

# Roadrunner Chronicle

CAHILL EDITION

SEPTEMBER 2017



CAHILL  
SENIOR  
CENTER

715 W. Fifth St.  
Tempe, AZ 85281

[www.tempe.gov/cahill](http://www.tempe.gov/cahill)

(480) 858-2420  
TTY: (480) 350-5050

#### HOURS

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

Saturday Closed

Sunday Closed



## ***Culinary Harmony***

***Friday September 29, 11am-12:30pm***

Join us for "Culinary Harmony" where our Singing Chef entertains you while preparing a delectable dessert!

**Menu: Baked Ziti, Green Salad with Garlic Bread  
& a Delicious Pastry Dessert**

**\$5 RTA members ~ \$6 Non members**

**Registration Code: 55954**

### **Pokeno**

Sept 6, 10am code: 55965

Sept 27, 10am code: 56587

Pokeno is an easy game like bingo but with playing cards. Join us for bagels and coffee while playing Pokeno for grocery prizes.

Fee: \$2

### **Brunch & Bunco**

Sept 13, 10am Code: 55924

Menu: Hash Brown, Ham and Egg Breakfast Casserole, Toast, Seasonal Fruit, Juice and Coffee.

Fee: \$4/\$5



### **Birthday Bingo**

Sept 14, 11:30am

Code: 55940



Bring your lunch and join us as we celebrate our September Birthdays. Cake and Ice Cream will be provided. Play bingo for grocery prizes.

Fee: \$1/\$2

### **Senior Support Group**

Sept 1, 10am code: 55957

Sept 15, 10am code: 55958

Join this open support group facilitated by our City of Tempe Counselors to discuss what's on your mind, including: Grief & Loss, Isolation & Loneliness, Financial Needs & Support, Health, Social Supports, and

Anything Else!

**FREE**

# \$1 Appetizers

Join us every Monday at Noon for \$1 Appetizers before Bingo.

9/11	Taquitos	Code: 55927
9/18	Eggrolls	Code: 55928
9/25	Slice of Pizza	Code: 55929

# Fabulous Friday's \$3 Lunch

Join us for our fresh and delicious Friday Lunches at 11:30am for only \$3.

Please register by the Wednesday before the event.

9/1	Chicken Soft Tacos, Refried Beans, Chips & Salsa	Code: 55944
9/8	BBQ Pulled Pork Sandwiches, Coleslaw and Baked Beans	Code: 55945
9/15	Roast Beef Sandwiches with Potato Soup	Code: 55946
9/22	Chicken Caesar Salad with Dinner Roll	Code: 55947

# Classes

## Chair Fit & Fabulous with Joan

**Mondays 10:30am-11:30am**

All levels welcome in this gentle exercise class. Exercise at your comfort level, using a chair or standing.

Code: 55959 Fee: FREE

## Outing: Tempe Center for the Arts Performance with a View

**Tchaikovsky Piano Trio**

**Tuesday, September 19**

**9:30am:** Meet Genesis Olivas in Tempe Center for the Arts, Lobby

Program begins at 10am

700 W Rio Salado Pkwy Tempe, AZ 85281

**FREE Code: 55964**

## Healthy Cooking for Seniors

**Tuesday, Sept 5 and 19 10:00am**

Join us for a cooking demo that will teach you how to incorporate locally grown produce into healthy meals. Samples will be provided. Fee: Free.

**Sept 5 Code: 56585**

**Sept 19 Code: 56586**

### August Birthdays!



### Happy Birthday!

**Rita Muller,  
Gloria Flores,  
Patrick Burns,  
Roberta Hunt**

### September's Birthday's

- 3. Verda Rothwell
- 9. Janet Eicher
- 9. Betty Molina
- 15. Bobbie Bufford
- 17. Deborah Montague
- 28. Carrie Hillman
- 28. Emily Bratko
- 30. Ed Bufford

