866-389-5649
City of Peoria Dial-a-Ride	623-773-7435
City of Peoria - General Information	623-773-7000
Community Information & Referral	602-263-8856
Graffiti Hotline	623-773-7494
	graffitihotline@peoriaaz.gov
Senior Help Line	602-264-4357

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

WELCOME!

As the holidays come and go, you will start to see familiar faces return as our resident snowbirds arrive for the winter. We may be in cramped quarters, but even through construction traffic, noise and the occasional power outage, we've been keeping plenty busy with all of our senior activities.

We've got line dance and exercise, card games and bingo, books to read and crafts to make. There is plenty to do, and all this happens before lunch! Don't forget our Thursday Afternoon Tea Dance featuring Bobby Freeman. You owe it to yourself to give it a try. Put on your dancing shoes and drag your partner down here. I guarantee a good time. If you have an interest in one of our existing classes or want to start a new one, stop me in the hall or drop me a line. I'd love to hear from you.

For those of you who are more adventurous, try joining us on some of our off-property trips. From new restaurants with great food, our ever popular mystery trips, and casino outings to new adventures around the state, there is something for everyone.

Looking ahead, we have some of our most popular celebrations quickly approaching. Our Caribbean Cruise Party is January 20. Valentine's day quickly follows on February 14 with some very special entertainment from Elvis himself. That is quickly followed by Step Into Spring and then my favorite, St. Patrick's Day with our horse and jockey racing. When you look outside at our new building rising into the sky, I hope you are as excited as the staff for the possibilities that await. I am sure we will again be inconvenienced, from time to time, by the hustle and bustle of our construction crews as they work to complete our new home. We will try to keep the disruptions to a minimum, but please be patient. The end result will be well worth the wait!

*Bill Moss
Recreation Coordinator*

Senior Picnic at Osuna Park!

Wednesday, March 7

Registration begins February 1, see page 8 for details.



AARP Tax Aide Program

During the Community Center renovation, the Tax Aide Program will relocate to Valley Community Church, 8412 W. Washington St. Peoria, AZ 85345. The schedule will be Tuesdays & Wednesdays, 9:00 a.m.- 2:00 p.m. February 7 through April 11, 2012. See Community Center front desk for flyer. 623-773-7436.

LET US COME AND VISIT!

Our Program Staff would like to meet with any community group to talk about programs offered for active adults in Peoria. If you would like to have more information or book a speaker, email william.moss@peoriaaz.gov or call 623-773-7921.

HERE'S HOW TO GET CONNECTED!

- ◆ **Just give us a call at 623-773-7436.**
- ◆ **Drop by and visit**, Monday-Friday between 8:00 a.m. and 5:00 p.m.
- ◆ **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, Rio Vista and at the Parks and Recreation Office located in the Peoria Municipal Complex.
- ◆ **Surf the internet**, check out www.peoriaaz.gov/seniors
- ◆ **Sign up to receive email alerts** and be among the first to hear about activities for adults, 50 & better. Call or email us at: communitycenter@peoriaaz.gov to be added to the list.

DAY TRIPS

MAZATZAL CASINO in PAYSON - Stay cool and escape to the mountains! Receive \$15 credit slot play or \$10 matching for Bingo. Bring ID if it's your birthday month, you'll receive an additional \$10!

No refunds will be given for cancellations and no credit toward future trips.

Wednesdays, 7:30 am - 5:30 pm

January 18 - #66874, February 15 - #66875, March 14 - #66876 \$2

GILA RIVER CASINO AT LONE BUTTE - Receive \$10 in bonus play upon arrival. Monday is bingo day at Lone Butte. **No refunds will be given for cancellations and no credit toward future trips.**

Mondays, 8:30 am - 5:00 pm

January 23 - #66878, February 27 - #66879, March 26 - #66880 \$2

JANUARY MYSTERY TRIP

"Oh, the places you'll go." The only clue: this month's mysterious destination will take you away from it all. Lunch will be on your own. Fee includes luxury transportation.

