Tempe is the best place to be as the cooler weather of fall lures us outdoors to enjoy our city! In this issue of Prime Time, we’ll share with you all the great ways to get involved in the Tempe community through classes, programs, events and volunteer opportunities offered specifically for residents and visitors, ages 50 and older.

Tempe’s wide assortment of classes gives participants the chance to build new skills or re-familiarize themselves with a forgotten hobby. If you’re looking to get creative, stay fit and active, or jump into the latest online technology, Tempe has a program for you!

Tempe is known for its strong sense of community, which is why we’re lucky to host the Tempe Neighbors Helping Neighbors village program. Discover how volunteers provide support for members who need a little assistance to remain independent in their homes. Learn about how you can get involved and help pave the way for future generations.

Speaking of paving the way for the future, Clark Park Community Garden just opened its gates this summer and is looking for residents to take part in this ongoing, community-sustained project. Learn gardening tips from your neighbors or teach others how to get in touch with their inner green thumb.

The Escalante and North Tempe Senior Centers are excited to welcome back the AmeriCorps’ Los Ancianos; Seniors Serving Seniors program, which provides wellness support and exercise opportunities to adults and disabled clients ages 55 and older. We’ve got the scoop on the classes, health screenings and presentations that make up this fantastic program.

For residents who need a little extra support, Tempe’s Diversity Office is sponsoring two free programs that enable first responders to provide vital, life-saving assistance in emergency situations. We’ll tell you what they are, how they work and how you can participate.

We’ve got your physical wellness covered, but how about your mental health and well-being? If you use it, you’re less likely to lose it! Check out Tempe’s Brain G.Y.M. Bootcamp and exercise your grey matter with a full-on mental workout!
The City of Tempe has many exceptional programs for adults ages 50 years and older in a variety of subjects ranging from arts & crafts, to technology and skill building, to exercise and cooking. Take a look below at just a handful of the fun and exciting classes offered during the current 2014 fall class session.

Boost your energy and overall well-being with two amazing Health and Fitness classes. **Aerobic Dance Exercise** is a low impact, go-at-your-own pace, aerobic dance class using choreographed routines to build flexibility, muscular strength and cardiovascular endurance. Fees and class sessions vary. In **Tai Chi / Body Balance Basic**, use basic Tai Chi movements and Qigong breathing exercises to gently relax and exercise the body. In this $30, seven-week program, students will enhance balance, stability, flexibility and strength.

Say cheese! **Photography for 50+** is perfect for novices and those looking to refresh their skills. Learn about different factors that affect your photos such as light technique and composition. Review various camera terms including “shutter speed” and “f-stop” as they apply to digital cameras. This two-hour class meets once-a-week for three weeks and is just $30.

How can you stay connected with family and friends, find tips for DIY projects and share your thoughts with the world? Through social media - and we want you to be a part of it! In **Senior Techs: Social Media Showcase**, we’ll help you boost your knowledge of online social networking tools and give you basic overviews of Facebook, Twitter and Pinterest. This free class is a prerequisite to **Senior Techs: Facebook for Beginners**. Basic computer skills are required.

Finding new ways to cook or enhance your current recipes can be difficult, but our **Cooking with Trena** workshop series will have you practicing basic skills and exploring culinary methodology in no time! Hands-on, one-day workshops meet from 1-3 p.m. on Oct. 27, Nov. 17 and Dec. 8. Choose from **The Fall Harvest, Made with Milk and Health Benefits of Herbs and Spices** – or try all three!

To view a full list of classes or to register, visit the Tempe Opportunities Brochure page at [www.Tempe.gov/Brochure](http://www.Tempe.gov/Brochure) or pick up a copy at City of Tempe facilities.

**Get fit in Tempe!**

We have five fitness centers to help you stay active. And we’re flexible - you can purchase a monthly pass or pay as you go. Be sure to visit the fitness center nearest you.

