

## Activities for Adults (50+ Years)

**Registration begins December 10, classes begin January 7 unless noted otherwise within class descriptions.  
No class January 21, February 18. 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 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, 21; February 18

#### 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.

### 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 health-related information classes and exercise classes including Geri-Fit an evidence-based class. Cooking demonstrations including information on good nutrition from Eat Smart/Live Well program are presented on the first and third Thursday each month. Other activities include the senior lunch program, bingo, arts & crafts classes, field trips and seasonal celebrations. Stop by the center to receive detailed information or call the center to make a lunch reservation and receive details about the programs and how-to registration. 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 1, 21; February 18

#### Weekly Activities:

Health Information Classes	T/Th	Call 480-350-5872
Exercise Class	T/Th	10:30 a.m.
Lunch Program	T-F	11:30 a.m.
Bingo	T/Th	12:30 p.m.
Cooking/Nutrition Class	Th	9:45 a.m.
Arts and Crafts	W	12:30 p.m.
Brain Fitness	W	12:30 p.m.
Color Creations	W	10 a.m.
Movies	F	Call 480-350-5872
Field Trips	F	Call 480-350-5872

### 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, arts & crafts, games, special events and chair exercise. 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, 21; February 18

#### Weekly Activities

Walking Club	W/F	7:30-9 a.m.
Mahjong, Bunco Games	M/T	10 a.m.
Gerifit Exercise	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.
Eat Smart, Live Strong Program	W	9 a.m.

## Activities for Adults (50+ Years)

### 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 at 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 at 480-858-6510 or visit [www.tempeaction.org](http://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

### 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 Mah Jongg League Scorecard. Fee: None. To register, call 480-858-6512  
No Code 60 yrs+ M 12/7-3/25 10:30 a.m.-2:30 p.m. NCC

#### Art for Beginners

Classes are taught by retired art instructor, Doug Trimble. Participants will learn about art and art theory All levels welcome. Fee: None. To register, call 480-858-6512.  
No Code 60 yrs+ T 12/18-3/26 10:30 a.m.-noon NCC

#### Living Healthy With Chronic Pain Workshop

This 6-week workshop helps participants manage limitations of living with chronic pain and maintaining an active life. It deals with poor sleep, fatigue, frustration and isolation, pacing activity and rest, appropriate use of medications, exercises for health and evaluating new treatments. This workshop is part of AmeriCorp's program of continuing education. Fee: None. 480-858-6512  
No Code 60 yrs+ W 1/9-2/13 10:30 a.m.-12:30 p.m. NCC

#### Mardi Gras Celebration

We will be celebrating Mardi Gras so come masked and enjoy some good ole jazz. Fee: None. Lunch follows with a contribution of \$3.50. 480-858-6512  
No Code 60 yrs+ W 3/6 10:30-11:30 a.m. NCC

#### North Tempe Walking Club

Join the North Tempe Walking Club: Join us Wednesdays and Fridays at 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 60 yrs+ M/F 12/7-3/28 7:30-9 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. To register, call: 480-858-6512  
No Code 60 yrs+ T 12/18-3/26 9:30-10:30 a.m. NCC

## Pyle Adult Recreation Center

**655 East Southern Avenue**  
**SW Corner of Rural and Southern**  
**480-350-5211**  
**[www.tempe.gov/pyle](http://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, 21; February 18

#### 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 (Oct.-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 yrs+, call 480-350-5211, or view the Roadrunner Chronicle at [www.tempe.gov/pyle](http://www.tempe.gov/pyle).

**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. For a list of supplies, visit [www.tempe.gov/pyle](http://www.tempe.gov/pyle) or the Pyle Center front desk. \*No class 1/21, 2/18. 480-350-5211

60765	50 yrs+	M	1/7-3/4*	9 a.m.-noon	\$48	PAC
60766	50 yrs+	W	1/9-3/6	1-4 p.m.	\$60	PAC
60767	50 yrs+	Th	1/10-3/7	9 a.m.-noon	\$60	PAC



**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 1/21, 2/18. 480-350-5211

60769	50 yrs+	M	1/7-3/4	12:30-3:30 p.m.	\$48	PAC
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**Pastel Painting**

