

Activities for Adults (50+ Years)

Registration begins December 4; classes begin January 8 unless noted otherwise within class descriptions.
 No class January 15 or February 19. To view a list of class location abbreviations, see page 2.

The activities and classes below are designed specifically for Adults (50+ Years). Additional offerings for adults may be viewed in the Adults (18+ Years) section.

Cahill Senior Center

715 West 5th Street
 480-858-2420
www.tempe.gov/cahill

The Dennis J. Cahill Senior Center offers a fully-equipped fitness room, computers with Internet access, luncheons, classes, movies and special events for adults ages 50+.

Facility Hours:
 Monday – Friday, 8:30 a.m.-2:30 p.m.

Facility Closures:
 December 25; January 1, 15; February 19

Weekly Activities

Exercise Class	M	10:30 a.m.
\$1 Appetizers	M	noon
Bingo*	M	1 p.m.
\$3 Lunch Before Bingo	F	11:30 a.m.
Bingo*	F	1 p.m.

*Card sales begin at 12:30 p.m.

Please refer to the Roadrunner Chronicle newsletter, or call 480-858-2420, for more information. Join the RTA (Retirees of Tempe Advisory Group) for event discounts.



Senior Support Group

Join this open therapy group facilitated by our City of Tempe counselors to discuss what's on your mind, including: grief and loss, isolation and loneliness, financial needs and support, health, social supports and anything else. Fee: None.
 Please call 480-858-2420 for additional information.

Escalante Senior Center

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

The Escalante Senior Center is operated by Tempe Community Action Agency (TCAA) with programming every Tuesday through Friday for Adults 60+. TCAA offers a Health and Wellness program every Tuesday and Thursday which includes information classes by a certified health instructor and exercises classes using a Silver Sneaker trained instructor. Cooking demonstrations including information on good nutrition and physical exercise from Eat Smart/Live Well program are presented on Thursdays each month. Other activities include the lunch program, Bingo, Art and Crafts classes, Readers Theater, Walking Club, Field Trips and Seasonal Celebrations. Stop by the center to receive detailed information or call the center to make a lunch reservation and receive detailed information about the programs and registrations. 480-350-5872.

Pick up a newsletter to view upcoming activities or Like us on Facebook: <https://www.facebook.com/TCAASeniorCenters>

Facility Hours
 Tuesday-Friday, 8 a.m.-3 p.m.

Facility Closures:
 December 25; January 2, 16; February 20

Weekly Activities:

Health Information Classes	T/Th	9:30 a.m.
Exercise Class	T/Th	10:30 a.m.
Lunch Program	T-F	11:30 a.m.
Bingo	T/Th	12:30 p.m.
Walking Club	W	9 a.m.
Cooking/Nutrition Class	Th (TBD)	10:45 a.m.
Readers Theater	W	12:30 p.m.
Arts and Crafts	W	12:30 p.m.
Movies	F	Call 480-350-5872
Field Trips	F	Call 480-350-5872

Activities for Adults (50+ Years)

Special Events for Adults 60+

Contact: Tania Valdes 480-350-5872

Christmas Dinner

Join us for our annual Christmas Dinner with a surprise visit from Santa prior to dinner. Fee: \$3.50. To register, call: 480-350-5872

No Code 60 yrs + F 12/15 11:30 a.m.-1 p.m. ESCA

Winter Tea

Share the story about your favorite Tea Cup.

No Code 60 yrs + F 1/19 9:30-1 p.m. ESCA

Valentine's Day

Dance to live music and enjoy sweet treats.

No Code 60 yrs + W 2/14 9:30-1p.m. ESCA

St. Patrick's Day

Become Irish for the day and celebrate with us.

No Code 60 yrs + F 3/17 9:30 a.m.-1 p.m. ESCA

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 (TCAA) for adults 60+. The Center offers billiards, books, magazines, TV, playing cards and a collection of board games. Programming includes lunch three days a week, art and crafts, games, special events, chair exercise and Bingo. Each month there are nutrition, health education and community awareness talks. For more information, stop by the center or call 480-858-6512.

