

At Your Leisure

Leisure Activities for those 50 and better!

January - March 2017



THINGS YOU SHOULD KNOW

Holiday Hours and Closures

HOURS: December 27– January 6

Facility Hours will be 8:00-5:00pm

CLOSURES: December 26, Christmas Observance
January 2, New Year's Day Observance
January 16, Martin Luther King Day
February 20, Presidents Day

★ Give us your email address and stay up to date on the latest activities and events!



City of Peoria
COMMUNITY SERVICES

Recreation Division
Senior Adult Program
623-773-7436

Peoria Community Center
8335 West Jefferson Street
Peoria, Arizona 85345
www.peoriaaz.gov/seniors

 www.facebook.com/peoriaazrec

HOURS OF OPERATION

Mon-Thu 8:00 am - 9:00 pm
Fri 8:00 am - 5:00 pm

PEORIA COMMUNITY CENTER

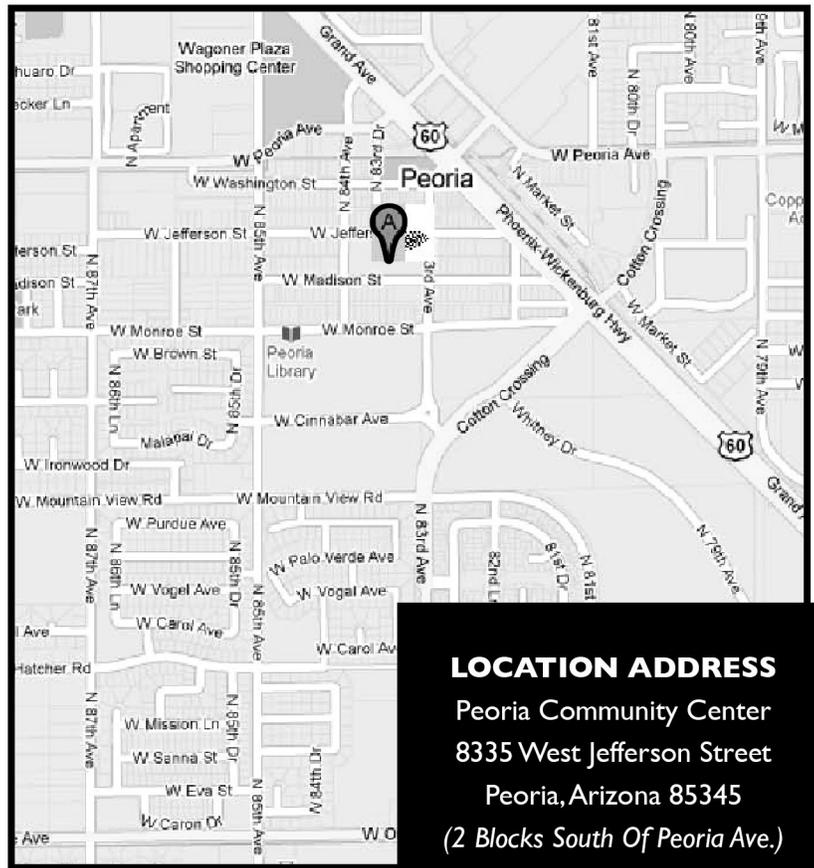
Welcome to the Center, and remember...The Recreation and Nutrition Program personnel are here to serve you. Please do not hesitate to contact us if you are in need of additional information.

**Activities,
call 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

Katie Connors
Administrative Assistant II
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

Jaleala Greene
Head Cook

Robert Dominguez
Assistant Cook

Rosalie Gamez
Receptionist

GROUPS THAT MEET AT THE CENTER

GROUP	DAY	TIME
A-Z Quilters	1st & 3rd Wed.	6:00-8:00 pm
Korean War Vets	2nd Fri.	2:00-3:30 pm
Westside Stitchers	Wednesdays	12:30 pm
Peoria Women's Club	1st Tues	11:00-3:30 pm
VFW Post 2135	2nd Wed.	7:00-8:00 pm

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
General Information 623-773-7000

Community
Information &
Referral 602-263-8856

Dial-a-Ride 623-773-7435

Graffiti Hotline 623-773-7494
graffitihotline@peoriaaz.gov

Senior Help Line 602-264-4357

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

WELCOME!