Instructor Barbara Wood 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](http://www.tempe.gov/pyle) or the Pyle Center front desk. 480-350-5211

60773	50 yrs+	Th	1/10-3/7	1-4 p.m.	\$60	PAC
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**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](http://www.tempe.gov/pyle) or the Pyle Center Front Desk. Please bring materials to the first class. Instructor: Donna Levine. 480-350-5211

60790	50 yrs+	T	1/8-3/5	1-4 p.m.	\$60	PAC
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**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](http://www.tempe.gov/pyle) or the Pyle Center Front Desk. Please bring materials to the first class. Instructor: Sandra Neumann Wilderman. 480-350-5211

60791	50 yrs+	T	1/8-3/5	9 a.m.-noon	\$60	PAC
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**Business, Computers & Finance**

**iPhone/iPad Basics**

Are you a new iPhone or iPad user, or still confused by your device? In this 2-week class we'll show you how to navigate your device and increase your productivity. We'll also begin to explore the included apps and answer your questions. This is a great class for beginners. Fee: None. 480-350-5500

60761	50 yrs+	F	1/4-1/11	10 a.m.-noon	LMRB
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**iPhone/iPad Settings**

Understanding settings is important with any device. In this class we will explain your Apple device's settings and how they can be used to meet your specific needs. Learn how to make your device easier to use and more enjoyable. Fee: None. 480-350-5500

60762	50 yrs+	Th	2/7	10 a.m.-noon	LMRB
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## Activities for Adults (50+ Years)

### iPhone/iPad Tips and Tricks

Do you want to get the most out of your iPhone or iPad? Well this might be the class for you. Bring in your iPhone or iPad and learn tricks and tips to use for your daily tasks. Plus, we'll explore the newest features in Apple's latest software release. Fee: None. 480-350-5500

60760 50 yrs+ W 1/16-1/23 noon-2 p.m. LMRB

### iPhone Photography

Do you love taking photos with your iPhone and want to learn more about the features built right into the camera app? In this 2-week class we'll review all the camera features and how to use the built-in editing tools to create amazing photos you can share with others. Fee: None. 480-350-5500

60763 50 yrs+ F 2/15-2/22 10 a.m.-noon LMRB

### Libby, by OverDrive

Meet Libby, the new simplified app from OverDrive you can use to borrow thousands of eBooks and audiobooks. We'll give a live demonstration of the app, show you how to install Libby onto your smartphone or tablet and help you register for a free account. Have your Apple/Google account password handy to download apps to your device. Fee: None. 480-350-5500

60759 50 yrs+ Sa 12/15 10 a.m.-noon LMRB

60764 50 yrs+ Sa 2/23 10 a.m.-noon LMRB

### My Favorite Mobile Apps

Learn how to navigate the app store for your Apple or Android device and how to install apps onto your device. We'll share tips on picking great apps and we'll talk about some of the favorite apps we use. Have your Apple/Google account password handy to download apps to your device. Fee: None. 480-350-5500

60758 50 yrs+ Th 12/6-12/13 10 a.m.-noon LMRB

## 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

60771 50 yrs+ T 1/8-3/5 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

60772 50 yrs+ T 1/8-3/5 2:30-3:30 p.m. \$36 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. Drop-in available: \$5. \*No class 1/21, 2/18.

Instructor: Jana Moore. 480-350-5211

60784	50 yrs+	M/Th	1/7-3/7	\$48	PAC
		M*		10:30-11:25 a.m.	
		Th		11:15 a.m.-12:10 p.m.	

### 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

60785 50 yrs+ T/Th 1/8-3/7 9:10-10:05 a.m. \$54 PAC

### Tap Dance; Performance

Take the fundamental Tap dance technique and steps that you've learned and focus on formations and polishing-up routines for performances. Must come prepared to have fun. Instructor: Jana Moore. 480-350-5211

60786 50 yrs+ T/Th 1/8-3/7 10:10-11:05 a.m. \$54 PAC

**Register for  
Classes Online!  
[www.tempe.gov/brochure](http://www.tempe.gov/brochure)**

## Health & Fitness

### Alzheimer's: Healthy Living for your Brain and Body

Learn the latest research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, using hands-on tools to help you incorporate these into a plan for healthy aging. Fee: None. To register call 602-528-0545

