

Registration begins August 10. Classes begin the week of September 8, 2009, unless otherwise noted within class description. No classes November 11, 26 & 27. See page 29 for code of location abbreviations. www.tempe.gov/brochure

The activities and classes below are specifically designed for Adults 50+. Additional class offerings are available in the Adults (18+) section.

Cahill Senior Center

715 W. 5th Street
480-858-2420

www.tempe.gov/cahillseniorcenter/

The Dennis J. Cahill Senior Center offers a fully equipped fitness room (schedule a free fitness orientation), computers with Internet access, billiards, fitness challenge, luncheons, classes, movies, and special events for ages 50 and over.

Facility hours are:

Monday-Friday 8:30am-2:30pm

Facility Closures

September 7, November 11, 26, 27, December 25

Weekly Activities Include:

Monday
TCAA Congregate Lunch 11:45am
BINGO* 1pm
Wednesday
New Release Movie.....11:15am
Friday
BINGO* 1pm

No Bingo September 7, November 27, December 4, 25.

*Card sales begin 30 minutes prior to BINGO

Please refer to the Roadrunner Chronicle newsletter or call 480-858-2420 for more information. Join the RTA (Retirees of Tempe Advisory Group) for meal discounts, monthly newsletter and first priority in registration.

Pyle Adult Recreation Center

655 E. Southern (SW corner of Rural and Southern)
480-350-5211
www.tempe.gov/pyle

The Pyle Adult Recreation Center is a recreation facility for adults ages 18 and older. Classes and programs for adults are offered through the brochure at this facility. The facility has a multipurpose room, dance room, billiards room, card room and 6 meeting rooms.

Facility hours are:

Monday-Thursday 8am-9pm
Friday 8am-5pm
Saturday 9am-4pm
Sundays Closed

Facility Closures

September 7, November 11, 26, 27, 28 and December 25

Retirees of Tempe Advisory Group (RTA)

The Retirees of Tempe Advisory Group is a group sponsored by the City of Tempe Parks and Recreation Department and Pyle Adult Recreation Center. The RTA advises Pyle staff regarding programs and events for those 50 years and older. RTA membership is \$4 a year and provides the member with discounts on lunches and other special events and activities. To become a member, you must apply, in person, at the Pyle Adult Recreation Center's front desk.

Monthly Retiree Activities include:

Monday Lunch/Program 11:30am
TCAA Congregate Meals
Tuesdays/Fridays 11:30am
Needleweilders Tuesdays/Thursdays 9am-12pm
Senior Songbirds meet Wednesdays..... 9:30am
Looney Tooner Kitchen Band
meet Thursdays 9:30am
Tuesday New Release Movies..... 12:30pm
Bingo every Wednesday 1pm
Current Events Discussion
group every Thursday 11:30am
Various Card groups throughout
the week time varies
Classic Movie Fridays..... 12:30pm

Fees for the above programs are minimal and vary by program to cover costs of the program. If you have any questions about any of the programs or classes offered for adults 50+ years, call 480-350-5211 or visit our website at <http://www.tempe.gov/pyle/>.

Multi-Generational Centers

Escalante Senior Center
2150 East Orange Street 480-350-5870
www.tempe.gov/escalante

The Escalante Senior Center is operated by the Tempe Community Action Agency. The center offers billiards tables, computers with Internet access, a book and magazine collection, a TV, cards and a collection of board games. Programming includes luncheons, classes, special events, bingo and a weekly movie program. All facilities and programming are for ages 60 and over.

Facility Hours:

Monday-Thursday 8am-4pm
Friday 8am-3pm

Weekly Activities Include:

Tuesday-Friday
TCAA Congregate Lunch 12pm
Tuesday, Thursday
Bingo... 1pm
Wednesday
Movie Day..... 1pm

North Tempe Senior Center

1555 North Bridalwreath Street 480-858-6510
www.tempe.gov/northtempe

The North Tempe Senior Center is operated by the Tempe Community Action Agency. The center offers a billiards table, a book and magazine collection, big screen TV, cards and a collection of board games. Programming includes luncheons, classes, special events, bingo and a home delivered meals program. All facilities and programming is for ages 60 and over.

Volunteer Opportunities: TCAA is actively recruiting volunteers to assist with various programs. Call the front desk or stop by to see what opportunities are available.