Income Tax Aide Program

It's tax time again and AARP will be here to provide assistance on Tuesdays and Wednesdays from February 1 to April 12, 9:00 am - 2:00 pm. Help is provided on a first-come, first-served basis.

Bring ID, Social Security card & last year's taxes, plus any forms you have received.

LUNCH

The Nutrition Program invites seniors 60 and older for lunch at 11:45 am, Mon through Fri at the Center. As of July 1st, 2015 the fee for lunches are \$3.50 (\$5.00 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 front desk.**

A 24-hour reservation for lunch is requested; call the Nutrition Program at **623-979-3570**.

Thursday Brown Bag

Thursday BROWN BAG FOOD PROGRAM is for seniors and individuals with a physical and/or intellectual disability. You 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.

Peoria Community Center



DAY TRIPS

Registration for trips will start on 12/22/15

DEER VALLEY AIRPORT RESTAURANT—Breakfast Club Adventures (BCA)

Enjoy this family-favorite restaurant that has been a staple in North Phoenix for over 20 years! Watch planes take off & land while taking delight in one of the best breakfast spots in the valley. Breakfast is paid on your own. Transportation by City vans.

#92979 - Wednesday, January 4th

8:15am - 11:30am.....\$11

JANUARY MYSTERY TRIP

'Oh, the places you'll go. This is a walking event. There will be a few places to sit along the way. Lunch on your own. Fee includes luxury transportation and admission.

#93401 - Tuesday, January 10th

8:00am - 3:00pm.....\$65

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; no credit toward future trips.

#92982 - Lone Butte, Monday, January 24th

8:30 am - 5:00 pm.....\$2

PRESCOTT DAY TRIP

This is an "On your own adventure" in Prescott. We will be dropping you off at the heart of downtown Prescott at Whiskey Row. You will have 4 hours to stroll the shops, eat and explore. Please make sure you or someone in your group has a cell phone that is listed on the roster. Fee includes luxury transportation. Lunch on your own.

#92981 - January 25

8:15am - 5:00p.....\$45

CAREFREE, AZ FARMERS MARKET

Shop for fresh, local, and seasonal produce, herbs, flowers, jams, jellies, salsas, fresh baked breads and much more in a beautiful setting! Fee includes transportation by City vans.

#92980—January 27

8:30am - 12:00pm.....\$11



MAZATZAL CASINO

The casino offers slots and video poker, table games including poker and blackjack and a large capacity bingo hall featuring planet bingo. Earn 50 base points and riders receive an \$8 meal voucher and \$10 in Maz Cash. Also match play for blackjack and there are always bingo promotions.

NO REFUNDS WILL BE GIVEN FOR

CANCELLATIONS AND NO CREDITS TOWARDS FUTURE TRIPS.

#91744 - Tuesday, February 7th

7:30am - 5:30pm.....\$2

FEBRUARY MYSTERY TRIP

Oh the places you'll go. There will be some walking and outdoors but will have a few places to sit along the way. Lunch is on your own. Fee includes luxury transportation and admission.

#91503—Saturday, February 11th

8:00 am—3:00 pm.....\$38

PEACH BLOSSOM CELEBRATION at SCHNEPF FARMS

Once a year over 80 acres of fruit trees start blooming at all different times and once a year, we open the farm up to celebrate that beauty. We will be going on a guided blossom hayride and stopping at the museum on site. A grilled salad lunch and luxury transportation.