# Cahill September 2017


**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

				<p><b>1</b> 10-11am <b>Support Group</b> Code: 55957</p> <p>11:30am <b>\$3 Lunch</b> Menu: Chicken Soft Tacos, Refried Beans, Chips &amp; Salsa Code: 55944</p> <p><b>1pm Bingo</b></p>
<p>4 <b>Closed for Holiday</b></p> <p><i>Happy Labor Day</i></p> <p><b>No Bingo</b></p>	<p>5 10am <b>Healthy Cooking for Seniors</b> Code: 56585</p>	<p>6 10am <b>Pokeno &amp; Bagels</b> Code: 55965</p> 	<p>7</p>	<p>8 11:30am <b>\$3 Lunch</b> Menu: BBQ Pulled Pork Sandwiches, Coleslaw and Baked Beans Code: 55945</p> <p><b>1pm Bingo</b></p>
<p>11 10:30am <b>Chair Fit &amp; Fab</b> Code: 55959</p> <p>12pm <b>\$1 Appetizers</b> Menu: Taquitos Code: 55927</p> <p><b>1pm Bingo</b></p>	<p>12</p>	<p>13 10am <b>Brunch &amp; Bunco</b> Menu: Hash Brown, Ham and Egg Breakfast Casserole, Toast, Seasonal Fruit, Juice and Coffee. Code: 55924</p>	<p>14 11:30am <b>Birthday Bingo</b> Code: 55940</p>	<p>15 10-11am <b>Support Group</b> Code: 55958</p> <p>11:30am <b>\$3 Lunch</b> Menu: Roast Beef Sandwiches with Potato Soup Code: 55946</p> <p><b>1 pm Bingo</b></p>
<p>18 10:30am <b>Chair Fit &amp; Fab</b> Code: 55959</p> <p>12pm <b>\$1 Appetizers</b> Menu: Eggrolls Code: 55928</p> <p><b>1pm Bingo</b></p>	<p>19 9:30am <b>Outing: TCA</b> Tchaikovsky Piano Trio Code: 55964</p> <p>10am <b>Healthy Cooking for Seniors</b> Code: 56586</p>	<p>20</p>	<p>21</p>	<p>22 11:30am <b>\$3 Lunch</b> Menu: Chicken Caesar Salad with Dinner Roll Code: 55947</p> <p><b>1pm Bingo</b></p>
<p>25 10:30am <b>Chair Fit &amp; Fab</b> Code: 55959</p> <p>12pm <b>\$1 Appetizers</b> Menu: Slice Of Pizza Code: 55929</p> <p><b>1pm Bingo</b></p>	<p>26</p>	<p>27 10am <b>Pokeno &amp; Pastries</b> Code: 56587</p>	<p>28</p>	<p>29 11:00am <b>Culinary Harmony</b> Menu: Baked Ziti, Green Salad w. Garlic Bread, and Dessert Code: 55954</p> <p><b>1pm Bingo</b></p>



**PYLE  
ADULT  
RECREATION  
CENTER**

655 E. Southern Ave.  
Tempe, AZ 85282

[www.tempe.gov/pyle](http://www.tempe.gov/pyle)

(480)350-5211  
TTY: (480)350-5050

**HOURS**  
Mon-Thu 8am-9pm  
Fri 8am-5pm  
Sat 9am-4pm  
Sun Closed



# Roadrunner Chronicle

PYLE EDITION

SEPTEMBER 2017

## Oktoberfest!

Thursday,  
September 21

11:30 a.m.

Entertainment by

**Polka Duo  
Duane & Leigh**

Lunch Menu:

Bratwurst and Sauerkraut  
on a Bun, German  
Potato Salad and Dessert

\$5 RTA; \$6 Non-members

Registration Code: 56627

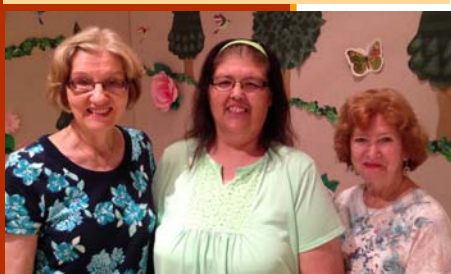
Please register by September 18

# Pyle Special Events

## August Birthdays



Trish Russikoff, Betty Tom,  
Roberta Hunt



Rita Muller, Gloria Flores,  
Joanne Sippel

**T**hursday special events start at **11:30 a.m.** unless stated otherwise. Advance registration is required and you may register for the entire month, but payment in full is required at time of registration. Please sign up at the Front Desk.

