

# connecting tempe

JANUARY 1, 2013

THROUGH  
PEOPLE,  
PARKS &  
PROGRAMS



A New Year wouldn't be complete without making a few New Year's resolutions. To help you get started, here are 10 easy, convenient and economical resolutions and solutions to help make 2013 the best yet!

## 1. LOSE WEIGHT AND GET FIT

Year-round, Tempe offers hundreds of reasonably priced and convenient exercise and fitness classes designed to get you and your family away from the TV or computer and into shape. We have the perfect class to help you achieve your goal. From Yoga and Pilates to Stand-up Paddling Fitness and Boot Camp, we've got you covered.

The winter issue of [Tempe Opportunities](#) is chock-full of great classes! You can view the brochure online or pick one up at any City facility or Tempe Fry's grocery store. Registration is going on now and classes begin the week of Jan. 7.

If you're interested in working out at your own pace, but don't have the equipment available, visit one of the city's four fitness centers. [Kiwaniis Recreation Center](#), [Pyle Adult Recreation Center](#), [Escalante Community Center](#) and the [North Tempe Multi-Generational Center](#) each have a fitness center located within their facilities. Daily and monthly rates are available for various levels of use.

Need a goal to look forward to? Why not start training for the [4th Annual Arbor Day 5K](#) on April 26, 2013.



## 2. PAY OFF DEBT AND ACHIEVE FINANCIAL STABILITY



Money may be tight right now, but that doesn't mean you can't afford to have fun! Tempe hosts plenty of inexpensive – and many times, free – events and programs throughout the year. In 2013, look for the **Movies in the Park** free family movie series at Kiwanis Park in May and October, **Free Art Fridays**, **Family Storytimes**,

**Wild Wednesdays**, **Play Day** and the **Annual Family Halloween Carnival**. Be sure to check out the [Family Activities](#) web page for more information on all of these events and more!

If money management is on your mind, the City of Tempe offers three classes this winter to share the fundamentals of money management, stocks and bonds investing and retirement and estate planning for [Adults 18+](#).



## 3. SPEND MORE TIME WITH LOVED ONES



Plan to devote more time to having fun with your family in 2013. Spend time in one of Tempe's classes designed for parents and children alike by visiting a [Drop-In Storytime](#) with your little one, trying an art or dance class designed for parents and children or attending a photography class with your teen. Take a [moonlight kayak](#) ride for a relaxing evening with your spouse or take your parent to an [open house](#) at Tempe's community centers Jan. 26 – 31, for a look at the exciting things Tempe has to offer to adults 50+.

## 4. GET ORGANIZED

Make organization a priority this year! Here are some tips to make the seemingly huge task of organization a little simpler:

- Make a list of priorities and stick to it
- Always replace things after use
- Use a calendar or planner and refer to it multiple times each day
- Combine similar activities at once, like running all errands at the same time
- Make task lists and cross off items as you go
- Multi-task – fold clothes while watching TV or empty dishwasher while on the phone

## 5. ENJOY LIFE MORE

Let 2013 be the year you get out and enjoy things more—and why not enjoy things in our own backyard? Tempe is home to many events, activities and opportunities for people of all ages and stages. Explore the city and find something just for you to enjoy!



Spend a day in one of Tempe's [48 parks](#). Reserve a ramada for a family picnic, bring the kids to a playground or let the dogs make new furry friends at one of the city's [five dog parks](#).

As the weather warms up, spend a day cheering on your Los Angeles Angels of Anaheim at Tempe's [Diablo Stadium](#). Tickets are on sale now for Cactus League Spring Training games, which begin in February. If you're more of a golf enthusiast, you can take a swing at Ken McDonald and Rolling Hills [municipal golf courses](#), which are open throughout the year.

Tempe also hosts a variety of events throughout the year for those looking to enjoy the indoors. Spend an evening taking in a show at [Tempe Center for the Arts](#) or strut your musical stuff at a [Walk-in Wednesdays](#) Open Mic event, which resume in January. Take an afternoon to wander the [Tempe History Museum](#) or attend a [3rd Thursday Night](#) lecture series.



## 6. GIVE UP A BAD HABIT

They say it takes 21 repetitions to turn an action into a habit, but we all know it takes a lot longer to kick it! Make a commitment, track your progress, enlist the support of a friend or family member and find alternatives to replace the bad habit (see resolution # 7). Giving up a habit isn't always easy, so be patient and reward yourself when you make progress.



## 7. LEARN SOMETHING NEW

With programs for toddlers, youth, teens, adults and adults 50+, and a variety of adapted recreation leagues and programs, look no further than the Winter 2013 issue of [Tempe Opportunities](#) to learn a new hobby, sport or skill. Some of the newest additions include the Storybook Chef classes for Tots, Science Art Lab for Youth, Creative Writing Workshop for Teens, Real-Estate Workshops for Adults and Tai Chi for Adults 50+. You can learn multiple things in the New Year, so why choose just one?

## 8. BE MORE CHARITABLE AND HELP OTHERS



Gather your friends and neighbors and [sign-up](#) to help build Tempe's first Leed Platinum sustainable affordable home. In partnership with [Tempe Community Action Agency](#), [The City of Tempe](#) and the [Ramsey Social Justice Foundation](#), will begin a [Habitat for Humanity](#) build in January 2013. The wall-raising will be held on Saturday, Jan. 5 and volunteers can sign-up to help with projects throughout May. Pull out your hammers and paintbrushes and help build a home for a family!

Looking to make a big splash this year? Why not participate in the second year of the [Polar Bear Plunge](#) on Jan. 12 and help raise money for Adapted Recreation. It will be the coolest thing you do all year (literally)!





## 9. BE MORE ECO-FRIENDLY

Participate in the [4th Annual Arbor Day 5K](#) on April 26 and help replenish Tempe's urban forest. All of the proceeds go to the Trees for Tempe program.

If you're looking to make your home more eco-friendly, the City of Tempe offers the class, "[10 Cleaning Tips for a Clean & Green Home](#)". It features easy ways to clean your entire home with just vinegar, lemon juice, GSA and baking soda.



## 10. REDUCE STRESS

Do you have some extra stress now that the holidays are over? Whether you'd like to attend an event, fitness class, or even a counseling session, Tempe has something for everyone interested in winding down after the holiday season.

## TIPS FOR KEEPING NEW YEAR'S RESOLUTIONS

1. Be realistic
2. Make time-bound goals
3. Plan ahead
4. Find others trying to achieve the same goals and support each other
5. Write it down and talk about it to make it real
6. Track progress
7. Reward yourself
8. Be patient with yourself
9. Maintain a positive attitude
10. Keep on trying!

Make 2013 the most productive, meaningful and fun year ever. Call Tempe Recreation at 480-350-5200 or visit [www.tempe.gov/recreation](http://www.tempe.gov/recreation) and make this year count!