#91501—Thursday, February 16th

9:00 am—3:30 pm.....\$50

THE DUTTONS

The Dutton family puts on a musical extravaganza so good that we are going back again this year. Featuring everything from Bluegrass and gospel to country and rock 'n roll. Fee includes admission to the show and luxury transportation. **MUST REGISTER BY 3/10/17**

#91502—Saturday, March 25th

12:15 pm—5:30 pm.....\$52

LOST DUTCHMAN DAYS RODEO

The Apache Junction Rodeo park is hosting the Lost Dutchman Days Rodeo. The rodeo is outdoors. Seating is covered bleachers. Fee includes luxury transportation and admission. Lunch is on your own.

#91500—Friday, February 24th

10:30 am—5:30 pm.....\$33

HEALTH MATTERS

FIT AFTER 50 CLASSES

A Variety of fitness classes to keep you active, healthy and strong!

Cardio Strength

Stay active and well with a 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.

These classes are ongoing.

Mon/Wed, 7:45 - 8:45am *Instructor-* Tammy Bielewicz

Friday, 8:30 - 9:30am *Instructor-* Akua Jitahadi

Monday, 9:30 - 10:30am - *Instructor-*Carolyn Thornley

\$1.50 per class

\$30/20 class punch card

\$15/10 class punch card



Sit N Fit

Improve your strength and balance in this chair exercise class for seniors of all fitness levels! This one hour class is flexible for those who are new to exercise, have physical limitations and for those in chairs. Modifications can be given on most exercises depending on fitness level. Classes are ongoing. *Instructor:* Akua Jitahadi

Tuesday 10:00-11:00am & Friday, 9:45 - 10:45am

\$1.50 per class

ZUMBA

Are you ready to party yourself into shape? Geared towards adults 50 and over, this Zumba class is an exhilarating, effective, and easy-to-follow, fitness program. *Licensed Zumba Instructor* - Akua Jitahadi.

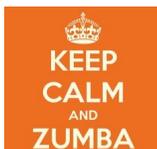
These classes are ongoing.

Tuesday 8:00-8:50am

Thursdays 9:00- 9:50am

Saturdays 8:00-9am

\$1.50 per class



LINE DANCE

These classes do not require a partner.

Dances will range from beginner to beginner-plus in difficulty level. **Mon 9:30 - 11:00am**

\$5 per class

\$50/10 class punch card

\$25/5 class punch card

LINE DANCE II

Dances will range from beginner to beginner+ plus in difficulty level.

Tues 10-11:30am *Instructor* –Pat Newell

Weds 9:30 - 11:00am *Instructor*—Kathy Pfeifer

\$5 per class

\$50/10 class punch card

\$25/5 class punch card

YOGA

Brighten your day through simple yoga poses & combinations that improve flexibility, strength and balance. Restore & rejuvenate through exercises for all ages that reduce stress & improve clarity while promoting a healthy mind-body connection.

Instructor: **Samantha Keating 7:45 - 8:45am**



Tai Chi Essentials

Tai Chi essentials are a group of 5 exercises taken from the Yang Style 36 posture form. This format makes Tai Chi easy to learn and the benefits will last a lifetime!

Instructor—Charles Gill

Tuesdays, 9:00-9:50 am

BENEFITS ASSISTANCE

Volunteer counselors, specially trained by the **Area Agency on Aging, Region One's Benefits Assistance Program**, provide objective, free personalized assistance to seniors, and adults with disabilities. Services include information on Medicare and supplemental plans.

Please call 602-241-6118 to set up an appointment with a counselor at the Community Center.

BLOOD PRESSURE SCREENINGS

Free monthly blood pressure screenings by Boswell Hospital.

January 3, February 7, March 7
9:00 a.m.- 11:30 a.m.



DISCOVERY 101

Interesting speakers on an assortment of topics done in partnership with various community agencies.

No pre-registration required. **10:45-11:30am**

Calderwood Rm **FREE**



January 20

February 17

March 10

FITNESS ROOM

The fitness equipment is available for your use any time a class is not in progress. Fitness Orientations are required before you can gain access to the equipment. Walk in orientations are available on a staff availability basis.