**9/7** 11:30 a.m.—Birthday Bingo—Celebrate September birthdays and play BINGO for grocery & other prizes. RTA \$1; Non-members \$2. Code: 56581

**9/14** 11:30 a.m.—School Days Lunch—See page 4 for details. Code: 56628

**9/21** 11:30 a.m.—Oktoberfest!—See page 1 for details. Code: 56627

**9/28** 12:00 p.m.—Brown Bag Series Lecture—See page 7 for details. Code: 56630

## Tuesday \$3 Lunch

On Tuesdays, join your friends for \$3 RTA; \$4 Non-member a simple, low-cost lunch. Stay for Coloring & Conversation after lunch.

Registration is limited. Please sign up at the Pyle front desk by the Friday before. Sign-ups may also be done at the Cahill Senior Center.

**PLEASE NOTE: Lunch is served at 11:30 a.m.** Meals **will not** be held for latecomers past 11:45 a.m.



### This month's menu:

9/5 — Mediterranean Pasta Salad,  
Pita Chips

Code: 56642

9/12— Sloppy Joe, Chips

Code: 56643

9/19 — Chef Salad, Dinner Roll

Code: 56644

9/26 — Grilled Cheese Sandwich,

Tomato Soup

Code: 56645

**Color, Create  
& Converse  
Tuesdays  
12-2 p.m.  
In the MP Room  
All supplies  
provided  
or bring your own!  
FREE**



# Fall Arts & Crafts Boutique 2017

Pyle's Fall Arts & Crafts Boutique will be held Friday, Oct. 20, 9am-4pm and Oct. 21, 9am-3pm. This two-day community event gives artists and crafters an opportunity to sell their handiwork and the community

to get a jump on their Christmas shopping! All items for sale must be hand-made by the vendor.

If you are interested in being a vendor, registration starts

**September 11, 1:00 p.m. for RTA members** (current by July 1, 2017) and September 12 for all others. See the Pyle front desk for more details.

## Groups at Pyle

The Pyle Center has many groups calling it home. If you are interested in joining any group, stop by the Pyle Front Desk for more information.

### BOOK CLUB:

This month's meeting is on September 29, 9-11 a.m.

The book is:

*A Short History of Tractors in Ukrainian* by Marina Lew Yeka

### CURRENT EVENTS

#### DISCUSSION GROUP:

Thursdays, 1-3 p.m. Discuss current events, books, events, movies, etc.

### GOOD NEWS

#### DISCUSSION GROUP:

Mondays, 1-2:30 p.m.

Discussion related to positive, personal experiences.

### MEN'S GROUP

Tuesdays, 1-3 p.m.

Informal discussion just for guys.

### BUNCH FOR LUNCH:

A fun group who enjoys food and good company. This month's lunch date:

Friday, September 8 at 11:30 a.m.

**Please sign up** at the Pyle Front Desk or call 480-350-5211.



**Flo's**

**788 East Baseline Road**

**Tempe ~ 480-588-7922**

### LOONEY TOONERS

#### KITCHEN BAND:

The band meets every Monday, 9:30-11:30 a.m. - September through May.

### SENIOR SONGBIRDS:

The Senior Songbirds meet every Wednesday, 9:30-11:30 a.m. - September through May.

### NEEDLEWIELDERS:

Tuesdays & Thursdays, 9 a.m.-1 p.m.

Create handcrafted items for charity in a fun, social environment.

### SEW WHAT?

Open Needlework and Crafts: Fridays, 12:30-4:30 p.m.

Bring your own project of **any** kind and join in the fun!



# School Days Luncheon



Thursday, September 14, 11:30 a.m.