Facility Hours:

Monday-Friday 8am-3pm

Weekly Activities Include:

Tues, Wed, Thurs
TCAA Congregate Lunch 11:45am
Tuesday
Bingo..... 12:30pm

PARTICIPATION & OBSERVATION:

- Minimum age requirement for the following activities is 50 years.
- Childcare is not offered.
- Observers and non-registered individuals including children are not permitted in classes or workshops.

Arts & Crafts

For list of suggested materials, visit <http://www.tempe.gov/pyle> or the Pyle Center front desk.

Acrylic and Oil Painting-480-350-5211-Instructed by Donna Levine, this course in acrylic and oil painting includes composition, color theory and basic painting techniques. Class requires additional materials. Bring materials to the first class. Refer to class listing below for proper experience level placement (beginning, intermediate, advanced). *No classes 11/11, week of 11/23. Fee: \$41.

18416	Beg. M	9/14-10/19	9am-12pm	PAC
18419	Beg. M	10/26-12/14*	9am-12pm	PAC
18417	Int. W	9/9-10/21	1-4pm	PAC
18420	Adv. Th	9/10-10/22	1-4pm	PAC
18418	Adv. Th	10/29-12/17*	1-4pm	PAC

Drawing: Color/B&W-480-350-5211-In this class instructed by Donna Levine, students can explore both black and white and color media of their choice. Emphasis will be on technique, composition and learning to "see" color. Cost of materials will vary depending on the media you choose. Bring one drawing medium and appropriate paper to the first class. *No classes week of 11/23. Fee: \$41.

18421	M	9/14-10/19	12:30-3:30pm	PAC
18422	M	10/26-12/14*	12:30-3:30pm	PAC

🕒 **NEW! Pastel Painting-480-350-5211-** Come and learn pastel with instructor Alice Van Overstraeten. Supplies are provided for first class (must purchase your own for rest of class) and you go home with a finished, matted painting of an animal, landscape, or floral, in each class. *No classes week of 11/23.

18424 Th 9/10-10/22 9am-12pm \$61 PAC
18425 Th 10/29-12/17* 9am-12pm \$54 PAC

🕒 **NEW! Silkscreen Painting-480-350-5211-** Instructed by Donna Levine, learn this traditional print-making technique that is used for producing handmade note cards, holiday cards or frameable art. Materials cost about \$10 or more depending on project and paper selected. Please bring paper, pencils and eraser to first class. *No classes 11/11, week of 11/23. Fee: \$35.

18426 W 10/28-12/16* 1-4pm PAC

Silversmithing for Beginners-480-350-5211- This class will teach you the basics of silversmithing and show you how to create your own jewelry pieces. You will complete a different jewelry piece each week. Supply costs vary and approximate cost is \$75. Visit www.tempe.gov/pyle for materials list. Fee: \$65.

18427 W 9/9-11/4 9am-1pm PAC

Silversmithing Advanced- This class will move you on to more advanced projects. You must have prior silversmithing experience and instructor approval. You will complete a different jewelry piece each week. Supply costs vary and approximate cost is \$100. Visit www.tempe.gov/pyle for materials list. Fee: \$65.

18428 Th 9/10-11/5 9am-1pm PAC

Watercolor Painting-480-350-5211- Instructed by Donna Levine, the emphasis of this class will be on the use of materials as they apply to still life, landscape, and portraiture. Class requires additional materials. Approximate cost of materials is \$40-\$45 depending on projects selected. Please bring materials to the first class. *No class week of 11/23. Fee: \$41.

18429 T 9/8-10/20 1-4pm PAC
18430 T 10/27-12/15* 1-4pm PAC

Business & Computers

The Cahill Senior Center offers basic computer education classes as described below. Please call 480-858-2420 for schedule information and to see which classes are offered this session. Fees range from \$5 to \$6 per course.

Computer Basics- For the beginner, this class covers computer definitions, keyboarding and mouse skills.

Computer 101- This class is for the novice computer user. Participants will be introduced to the Internet, search engines, and more.

Computer 102- Microsoft Word for beginners. Learn how to create and save Word documents. You will set margins; cut, copy, and paste text; format text; insert graphics; work with tables, and much more.