- **Escalante Fitness Center** 480-350-5800
- **Kiwanis Fitness Center** 480-350-5201
- **North Tempe Fitness Center** 480-858-6500
- **Pyle Fitness Center** 480-350-5211
- **Westside Fitness Center** 480-858-2400

[www.tempe.gov/fitness](http://www.tempe.gov/fitness)
Tempe Neighbors Helping Neighbors

Are there alternatives to growing older in a retirement home? Many older adults prefer the comfort and independence they’ve enjoyed throughout their adult lives and want to remain in their homes for as long as possible. An organization now exists in Tempe to help those who want to remain at home.

Tempe Neighbors Helping Neighbors (TNHN), a local nonprofit organization, is seeking new members who wish to benefit from their volunteer services. TNHN is based on the “village” concept - self-governing, grassroots, community-based organizations developed with the sole purpose of enabling people to remain in their homes and communities as they age. These villages are popping up all over the country with great success and we’re proud to have a village pilot project here in Tempe.

TNHN conducted a variety of surveys and solicited community feedback to determine the primary needs and wants for village members in Tempe, resulting in seven initial core areas of service now offered to members: transportation (driving members to appointments, the grocery store, etc.), friendly visits, friendly phone calls, yard care, light home maintenance, technology assistance and pet care. TNHN is in the process of compiling a referral list of vetted vendors, should a member require assistance of any kind that runs beyond the scope of TNHN’s services.

Since all of TNHN services are provided by volunteers, the program is able to keep overhead costs low, resulting in affordable membership fees. Current annual fees are $60 per individual and $90 per couple. Any Tempe resident may become a TNHN member, regardless of age or income level. Members may also become volunteers, and volunteers may also become members.

If you’d like more information about becoming a member or volunteering for Tempe Neighbors Helping Neighbors, call 480-381-8336 or visit our website at www.TempeNeighbors.org. You can also “like” us on Facebook at www.Facebook.com/TempeNeighbors.
The Dennis J. Cahill Senior Center is nestled in the east wing of the Westside Multi-Generational Center, located on 5th Street just east of Hardy Drive. Just minutes away from Downtown Tempe, the Cahill Center and its programs offer a cozy setting for patrons ages 50 and older, where friends gather for fun, food and socialization.

Looking for guaranteed entertainment? The Cahill Center’s monthly, themed special events showcase some of the valley’s best entertainers, as well as delicious meals prepared on-site by Cahill’s friendly staff and volunteers. In addition to our exciting events, participants are sure to enjoy Cahill’s homemade breakfasts and lunches, crafting classes, cooking demonstrations, new release movies and game options including Bingo, offered every Monday and Friday afternoon.

The Cahill Center is also the perfect destination for those wanting to exercise both their mind and body; a fully-equipped fitness room is available six days a week and our computer lab offers internet access and classes for beginning to intermediate users. The Cahill Center offers a varied selection of books from the Tempe Public Library, which may be checked out at the front desk. If you want to get involved, the Cahill Center has a variety of volunteer opportunities available in the kitchen and computer lab, as well as for calling Bingo games.

The Dennis J. Cahill Senior Center participates in the Retirees of Tempe Advisory (RTA) program, sponsored by the City of Tempe Community Services Department. RTA’s annual $5 membership fee provides participants with discounts on lunches, special events and activities at both the Cahill and Pyle Centers.

The Escalante Senior Center, housed within the Escalante Recreation Center, is located off of River Drive between Apache Boulevard and University Drive, just west of the 101 freeway. The Escalante Senior Center provides activities for patrons ages 60 and older that emphasize health, wellness and socialization.

Designed for community use, the Senior Center’s lobby is perfect for watching TV, movies, playing games, reading literature from the library, or just having friendly conversations with familiar friends and new acquaintances.

The Escalante Senior Center is run as an active partnership with the Tempe Community Action Agency (TCAA), which allows the Center to offer exercise and Zumba classes, health checks and educational talks, as well as an interactive nutritional cooking demonstration twice a month. Community is key at the Senior Center, so be sure to join in the fun at a variety of exciting social activities including Craft Club, Readers Theater, Wednesday Walking Club, Garden Club, field trips, food demonstrations and lunch program.