Sing along with guitarist **Frank Mackey**

Menu: Spaghetti and Meatballs,

Tossed Green Salad, Garlic Bread & Dessert

\$5 RTA; \$6 Non-members

Registration Code: 56628



# Grief Recovery Workshop Begins Oct. 4

Grief, which is one of the most misunderstood life-changing emotions one can experience, can be a result of the death of a loved one, divorce or the end of a relationship, loss of health, or major financial changes, among others. This 8-week program creates a safe environment to look at different beliefs of dealing with loss and will help

you learn the necessary actions to create long-term relief.

**The Grief Recovery Workbook** is included free. Participants must commit to attending all 8 class meetings.

**Wednesdays, Oct. 4—Nov. 22**  
**10 a.m. - 12 p.m. Code: 56633**

# Senior Art Exhibition — “Show Me!”

Artists from Pyle 50+ Art classes will show their work October 2 through January 31 at the Tempe Public Library, Second Floor Gallery. The **Artists’ Opening Reception will be Tuesday, October 3, 6:00-7:30 p.m.** in the gallery. Please join us!

# Flu Vaccine Clinic in October

**Bring your red, white and blue Medicare card.**

Wednesday, October 4, 10 a.m.—12:30 p.m.

Provided by Walgreens Pharmacy.



Pyle will  
Be  
CLOSED  
Sept. 4



# A.T. Still University Offers CST Classes at Pyle

**Do you have concerns about Dementia?** A.T. Still University will offer three 7-week courses in “Cognitive Stimulation Therapy” (CST) at Pyle this fall. This group program is a fun and stimulating way to build memory and improve quality of life. CST is an evidence-based program that does not involve medication and is simple yet effective. Each session includes time for introduc-

tion, group name and song review, discussion of a current event and a main activity to engage your senses. You will have the chance to engage with others, learn new things and strengthen your thinking.

Who should attend? Anyone concerned about memory loss or concentration, or anyone who has received a diagnosis of early stage Dementia or Alzheimer’s Disease.

These classes are FREE.

**Three courses to choose from:**

- 56592 Mon., 1-2pm, 9/11-10/23
- 56593 Wed., 11-12pm, 9/13-10/25
- 56594 Wed., 1-2pm, 9/13-10/25

For more information, call Jackie Kalinsky, 480-219-6174 or email [jkalinsky@atsu.edu](mailto:jkalinsky@atsu.edu)

## Drop-in Option for 50+ Classes at Pyle

**Drop in to any of the following classes for \$5 per class:**

**Beginning Tap Dance:** Mon., 10:30-11:25am, Thurs., 11:15am-12:10pm

**Line Dance:** Tues., Beg., 1:30-2:30pm; Intermed., 2:30-3:30pm

**Tai Chi Body Balance I:** Mon., 11:45am-12:45pm

**Zumba:** Tues., 11:10am-12:05pm; Fri., 10:35-11:30am

**Zumba Toning:** Mon., Wed., Fri., 8:05-9:00am

**Yin Yoga:** Tues., 8:05-9:00am | **Yoga Nidra:** Thurs., 8:05-9:00am

Please see the Tempe Opportunities Brochure for **Session dates and “No Class” dates.**

Check in at the Front Desk before entering classroom.

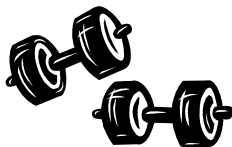
## Pyle Fitness Center

Take advantage of a facility fully equipped for you!

The Pyle Fitness Center is open during the following hours:

Mon.-Thurs., 8 a.m.-8:30 p.m.; Fri., 8 a.m.-4:30 p.m.; Sat. 9 a.m.-3:30 p.m.

Closed on City holidays.



Membership Fees

- One month — \$15
- Three months — \$35
- Six months — \$55
- Drop-in — \$2



# RTA News

The Retirees of Tempe Advisory group meets the first Thursday of each month at 10:00 am to discuss the activities and programs at the Pyle Center and to advise and help the staff with planning. All RTA members are welcome to join the discussion and become more involved in senior activities at Pyle.