The Oasis Institute, Chicanos Por La Causa and the Tempe Public Library have joined together to offer Computer classes to seniors at the North Tempe Multi-Generational Center. Classes are one to two hour workshops designed specifically for the senior population. Sign up for one or all courses!

Getting Acquainted with the Computer-480-858-6500- This is a hands-on class that will acquaint you with a computer for the first time. Fee: None.
18663 50+ 9/17 Th 9-11am NCC
18666 50+ 10/23 F 9-11am NCC

Exploring the Internet-480-858-6500- Learn the best way to search for the information you want. You will actually get to try out some search strategies online. Fee: None.

18664 50+ 9/24 Th 9-11am NCC

Computer Survival Skills-480-858-6500- Learn how to keep your computer running and troubleshoot minor problems. This class is hands-on and requires that you have previously used a mouse and keyboard.

18667 50+ 10/2 F 8:30-10:30am NCC

Healthy Living Online-480-858-6500- This hands-on class will help you find resources on the Internet for health related issues. It will also teach you how to be wary of inaccurate websites dealing with health topics.

18665 50+ 10/7 W 8:30-10:30am NCC

Gone Blogging-480-858-6500- A Blog, or web log, is an online journal on any topic maintained by an individual, or blogger. Many blogs provide commentary or news on a particular subject; others function as personal online diaries. You will learn to create and maintain your own blog in this class.

18669 50+ 10/16 F 8:30-10:30am NCC

Health & Fitness

Chair Yoga-480-350-5211- Learn to breathe slower and deeper, increase flexibility and strength, improve your memory, sleep better and boost your immune system. Suitable for all physical abilities. *No classes 11/11, week of 11/23. Fee: \$40.

18431 M/W 9/9-10/21 9-10am PAC
18432 M/W 10/26-12/16* 9-10am PAC

Dance Exercise-480-350-5211- Get your heart pumping as you move to choreographed routines to encourage flexibility, muscular strength and cardiovascular endurance. *No classes 11/11, weeks of 10/12 and 11/23.

18433 M/W/F 9/9-10/23* 8:05-9am \$39 PAC
18435 M/W/F 10/26-12/18* 8:05-9am \$45 PAC
18434 T/Th 9/8-10/22 8:05-9am \$32 PAC
18436 T/Th 10/27-12/17* 8:05-9am \$37 PAC

Fitness Challenge-480-350-5211- Take the fitness challenge at Cahill Senior Center. Work out in our fully equipped fitness room at your convenience, record your work out and you'll be on your way to earning a reward. Call to schedule your fitness orientation (480-858-2420). Stop by the Cahill front desk to sign up for the Fitness Challenge today. Fee: None

QiYoga-480-350-5211- Learn basic self-acupressure and breathing techniques while increasing flexibility and strength with simple stretching exercises. More gentle than regular yoga. *No class week of 11/23.

18437 M 9/14-10/19 10:30-11:45am \$27 PAC
18439 M 10/26-12/14* 10:30-11:45am \$31 PAC
18438 Th 9/10-10/22 10:30-11:45am \$31 PAC
18440 Th 10/29-12/17* 10:30-11:45am \$31 PAC

Stretch & Tone-480-350-5211- Not exercised in awhile? Get back into the exercise routine with this gentle exercising and stretching program. Exercise at your comfort level either sitting in a chair or standing. *No classes 11/11, weeks of 10/12 and 11/23.

18441 M/W 9/9-10/21* 10:30-11:15am \$25 PAC
18443 M/W 10/26-12/16* 10:30-11:15am \$30 PAC
18442 T/Th 9/8-10/22* 9:15-10am \$27 PAC
18444 T/Th 10/27-12/17* 9:15-10am \$32 PAC

Tai Chi I and II-480-350-5211- This ancient exercise program consists of 36 individual memorized movements that help increase your balance and self-awareness. Gentler than yoga, this class is great for balance, memory and piece of mind. Pre-requisite for Tai Chi II is Tai Chi I. *No classes 11/11, week of 11/23.

Level 1

18445 T 9/8-10/20 11:30am-12:30pm \$29 PAC
18447 T 10/27-12/15* 11:30am-12:30pm \$29 PAC

Level 2

18446 M 9/14-10/19 12-1pm \$25 PAC
18448 M 10/26-12/14* 12-1pm \$25 PAC

Toners & Shapers-480-350-5211- This class is designed to strengthen and tone muscles and to increase flexibility. Class consists of a warm up and stretch, strength training exercise, and a cool down stretch and relaxation. Each participant is encouraged to work at his/her own level. Participants are asked to provide their own weights upon instructor recommendation. *No classes 11/11, weeks of 10/12 and 11/23.

