**Activities for Adults (50+ Years)**

### Business, Computers & Finance

**Apps Store 101**
Learn how to navigate the apps 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 our favorite apps we use. Tip: Have your Apple/Google account password handy to download the apps from this class to your device.

Fee: None. 480-350-5500
61613 50 yrs+ Th 4/4-4/11 10 a.m.-noon LMRB

**iPhone/iPad Basics**
Are you a new iPhone or iPad user, or still confused by your device? In this two-week class we’ll show you how to navigate your device and increase your confidence. 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
61610 50 yrs+ Th 3/14-3/21 10 a.m.-noon LMRB

**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. We’ll also explain how to keep your device current with the latest software and security updates.

Fee: None. 480-350-5500
61611 50 yrs+ F 3/29 10 a.m.-noon LMRB

**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 some 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
61612 50 yrs+ F 4/19-4/26 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
61626 50 yrs+ T 3/19-5/14 1:30-2:30 p.m. $38 PAC
Activities for Adults  (50+ Years)

**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

61627  50 yrs+  T  3/19-5/14  2:30-3:30 p.m.  $38  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 4/1. Instructor: Jana Moore. 480-350-5211

61635  50 yrs+  M/Th  3/18-5/23  $57  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

61636  50 yrs+  T/Th  3/19-5/23 9:10-10:05 a.m.  $60  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

61637  50 yrs+  T/Th  3/19-5/21 10:30-11:15 a.m.  $26  PAC

**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

61617  50 yrs+  T  3/19-5/21  10:30-11:15 a.m.  $26  PAC
61618  50 yrs+  F  3/22-5/24  10:30-11:15 a.m.  $26  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 4/1.*
Instructor: Fran Dewar. 480-350-5211

61619  50 yrs+  M  3/18-5/20*  10:30-11:15 a.m.  $23  PAC
61620  50 yrs+  W  3/20-5/22  10:30-11:15 a.m.  $26  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. Fee: None. 480-858-2420

61671  50 yrs+  M  4/8-4/29  10:30-11:30 a.m.  CSC
61672  50 yrs+  M  5/6-5/20  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

61623  50 yrs+  T  3/19-5/21  9:15-10:15 a.m.  $30  PAC
61621  50 yrs+  W  3/20-5/22  9-10 a.m.  $30  PAC
61622  50 yrs+  W  3/22-5/24  9-10 a.m.  $30  PAC

**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 4/10. Fee: $28. 480-350-5200

60576  50 yrs+  W  4/5-5/22  10:30-11:30 a.m.  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

61625  50 yrs+  T  3/19-5/21  12:15-1:15 p.m.  $40  PAC

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**Health & Fitness**

**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. Limited to 20 people. Fee: None. To register call 602-839-6850.

No Code  50 yrs+  Th  4/4  9:30 a.m.-noon  CSC
Seated Strength Training
Learn about things you can do with weights and bands while sitting to increase your strength. *No class 4/1. Instructor: Kim Killingsworth. 480-350-5211
61629  50 yrs+  M  3/18-5/20*  9:30-10:15 a.m.  $27  PAC
61630  50 yrs+  Th  3/21-5/23  10:15-11 a.m.  $30  PAC

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. Students will also learn stretching exercises to improve flexibility and strength. A basic Tai Chi Short Form which uses 5 major movements to exercise the body will be taught. Drop-in Fee: $5. No class 4/1. Instructor: Barbara Orr. 480-350-5211
61631  50 yrs+  M  3/18-5/20  11:45 a.m.–12:45 p.m.  $39  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 4/1. Instructor: Barbara Orr. 480-350-5211
61633  50 yrs+  M  3/18-5/20  12:50–1:50 p.m.  $39  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 4/1. Instructor: Janelle Sheppard. 480-350-5211
61638  50 yrs+  M  3/18-5/20*  9:15-10:15 a.m.  $27  PAC
61639  50 yrs+  W  3/20-5/22  9:15-10:15 a.m.  $30  PAC
61640  50 yrs+  F  3/22-5/24  9:15-10:15 a.m.  $30  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. Drop-in Fee: $5. Instructor: Rebecca Auernheimer. 480-350-5211
61643  50 yrs+  T  3/19-5/21  8:05-9 a.m.  $40  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. Drop-in Fee: $5. Instructor: Rebecca Auernheimer. 480-350-5211
61644  50 yrs+  Th  3/21-5/23  8:05-9 a.m.  $40  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. Drop-in Fee: $5. Instructor: Jana Moore. 480-350-5211
61645  50 yrs+  T  3/19-5/21  11:10 a.m.-12:05 p.m.$40  PAC
61646  50 yrs+  F  3/22-5/24  10:35-11:30 a.m.  $40  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. Drop-in Fee: $5. *No class 4/1. Instructor: Jana Moore. 480-350-5211
61647  50 yrs+  M  3/18-5/20*  8:05-9 a.m.  $36  PAC
61648  50 yrs+  W  3/20-5/22  8:05-9 a.m.  $40  PAC
61649  50 yrs+  F  3/22-5/24  8:05-9 a.m.  $40  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
61654  50 yrs+  M  4/8  noon-1 p.m  CSC
61655  50 yrs+  M  4/15  noon-1 p.m  CSC
61656  50 yrs+  M  4/22  noon-1 p.m  CSC
61657  50 yrs+  M  4/29  noon-1 p.m  CSC
61658  50 yrs+  M  5/6  noon-1 p.m  CSC
61659  50 yrs+  M  5/13  noon-1 p.m  CSC
61660  50 yrs+  M  5/20  noon-1 p.m  CSC
Activities for Adults (50+)

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
61661  50 yrs+  Th  4/11 11:30 a.m.-12:30 p.m.  CSC
61662  50 yrs+  Th  5/16 11:30 a.m.-12:30 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
61652  50 yrs+  W  4/10 10-11 a.m.  CSC
61653  50 yrs+  W  5/8 10-11 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
61663  50 yrs+  F  4/5 11:30 a.m.-12:30 p.m.  CSC
61664  50 yrs+  F  4/12 11:30 a.m.-12:30 p.m.  CSC
61665  50 yrs+  F  4/19 11:30 a.m.-12:30 p.m.  CSC
61666  50 yrs+  F  5/3 11:30 a.m.-12:30 p.m.  CSC
61667  50 yrs+  F  5/10 11:30 a.m.-12:30 p.m.  CSC
61668  50 yrs+  F  5/17 11:30 a.m.-12:30 p.m.  CSC
61669  50 yrs+  F  5/24 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, bagels or pastry and prizes. Fee: $2. 480-858-2420
61678  50 yrs+  W  4/3 10 a.m.-11 a.m.  CSC
61679  50 yrs+  W  4/24 10 a.m.-11 a.m.  CSC
61680  50 yrs+  W  5/1 10 a.m.-11 a.m.  CSC
61682  50 yrs+  W  5/22 10 a.m.-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 tempe.gov/cahillseniorcenter for more information. Fee: $5 for RTA members; $6 for non-members. 480-858-2420
61670  50 yrs+  F  4/26 11 a.m.-noon  CSC

Special Event: Mother’s Day Luncheon
Mothers, it’s all about you today. Enjoy a delicious lunch, relax and be pampered with a massage and manicure. Fee: $5 for RTA members; $6 for non-members. 480-858-2420
61681  50 yrs+  F  5/10 11 a.m.-noon  CSC