Membership in the RTA is

only \$5 per calendar year. The membership fees help to defray the cost to the city's taxpayers for the free and/or low-cost senior activities such as Card Games, Scrabble, Chess, Billiards, Lunches, Lectures and Workshops at the Pyle Center.

RTA members receive the discounted rate on Thursday special events and \$3 Lunches at Pyle.

RTA board members for 2017 are:  
 President—Lorna Scooler;  
 VP—Lance Gavre;  
 Secretary—Linda Williams

Our next meeting will be on **Thursday, Sept. 7** at **10:00 a.m.** in the Conference Room.  
 Join us!

# Dementia Friendly Tempe Presents

## Success Stories from Caregivers

Wednesday, Sept. 13  
 1:00—2:30 p.m.  
 Tempe Public Library  
 3500 S. Rural Rd., Tempe

Caregivers are finding ways to improve the quality of life

for themselves and their loved ones. They will share their success stories, large and small, and offer suggestions, humor and hope to others going through this journey. This is one session you don't want to miss!

Classes are FREE, but registration is required. Call 602-839-6850 to register or [BAIFCS@bannerhealth.com](mailto:BAIFCS@bannerhealth.com). These classes are *not* appropriate for the person with dementia.



# Benefits Assistance Program

Offered by the Area Agency on Aging, this program provides objective information about insurance and benefits to seniors, the disabled, and caregivers.

A trained Benefits volunteer will be available on the following Tuesdays:

**Sept. 5 9:30–11:30 am**  
**Sept. 19 9:30–11:30 am**

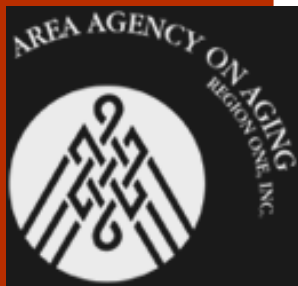
## Services include:

- Assistance with organizing Medicare and Supplemental claims information to ensure all benefits are paid and obligations to providers are satisfied.
- Basic information on applying for Social Security, Medicare and SSI.
- Up-to-date information

and assistance on Medicare Part D prescription drug coverage.

- Information regarding HMOs, managed care, Medicare Supplement plans (Medigap), and options under Medicare.
- Assistance with Medicare appeals & resolving problems.

Walk-ins only - no appointment necessary!





# Tempe History Lecture September 28

Join Tempe Sr. Museum Curator, **Jared Smith** for **“This Splendid Tempe: Building a Western City from the Ground Up.”**

What towns do you think of when you think "Old West" - Dodge City, Virginia City, Tombstone, Silver City, Kansas City and all those other cities perhaps? How about Tempe? Although rarely thought

of as an "Old West" town, Tempe was just that. Not known for infamous shootouts like Tombstone, Tempe had its share of gunplay and unwanted moments of "Wild West" mayhem nonetheless. Far more important than occasional outlaw behavior was Tempe's place as a major agricultural producer, shipping hay, wheat, and flour around the region and sending thousands of cattle to market

around the country every year by the late 1800s. The fact is that long before Tempe was a "College Town" it was a "Cow Town."

**September 28, 12:00 p.m.**

This program is FREE. Bring your own lunch, optional dessert: \$1.00.

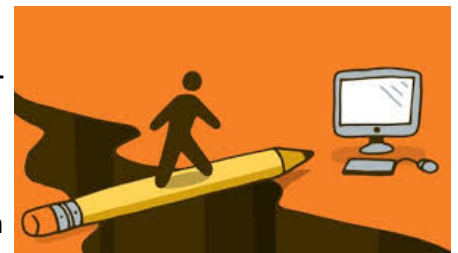
Registration Code: 56630

## Help Needed for a Community Art Project

In conjunction with Jessica Rajko, professor of Film, Dance and Theater at ASU, the Tempe Needleweilders are participating in a collaborative artwork that asks "What do seniors want to teach the younger generations about digital culture?" This work is part of a Vibrant City Grant through the

City of Tempe and will result in participatory art workshops open to Pyle attendees in November. A reception and display of the resulting artworks in December will be open to the public. Please help us to gather the data required to construct the artwork by filling out an anonymous "Digital Divide Survey" that can be picked up on

the flyer wall at Pyle and returned to the front desk.