18449 M/W/F 9/9-10/23* 9:05-10:20am \$44 PAC
18450 M/W/F 10/26-12/18* 9:05-10:20am \$52 PAC

Music, Dance & Theater

Line Dance Beginning-480-350-5211- A perfect class for the beginner who would like to learn the fun and easier dances at a slower pace. Focus is on form, technique and terminology in a fun and friendly environment. No partner necessary. *No class 11/24. Fee: \$25.

18451 T 9/8-10/20 1:10-2:40pm PAC
18453 T 10/27-12/15* 1:10-2:40pm PAC

Line Dance Intermediate-480-350-5211-A continuing class for the person who feels they have mastered the basics and want more of a challenge. Focus is on rhythms, patterns and styles as you move to the music. *No class 11/24. Fee: \$21.
 18452 T 9/8-10/20 2:45-3:45pm PAC
 18454 T 10/27-12/15* 2:45-3:45pm PAC

Tap Dance Intermediate-480-350-5211-Learn the fundamental techniques and steps, and then choreograph them for muscle memory. Start tapping your way to fitness! *No classes week of 11/23. Fee: \$38.
 18455 T/Th 9/8-10/22 9:10-10:05am PAC
 18457 T/Th 10/27-12/17 9:10-10:05am PAC

Tap Dance Performance-480-350-5211-Take the fundamental tap dance techniques and steps you've learned and now focus on formations and polishing up routines for performance purposes. Must come prepared to have fun! *No classes week of 11/23. Fee: \$38.
 18456 T/Th 9/8-10/22 10:10-11:05am PAC
 18458 T/Th 10/27-12/17* 10:10-11:05am PAC

Zumba-480-350-5211-A fun workout that incorporates unique Latin dance moves with upbeat Latin music. Zumba maximizes caloric output with fat burning movements and adapts to your ability level with easy to follow dance steps. *No classes week of 11/23. Fee: \$29.
 18459 T 9/8-10/20 11:10am-12:05pm PAC
 18461 T 10/27-12/15* 11:10am-12:05pm PAC
 18460 F 9/11-10/23 10:35-11:30am PAC
 18462 F 10/30-12/18* 10:35-11:30am PAC

Social Activities

Entertainment or themed activities often accompany Friday special event meals at the Cahill Senior Center. Please register by the Wednesday prior to the event date. For additional information on the following special events and menus, please refer to the monthly Roadrunner Chronicle or call 480-858-2420.

Breakfast & Bunco-480-858-2420-Join us for a delicious breakfast and a game of Bunco. Register by the Monday before each date. Fee: \$4 for RTA members; \$5 for non-members.
 17574 W 9/9 9am CSC
 17575 W 10/14 9am CSC
 17576 W 11/4 9am CSC
 17577 W 12/9 9am CSC

Pancake Breakfast-480-858-2420-Register by the Monday before each date. Fee: \$3 for everyone.
 17578 W 9/23 9am CSC
 17579 W 10/28 9am CSC

Back to School Luncheon-480-858-2420-Menu: Grilled chicken sandwich, macaroni salad and dessert. Entertainment: Singer Lona Gearhart. Fee: \$4 for RTA members; \$5 for non-members.
 17566 F 9/11 11am CSC

Oktoberfest-480-858-2420-Menu: Bratwurst and sauerkraut on a bun, German potato salad and apple pie ala mode for dessert. Entertainment by the Krugenkraut Band. Fee: \$5 for RTA members; \$6 for non-members.
 17567 F 10/2 11am CSC

Halloween Party-480-858-2420-Come dressed in your spooky finest for a costume contest and Halloween games. Lunch menu: Chili con carne, corn bread, tossed green salad and dessert. Fee: \$4 for RTA members; \$5 for non-members.
 17568 F 10/30 11am CSC

Thanksgiving Luncheon-480-858-2420-Menu: Roast turkey, dressing, mashed potatoes and gravy, vegetable, and pumpkin pie. Entertainment by the Looney Tuners Kitchen Band. Fee: \$6.50 for RTA members; \$7.50 for non-members.
 17569 F 11/20 11am CSC

