TEMPE Opportunities

Registration Dates
Tempe Residents: August 13
Non-Tempe Residents: August 20

Fall 2012

www.tempe.gov/brochure

City of Tempe

PLAY LEARN LIVE GROW

Pick-up a Tempe Opportunities Brochure at participating fry's FOOD STORES/

Registration begins August 13; classes begin September 4 unless noted otherwise within class descriptions. No classes September 3; November 12, 22 and 23. To view a list of class location abbreviations, see page 2, or visit www.tempe.gov/brochure.

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/cahillseniorcenter

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: Sept 3; Nov 12, 22, 23; Dec 25

Weekly Activities

Monday		
	TCAA Congregate Lunch	11:45 a.m.
	BINGO*	1 p.m.
Wednesday		
	New Release Movie	11:15 a.m.
Friday		
	$3 Lunch before Bingo	11:30 a.m.
	BINGO*	1 p.m.

*Card sales begin at 12:30 p.m.
No Bingo Sept. 3; Nov 12, 22, 23; Dec 25

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.

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: Sept. 3; Nov 12, 22, 23, 24; Dec 25

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 calendar 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.

Monthly Retiree Activities

Looney Tooner Kitchen Band meets Mondays	9:30 a.m.
Tuesday Lunch & Games	11:30 a.m.
Tuesday New Release Movies	12:30 p.m.
Needlewielders Tuesdays/Thursdays	9 a.m.-Noon
Senior Songbirds meet Wednesdays	9:30 a.m.
BINGO every Wednesday	1 p.m.
Thursday Lunch/Program	11:30 a.m.
Current Events Discussion Group every Thurs.	1 p.m.
Classic Movie Fridays	12:30 p.m.
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 any questions about any of the programs or classes offered for Adults 50+ years, call 480-350-5211, or visit the Pyle Adult Recreation Center's 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 offers activities and programming for adults, ages 60 and older. Programming includes AmeriCorps and Health/Wellness classes, luncheons, field trips, special events, BINGO, crafts and a weekly movie.

Facility Hours

Tuesday-Friday 8 a.m.-3 p.m.

Fall Feature

On Friday, September 14, the Escalante Senior Center will celebrate Mexican Independence Day. For additional information, visit the Senior Center, or call 480-350-5872.

Activities for Adults (50+ Years)

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). The Center offers a billiards table, a book and magazine collection, a 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 their corresponding programs are for ages 60 and older.

Volunteer Opportunities
TCAA is actively recruiting volunteers to assist with various programs. Contact Kathy Flores at the North Tempe Senior Center Front Desk at 480-858-6510, or stop by to see what opportunities are available.

Facility Hours:
Monday-Friday, 8 a.m.-3 p.m.

Weekly Activities

Tues, Wed, Thurs:	TCAA Congregate Lunch	11:45 a.m.
Tuesday:	Bingo	12:30 p.m.

Arts & Crafts

For a list of suggested materials, visit www.tempe.gov/pyle, or the Pyle Center Front Desk.

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 11/12, 11/19. **No class the week of 11/19. Fee: Below. 480-350-5211

31037	50 yrs+	Beg.	M	9/10-10/15	9 a.m.-Noon	$36	PAC
31038	50 yrs+	Int.	W	9/5-10/17	1-4 p.m.	$42	PAC
31039	50 yrs+	Adv.	Th	9/6-10/18	9 a.m.-Noon	$42	PAC
31070	50 yrs+	Beg.	M	10/22-12/10*	9 a.m.-Noon	$36	PAC
31071	50 yrs+	Int.	W	10/24-12/12**	1-4 p.m.	$42	PAC
31072	50 yrs+	Adv.	Th	10/25-12/13**	9 a.m.-Noon	$42	PAC

Crafts and Coffee with Sara
Join us on the third Wednesday of each month for coffee and crafting. Sara Johnson, Program Coordinator, will lead you though a different craft each month. Fee: $4. For more information, call 480-858-2420.

31395	50 yrs+	W	9/19	9-10 a.m.	CSC
31396	50 yrs+	W	10/17	9-10 a.m.	CSC
31398	50 yrs+	W	12/19	9-10 a.m.	CSC

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 11/12 and 11/19. Fee: Below. 480-350-5211

31045	50 yrs+	M	9/10-10/15	12:30-3:30 p.m.	$36	PAC
31078	50 yrs+	M	10/22-12/10*	12:30-3:30 p.m.	$36	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. *No class 11/22. Fee: Below. 480-350-5211

31137	50 yrs+	Th	9/6-10/25	1-3:30 p.m.	$48	PAC
31138	50 yrs+	Th	11/8-12/13*	1-3:30 p.m.	$30	PAC

Photography for 50+
This class concentrates on light technique and composition, and takes the mystery out of the terms "shutter speed" and "f" stop as they apply to digital cameras. Instructed by John Berend, a photographer whose work has been collected in over 70 countries. A fancy camera is not necessary. Fee: Below. 480-350-5211