A highlight of Escalante’s Senior Center is the TCAA’s Community Garden, located just outside the facility’s entrance. The garden echoes and honors the history of the neighboring Victory Acres, where early migrant workers planted gardens for themselves and their neighbors. Escalante’s senior participants have been instrumental in raising money and dedicating their time to enhance the garden, which enables them to stretch their food dollars, promote good nutrition and encourage community involvement.
North Tempe Senior Center/ North Tempe Multi-Generational Center
1555 N. Bridalwreath St., Tempe, AZ 85281
480-858-6512
www.tempe.gov/northtempe
www.tempeaction.org

Hours of Operation:
Monday-Friday; 8 a.m. to 3 p.m.
Closed Saturday, Sunday and major holidays

The North Tempe Senior Center is located within the North Tempe Multi-Generational Center building on Bridalwreath Street, off of McKellips Road between Hayden Road and Scottsdale Road. This beautiful and uniquely-designed facility sets the tone for fun-filled activities in an intimate setting. Whether you’re visiting to have a cup of coffee or attend one of the many great events North Tempe Senior Center has to offer, you will instantly feel right at home.

The North Tempe Senior Center is run as an active partnership between the City of Tempe and Tempe Community Action Agency (TCAA). The services and programs, funded in part by the Area Agency on Aging, are designed to enhance the lives of participants ages 60 years+.

The center is delighted to provide its guests with congregate meals, as well as offer a Home Delivered Meal (HDM) program. HDM’s invaluable services aid home-bound elderly and disabled individuals throughout Tempe and South Scottsdale. Not only does HDM provide meals for those who are unable to obtain food on their own, but its volunteers act as a lifeline to the community and provide companionship for the patrons they serve.

The North Tempe Senior Center’s friendly staff is able to provide resource information about transportation services, health promotion, fitness opportunities and more! A variety of activities are offered at the center through the AmeriCorps wellness program including exercise classes, health programs and wellness checks. North Tempe also coordinates year-round programming including: presentations, on-site computer lab access and senior skill-building facilitated through the Tempe Public Library, fitness activities including the Silver Sneakers program, as well as Bingo games and themed luncheons.

Pyle Adult Recreation Center
655 E. Southern Ave., Tempe, AZ 85282
480-350-5211
www.tempe.gov/pyle

Hours of Operation:
Monday-Thursday; 8 a.m. to 9 p.m.
Friday; 8 a.m. to 5 p.m.
Saturday; 9 a.m. to 4 p.m
Closed Sunday and major holidays

The Pyle Adult Recreation Center is situated within the Community Services Complex on the southwest corner of Rural Road and Southern Avenue. Easy to access and centrally located to many of Tempe’s wonderful amenities including the Tempe Public Library and History Museum, the Pyle Center offers classes and programming for energetic adults ages 50 and older.

The Pyle Center is distinguished by its budget-friendly themed and holiday luncheons, complete with delicious meals prepared in-house and exciting entertainment you’re sure to enjoy. If you’re looking to keep busy, learn new skills and meet new friends, Pyle offers a wide variety of art, dance and exercise-based classes for all skill levels. Feel free to attend one of our specialty group meetings where you can find everything from music, to world issue and book discussions, to sewing and card playing. Guests may also experience free lectures and movies, a fitness room with treadmills and weight machines, card games, Mah Jongg, and even an on-site Billiards room. The Pyle Adult Recreation Center offers something for everyone; it’s the perfect place to make friends and have fun!

Join The Retirees of Tempe Advisory (RTA), a group sponsored by the City of Tempe Community Services Department and the Pyle Adult Recreation Center. RTA membership requires an annual fee of $5, and provides members with discounts on lunches, special events and activities at both the Pyle Adult Center and the Dennis J. Cahill Senior Center. Applicants must apply in-person at either facility.
Clark Park Community Garden

The Clark Park Community Garden, located at 1730 S. Roosevelt Street, is an exciting new addition to the Tempe community. Since opening in June, the garden has offered residents the opportunity to learn and practice gardening skills as a community.