CLASSES

Quilt Barn Painting

Learn about the Midwest tradition of quilt barn paintings. A \$5 supply fee collected at the first class will cover the cost of materials for this class.

Fee \$35
Course #91292
When Tues, Jan 10, 9:30-11a
(4 classes)

Japanese Lanterns

Learn about a variety of Japanese art and create your own design for your paper lantern. You will create a practice artwork using watercolors and learn basic strokes to create your design. Your final project can be made with watercolors and/or markers. A \$5 supply fee collected at the first class will cover the cost of the materials for this class.

Fee \$27
Course #91550
When Tues, Mar 7,14,28,9:30-11a

Learn Watercolor Basics

In this watercolor class you will learn about the basics of watercolor techniques, experimental methods and color theory. A \$5 supply fee collected at the first class will cover the cost of materials for this class.

Fee \$15
Course #91293
When Thurs, Feb 16, 9:30-11a

Computer Classes for Adults

Basic Tablets/Smart Phones

Course #91009 Jan 5, 1:30-2:30p \$5

Basic Internet

Course #91289 Feb 2, 1:30-2:30p \$5

Basic E-mail

Course #91290 Mar 2, 1:30-2:30p \$5

Basics of Digital Books

Course #91288 Apr 6, 1:30-2:30p \$5

Basic Tablets/Smart Phones

Course #91291 May 4, 1:30-2:30p \$5

AARP DRIVER SAFETY PROGRAM

This defensive driving course is offered monthly. Bring a check payable to AARP the first day of class.

AARP Members \$15 Non-Members \$20 Fridays, 8:30 am - 12:30 pm

#91295 Jan 6
#91296 Feb 3
#91297 Mar 3



THE BOOK CLUB

The Club meets the first Mon of each month (unless there is a holiday) at 1:00 pm.

Group members provide their own copies of books.

Date Book

January *Infinite Sea* by: Beatriz Williams
February *Two By Two* by: Nikolas Sparks
March *Me and Emma* by: Elizabeth Flock
April *The Rent Collector* by: Cameron Wright

Hike of the Month

Enjoy a different hike each month across the valley and beyond. Transportation in City vans and meet at the Peoria Community Center (8335 W. Jefferson St.).

Hieroglyphics Trail (Superstitions)

Course #91285 Feb 10, 8a-1p \$8

Clay Mine Trail (Cave Creek)

Course #91286 Mar 13, 9a-1p \$8

Waterfall Trail (White Tanks)

Course #91287 Apr 11, 9a-1p \$8



Lake Pleasant Event Series

Lake Pleasant Regional Park provides several park programs on an on-going basis. Wildlife and history presentation, nature and exercise hikes, kayaking tours, outdoor skill demonstration, fishing clinics, stargazing and fun group programs! Transportation by City Vans.

Wildlife of Lake Pleasant Regional Park

Course# 91504—Thurs, Jan 12, 12:00pm-4:00pm \$8

Desert Awareness

Course # 91505— Thurs, Feb 23, 1:00pm-4:00pm \$8

In Search of Wildflowers on Pipeline Canyon Trail

Course # 91506—Fri, Mar 3, 8:00am-12:00pm \$8

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 Bridge	Mondays	12:30 pm
Offered through the Valley of the Sun Bridge Club		
Canasta	Mondays	1:00 pm
Mex. Train	Mondays &	9:00 am
Dominoes	Wednesdays	
Mah Jong	Mondays	12:30 pm
Euchre	Wednesdays	12:30 pm
Social Bridge	Wednesdays	12:30 pm
Scrabble	Thursdays	12:30 pm
Pinochle	Thursdays	1:00 pm
Hand & Foot	Fridays	12:30 pm

**The monthly Senior Mixer Dances
have been temporarily suspended as
of January 2017**



Bridge Lessons

Contract Bridge, Party Bridge, Social Bridge,
Kitchen Bridge and Chicago Style!