31050	50 yrs+	Sa	9/15-9/29	10 a.m.-Noon	$30	PAC
31051	50 yrs+	T	10/2-10/16	10 a.m.-Noon	$30	PAC

Watercolor Painting
Instructed by Donna Levine, the emphasis of this class 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. Please bring materials to the first class. *No class 11/20. Fee: Below. 480-350-5211

31064	50 yrs+	T	9/4-10/16	1-4 p.m.	$42	PAC
31079	50 yrs+	T	10/23-12/11*	1-4 p.m.	$42	PAC

Business & Computers

Computer Seminar: Social Media (Facebook)
Presented by Jason Ake of Think Tank Solutions. Learn about the different social media websites, how they work, and tips to keep you safe. The first hour is instruction, the second hour is a question and answer period. Fee: None. 480-858-2420

31400	50 yrs+	Th	10/18	9-11 a.m.	CSC

Want to keep a good class going? Register early!

The Oasis Institute and the Tempe Public Library have partnered 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!

Meet the Computer
Never tried a computer before? In this course you will get to meet the computer, the keyboard and the mouse, and you will learn what they are and how to use them. No experience is necessary for you to take this relaxed, fun class. Note: If you have never used a computer before, this is an excellent class to take before *Introduction to Computers.* Fee: None. 480-858-6500

31978	50 yrs+	W	9/12	9-11 a.m.	NCC
31979	50 yrs+	F	9/21	9-11 a.m.	NCC

Looking at Windows
Refresh the skills that you need to work with Microsoft Windows' operating system. Learn simple tips about Windows; practice resizing and manipulating Windows, rearrange your desktop, and pick-up more helpful tips. Fee: None. 480-858-6500

31980	50 yrs+	Th	9/27	9-11 a.m.	NCC

Exploring the Internet
Having trouble finding what you need on the Internet? Come to this class and learn the best way to search for the information you want. You will get to try-out some search strategies online with plenty of time to practice. Fee: None. 480-858-6500

31981	50 yrs+	T	10/2	9-11 a.m.	NCC

Exploring Google
Google is a leading search engine that helps you locate information on the Internet. In this course, you will learn about some of the other useful and fun features of Google, including news, maps, videos, calendars and health and financial information. Fee: None. 480-858-6500

31982	50 yrs+	W	10/17	9-11 a.m.	NCC

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. *No class 11/20. Fee: Below. 480-350-5211

31046	50 yrs+	T	9/4-10/16	1:30-2:30 p.m.	$28	PAC
31048	50 yrs+	T	10/23-12/11*	1:30-2:30 p.m.	$28	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. *No class 11/20. Fee: Below. 480-350-5211

31047	50 yrs+	T	9/4-10/16	2:30-3:30 p.m.	$28	PAC
31049	50 yrs+	T	10/23-12/11*	2:30-3:30 p.m.	$28	PAC

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 11/22. Fee: Below. 480-350-5211

31061	50 yrs+	Th	9/6-10/18	11:15 a.m.-12:10 p.m.	$20	PAC
31141	50 yrs+	Th	10/25-12/13*	11:15 a.m.-12:10 p.m.	$20	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! *No class the week of 11/19. Fee: Below. 480-350-5211

31059	50 yrs+	T/Th	9/4-10/18	9:10-10:05 a.m.	$39	PAC
31139	50 yrs+	T/Th	10/23-12/13*	9:10-10:05 a.m.	$39	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! *No class the week of 11/19. Fee: Below. 480-350-5211

31060	50 yrs+	T/Th	9/4-10/18	10:10-11:05 a.m.	$39	PAC
31140	50 yrs+	T/Th	10/23-12/13*	10:10-11:05 a.m.	$39	PAC

Health & Fitness

Aerobic Dance
Gets your heart pumping as you move to choreographed routines that encourage flexibility, muscular strength and cardiovascular endurance. *No class the week of 10/8, 10/19 and 11/12. Fee: Below. 480-350-5211

31041	50 yrs+	M/W/F	9/5-11/16*	8:05-9 a.m.	$64	PAC
31042	50 yrs+	T/Th	9/4-11/15*	8:05-9 a.m.	$48	PAC
31043	50 yrs+	M/W/F	11/26-12/21	8:05-9 a.m.	$29	PAC
31044	50 yrs+	T/Th	11/27-12/20	8:05-9 a.m.	$19	PAC

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. Suitable for all physical abilities. *No class 11/21 and 11/23. Fee: Below. 480-350-5211

29954	50 yrs+	W/F	9/5-10/19	9-10 a.m.	$42	PAC
31040	50 yrs+	W/F	10/24-12/14*	9-10 a.m.	$42	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. *No class 11/21. Fee: Below. 480-350-5211

31052	50 yrs+	W	9/5-10/17	10:30-11:45 a.m.	$35	PAC
31146	50 yrs+	W	10/24-12/12*	10:30-11:45 a.m.	$35	PAC

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 10/8, 10/19 and 11/12.