Facility Hours:

Monday – Friday, 8 a.m.-3 p.m.

Facility Closures:

December 25; , January 1, 15; February 19

Weekly Activities

Bingo	M	12:30 p.m.
Walking Club	M-F	7:30 a.m.-9 a.m.
Mahjong, Bunco, Games	M/W/Th	11 a.m.
Silver Sneakers	M/W/F	9:30 a.m.
Tai Chi Exercise	T	9:30 a.m.
Art for Beginners	T	10:30 a.m.-noon
TCAA Congregate Lunch	T/W/Th	11:30 a.m.
Chair Exercise	Th	9:30 a.m.
Eat Smart, Live Strong Program	F	9 a.m.

Classes for Adults 60+

American MahJong

This game of skill and chance will improve your memory and spark new friendships. The Fundamentals and terminology are taught during practice games. We use a current National MahJong League card. Fee: None. To register, call 480-858-6512.

No Code 60 yrs+ M/T/Th 12/4-3/29 10:30-noon NCC

Art for Beginners

Classes will be taught by retired art instructor Doug Trimble. Learn about art and art theory. All Levels Welcome. Fee: None.

To register, call 480-858-6512.

No Code 60 yrs+ T 12/5-3/27 10:30-noon NCC

Eat Smart, Live Strong

Taught by Chef Roy, this class includes exercise, instruction on healthy food choices as well as a cooking demonstration with samples. This is a 6 week alternating class, call for dates.

Fee: None. To register, call 480-858-6512.

No Code 60 yrs+ F 12/8-3/30 9- 10 a.m. NCC

Taoist Tai Chi Society® - Senior Tai Chi Class

The Taoist Tai Chi Society® internal arts of health incorporate stretching and turning into a sequence of movements that improve the health of body, mind, and spirit. Reduce tension: improve circulation and balance and increase strength and flexibility. Fee: None. To register, call: 480-858-6512

No Code 60 yrs + T 12/5-3/27 9:30-10:30 a.m. NCC

Special Events for Adults 60+

Christmas Dinner

Join us for our annual Christmas Dinner with a surprise visit from Santa prior to dinner. Fee: \$3.50. To register, call: 480-858-6512

No Code 60 yrs + F 12/15 11:30 a.m.-1 p.m. NCC

January Fashion Seminar and Shopping Event

Join us for a fashion seminar entitled "Fashion Facts and Figures". There is a fashion show after the seminar. Immediately following there is shopping available that promises to be very fascinating.

Fee: None. To register, call: 480-858-6512. *Note: Lunch is available after the event for \$3.50. Call ahead to reserve a spot.

No Code 60 yrs + W 1/11 10 a.m.-1 p.m. NCC

Valentine's Day Celebration

Join us for the great concert style music Ted and Frank will provide for lovers and slow dancers as we celebrate Valentine's Day along with a little Jazz for Mardi Gras. Fee: \$5 includes lunch. To register, call: 480-858-6512

No Code 60 yrs + W 2/14 10:30 a.m.-noon NCC

Activities for Adults (50+ Years)

St. Patrick's Celebration

Ryan Picone and his band are back to help us celebrate St. Patrick's Day. Fee: \$5 includes lunch. To register, call: 480-858-6512.

No Code 60 yrs + F 3/16 10:30 a.m.-noon NCC

Home Delivered Meal Program

Tempe Community Action Agency (TCAA) at the North Tempe Multi-Generational Center operates the Home Delivered Meal (HDM) program that serves meals to home bound elderly and disabled individuals in Tempe and South Scottsdale. Participants can be referred to the program by the SENIOR HELP LINE@ 602-264-4357. TCAA also offers a private pay option for HDM. Meals are delivered Monday-Friday between 9:30 a.m. and 12:30 p.m. If you would like more information, please call the front desk @ 480-858-6510 or visit TCAA's Website at www.tempeaction.org.