Holiday Tea-480-858-2420-Kick off this holiday season with an elegant afternoon tea. Sample a variety of tea with delicate pastries and finger sandwiches. Entertainment by the Dickens Carolers. Fee \$8 for RTA members; \$9 for non-members.
 17570 F 12/4 1pm CSC

Dirty Santa Party-480-858-2420-Bring a wrapped gift with a value of \$10 or less and join in a "Dirty Santa" gift exchange. **Lunch menu:** Chicken salad sandwich, pasta salad and dessert. Fee: \$4 for RTA members; \$5 for non-members.
 17571 F 12/11 11am CSC

Holiday Luncheon-480-858-2420-Enjoy some holiday cheer with a meal of spiral cut ham, roasted red potatoes, green beans, Jello salad, dinner roll and dessert. Entertainment: Orpheus Emeritus Men's Chorus. Fee \$5 for RTA members; \$6 for non-members.
 17572 F 12/18 11am CSC

Special Interest

Fall Craft Boutique
Friday, October 23, 9am-4pm PAC
Saturday, October 24, 9am-3pm PAC
FREE ADMISSION
 Pyle Adult Recreation Center annually sponsors a two-day art and craft boutique which showcases a variety of unique, handcrafted items by local artists and crafters. Stop by and get a jump start on your holiday shopping while enjoying some fun entertainment and delicious food. Admission is **FREE** for this event.

Interested in becoming a vendor? Visit our website www.tempe.gov/pyle for more information or call 480.350.5211.

Caring for the Caregiver-480-350-5211-As family caregivers know, providing care for a loved one can be extremely rewarding. However, it can also lead to stress, exhaustion, and poor health for the caregiver. Come learn the symptoms of caregiver stress and several tips on keeping yourself as healthy and stress-free as possible so that you can continue providing great care to your loved one! Presented by Courtney Long, MSW, Life Coach. Fee: none.
 18408 W 9/16 6:30pm PAC

Communicating After a Stroke-480-858-2420-Do you have a loved one who has had a stroke? This talk addresses the different language, speech and communication changes that can occur after a person has had a stroke. Strategies for facilitating communication with the stroke survivor, as well as do's and don'ts when communicating with a person who has had a stroke. Presenter: Heather Harris Wright, Ph.D., ASU Department of Speech and Hearing Science. Fee: None.
 18410 W 12/2 9:30am CSC

NEW! Crazy Cell Phones-480-350-5802-Are cell phones driving you crazy? Figuring out how to add a contact number or send a text can be frustrating; hopefully, this program can help. We will cover a few of the basics in 15 minute sessions, please make an appointment after you register. Call 480-350-5802. Space is limited. Fee: None
 18222 60+yrs T 9/22 2-3pm ESCA
 18223 60+yrs T 9/29 2-3pm ESCA

NEW! Digital Camera 101 for 50+-480-350-5211-Not sure how to use your digital camera? This class is for you! Learn the basic camera controls and basic digital functions on your camera to capture and retain your precious Kodak moments of you and your family. Topics covered include: vocabulary, camera settings, shot composition and other aspects of photography. Bring digital camera, manuals for camera and enthusiasm. Fee: \$20.
 18463 Sa 9/5 & 9/12 10-11:30am PAC
 18464 Sa 9/26 & 10/3 10-11:30am PAC
 18465 Sa 10/31 & 11/7 10-11:30am PAC

Elderhostel Presentation-480-350-5211-Offering educational travel opportunities at a remarkable value in the U.S. and more than 90 countries, Elderhostel enriches your life with new ideas, new friends and new experiences. Presented by Elderhostel Ambassador Jim Carr. Fee: None.
 18409 M 11/16 7-8pm PAC

Hearing Loss-Seriousness, Prevention and Solutions-480-858-2420-Hearing loss, the "hidden disability," is more serious than many people realize. This presentation by William Schafer, Commissioner, AZ Commission on the Deaf and Hard of Hearing, will give information on hearing aids, cochlear implants when hearing aids are not enough, the use of assistive listening devices, and for the hearing: how to communicate with the hard-of-hearing. Fee: None.
 18407 W 10/7 9:30am CSC