#67005 - Tuesday, January 10, 2012, 8:30 am - 2:00 pm..... \$29

DAC—THE DUCE

Join the Dining Adventure Club at this eclectic downtown eatery in the Phoenix warehouse district. Prepare yourself for a great lunch and maybe some pie or something from the soda fountain. Lunch and dessert is on your own. Luxury transportation is provided.

#67007 - Friday, January 13, 2012, 11:00 am - 2:00 pm.....\$21

LUNCH AROUND THE WORLD—Cosanti Tour and Lunch at Culinary Dropout

Join us for a tour of Paolo Soleri's famous Cosanti. Our morning tour includes the residence, sculpture studio and foundry. You will have plenty of time to look and shop for his famous wind bells. Lunch will follow at the Culinary Dropout in Scottsdale. Fee includes tour and transportation by City vans. Lunch is on your own.

#67011 - Wednesday, January 18, 2012, 9:00 am - 2:00 pm.....\$26

LADIES FIREARM EDUCATION

This is an entry level handgun class designed for women with minimal or no formal handgun training. This class will progress the shooter through the basic necessities of the proper handling and deployment of a firearm. In addition to firearm safety and nomenclature, participants will be able to practice shooting on the indoor range. Instructors will assist in the selection of a firearm if you do not already own one. All firearm rentals are included in the class. Ammunition can be purchased in 10 round bags. Students are encouraged to try as many different weapons as they would like. Class meets at Shootersworld at 8966 W. Cactus Rd in Peoria.

#67012 - Tuesday, January 24, 2012, 9:30 am - 12:00 pm.....\$35

MESA MARKETPLACE AND SWAPMEET

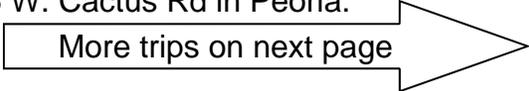
Join us as we travel to the famous Mesa Marketplace Swapmeet in the far east valley. There will be over a mile and a half of aisles full of different vendors. Lunch will be on your own at your choice of outlets at the swapmeet. Trip fee includes luxury transportation.

#67013 - Friday, January 27, 2012, 9:00 am - 2:00 pm.....\$24

FIREARM EDUCATION

Guys, we wouldn't want to leave you out of the fun. This coed class is open to gentlemen and is perfect for couples. Class will progress the shooter through the basic necessities of the proper handling and deployment of a firearm. Participants will be able to practice shooting on the indoor range. Instructors will assist in the selection of a firearm if you do not already own one. Firearm rentals are included. Ammunition can be purchased in 10 round bags. Students are encouraged to try as many different weapons as they would like. Class meets at Shootersworld at 8966 W. Cactus Rd in Peoria.

#68697 - Tuesday, January 31, 2012, 9:30 am - 12:00 pm.....\$35

More trips on next page 

FEBRUARY MYSTERY TRIP

“Oh, the places you’ll go.” The only clue: this month’s mysterious destination will inspire you. Lunch will be on your own. Fee includes luxury transportation.

#67000 - Wednesday, February 1, 2012, 9:15 am - 2:00 pm \$36

DAC - TOM’S TAVERN

Join the Dining Adventure Club. Have lunch with Bill at this historic Phoenix eatery. Tom's Tavern has been around for decades and was once THE place for a power lunch in the Phoenix area. If you love Phoenix history, this is the trip for you. Lunch is on your own. Fee includes luxury transportation.

#67010 - Wednesday, February 8, 2012, 11:00 am - 2:00 pm \$21

WELLNESS MATTERS

Banner Health Community Education Program

Blood Pressure Screenings

Volunteers with training from Boswell Hospital provide free blood pressure screenings.

Tues., 1/3, 2/7, 3/6 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 cardio workout. No pre-registration is required. Fee is \$1.50 per class, punch cards are \$30/20 classes or \$15/10 classes. Instructors: Tammy Bielewicz & Maxine Morse



Mon/Wed/Fri (ongoing) 8:15-9:15 am

Tai Chi

Use gentle physical exercise and stretching to reduce stress, increase flexibility, energy, coordination, and balance. Instructor: Mirella Tohatan



Mon & Wed	6:00-7:00 pm	
6 weeks starting 1/18	#66595	\$30
No class 2/20		
6 weeks starting 3/5	#66689	\$30
6 weeks starting 4/16	#69296	\$30

Chair Exercise Class

Improve your posture! A compact, 30-minute routine performed “in the chair” using therabands. Led by a volunteer. FREE!