Volunteer Opportunities

TCAA is actively recruiting volunteers to assist with the Home Delivered Meal Program. Contact the front desk for information on how to volunteer. 480-858-6510.

Pyle Adult Recreation Center

655 East Southern Avenue
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 yrs+. Classes and programs for adults are offered through the brochure at this facility. The facility has a multipurpose room, dance room, billiards room, fitness room and six meeting rooms.

Facility Hours

Monday-Thursday	8 a.m.-9 p.m.
Friday	8 a.m.-5 p.m.
Saturday	9 a.m.-4 p.m.
Sunday	Closed

Facility Closures:

December 25; January 1, 15; February 19

Retirees of Tempe Advisory (RTA)

The Retirees of Tempe Advisory (RTA) is a group sponsored by the City of Tempe Community Services Department and the Pyle Adult Recreation Center. The RTA advises Pyle staff regarding programs and events for those 50 years and older. RTA membership is \$5 per year and provides members 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.

Weekly Activities

Lunch Program	T	11:30 a.m.
Needleweilders	T/Th	9 a.m.-noon
Senior Songbirds (Sept.-May)	W	9:30 a.m.
Looney Tooner Kitchen Band (Sept.-May)	M	9:30 a.m.
Bingo	W	1 p.m.
Bluegrass Jam Session	W	12-2:30 p.m.
Special Events - Call for details	Th	11:30 a.m.
Current Events Discussion Group	Th	1 p.m.
Bluegrass Jam Session	F	9:30 a.m.-noon
Various card groups throughout the week.		Times Vary

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

Classes - Participants & 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

Acrylic and Oil Painting

Instructed by Donna Levine, this course in Acrylic and Oil Painting includes composition, color theory and basic painting techniques. Class requires additional materials; please bring materials to the first class. Refer to class listing below for proper experience level placement (beginning, intermediate, advanced).

*No Class 1/16, 2/20. 480-350-5211

57053	50 yrs+	M	1/8-3/5*	9 a.m.-noon	\$47	PAC
57054	50 yrs+	W	1/10-3/7	1-4 p.m.	\$60	PAC
57055	50 yrs+	Th	1/11-3/8	9 a.m.-noon	\$60	PAC



Activities for Adults (50+ Years)

Drawing; Color/B&W

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. Please bring one drawing medium and appropriate paper to the first class. No class 1/15, 2/19. 480-350-5211
57057 50 yrs+ M 1/8-3/5* 12:30-3:30 p.m. \$47 PAC

Pastel Painting

Instructor Alice Van Overstraeten covers a unique medium in a fun environment where you will produce beautiful art with intense color. Please bring supplies to the first class. For a list of supplies, visit www.tempe.gov/pyle or the Pyle Center Front Desk. 480-350-5211
57061 50 yrs+ Th 1/11-3/8 1-4 p.m. \$60 PAC

Watercolor Painting

Emphasis is 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. For a list of supplies, visit www.tempe.gov/pyle or the Pyle Center Front Desk. Please bring materials to the first class. Instructor: Donna Levine. 480-350-5211
57078 50 yrs+ T 1/9-3/6 1-4 p.m. \$60 PAC

Watercolor Painting; Introduction

Tips and tricks to get you started in watercolor painting. Class requires additional materials. Approximate cost of materials is \$40-\$45. For a list of supplies, visit www.tempe.gov/pyle or the Pyle Center Front Desk. Please bring materials to the first class. Instructed by Alice Van Overstraeten. 480-350-5211
57079 50 yrs+ T 1/9-3/6 9 a.m.-noon \$60 PAC