## Fall Technology Classes at Pyle

### iPhone / iPad Basics

This 2-session class will cover the basics of how an iPhone and an iPad works and how to use multi-touch gestures to increase your iPhone/iPad productivity. iPads will be provided for hands-on experience. This is an introduction level class for iOS operating system. Fee: None. For more information call 480-350-5802.

Code: 55837 ~ Wed., 10/18 & 10/25, 10-11:30 a.m.

### Hoopla

Start using Hoopla Digital today to borrow books, comics, video, music and audiobooks using your Tempe Public Library card. Gain access to thousands of titles, available for streaming or temporary downloads. Watch on your smart phone, tablet or computer and there is no waiting to borrow. See what all the "HOOPLA" is about! 480-350-5802

Code: 55848 ~ Wed., 11/15, 10-11:30 a.m.

# 50+ Activities

## Please Note:

Painting Open Studio will not be offered on the 3rd Friday of each month.

### BINGO: (for 18+)

Wed., 1pm; Card sales begin at 12:15pm; 50¢ per card; 10 card limit.

### BLUEGRASS JAM SESSION:

Wed., 12-2:30pm  
Fri., 9:30am-12pm

### CHESS

Thurs., 2:30pm

### COLOR, CONVERSE & CREATE

Tues., 12-2pm

### CRIBBAGE

Mon., 8:30am-12pm

### MAH JONGG

Tues. & Thurs., 1-4:30 pm (intermediate / advanced)

### PAINTING OPEN STUDIO

Wed., 9am-1pm;  
Fri., 12:30-4:30pm. (Except 3rd Friday)

For current and past participants of Pyle art classes.

### PARTY BRIDGE

Tues. & Thurs.,

8:30am-3pm

Wed., 11am-3pm

### PING PONG

Mon., 3-5pm; Tues., 3-5pm;

### PINOCHLE & GAMES

Tues. & Thurs, 8:30am-3pm

### SEW WHAT?

Fri., 12:30-4:30pm

Quilting group; also knitting, crochet and sewing.

### SOCIAL SCRABBLE

Mon., 12:30-5pm

Players of all levels are welcome!

### SOCRATES CAFÉ

First & Third Saturday of each month  
2-3:30pm

### Wii

Tues., 8:30-11am

## Register Now for Fall Classes

### ART

#### Acrylic and Oil Painting

55338	M	9/11-10/16	9 a.m.-noon	\$39
55339	W	9/6-10/18	1-4 p.m.	\$46
55340	Th	9/7-10/19	9 a.m.-noon	\$46
55517	M	10/23-12/4	9 a.m.-noon	\$39
55519	W	10/25-12/6	1-4 p.m.	\$39
55520	Th	10/26-12/7	9 a.m.-noon	\$39

