

Activities for Adults (50+ Years)

**Registration begins April 22. Classes begin June 3, unless otherwise noted within the class descriptions.
No class July 4. 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
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:
May 27, July 4

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
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, Readers Theater, 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: Facebook.com/TCAASeniorCenters

Facility Hours
Tuesday-Friday, 8 a.m.-3 p.m.

Facility Closures:
May 27, July 4

Weekly Activities:

Health Information Classes	T/Th	9:30 a.m.
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	2 & 4th Th	9:45 a.m.
Arts and Crafts	F	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
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:
May 27, July 4

Weekly Activities

Coffee, Conversation & Treats	M-F	7:30-9 a.m.
Mahjong, Bunco Games	M/T	10 a.m.
Geri-Fit 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.
Chair Volleyball	Th	9:15 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 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 MahJong League Card. Fee: None. To register, call 480-858-6512.
No Code 60 yrs+ M/T ongoing 10 a.m.-2:30 p.m. NCC

Art for Healthy Aging

Learn Art from a professional artist with years of teaching creative expression for healthy aging with a focus on how to express an authentic interpretation of the world through art. Beginner to advanced. All media. Fee: None. To register call 480-858-6512.
No Code 60 yrs+ T 4/16-6/25 10:30-11:30 a.m. NCC

Chair Volleyball

What happens when 12 people sit in chairs and use a beach ball for volleyball? Safe exercise, laughter and fun. Fee: None. To register call 480-858-6512.
No Code 60 yrs+ Th ongoing 9:15-10:15 a.m. NCC

Eat Smart, Live Strong

Taught by Chef Roy, this class includes exercise, instruction on healthy food choices, as well as a cooking demonstration with samples. Program takes place 2-3 days per month. Program dates: 5/1, 5/15, 6/5, 6/19, 7/3, 7/10, 7/25 Fee: None. 480-858-6512
No Code 60 yrs+ W 5/1-7/25 9-9:30 a.m. NCC

**Keep A Good Class Going
Register Early!**

Geri-Fit Exercise

Geri-Fit® is a tier III (highest level) evidence-based health promotion program and chronic disease self-management support program. Designed exclusively for older adults, Geri-Fit helps rebuild strength that's been lost through the aging process and helps to ensure a higher level of function as we continue to age. Registration is not required. Fee: None. 480-858-6510
No Code 60 yrs+ W/F ongoing 9:30-10:30 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 of older adults with options for standing or seated Tai Chi. Reduce tension: improve circulation and balance and increase strength and flexibility. All ability levels welcome. To register, call 480-858-6512.
No Code 60 yrs+ T 4/23-7/30 9:30-10:30 a.m. NCC

Special Events for Adults 60+

Enjoy friends, entertainment and good times during monthly luncheons. Fee: \$3.50 donation. To register call 480-858-6512.

Mother's Day Tea

Luncheon and tea with entertainment by Flamenco Guitarist Chris B Ja'Come.
No Code 60 yrs+ W 5/8 11:30 a.m.-1:30 p.m. NCC

Stay Cool Luncheon: Celebrate all things frozen

Entertainment by Singer Dallas West. Featuring the cool music of the 40's, 50's and 60's.
No Code 60 yrs+ W 6/12 11:30 a.m.-1:30 p.m. NCC

Pyle Adult Recreation Center

**655 East Southern Avenue
SW Corner of Rural and Southern
480-350-5211
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:

May 27, July 4

Activities for Adults (50+ Years)

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 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 tempe.gov/pyle or the Pyle Center front desk. *No class 7/4. 480-350-5211

62177	50 yrs+	M	6/3-7/29	9 a.m.-noon	\$62	PAC
62178	50 yrs+	W	6/5-7/31	1-4 p.m.	\$62	PAC
62179	50 yrs+	Th	6/6-8/1*	9 a.m.-noon	\$55	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. 480-350-5211

62187	50 yrs+	M	6/3-7/29	12:30-3:30 p.m.	\$62	PAC
-------	---------	---	----------	-----------------	------	-----

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 tempe.gov/pyle or the Pyle Center Front Desk. Please bring materials to the first class.

Instructor: Donna Levine. 480-350-5211

62204	50 yrs+	T	6/4-7/30	1-4 p.m.	\$62	PAC
-------	---------	---	----------	----------	------	-----

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 tempe.gov/pyle or the Pyle Center Front Desk. Please bring materials to the first class.