Tuesdays & Thursdays, ongoing, 10:00-10:30 am



CLASSIC MOVIE MADNESS!

Come on down to the Center and enjoy a movie on our big screen. Tuesdays, 12:30 p.m.

- Dec. 27 **Winchester '73** (1950) Rock Hudson, James Stewart.
- Jan. 3 **The Man Who Knew Too Much** (1956) James Stewart, Doris Day.
- Jan. 10 **Move Over Darling** (1963) Doris Day, James Garner.
- Jan. 17 **The Great Escape** (1963) James Garner, Steve McQueen.
- Jan. 24 **Charade** (1963) Cary Grant, Audrey Hepburn.
- Jan. 31 **Breakfast at Tiffany's** (1961) Audrey Hepburn, George Peppard.
- Feb. 7 **How the West Was Won** (1962) John Wayne, Gregory Peck.
- Feb. 14 **The Snows of Kilimanjaro** (1952) Gregory Peck, Ava Gardner.
- Feb. 21 **Showboat** (1951) Howard Keel, Ava Gardner.
- Feb. 28 **It's a Mad, Mad, Mad, Mad World** (1963) Spencer Tracy, Milton Burle.
- Mar. 6 **National Velvet** (1944) Mickey Rooney, Elizabeth Taylor.
- Mar. 13 **How Green Was My Valley** (1941) Walter Pidgeon, Maureen O'Hara.



CLASSES

Discovery 101

Interesting speakers on an assortment of topics done in partnership with various community agencies. FREE and no pre-registration required. Once a month, Fridays, 10:45-11:30 am

Ceramics

Ceramics is a fun and relaxing hobby. Open-entry, open-exit classes. Bring your own supplies or purchase them from the instructor. Instructor: Dottie Weedman.

Mondays (ongoing) 8:30-11:00 am
\$25/4-class punch card

Line Dancing

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

Line Dance I is for the beginner/improver student. It will introduce basic terminology, steps and patterns.

Mondays 9:30-11:30 am
5 classes starting 1/9 #66589 \$25
No class on 1/16
6 classes starting 2/27 #66569 \$30
6 classes starting 4/9 #69297 \$30

Line Dance II is designed for the dancers who have basic knowledge of dance terminology and some previous experience. Dances will range from beginner to beginner-plus in difficulty level.

Wednesdays 9:30-11:30 am
6 classes starting 1/11 #66590 \$30
6 classes starting 2/22 #66567 \$30
6 classes starting 4/4 #69294 \$30



Beading 101 #69304

Create a beautiful pair of earrings while learning the basics of bead stringing. Supplies included in fee. Instructor: Sonja Haldeman

Friday, 3/9 9:30-11:30 am \$12



Driver Safety Program

This defensive driving course is offered throughout the year at the Center. The cost is \$12 for members and \$14 for non-members. Checks should be made payable to AARP and brought on the first day of class. Space is limited and pre-registration is required. 8:30 am - 1:00 pm.

Jan. 6 #66573
Feb. 3 #66574
Mar. 2 #66575

WE NEED YOUR HELP!

The Peoria Community Center is always looking for volunteers to help with various programs and special events. If you are interested in volunteering, please contact Bill Moss at 623-773-7921.

Have an idea for a new program or class? Let us know at the Community Center front desk, or contact us at 623-773-7921.

Show off your culinary skills! We need desserts and baked goods for the following events:

- ◆ Caribbean Cruise Party,
January 20 — Dessert Items
- ◆ Valentine's Day Party,
February 14 — Single Layer Cakes

Avoid Regret! If you are interested in a class or trip, don't wait to register! If a minimum enrollment is not met before its start date, a class may be cancelled.