Boating

Boom Kayak

Are you looking for a fun way to stay active and beat the weekend warriors? Join us during the week and our certified instructors will focus on physical fitness and basic stroke technique in a low-stress/low-impact fun environment. Fee: \$30. 480-350-8069
56964 50 yrs+ W 2/21 9-11 a.m. TTLM
56965 50 yrs+ W 3/7 9-11 a.m. TTLM
56966 50 yrs+ W 3/21 9-11 a.m. TTLM

Dance, Music & Theater

Line Dance; Beginning

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. Instructor: Fran Dewar. 480-350-5211
57059 50 yrs+ T 1/9-3/6 1:30-2:30 p.m. \$36 PAC

Line Dance; Intermediate

A continuing class for those who feel they have mastered the basics and want more of a challenge. Focus is on rhythms, patterns and styles as you move to the music. Instructor: Fran Dewar. 480-350-5211
57060 50 yrs+ T 1/9-3/6 2:30-3:30 p.m. \$36 PAC

Readers Theatre Acting Workshop

Join the Essential Theatre Company in the reading of "You Can't Take It With You." The play will be performed with script in hand. Must be able to attend all sessions and the performance. Register by email to tplprograms@tempe.gov. Include "Readers Theatre" in the subject and your name and phone number in the body. Fee: None. 480-350-5500

No Code 50 yrs+ F 1/12-3/2 10 a.m.-noon LMRA

Performance - open to the public

No Code All Ages W 3/7 6:15-7:15 p.m. LMRA

Tap Dance; Beginning

This beginning level class will teach you the basic Tap steps as you put them together to create a fun dance routine. Lots of fun, and great exercise. No class 1/15, 2/19. Instructor: Jana Moore. 480-350-5211

57072 50 yrs+ M/Th 1/8-3/8
M 10:30-11:25 a.m. \$48 PAC
Th 11:15 a.m.-12:10 p.m. PAC

Tap Dance; Intermediate

Get fit while having fun. Learn fundamental Tap technique and steps, and then choreograph them for muscle memory. Start tapping your way to fitness. Instructor: Jana Moore. 480-350-5211
57073 50 yrs+ T/Th 1/9-3/8 9:10-10:05 a.m. \$54 PAC

Tap Dance; Performance

Take the fundamental Tap dance technique and steps that you've learned, and now focus on formations and polishing-up routines for performances. Must come prepared to have fun.

Instructor: Jana Moore. 480-350-5211

57074 50 yrs+ T/Th 1/9-3/8 10:10-11:05 a.m. \$54 PAC

Health & Fitness

Adult Fitness

Step away from the stress in your life and come workout for an hour at Escalante Community Center. Workouts will occur in a small group setting. Participants will receive individual attention. *No class 1/15, 2/19. Fee: None. 480-350-5800

56831 50 yrs+ M 1/8-2/26* noon-1 p.m. ESCA
56832 50 yrs+ T 1/9-2/27 noon-1 p.m. ESCA
56833 50 yrs+ W 1/10-2/28 noon-1 p.m. ESCA
56834 50 yrs+ Th 1/11-3/1 noon-1 p.m. ESCA

Activities for Adults (50+ Years)

Banner Brain Health Program

Banner Alzheimer's Institute and Banner Sun Health Research Institute have designed a program to boost brain health. This free 2.5 hour Brain Health Boot Camp reviews lifestyle factors related to brain health and teaches a variety of methods to exercise various cognitive domains of the brain. Limited to 20 people and requires pre-registration by calling 602-230-2273. Fee: None.

No Code 50 yrs+ W 1/31 9:30 a.m.-noon CSC

Chair Fit and Fabulous

All levels welcome in this exercise class. Exercise at your own pace and comfort level, using a chair or standing. Fee: None.