#### Drawing; Color/B&W

55342	M	9/11-10/16	12:30-3:30 p.m.	\$39
55522	M	10/23-12/4	12:30-3:30 p.m.	\$39

#### Pastel Painting

55346	Th	9/7-10/19	1-4 p.m.	\$44
55526	Th	10/26-12/14	1-4 p.m.	\$44

#### Watercolor Painting

55360	T	9/5-10/17	1-4 p.m.	\$47
55534	T	10/24-12/5	1-4 p.m.	\$40

#### Introduction to Watercolor Painting

55361	T	9/5-10/17	9 a.m.-noon	\$47
55535	T	10/24-12/12	9 a.m.-noon	\$47

### DANCE

#### Line Dance; Beginning

55344	T	9/5-10/17	1:30-2:30 p.m.	\$28
55524	T	10/24-12/12	1:30-2:30 p.m.	\$28

#### Line Dance; Intermediate

55345	T	9/5-10/17	2:30-3:30 p.m.	\$28
55525	T	10/24-12/12	2:30-3:30 p.m.	\$28

#### Tap Dance; Beginning

55355	M/Th	9/7-10/19	10:30-11:25 a.m.	\$39
		Th 11:15 a.m.-12:10 p.m.		

55531	M/Th	10/24-12/14	10:30-11:25 a.m.	\$42
		Th 11:15 a.m.-12:10 p.m.		

#### Tap Dance; Intermediate

55356	T/Th	9/5-10/19	9:10-10:05 a.m.	\$42
55532	T/Th	10/24-12/14	9:10-10:05 a.m.	\$42

#### Tap Dance; Performance

55357	T/Th	9/5-10/19	10:10-11:05 a.m.	\$42
55533	T/Th	10/24-12/14	10:10-11:05 a.m.	\$42

### FITNESS

#### Chair Yoga

55341	W/F	9/6-10/20	9-10 a.m.	\$42
55521	W/F	10/25-12/15	9-10 a.m.	\$39

#### Gentle Joint Cardio

55457	W	9/6-10/18	10:30 a.m.-11:30 p.m.	\$27
55458	W	10/25-12/13	10:30 a.m.-11:30 p.m.	\$27

#### Gentle Yoga

55343	T	9/6-10/18	12:15-1:15 p.m.	\$28
55523	T	10/24-12/12	12:15-1:15 p.m.	\$28

#### Seated Strength Training

55347	M	9/11-10/16	9-9:45 a.m.	\$18
55348	Th	9/7-10/19	10:15-11 a.m.	\$21
55527	M	10/23-12/11	9-9:45 a.m.	\$18
55528	Th	10/26-12/14	10:15-11 a.m.	\$18

#### Stretch & Tone

55349	M	9/11-12/18	10:30-11:15 a.m.	\$36
55350	T	9/12-12/19	10:30-11:15 a.m.	\$28
55351	W	9/13-12/20	10:30-11:15 a.m.	\$33
55352	F	9/15-12/22	10:30-11:15 a.m.	\$28

#### Tai Chi / Body Balance I

55353	M	9/11-10/16	11:45 a.m.-12:45 p.m.	\$26
55529	M	10/23-12/11	11:45 a.m.-12:45 p.m.	\$30

#### Tai Chi / Body Balance II (Prerequisite: Body Balance I)

55354	M	9/11-10/16	12:50-1:50 p.m.	\$26
55530	M	10/23-12/11	12:50-1:50 p.m.	\$30

#### Toners & Shapers

55358	M	9/11-12/18	9:15-10:15 a.m.	\$33
55359	W	9/13-12/20	9:15-10:15 a.m.	\$39
56398	F	9/15-12/22	9:15-10:15 a.m.	\$33

#### Yin Yoga

55362	T	9/5-10/17	8:05-9 a.m.	\$24
55536	T	10/24-12/12	8:05-9 a.m.	\$24

#### Yoga Nidra

55363	Th	9/7-10/19	8:05-9 a.m.	\$24
55537	Th	10/26-12/14	8:05-9 a.m.	\$24

#### Zumba for 50+

55364	T	9/5-12/12	11:10 a.m.-12:05 p.m.	\$48
55365	F	9/8-12/15	10:35-11:30 a.m.	\$41

#### Zumba Toning

55366	M	9/11-12/11	8:05-9 a.m.	\$44
55367	W	9/6-12/13	8:05-9 a.m.	\$48
56345	F	9/8-12/15	8:05-9 a.m.	\$41

Classes start Sept. 5.

Please see the Tempe Opportunities brochure for other "no class" days.