ONGOING PROGRAMS

Social Games & Groups

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	Mondays	12:30 pm
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Offered through the Valley of the Sun Bridge Club

Canasta	Mondays	1:00 pm
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Mex. Train Dominoes	Mondays & Wednesdays	9:15 am
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Nintendo Wii	Tuesdays & Fridays	9:00 am
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Bible Study	Wednesdays	1:00 pm
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Euchre	Wednesdays	12:30 pm
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Social Bridge	Wednesdays	12:30 pm
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Scrabble	Thursdays	12:30 pm
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Pinochle	Thursdays	1:00 pm
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Hand & Foot	Fridays	1:00 pm
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The Bookworm Club



Discussion group meets the first Monday of the month (excluding holidays) at 1:00 pm at the Center. Read and chat about a wide variety of books. Group members provide their own copies of the book. Led by Millie Acres.

<u>Date</u>	<u>Book Title</u>	<u>Author</u>
1/9	The Good Sister	Drusilla Campbell
2/6	Trinity	Leon Uris
3/5	The Other Rembrandt	Alex Connor

Bingo

Tuesdays & Fridays 12:30 pm

Bingo cards cost 25¢ each and 50¢ for the coverall and winners divide the money collected. Pots generally range from \$5 - \$35. Bingo starts at 1:00 pm on Special Event Days.

Grab Bag Bingo

Thursdays 10:45 am

Fun, free bingo every Thursday. Eight 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.

Lunch

The Community Action Program (CAP) invites seniors 60 and older for lunch at 11:45 am, Monday through Friday at the Center. A \$2.75 (\$3.00 on special event days and for those under 60) 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. **Copies of monthly menus are available at the desk.** A 24 hour reservation for lunch is requested; call the CAP Office at 623-979-3911.



Thursday Afternoon Tea Dances!

Live music for your dancing pleasure provided by Bobby Freeman, who is well known as the organist for the AZ Diamondbacks. Dances are held each **Thursday from 1:30-4:00 pm** at the Center. The \$4.00 admission includes refreshments & a door prize ticket. **New dancers are always welcome!**



SPECIAL EVENTS

You are invited to join in the fun! Events take place at the Community Center and are free unless otherwise noted. Lunch is served following most events; a \$3.00 donation and a 24 hour notice are requested. Reserve your lunch by calling 623-979-3911.



Caribbean Cruise Party

Friday, January 20

9:30 am – Noon

The Center will be transformed into the Peoria Princess for a morning to include cruise ship gambling and music by The Iron Pan Band from Vistancia. A dessert buffet will follow lunch.

Help! We need your dessert donations for the buffet. Please sign up at the reception desk.



Step Into Spring Fun Walk

Tuesday, February 21

10:00 am - Noon

\$15



Join us at the Peoria Sports Complex, the spring training facility for the Padres and Mariners, located at 16101 N. 83rd Avenue. Includes fun walk, t-shirt, entertainment, lunch and more. Registration forms available January 3. **Register by February 7 to guarantee your t-shirt is available at the walk.**



Valentine's Day Party

Tuesday, February 14

9:30 am - Noon



You won't want to miss this annual event! We'll begin with our "Caloric Cake Walk" followed by Valentine Bingo. Elvis will be "in the house" for our musical entertainment. Strawberry shortcake is on the menu for dessert.

Help!

We need donations of single layer cakes for the cake walk.

Annual Senior Picnic

Wednesday, March 7

10:00 am-1:00 pm

FREE!

#69309



Join us at the newly renovated Johnny Osuna Memorial Park. We'll have lunch and entertainment by Bob Mengel. The picnic is sponsored by your Senior Activity Committee.

Wild, Wild West Party

Thursday, April 5

9:30 am-Noon



Just horsin' around to celebrate the traditions of the Old West! Gary Sprague and his horse, *Dusty*, will be the featured entertainment! BBQ Lunch will follow with apple pie for dessert.

St. Patrick's Day Party

Friday, March 16

9:30 am - Noon



Everyone is a little Irish today! Celebrate the green with our version of the Irish Darby and lively Irish music. You won't want to miss the fun. Register for door prizes at the desk!

Sponsored by Alarys Home Health.

An Irish-style lunch will be served with lime sherbet for dessert.

Celebrate Arizona's 100th Birthday Official Centennial & Legacy Event



Centennial Plaza (municipal campus)

84th Ave. & Mountain View Rd.

Saturday, February 4, 2012

10 am-1 pm