31053	50 yrs+	M/W	9/5-11/14*	10:30-11:15 a.m.	$36	PAC
31054	50 yrs+	T/Th	9/4-11/15*	9:15-10 a.m.	$40	PAC
31055	50 yrs+	M/W	11/26-12/19	10:30-11:15 a.m.	$16	PAC
31056	50 yrs+	T/Th	11/27-12/20	9:15-10 a.m.	$16	PAC

Tai Chi/Body Balance
This is an exercise class that uses Tai Chi and Qigong movements to help improve overall body balance, flexibility, strength, and to relieve stress. Special Tai Chi movements will target the body's major joints to keep them healthy. Qigong breathing exercises will help to reenergize the body. Fee: $38.

31058	50 yrs+	M	9/10-10/29	11:15 a.m.-12:15 p.m.	PAC

Toners & Shapers
This class is designed to strengthen and tone muscles and to increase flexibility. Each participant is encouraged to work at his/her own level. Participants are asked to provide their own weights. *No class 10/8, 10/19 and 11/12.

31062	50 yrs+	M/W/F	9/5-11/16*	9:05-10:20 a.m.	PAC
31063	50 yrs+	M/W/F	11/26-12-21	9:05-10:20 a.m.	PAC

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. *No class 11/20. **No class 11/23.

31065	50 yrs+	T	9/4-10/16	11:10 a.m.-12:05 p.m.	$29	PAC
31066	50 yrs+	F	9/7-10/12	10:35-11:30 a.m.	$25	PAC
31067	50 yrs+	T	10/23-12/11*	11:10 a.m.-12:05 p.m.	$29	PAC
31068	50 yrs+	F	10/26-12/14**	10:35-11:30 a.m.	$29	PAC

Westside Fitness Center; 715 W. Fifth Street
Work out in our fully equipped fitness room at your convenience.

50 yrs+	M-F	8:30 a.m.-7 p.m.	WCC

Special Interest

Crazy Cell Phones
This class will cover cell phone basics in 15 minute individual sessions. Please make an appointment after you register. Space is limited. Fee: None. 480-350-5802

31562	55 yrs+	T	10/23-10/30	2-3 p.m.	ESCA
31563	55 yrs+	Th	8/23-8/30	2-3 p.m.	NCC

New! Kooky eBook
Electronic reader devices driving you bonkers? In this class, learn how to download eBooks to eReaders using resources at the Tempe Public Library. Fee: None. 480-350-5800

31564	55 yrs+	W	10/24	9-10 a.m.	ESCA

Social Activities

Breakfast & Bunco
Join us for a delicious breakfast and a game of Bunco. Register by the Friday before each date. Fee: $4 for RTA members; $5 for non-members. 480-858-2420

31372	50 yrs+	W	9/12	9 a.m.	CSC
31373	50 yrs+	W	10/10	9 a.m.	CSC
31374	50 yrs+	W	11/14	9 a.m.	CSC
31375	50 yrs+	W	12/12	9 a.m.	CSC

Pokeno
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: $1. 480-858-2420

31404	50 yrs+	W	9/5	9 a.m.	CSC
31405	50 yrs+	W	10/3	9 a.m.	CSC
31406	50 yrs+	W	11/7	9 a.m.	CSC
31407	50 yrs+	W	12/5	9 a.m.	CSC

Fall Carnival Luncheon
Join us under the "Big Top" for an Old Fashioned Carnival. Enjoy mysterious and captivating acts performed by a magician. Fee: $5 for RTA members; $6 for non-members. 480-858-2420

31580	50 yrs+	F	9/21	11 a.m.	CSC

Halloween Party
Join us for a scary good time and come dressed in your spooky finest for our costume contest. Menu: Chili con carne, corn bread, tossed green salad and dessert. Fee: $5 for RTA members; $6 for non-members. 480-858-2420

31390	50 yrs+	F	10/26	11 a.m.	CSC

Thanksgiving Luncheon
Gather with friends and give thanks at Cahill's Thanksgiving Day Feast. Menu: Roast turkey, dressing, mashed potatoes and gravy, vegetables and pumpkin pie. Fee: $6.50 for RTA members; $7.50 for non-members. 480-858-2420

31391	50 yrs+	F	11/16	11 a.m.	CSC

Holiday Tea
Begin this holiday season with an elegant afternoon tea. Sample a variety of teas with delicate pastries and finger sandwiches. Entertainment by the Dickens Carolers. Fee $9 for RTA members; $10 for non-members. 480-858-2420

31392	50 yrs+	F	12/7	1 p.m.	CSC

Holiday Luncheon
Come for some holiday cheer with a meal of spiral cut ham, scalloped potatoes, green beans, salad, dinner rolls and dessert. Fee $5 for RTA members; $6 for non-members. 480-858-2420

31393	50 yrs+	F	12/21	11 a.m.	CSC