No Code 50 yrs+ T 2/12 11 a.m.-noon CSC

### Alzheimer's: Know the 10 Signs

Early detection matters. Learn the facts and warning signs of Alzheimer's disease and the need for early detection, information about drug therapy, enrolling in clinical studies and planning for the future. Fee: None. To register call 602-528-0545

No Code 50 yrs+ T 1/8 10-11 a.m. CSC

### Alzheimer's: Legal and Financial Planning for Alzheimer's Disease

If you or someone you know is affected by Alzheimer's disease or dementia, the time for legal and financial planning is now. Learn what legal and financial issues to consider and how to put plans in place. Fee: None. To register call: 602-528-0545

No Code 50 yrs+ T 3/12 11-12:30 p.m. CSC

### 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. Fee: None. Limited to 20 people and requires pre-registration by calling 602-839-6850

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

### Bones & Balance

This is a great way to get started in exercise. You will work on coordination, agility, balance and your core. Stand or sit for gentle exercises and stretching to maintain, or help regain, balance.

Instructor: Fran Dewar. 480-350-5211

60777 50 yrs+ M 1/8-3/5 10:30-11:15 a.m. \$23 PAC

60779 50 yrs+ F 1/11-3/8 10:30-11:15 a.m. \$23 PAC

### Bones & Balance II: Functional Fitness

This gives you a bit more than Bones & Balance. Performed in a chair or standing. Uses resistance bands and other equipment to help maintain movements for everyday life.

\*No class 1/21, 2/18, 2/25. Instructor: Fran Dewar. 480-350-5211

60776 50 yrs+ M 1/7-3/4\* 10:30-11:15 a.m. \$16 PAC

60778 50 yrs+ W 1/9-3/6 10:30-11:15 a.m. \$23 PAC

### Chair Fit and Fabulous

All levels welcome in this exercise class. Exercise at your own pace and comfort level, using a chair or standing. \*No class 1/21.

\*\*No class 2/18. Fee: None. 480-350-5211.

61104 50 yrs+ M 1/7-1/28\* 10:30-11:30 a.m. CSC

61105 50 yrs+ M 2/4-2/25\*\* 10:30-11:30 a.m. CSC

61106 50 yrs+ M 3/4-3/25 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

61284 50 yrs+ T 1/8-3/5 9:15-10:15 a.m. \$27 PAC

60768 50 yrs+ W 1/9-3/6 9-10 a.m. \$27 PAC

60803 50 yrs+ F 1/11-3/8 9-10 a.m. \$27 PAC

### Eating Smart, Being Active

Taught by Nutrition Education Professionals, this 9-week class will include gentle exercise, instruction on healthy food choices, shopping and a cooking demonstration with samples. Each participant will take home recipes and a gift for attending.

No class 2/26. Fee: None. 480-858-2420

61119 50 yrs+ T 1/15-3/19 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 3/13. 480-350-5200

60563 50 yrs+ W 1/9-3/27 10:30-11:30 a.m. \$44 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

60770 50 yrs+ T 1/8-3/5 12:15-1:15 p.m. \$36 PAC

### Seated Strength Training

Learn about things you can do with weights and bands while sitting to increase your strength. \*No class 1/21, 2/18. Instructor: Kim Killingsworth. 480-350-5211

60774 50 yrs+ M 1/7-3/4 9:30-10:15 a.m. \$21 PAC

60775 50 yrs+ Th 1/10-3/7 10:15-11 a.m. \$27 PAC

## Activities for Adults (50+)



### 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. No class 1/21, 2/18. Instructor: Barbara Orr. Drop-in available: \$5. 480-350-5211

60780 50 yrs+ M 1/7-3/4 11:45 a.m.–12:45 p.m. \$30 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 1/21, 2/18. Instructor: Barbara Orr. 480-350-5211

60782 50 yrs+ M 1/7-3/4 12:50–1:50 p.m. \$30 PAC

### Toners & Shapers

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. \*No class 1/21, 2/18, 2/25. Instructor: Fran Dewar. 480-350-5211