We teach and play them all!

FREE Lessons

Mondays at 9:30

Here in the Peoria Community Center

BUSY BEE CRAFTERS

This creative group meets every week to share ideas and work on a variety of projects.

Tuesdays 9:00 am

***** Group begins meeting again February 2*****

BINGO

Bingo cards cost 25¢ each and 50¢ for the coverall. Winners divide the money collected. Pots generally range from \$10-\$110. Bingo starts at 1:00 pm on Special Event Days.

Tuesdays & Fridays - 12:30 pm

GRAB BAG BINGO

Fun, free bingo every Thursday.

Eight games are played and winners choose from an assortment of grab bags.

Thursdays 10:45 am



BILLIARDS

Open billiards on our custom Connelly tables. **Free during** normal business hours, ID required.

WESTSIDE STITCHERS

This group works on any and all needlecraft projects: knitting, crocheting, sewing, embroidery, beading and more. Having trouble finishing a project you started? Want to learn a new skill or stitch? Come in and join this friendly group! New participants are always welcome and beginners can receive tips and pointers.

Wednesdays, 12:30pm

The Arizona Attorney General's Office is pleased to announce the opening of a new Satellite office at the Peoria Community Center. Trained volunteers will be available to meet with members of the public to provide information and take complaints on consumer fraud, civil rights and other topics of community concern.

1st and 3rd Monday of the month

Due to Jan holidays volunteers will be here on the 2nd and 4th Mondays

9:00 am—12 noon



If you have questions about our Satellite Office or are interested in volunteering, please contact Courtney Bennett at : Courtney.Bennett@azag.gov or 602-364-0591

SPECIAL EVENTS



American Bandstand's Salute to the 50's

Friday, January 13
9:30-11:45 am



Grab that poodle skirt and blue suede shoes out of the closet. Join us as we have some sock hop fun with Games and root beer floats. Grove to music by Short & Sweet whose show will included sock hop dancers and music from the era! There will be a whole lot of shaking going on!!

New Year's Resolution Fun Walk

Wednesday, January 18, 2017
9:00 am - 10:30 am

93873 Fee : \$15 (\$17 for XXL or larger)

Keep that New Year's Resolution with a Fun Walk at Pioneer Community Park, 8755 N. 83rd Ave (Enter park off Olive Ave)

Fee includes t-shirt & door prize ticket.

A breakfast served 9:30-10:30am.

Register by Jan 8,
to guarantee your t-shirt at the walk.

THANK YOU TO OUR

SALUTE TO THE 50's SPONSOR:

Humana®

The Valentine Party

Tuesday, February 14th
9:30am-11:45am

You won't want to miss this annual event! We'll begin with our "Sweet Cake Walk" followed by Valentine Bingo and musical entertainment Strawberry shortcake for dessert!! YUM Reserve lunch now, call 623-979-3570.

The Senior Picnic- FREE

March 8, 10:30am-Noon

Join us at Rio Vista Park

8866 W. Thunderbird

We'll have lunch and

Entertainment by Bob Mingle

Please register to attend: Course #93916



The Saint Patrick's Day Party

Friday, March 17th; 9:30am-11:45

Everyone is a little Irish today! Celebrate the green with our version of the Irish Darby. Bet on your favorite horse to win with lively Irish music after by **Pat McCrossen**. You won't want to miss the fun. Event is followed by a traditional lunch !



Step Into Spring Fun Walk

March 21, 2017

10:00am-11:30 am

93874 \$15 (\$17 for XXL or larger)

It's time for Spring Training and this is last walk before the HOT weather is here to stay. Join us for this walk in the Peoria Sports Complex (16101 North 83rd Ave).

Included in your fee is FUN, an event T-shirt, lunch, and door prizes. Bring your friends and share the fun.