Activities for Adults (50+ Years)

Registration begins February 19; classes begin March 18 unless noted otherwise within class descriptions. No classes April 1. 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/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: April 1, May 27

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 April 1, May 27

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: April 1, May 27

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 register in person at the Pyle Adult Recreation Center's front desk or at Cahill Senior Center.

Monthly Retiree Activities

Tuesday/Thursday Lunch/Program	11:30 a.m.
Needlewielders Tuesdays/Thursdays	9 a.m.-Noon
Senior Songbirds meet Wednesdays	9:30 a.m.
Looney Tooner Kitchen Band meets Mondays	9:30 a.m.
Tuesday New Release Movies	12:30 p.m.
Bingo Every Wednesday	1 p.m.
Current Events Discussion Group every Thursday	1 p.m.
Various card groups throughout the week	Times Vary
Classic Movie Fridays	12:30 p.m.

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 programs for adults, ages 60 and older including: Bingo, craft club, readers' theater, weekly movies, holiday celebrations, a Valentine's Day dance and other entertainment. For additional information visit the Escalante Senior Center or call 480-350-5872.

Facility Hours

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

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 4/1.
480-350-5211

32545	50 yrs+	Beg.	M	3/25-5/20*	9 a.m.-Noon	$48	PAC
32546	50 yrs+	Int.	W	3/27-5/22	1-4 p.m.	$54	PAC
32547	50 yrs+	Adv.	Th	3/28-5/23	9 a.m.-Noon	$54	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.

33930	50 yrs+	W	4/17	9-10 a.m.	CSC
33931	50 yrs+	W	5/22	9-10 a.m.	CSC

Want to keep a good class going? Register early!

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 4/1. Fee: $48. 480-350-5211

32552	50 yrs+	M	3/25-5/20	12:30-3:30 p.m.	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. Fee: $49. 480-350-5211

32557	50 yrs+	Th	4/4-5/23	1-3:30 p.m.	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

32558	50 yrs+	Sa	4/6-4/20	10 a.m.-12 p.m.	$30	PAC
32559	50 yrs+	T	4/23-5/7	10:15 a.m.-12:15 p.m.	$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. Fee: $54. 480-350-5211

32568	50 yrs+	T3/26-5/21	1-4 p.m.	PAC

Business & Computers

The Oasis Institute 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!

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

34110	50 yrs+	W	4/3	9-11 a.m.	NCC
34111	50 yrs+	F	4/12	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

34112	50 yrs+	F	4/19	9-11 a.m.	NCC
34113	50 yrs+	Th	4/25	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

34114	50 yrs+	T	5/7	9-11 a.m.	NCC
34115	50 yrs+	W	5/15	9-11 a.m.	NCC

Going Wireless

How to Use Wi-Fi. Want Internet access on the go? Wi-Fi is the wireless Internet Connection available at many coffee shops, libraries and airports. You can also set up a Wi-Fi system at home. In this course, you will learn all about Wi-Fi, where and how to get it, and important safety precautions you need to know. If you have a laptop computer or cell phone with Wi-Fi Internet access, you can bring it to class; however, it is not required. Fee: None. 480-858-6500

34116	50 yrs+	T	5/21	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 4/23. Fee: $35. 480-350-5211

32555	50 yrs+	T	3/19-5/21	1:30-2:30 p.m.	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 4/23. Fee: $35. 480-350-5211

32556	50 yrs+	T	3/19-5/21	2:30-3:30 p.m.	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. Fee: $29. 480-350-5211

32566	50 yrs+	Th	3/21-5/23	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! Fee: $56. 480-350-5211

32564	50 yrs+	T/Th	3/19-5/23	9:10-10:05 a.m.	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. Come prepared to have fun. Fee: $56. 480-350-5211

32565	50 yrs+	T/Th	3/19-5/23	10:10-11:05 a.m.	PAC

Health & Fitness

Exercise; Adult Fitness

Instructor led fitness class and weight training. Workouts will be personalized. All fitness levels are encouraged to register. *No Class 4/1. Fee: None. 480-350-5800