The Clark Park and Marilyn Ann neighborhoods are working in partnership with the Tempe Community Action Agency to create and support this unique garden environment. The garden contains designated growing areas that serve different purposes: to grow produce that will help supply the TCAA Food Pantry, to act as community garden beds, and to function as rental plots for neighbors looking to garden in their own private space.

Starting at 7 a.m., the first and third Saturdays of every month are dedicated community work days where everyone in the community is invited to volunteer and take part in the gardening process. Previous gardening experience is not required.

The Tempe Community Action Agency is a non-profit organization that assists residents with services to alleviate poverty, hunger, and homelessness.

To learn more and get involved, visit our website at www.ClarkParkGarden.org, like us on Facebook at www.Facebook.com/ClarkParkGarden, or send us an e-mail at ClarkParkGarden@gmail.com.

TCAA would like to thank Valley Crest Landscape Maintenance who donated a large portion of the irrigation system for the Clark Park Community Garden, and Architekton for donating the architectural design plans for the garden.

AmeriCorps

The AmeriCorps’ Los Ancianos; Seniors Serving Seniors program has returned to the Escalante and North Tempe Senior Centers through the Area Agency on Aging. The program aims to provide support to older adults and disabled clients, enabling them to maintain their health and continue living independently.

A Wellness Coordinator is assigned to each participating center to conduct a wellness program and exercise classes. The comprehensive program includes a pre and post health screening, allowing participants to monitor changes that may occur as a result of the program. Tests include: glucose, cholesterol, triglycerides, weight, waist measurement and more.

The exercise portion of the program is designed to encourage older adults to increase their level of physical activity and motivate them to continue exercising. Classes are taught twice a week and may include Chair Zumba, Chair Yoga and Chair Exercises. Participants are also encouraged to take part in the Walking with Ease program for additional exercise.

The program’s health education classes span a variety of topics including: Matter of Balance, Chronic Disease Self-Management and Good Nutrition. In addition, a licensed health care professional will visit each center on a monthly basis to present information on Type II Diabetes, Skin Cancer, Cholesterol, Osteoporosis, Colon Cancer, Healthy Heart and Good Dental Care.

Wellness Coordinators also schedule quarterly Health Rhythms drumming sessions. Drumming therapy has been proven to boost the immune system, lower stress, ease pain and provide a range of other benefits.

While conducting a well-rounded health and wellness program for adults ages 55+, AmeriCorps also provides a forum for socialization. Many new friendships are made as the participants work toward maintaining a healthy lifestyle, improving longevity and enhancing quality of life.
Help First Responders, Help Yourself

Tempe's Diversity Office offers a number of events and programs, each with the goal of promoting an inclusive and welcoming environment within our community. The office has partnered with Tempe First Responders to offer two free, proactive programs that enhance our emergency personnel’s ability to provide vital, life-saving assistance.

The Vial of Life program requires participants to complete a personal information form containing essential patient medical and health information. The completed form goes into a “vial” which is then placed in the refrigerator, while a magnet is placed on the outside of the refrigerator door. During emergency visits to your home, first responders are trained to look at the refrigerator door for the magnet, signaling the presence of personal/medical information.

The Secure Lockbox Program allows Fire Department personnel access into your home during emergency situations where forced entry is necessary. The program is primarily for elderly residents who live alone, have a physical disability, or have a medical condition. Your personal information and home access instructions will be linked to each lockbox and stored within the Fire Department’s computer-aided dispatch database.

Tempe values the wide range of differences in our community and believes that we are more creative, innovative and progressive because of our diversity. If you would like more information about these or other Diversity programs, please contact the Diversity Office at 480-350-2905 or visit www.Tempe.gov/Diversity.

Work-up a mental sweat with Brain G.Y.M.