56952 50 yrs+ M 1/8-1/29 10:30-11:30 a.m. CSC

56955 50 yrs+ M 2/5-2/26 10:30-11:30 a.m. CSC

56956 50 yrs+ M 3/5-3/26 10:30-11:30 a.m. CSC

Chair Yoga

Unable to get up and down from the floor? You can still do Yoga. Learn to breathe slower and deeper, increase flexibility and strength, improve your memory, sleep better and boost your immune system. Some poses may be done either seated or standing with wall or chair as support. Instructor: Rebecca Auernheimer. 480-350-5211

57056 50 yrs+ W/F 1/10-3/9 9-10 a.m. \$54 PAC

Eat Healthy, Be Active

Taught by Nutrition Education Professionals, discuss healthy food choices, recipe modifications/substitutions, eating on a budget and a cooking demonstration with samples. Each participant will take home recipes and a free gift. Fee: None. 480-858-2420.

56954 50 yrs+ T 1/9-2/13 9:30-10:30 a.m. CSC

Gentle Joint Cardio

Get up and go with this aerobics class that is safe, heart healthy and gentle on the joints. Emphasis on alignment, posture, strength training with light hand held weights with stretching exercises to energize your active lifestyle. Chair used during cool down, no floor work. Instructor: Kim. No class 3/14. Fee: \$44.

480-350-5211

56507 50 yrs+ W 1/10-3/28 10:30-11:30 a.m. PAC

Gentle Yoga

This class will focus on breathing and relaxation techniques that will quiet the mind and relax the body. Students will practice the basic hatha yoga poses, focusing on those that stretch the muscles and improve balance and strength. Instructor: Kim Killingsworth. 480-350-5211

57058 50 yrs+ T 1/9-3/6 12:15-1:15 p.m. \$36 PAC

Healthy Cooking for Seniors

Join us for a cooking demonstration that will teach you how to incorporate locally grown produce into healthy meals. Samples will be provided. Fee: None. 480-858-2420

56940 50 yrs+ T 3/6 10 a.m. CSC

56941 50 yrs+ T 3/20 10 a.m. CSC

North Tempe Walking Club

Join the North Tempe Walking Club with two great options: join us Monday through Friday at Vista Del Camino Park at 7 a.m. and walk 3 to 6 miles or come to the North Tempe Multi-Generational Center and walk in the gym at your own pace. All Levels welcome. Fee: None. 480-858-6512.

No Code 50 yrs+ M-F 12/1-3/30 7-9 a.m. NCC

Seated Strength Training

Learn about things you can do with weights and bands while sitting to increase your strength. *No class 1/15, 2/19. Instructor:

Kim Killingsworth. 480-350-5211

57062 50 yrs+ M 1/8-3/5* 9-9:45 a.m. \$21 PAC

57063 50 yrs+ Th 1/11-3/8 10:15-11 a.m. \$27 PAC

Silver Sneakers Exercise Program

North Tempe offers a senior based exercise program in partnership with The Tempe YMCA and Healthways. The program is an insurance-based program that requires a Silver Sneaker card for access. Call 888-423-4632 for eligibility questions or to order a new card.

Circuit Class

The circuit class uses hand-held weights, strength bands and balls to engage each participant in low impact aerobic exercises as well as stretching relaxation exercises. Registration is not required. Fee: None.

No Code 50 yrs+ M Ongoing 9:30-10:30 a.m. NCC

Classic Class

The Classic class is designed to increase muscular strength, range of movement and activities for daily living. Registration is not required. Fee: None.

No Code 50 yrs+ W/F Ongoing 9:30-10:30 a.m. NCC

Stretch & Tone

Haven't exercised in a while? 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 class 1/15, 2/19. **No class 1/26. Instructor: Fran Dewar. 480-350-5211