33351	50 yrs+	M/W	3/25-5/22*	Noon-1 p.m.	ESCA
33352	50 yrs+	T/Th	3/26-5/23	Noon-1 p.m.	ESCA

Aerobic Dance

Get your heart pumping as you move to choreographed routines that encourage flexibility, muscular strength and cardiovascular endurance. *No class 3/22, 4/1, 5/3. **No class 5/2. Fee: Below. 480-350-5211

32548	50 yrs+	M/W/F	3/18-5/24*	8:05-9 a.m.	$64	PAC
32549	50 yrs+	T/Th	3/19-5/23**	8:05-9 a.m.	$45	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. Fee: $60. 480-350-5211

32551	50 yrs+	W/F	3/20-5/24	9-10 a.m.	PAC

Gentle Yoga
This class will focus on breathing and relaxation techniques that will quiet the mind and relax the body. We will practice the basic Hatha Yoga poses, focusing on those that stretch the muscles and improve balance and strength. Fee: $50. 480-350-5211

32553	50 yrs+	W	3/20-5/22	10:30-11:45 a.m.	PAC

Stretch & Tone
Haven't exercised in a while? Get back into the exercise routine with this gentle exercise and stretching program. Exercise at your comfort level either sitting in a chair or standing. No class 4/1* or 5/2**. Fee $38. 480-350-5211

32560	50 yrs+	M/W	3/18-5/22*	10:30-11:15 a.m.	PAC
32561	50 yrs+	T/Th	3/19-5/23**	9:15-10 a.m.	PAC

New! Tai Chi / Body Balance Advanced
This exercise class builds on the Tai Chi Body/Balance Basic class' five movements, adding six new movements. Qigong breathing exercises coordinated to each Tai Chi movement will be learned. Major emphasis is on balance and stability with basic stretching exercises to improve flexibility and strength. Prerequisite: Tai Chi/Body Balance Basic. No class 4/1. Fee: $35. 480-350-5211

32563	50 yrs+	M	3/18-5/6	11:15 a.m.-12:15 p.m.	PAC

Tai Chi / Body Balance Basic
This exercise class uses basic Tai Chi movements and Qigong breathing exercises to gently relax and exercise the body. Major emphasis is on balance and stability. Students will also learn basic stretching exercises to improve flexibility and strength. A basic Tai Chi Short Form that uses five major movements will be learned. Qigong breathing exercises coordinated to each specific Tai Chi movement will enhance the Tai Chi exercise experience. No prerequisite. No class 4/1. Fee: $35. 480-350-5211

32562	50 yrs+	M	3/18-5/6	12:15 p.m.-1:15 p.m.	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. Each participant is encouraged to work at his/her own level. Participants are asked to provide their own weights upon instructor recommendation. No class 3/22, 4/1, 5/3. Fee: $72. 480-350-5211

32567	50 yrs+	M/W/F	3/18-5/24	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 so that you can have fun. Fee: Below. 480-350-5211

32569	50 yrs+	T	3/19-5/21	11:10 a.m.-12:05 p.m.	$41	PAC
32570	50 yrs+	F	3/29-5/24	10:35-11:30 a.m.	$37	PAC

Pyle Fitness Center
655 E. Southern Ave
To view a list of fitness room times and fees, see page 38.

Westside Fitness Center
715 W. Fifth Street
Work out in our fully equipped fitness room at your convenience. It's free! M-Th 8:00 a.m. – 8:30 p.m; Friday 8:00 a.m. – 7:30 p.m.; Saturday 10:00 a.m. – 4:30 p.m. Fee: None. 480-858-2420.

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.