Register online at: <https://apm.activecommunities.com/tempeopportunities>

# Pyle September 2017



Monday

Tuesday

Wednesday

Thursday

Friday

Looking ahead to October ~					
 <ul style="list-style-type: none"> <li>10/3–6-7:30pm Senior Art Exhibition Opening Reception—Library 2nd Floor</li> <li>10/4–10am-12:30pm Flu Shots</li> <li>10/5–10am RTA Meeting</li> <li>10/5–11:30am Birthday Bingo</li> <li>10/10–10am Caregiver Mentor Training</li> <li>10/19–12pm Brown Bag Series Lecture, Tempe History</li> <li><b>10/20-21–Pyle Arts &amp; Crafts Boutique</b></li> <li>10/26–11:30am Halloween Party</li> </ul>					1 9:30am-12pm Bluegrass Jam Session 12:30-4:30pm Sew What? 12:30pm Painting Open Studio
4 Pyle Closed 	5 8:30-11am Wii 8:30am-3pm Party Bridge 8:30am-3pm Pinochle 9am-1pm Needlewielders 9:30-11:30am Benefits Assistance Program 11:30am \$3 Lunch (pg.2) 1-4:30pm Mah Jong 3-5pm Ping Pong	6 9am-1pm Painting Open Studio 11am–3pm Party Bridge 12-2:30pm Bluegrass Jam Session  <b>1pm BINGO</b>	7 8:30am-3pm Party Bridge 8:30am-3pm Pinochle 9am-1pm Needlewielders <b>11:30am Birthday Bingo</b> 1-3pm Current Events Discussion Group 1-4:30pm Mah Jongg	8 9:30am-12pm Bluegrass Jam Session 12:30-4:30pm Sew What? 12:30pm Painting Open Studio	
11 8:30am-12pm Cribbage 12:30-5pm Scrabble 1-2:30pm Good News Discussion Group 3-5pm Ping Pong	12 8:30-11am Wii 8:30am-3pm Party Bridge 8:30am-3pm Pinochle 9am-1pm Needlewielders 11:30am \$3 Lunch (pg.2) 1-4:30pm Mah Jongg 3-5pm Ping Pong	13 9am-1pm Painting Open Studio 11am–3pm Party Bridge 12-2:30pm Bluegrass Jam Session  <b>1pm BINGO</b>	14 8:30am-3pm Party Bridge 8:30am-3pm Pinochle 9am-1pm Needlewielders <b>11:30am School Days Luncheon</b> 1-3pm Current Events Discussion Group 1-4:30pm Mah Jongg	15 9:30am-12pm Bluegrass Jam Session 12:30-4:30pm Sew What?	
18 8:30am-12pm Cribbage 12:30-5pm Scrabble 1-2:30pm Good News Discussion Group 3-5pm Ping Pong	19 8:30-11am Wii 8:30am-3pm Party Bridge 8:30am-3pm Pinochle 9am-1pm Needlewielders 9:30-11:30am Benefits Assistance Program 11:30am \$3 Lunch (pg.2) 1-4:30pm Mah Jongg 3-5pm Ping Pong	20 9am-1pm Painting Open Studio 11am–3pm Party Bridge 12-2:30pm Bluegrass Jam Session  <b>1pm BINGO</b>	21 8:30am-3pm Party Bridge 8:30am-3pm Pinochle 9am-1pm Needlewielders <b>11:30am Oktoberfest</b> 1-3pm Current Events Discussion Group 1-4:30pm Mah Jongg	22 9:30am-12pm Bluegrass Jam Session 12:30-4:30pm Sew What? 12:30pm Painting Open Studio	
25 8:30am-12pm Cribbage 12:30-5pm Scrabble 1-2:30pm Good News Discussion Group 3-5pm Ping Pong	26 8:30-11am Wii 8:30am-3pm Party Bridge 8:30am-3pm Pinochle 9am-1pm Needlewielders 11:30am \$3 Lunch (pg.2) 1-4:30pm Mah Jongg 3-5pm Ping Pong	27 9am-1pm Painting Open Studio 11am–3pm Party Bridge 12-2:30pm Bluegrass Jam Session  <b>1pm BINGO</b>	28 8:30am-3pm Party Bridge 8:30am-3pm Pinochle 9am-1pm Needlewielders <b>12:00 pm BBS Lecture Tempe History</b> 1-3pm Current Events Discussion Group 1-4:30pm Mah Jongg	29 9:30am-12pm Bluegrass Jam Session 12:30-4:30pm Sew What? 12:30pm Painting Open Studio 9-11am Book Club	