57064 50 yrs+ M 1/8-3/5* 10:30-11:15 a.m. \$18 PAC

57065 50 yrs+ T 1/9-3/6 10:30-11:15 a.m. \$23 PAC

57066 50 yrs+ W 1/10-3/7 10:30-11:15 a.m. \$23 PAC

57067 50 yrs+ F 1/12-3/9** 10:30-11:15 a.m. \$21 PAC

**Pick Up the Spring Brochure
February 15**



Tai Chi / Body Balance I

Use basic Tai Chi movements and Qigong breathing exercises to gently relax and exercise the body. Emphasis is on balance and stability, but students will also learn basic stretching exercises to improve flexibility and strength. A basic Tai Chi Short Form that uses five major movements to exercise the body will be learned. Drop-in available: \$5. *No class 1/15. Instructor: Barbara Orr. 480-350-5211

57068	50 yrs+	M	1/8-1/29*	11:45 a.m.-12:45 p.m.	\$13	PAC
57069	50 yrs+	M	2/26-3/12	11:45 a.m.-12:45 p.m.	\$13	PAC

Tai Chi / Body Balance II

This is an introductory class in the Guang Ping Yang style of Tai Chi and will concentrate more on learning Tai Chi moves that will help you to gain balance and flexibility, while improving breathing and posture. Preferred prerequisite: Tai Chi/Body Balance I.

*No class 1/15. Instructor: Barbara Orr. 480-350-5211

57070	50 yrs+	M	1/8-1/29*	12:50-1:50 p.m.	\$13	PAC
57071	50 yrs+	M	2/26-3/12	12:50-1:50 p.m.	\$13	PAC

Toners & Shapers

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. Participants are encouraged to work at their own level and to provide their own weights upon instructor recommendation.

*No class 1/15, 2/19. **No class 1/26. Instructor: Fran Dewar. 480-350-5211

57075	50 yrs+	M	1/8-3/5*	9:15-10:15 a.m.	\$21	PAC
57076	50 yrs+	W	1/10-3/7	9:15-10:15 a.m.	\$27	PAC
57077	50 yrs+	F	1/12-3/9**	9:15-10:15 a.m.	\$24	PAC

Yoga Nidra

Guided meditation received while reclining comfortably. Release stress and tension, calm the nervous system, rest deeply, and effortlessly float beyond the busy chattering mind. Helps to reach restorative levels of relaxation and find more ease in our daily lives. Suitable for beginners. Drop-in available: \$5. Instructor: Rebecca Auernheimer. 480-350-5211

57081	50 yrs+	Th	1/11-3/8	8:05-9 a.m.	\$32	PAC
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Yin Yoga

Increase range of motion by sitting in gentle, passive yoga poses for several minutes each. This allows you to create space in the fascia (connective tissue which runs throughout the body), thereby releasing restriction. Suitable for beginners. Drop-in available: \$5. Instructor: Rebecca Auernheimer. 480-350-5211

Zumba for 50+

A fun workout that incorporates unique, Latin dance moves with up-beat Latin music. Zumba maximizes caloric output with fat-burning movements and adapts to your ability level with easy-to-follow dance steps so that you can have fun. Drop-in available: \$5. Instructor: Jana Moore. 480-350-5211

57082	50 yrs+	T	1/9-3/6	11:10 a.m.-12:05 p.m.	\$36	PAC
57083	50 yrs+	F	1/12-3/9	10:35-11:30 a.m.	\$36	PAC

Zumba Toning

This Zumba class adds resistance by using lightweight maraca-like Toning Sticks which enhance a sense of rhythm and coordination, while toning target zones including arms, core and lower body. *No class 1/15, 2/19. Instructor: Jana Moore. Drop-in available: \$5. 480-350-5211

57084	50 yrs+	M	1/8-3/5*	8:05-9 a.m.	\$28	PAC
57085	50 yrs+	W	1/10-3/7	8:05-9 a.m.	\$36	PAC
57086	50 yrs+	F	1/12-3/9	8:05-9 a.m.	\$36	PAC

Social Activities

For additional information on the following Cahill Senior Center special events and menus, please refer to the monthly Roadrunner Chronicle, or call 480-858-2420.