Breakfast & Bunco
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. 480-858-2420

33917	50 yrs+	W	4/10	9 a.m.	CSC
33918	50 yrs+	W	5/15	9 a.m.	CSC

Earth Day Luncheon
Reduce, reuse and recycle at Cahill's Earth Day Celebration! Go green and enjoy seasonal organic salad and soup while listening to music that will bring you back to your roots. Fee: $5 for RTA members; $6 for non-members. 480-858-2420

33927	50 yrs+	F	4/26	11 a.m.	CSC

Mother's Day Luncheon
Mothers, it's all about you today. Enjoy a delicious luncheon, relaxation and soothing entertainment. Fee: $5 for RTA members, $6 for non-members. 480-350-2420

33928	50 yrs+	F	5/10	11 a.m.	CSC

Pancake Breakfast
This is a simple and enjoyable breakfast of all-you-can-eat pancakes and great conversation. Register by the Monday before each date. Fee: $3 for all. 480-858-2420

33919	50 yrs+	W	4/24	9 a.m.	CSC
33920	50 yrs+	W	5/29	9 a.m.	CSC

Activities for Adults (50+ Years)

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

33939	50 yrs+	W	4/3	9 a.m.	CSC
33940	50 yrs+	W	5/1	9 a.m.	CSC

Special Interest

Crazy Cell Phones
Are those 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 minutes individual sessions so you will need to make an appointment after you register. Space is limited. Fee: None. 480-350-5802

33383	55 yrs+	M	3/18-3/25	2:30-3:30 p.m.	LSTR
33384	55 yrs+	T	5/7-5/14	2:30-3:30 p.m.	ESCA

Kooky e-BookA
Are those electronics devices driving you bonkers? In this class you will learn how to download e-books to different e-Readers through the Tempe Public Library. Fee: None. 480-350-5800

33387	55 yrs+	T	4/23	2-3 p.m.	ESCA
33388	55 yrs+	T	4/30	2:30-3:30 p.m.	ESCA

New! Facebook/Email for Seniors
Do you want to connect with friends, family or lost acquaintances? We can help you set up a Facebook account or an e-mail account. We will assist you in setting up your basic account information and demonstrate how they work. Fee: None. 480-350-5800

Aquatics

Kiwanis Park Wave Pool

Come splash and play in Kiwanis' indoor, heated wave pool. Rent a tube and float the waves; enjoy an icy soda and hot pizza at Kiwanis Island Concession Stand. There are a few safety rules for your visit: children under age 8 must have an adult with them at all times, no water wings or other floatation devices permitted and the minimum height to use the water slide is 48".

Wave Pool Hours
March 16 – March 30
Saturday
1-5pm

Wave Pool Hours
April 6- May 26
Saturday & Sunday
1-5pm

Special Holiday Wave Hours
May 27 Memorial Day

Wave Pool Fees
13 Yrs+ $7
212 Yrs $5

Mid-Day Wave Hours & Rates
3-5 p.m. (During Wave Days, Only)
13 Yrs+ $5
212 Yrs $4
*No other discounts may be used with this discount.

Lap Swimming Hours
Effective March 4 - May 26
M-Th 7-10 a.m.*
F 7-9 a.m.*
M-Th 11:30 a.m.-1:30 p.m.**
M-Th 4:30 p.m. - 8 p.m.*
Sa 8-11 a.m.*
*Except during private rentals.
Beginning May 6, no mid-day Lap Swim until August.

Lap Swim Admission Fees
13 Yrs+ $4
2-12 Yrs $3

Private/Semi-Private/Small Group Lessons
Private, semi-private and small group lessons are available through the Kiwanis Recreation Center. For additional information, call 480-350-5732.

Rates Per Class Meeting

	½-Hr	¾-Hr	1-Hr
Private (One Individual)	$20	$25	$30
Semi-Private (Two Individuals)	$25	$30	$35

Swimming Pool Activities

Swim Lesson General Information
The City of Tempe Community Services Department provides a progressive swim lesson program for students who wish to learn or improve their swimming skills. This program is based upon the American Red Cross Learn-To-Swim Program. If