60787 50 yrs+ M 1/7-3/4\* 9:15-10:15 a.m. \$18 PAC  
 60788 50 yrs+ W 1/9-3/6 9:15-10:15 a.m. \$27 PAC  
 60789 50 yrs+ F 1/11-3/8 9:15-10:15 a.m. \$27 PAC

### 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. Instructor: Rebecca Auernheimer. Drop-in available: \$5. 480-350-5211  
 60792 50 yrs+ T 1/8-3/5 8:05-9 a.m. \$32 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. Instructor: Rebecca Auernheimer. Drop-in available: \$5. 480-350-5211

60793 50 yrs+ Th 1/10-3/7 8:05-9 a.m. \$32 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. Instructor: Jana Moore. Drop-in available: \$5. 480-350-5211

60794 50 yrs+ T 1/8-3/5 11:10 a.m.-12:05 p.m. \$36 PAC

60795 50 yrs+ F 1/11-3/8 10:25-11:30 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 1/21, 2/18. Instructor: Jana Moore. Drop-in available: \$5. 480-350-5211

60796 50 yrs+ M 1/7-3/4\* 8:05-9 a.m. \$28 PAC

60797 50 yrs+ W 1/9-3/6 8:05-9 a.m. \$36 PAC

60798 50 yrs+ F 1/11-3/8 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

61079	50 yrs+	M	1/7	noon-12:30 p.m.	CSC
61080	50 yrs+	M	1/14	noon-12:30 p.m.	CSC
61081	50 yrs+	M	1/28	noon-12:30 p.m.	CSC
61082	50 yrs+	M	2/4	noon-12:30 p.m.	CSC
61083	50 yrs+	M	2/11	noon-12:30 p.m.	CSC
61084	50 yrs+	M	2/25	noon-12:30 p.m.	CSC
61085	50 yrs+	M	3/4	noon-12:30 p.m.	CSC
61086	50 yrs+	M	3/11	noon-12:30 p.m.	CSC
61087	50 yrs+	M	3/18	noon-12:30 p.m.	CSC
61117	50 yrs+	M	3/25	noon-12:30 p.m.	CSC

#### 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

61089	50 yrs+	Th	1/10	11:30-1 p.m.	CSC
61090	50 yrs+	Th	2/14	11:30-1 p.m.	CSC
61091	50 yrs+	Th	3/14	11:30-1 p.m.	CSC

#### Brunch & Bingo

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

61076	50 yrs+	W	1/9	10-11:30 a.m.	CSC
61077	50 yrs+	W	2/13	10-11:30 a.m.	CSC
61078	50 yrs+	W	3/13	10-11:30 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

61092	50 yrs+	F	1/4	11:30 a.m.-12:30 p.m.	CSC
61093	50 yrs+	F	1/11	11:30 a.m.-12:30 p.m.	CSC
61094	50 yrs+	F	1/18	11:30 a.m.-12:30 p.m.	CSC
61095	50 yrs+	F	2/1	11:30 a.m.-12:30 p.m.	CSC
61096	50 yrs+	F	2/8	11:30 a.m.-12:30 p.m.	CSC
61097	50 yrs+	F	2/15	11:30 a.m.-12:30 p.m.	CSC
61098	50 yrs+	F	3/1	11:30 a.m.-12:30 p.m.	CSC
61099	50 yrs+	F	3/8	11:30 a.m.-12:30 p.m.	CSC
61100	50 yrs+	F	3/15	11:30 a.m.-12:30 p.m.	CSC
61101	50 yrs+	F	3/22	11:30 a.m.-12:30 p.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, prizes and refreshments. Fee: \$2. 480-858-2420

61113	50 yrs+	W	1/2	10-11 a.m.	CSC
61114	50 yrs+	W	2/6	10-11 a.m.	CSC
61115	50 yrs+	W	3/6	10-11 a.m.	CSC

#### 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](http://www.tempe.gov/cahill) for more information. Fee: \$5 for RTA members; \$6 for non-members. 480-858-2420

61102	50 yrs+	F	2/22	11 a.m.-12:30 p.m.	CSC
61103	50 yrs+	F	3/29	11 a.m.-12:30 p.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 2018 events at Cahill Senior Center. Fee: \$5 for RTA members; \$6 for non-members. 480-858-2420

61116	50 yrs+	F	1/25	11 a.m.-12:30 p.m.	CSC
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