connecting tempe

DECEMBER 31, 2013

THROUGH
PEOPLE,
PARKS &
PROGRAMS



NEW YEAR, NEW YOU 2014

A new year wouldn't be complete without the dreaded task of jotting down a few New Year's resolutions for ourselves and vowing that this is the year we will make good on them. To help you get started, here are 10 easy, convenient and economical resolutions and solutions to help make 2014 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 <u>Tempe Opportunities</u> is chock-full of great classes! You can view the brochure online or pick one up at any City facility. Registration is going on now and classes begin the week of Jan. 6.

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.

Kiwanis 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 5th Annual Arbor Day 5k on April 25, 2014.





2. HAVE FUN WITHOUT BREAKING THE BANK



Maybe you're trying to watch your finances this year, but that doesn't mean you can't afford to have fun! Tempe hosts a wide array of inexpensive – and often free – events and programs. Check-out our Movies in the Park free family movie series, Free Art Fridays, Family Storytimes, Wild Wednesdays and the Annual Family Halloween Carnival. Details for all of these events can be found at www.Tempe.gov/FamilyActivities.

Want a great way to enjoy a day in Tempe without spending a dime? Come out to Tempe's free PlayDay on March 1 from 10 a.m. to 2 p.m. at <u>Kiwanis Park</u>. With the inaugural Diablo Dash obstacle course for the entire family, this year's PlayDay is sure to get you moving while having a blast - and best of all - spending time with the family.







3. SPEND MORE TIME WITH LOVED ONES

Plan to devote more time to having fun and making memories in 2014. Experience Tempe's parent/child programs by visiting a Drop-In Storytime with your little bookworm, trying a dance class with your young mover and shaker, or attending a sewing class with your teen. Take a moonlight kayak ride for a relaxing evening with a special someone, or visit one of Tempe's Multi-Generational centers to learn about exciting opportunities available for adults 50+. Tempe has such a large variety of activities, you're sure to find a class or program that fits your family's interests!



4. 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 <u>counseling session</u>, Tempe has something for everyone interested in winding down after the holiday season.

Try de-stressing with one of the popular relaxation classes for <u>Adults 18+</u>, including Yoga, T'ai Chi and our new Art; Untangled drawing class.



5. BE MORE CHARITABLE AND HELP OTHERS



Connect with a special-needs athlete by becoming a bowling buddy and joining Tempe's

Adapted Recreation Buddy Bowling League. Spend your Saturday mornings knocking down pins while building new friendships. You can even become an AARP Experience

<u>Corp</u> volunteer and help teach literacy skills to first through third-grade students.

Are you brave enough to freeze your paws for a good cause? Dive into the 3rd Annual Polar Bear Plunge at The Lakes community pool, 9 a.m. on Saturday, January 11, 2014. This charitable event tests even the bravest of "bears." Polar Bears will jump into the community swimming pool for a desert-style unified polar plunge. For those not quite crazy enough to jump, you can still join in the fun and help the cause; just be sure to register as a Teddy Bear! Proceeds benefit participants of the City of Tempe's and other local adapted recreation programs. It will be the coolest thing you do all year (literally)!



6. PLAN FOR YOUR FUTURE

Make 2014 the year to focus on planning for your future. It takes small steps to accomplish big goals, and Tempe has the resources to help you get to the next level of success, whether it be preparing for college, buying a home or saving for retirement.

<u>Tempe's College Connect</u> program provides free educational and financial resources for local middle and high school-age students looking to attend college and obtain a post-secondary education. Workshops will be held on Saturday, Jan. 18, 25 and Feb. 1. Learn more at www.collegeConnectTempe.org.

If you're looking to buy or sell a home this year, or invest for retirement, Tempe offers classes to equip you with practical business guidance and financial information. Visit www.Tempe.gov/Brochure for class times.



7. 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

8. LEARN SOMETHING NEW



With programs for toddlers, youth, teens, adults, adults 50+ and a variety of adapted recreation leagues and programs, look no further than the winter 2014 issue of Tempe Opportunities to learn a new hobby, sport or skill. No matter your age, interest or physical ability, Tempe offers something for everyone.

Some exciting new activities for 2014 include Cartooning for Youth, Rock Climbing for Teens, Drum Circle for Adults, Archery for the entire family and Technology for Adults 50+.

You can learn multiple things in the New Year, so why choose just one?

HERE'S HOW TO REGISTER:

- 1. Online at www.Tempe.gov/Brochure
- 2. In-person at the following locations:
 Recreation Administration Office
 Edna Vihel Center for the Arts
 Pyle Adult Recreation Center
 Kiwanis Recreation Center
 Escalante Community Center and
 North Tempe Multi-Generational Center
- 3. Fax in a registration form with credit card number to 480-350-5058.
- 4. Mail your registration to: Class Registration, 3500 S. Rural Road, Tempe, AZ, 85282.

9. BE MORE ECO-FRIENDLY

Participate in the <u>5th Annual Arbor Day 5K</u> on April 25 and help replenish Tempe's urban forest. All of the proceeds go to the Trees for Tempe program. Find out more at <u>ArborDay5K.com</u>.

Gather your friends and neighbors and Adopt-A-Park, Path or Street. It's the perfect opportunity to help make your neighborhood a better place to play!





10. ENJOY LIFE MORE

Pack a picnic lunch or reserve a ramada for a family or corporate gathering at a Tempe park! Tempe's 48 parks are strategically located so that there is one park within approximately one mile of every resident. Bring the kids to a playground or let the dogs make new furry friends at one of the city's five dog parks. Take advantage of the surrounding natural and authentically-local

settings that Tempe has to offer!

As the weather warms up, spend a day cheering on your Los Angeles Angels of Anaheim at Tempe's Diablo Stadium. 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.





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 2014 the most productive, meaningful and fun year ever. Call Tempe Recreation at 480-350-5200 or visit www.tempe.gov/brochure and make this year count!



To receive up-to-date information about exciting events and opportunities happening between Connecting Tempe newsletters, become a fan of Tempe Recreation on Facebook.

SAVE THE DATE

Monday, Jan. 6 First week of Winter 2014 classes Friday, Jan. 17 **Free Art Friday**

www.tempe.gov/brochure

9:30-11:30 a.m.; Edna Vihel Center

Saturday, Jan. 11 <u>3rd Annual Polar Plunge</u> at the Lakes

9 a.m.

Community Pool at **The Lakes**

Tuesday, Jan. 28 **Experience Corps Recruitment**

10:30-11:30 a.m.; Tempe Public Library