Brain G.Y.M. (Grow Your Mind) Boot Camp is a four-hour workshop for cognitively normal adults who want to learn additional ways to promote brain health and find brain activities that will give them a better mental “workout.”

Banner Alzheimer’s Institute and Banner Sun Health Research Institute have designed a program to help improve the brain health of community members. This four-hour boot camp will review lifestyle factors and teach a variety of methods to exercise cognitive domains of the brain including language, attention, executive function, memory and visuospatial skills.

At the end of the Brain G.Y.M. Boot Camp, participants will create an individualized action plan with specific steps toward achieving and maintaining improved brain health.

We invite you to join us and invest time in enhancing the health of your brain! The program fee is $25.00 and covers all materials. Learn more at www.Tempe.gov/Adults50Plus.

Special Offer for Seniors!

Arizona grown produce, honey, local foods, baked goods, tortillas, salsa, pickles, preserves, live music, kids activities, artisan crafts and more!

$2 off any purchase (Bring this coupon)

Sundays through 2014*
8 a.m.-noon
620 N. Mill Ave. SW Corner Mill Ave. and Washington under the cool cover of the 202 bridge
*Closed Oct. 19, 26 & Nov. 16
Offer good through November 30, 2014
**Fall Events**

Please join us at any and all of the festive events listed below. Please note there is a small fee associated with the luncheons and teas, and reservations are required.

### October

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>Fri., October 24</td>
<td>9 a.m.–4 p.m.</td>
<td>Pyle Fall Arts &amp; Crafts Boutique</td>
<td>Pyle Adult Recreation Center 480-350-5211</td>
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<td>Sat., October 25</td>
<td>9 a.m.–3 p.m.</td>
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<tr>
<td>Wed., October 29</td>
<td>10:30 a.m.</td>
<td>Fall Carnival</td>
<td>North Tempe Senior Center 480-858-6512</td>
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<td>Fri., October 31</td>
<td>10:30 a.m.</td>
<td>Halloween Party</td>
<td>Escalante Senior Center</td>
<td>480-350-5872</td>
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<tr>
<td>Fri., October 31</td>
<td>11 a.m.</td>
<td>Halloween Party</td>
<td>Cahill Senior Center</td>
<td>480-858-2420</td>
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### November

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<tr>
<td>Sat., November 8</td>
<td>10 a.m.–3 p.m.</td>
<td>Medicare Open Enrollment Information Event</td>
<td>Pyle Adult Recreation Center 480-350-5211</td>
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<td>Thu., November 20</td>
<td>11:30 a.m.</td>
<td>Thanksgiving Luncheon</td>
<td>Pyle Adult Recreation Center 480-350-5211</td>
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<tr>
<td>Fri., November 21</td>
<td>11 a.m.</td>
<td>Thanksgiving Luncheon</td>
<td>Cahill Senior Center</td>
<td>480-858-2420</td>
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<td>Fri., November 21</td>
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<td>North Tempe Senior Center</td>
<td>480-858-6512</td>
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### December

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<tr>
<td>Fri., December 5</td>
<td>1 p.m.</td>
<td>Holiday Tea</td>
<td>Cahill Senior Center</td>
<td>480-858-2420</td>
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<td>Thu., December 18</td>
<td>11:30 a.m.</td>
<td>Holiday Luncheon</td>
<td>Pyle Adult Recreation Center 480-350-5211</td>
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<td>Fri., December 19</td>
<td>11 a.m.</td>
<td>Holiday Luncheon</td>
<td>Cahill Senior Center</td>
<td>480-858-2420</td>
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<tr>
<td>Fri., December 19</td>
<td>11:30 a.m.</td>
<td>Holiday Luncheon</td>
<td>Escalante Senior Center</td>
<td>480-350-5872</td>
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<tr>
<td>Fri. December 19</td>
<td>11:45 a.m.</td>
<td>Holiday Luncheon</td>
<td>North Tempe Senior Center</td>
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