\$1 Appetizers

Join us for an appetizer before we play bingo at 1 p.m. Please call for weekly menu. Register by the Thursday before each event. Fee: \$1. 480-858-2420

56917	50 yrs+	M	1/8	noon	CSC
56918	50 yrs+	M	1/22	noon	CSC
56919	50 yrs+	M	1/29	noon	CSC
56920	50 yrs+	M	2/5	noon	CSC
56921	50 yrs+	M	2/12	noon	CSC
56922	50 yrs+	M	2/26	noon	CSC
56923	50 yrs+	M	3/5	noon	CSC
56924	50 yrs+	M	3/12	noon	CSC
56925	50 yrs+	M	3/19	noon	CSC
56926	50 yrs+	M	3/26	noon	CSC

Register for Classes Online!
www.tempe.gov/brochure

Activities for Adults (50+ Years)

Birthday Bingo

Bring your lunch and join us as we celebrate the month's birthdays. Cake and Ice Cream will be provided. Play Bingo for grocery prizes. Fee: \$1 for RTA members, \$2 for non-members. 480-858-2420

56927	50 yrs+	Th	1/11	11:30 a.m.	CSC
56928	50 yrs+	Th	2/8	11:30 a.m.	CSC
56929	50 yrs+	Th	3/8	11:30 a.m.	CSC

Brunch & Bunco

Join us for a delicious brunch and a game of Bunco with prizes. Register by the Monday before each date. Fee: \$4 for RTA members; \$5 for non-members. 480-858-2420

56914	50 yrs+	W	1/10	10 a.m.	CSC
56915	50 yrs+	W	2/14	10 a.m.	CSC
56916	50 yrs+	W	3/14	10 a.m.	CSC

Fabulous Friday's \$3 Homemade Lunch

Join us for fresh and delicious Friday Lunches at the Cahill Senior Center. Please call for weekly menu. Register by the Wednesday before each event. Fee: \$3. 480-858-2420

56930	50 yrs+	F	1/5	11:30 a.m.	CSC
56931	50 yrs+	F	1/12	11:30 a.m.	CSC
56932	50 yrs+	F	1/19	11:30 a.m.	CSC
56933	50 yrs+	F	1/26	11:30 a.m.	CSC
56934	50 yrs+	F	2/2	11:30 a.m.	CSC
56935	50 yrs+	F	2/9	11:30 a.m.	CSC
56936	50 yrs+	F	2/16	11:30 a.m.	CSC
56937	50 yrs+	F	2/23	11:30 a.m.	CSC
56938	50 yrs+	F	3/2	11:30 a.m.	CSC
56957	50 yrs+	F	3/9	11:30 a.m.	CSC
56958	50 yrs+	F	3/16	11:30 a.m.	CSC
56959	50 yrs+	F	3/23	11:30 a.m.	CSC



Pokeno and Bagels

Pokeno is a game that is a combination of poker and keno, though it is pretty much like playing Bingo with standard playing cards. Join us for a morning of fun games and prizes. Fee: \$2. 480-858-2420

56945	50 yrs+	W	1/3	10 a.m.	CSC
56946	50 yrs+	W	2/7	10 a.m.	CSC
56947	50 yrs+	W	3/7	10 a.m.	CSC

Special Interest

Special Event Luncheons

Join us on the last Friday of every month for a home cooked meal, entertainment and good company. Themes for each month will be announced in the Roadrunner Chronicle Newsletter or visit www.tempe.gov/cahill for more information. Fee: \$5 for RTA members; \$6 for non-members. 480-858-2420

56939	50 yrs+	F	2/23	11 a.m.	CSC
56960	50 yrs+	F	3/23	11 a.m.	CSC

Special Event: Year in Review Luncheon

See yourself on the big screen as we look at the past year through photos of the 2017 events at Cahill Senior Center. Fee: \$5 for RTA members; \$6 for non-members. 480-858-2420

56953	50 yrs+	F	1/26	11 a.m.	CSC
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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