Instructed by Sandra Neumann Wilderman. 480-350-5211

62205	50 yrs+	T	7/2-8/6	9:30 a.m.-12:30 p.m.	\$41	PAC
-------	---------	---	---------	----------------------	------	-----

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

62520	50 yrs+	Th	7/11-7/18	10 a.m.-noon	LMRB
-------	---------	----	-----------	--------------	------

Activities for Adults (50+ Years)

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 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

62519 50 yrs+ Th 6/13-6/20 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. Drop in available: \$5. No partner necessary. Instructor: Fran Dewar.

480-350-5211

62189 50 yrs+ T 6/4-8/13 1:30-2:30 p.m. \$47 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. Drop in available: \$5. Instructor: Fran Dewar. 480-350-5211

62190 50 yrs+ T 6/4-8/13 2:30-3:30 p.m. \$47 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 7/4. Instructor: Jana Moore. 480-350-5211

62198 50 yrs+ M/Th 6/3-8/8 \$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. No class 7/4. Instructor: Jana Moore. 480-350-5211

62199 50 yrs+ T/Th 6/4-8/8 9:10-10:05 a.m. \$57 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. No class 7/4. Instructor: Jana Moore. 480-350-5211

62200 50 yrs+ T/Th 6/4-8/8 10:10-11:05 a.m. \$57 PAC

Make A Difference, Volunteer!
tempe.gov/volunteer

Health & Fitness

Adult Fitness

Step away from the stress in your life and come work out. Workouts will occur in a small group setting. Participants may receive individual instruction. *No class 7/4. Fee: None. 480-350-5800

62960 50 yrs+ T 6/4-8/13 11-11:45 a.m. ESCA

62961 50 yrs+ T 6/4-8/13 noon-12:45 p.m. ESCA

62962 50 yrs+ Th 6/6-8/15* 11-11:45 a.m. ESCA

62963 50 yrs+ Th 6/6-8/15 noon-12:45 p.m. ESCA

Alzheimer's; Understanding Alzheimer's & Dementia

Alzheimer's is a disease of the brain that causes problems with memory, thinking and behavior. Learn about: The impact of Alzheimer's; The difference between Alzheimer's and dementia; Alzheimer's disease stages and risk factors; Current research and treatments available to address some symptoms and; Alzheimer's Association resources. Fee: None. To register call 602-528-0545

No Code 50 yrs+ T 6/25 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 7/23 11 a.m.-noon CSC

Alzheimer's; Healthy Living for Your Brain and Body; Tips from the Latest Research

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 8/27 11 a.m.-noon 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. Limited to 20 people. Fee: None. To register call 602-839-6850.

No Code 50 yrs+ T 7/30 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. Drop-in available: \$5. Instructor: Rebecca Auernheimer. 480-350-5211

62180 50 yrs+ T 6/4-8/13 10:30-11:15 a.m. \$29 PAC

62181 50 yrs+ F 6/7-8/16 10:30-11:15 a.m. \$29 PAC

Activities for Adults (50+ Years)

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. Drop-in available: \$5. Instructor: Rebecca Auernheimer. 480-350-5211

62182	50 yrs+	M	6/3-8/12	10:30-11:15 a.m.	\$29	PAC
62183	50 yrs+	W	6/5-8/14	10:30-11:15 a.m.	\$29	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

63102	50 yrs+	M	6/3-6/24	10:30-11:30 a.m.	CSC
63103	50 yrs+	M	7/1-7/29	10:30-11:30 a.m.	CSC
63104	50 yrs+	M	8/5-8/26	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 seating or standing with wall or chair as support. Instructor: Rebecca Auernheimer. 480-350-5211

62184	50 yrs+	T	6/4-7/30	9:15-10:15 a.m.	\$27	PAC
62185	50 yrs+	W	6/5-7/31	9-10 a.m.	\$27	PAC
62186	50 yrs+	F	6/7-8/2	9-10 a.m.	\$27	PAC

Eat Smart, Live Strong

Taught by Nutrition Education Professionals, this 3-week class will include gentle exercise, instruction on healthy food choices and a cooking demonstration with samples. Each participant will take home recipes and a free gift for attending. Fee: None.

480-858-2420

62973	50 yrs+	T	7/9-7/23	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 7/3. Fee: \$44.

480-350-5200

62125	50 yrs+	W	6/5-8/21	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

62188	50 yrs+	T	6/4-8/20	12:15-1:15 p.m.	\$48	PAC
-------	---------	---	----------	-----------------	------	-----

Seated Strength Training

Learn about things you can do with weights and bands while sitting to increase your strength. *No class 7/4. Instructor: Kim Killingsworth. 480-350-5211

62192	50 yrs+	M	6/3-8/19	9:30-10:15 a.m.	\$36	PAC
62193	50 yrs+	Th	6/6-8/22*	10:15-11 a.m.	\$33	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, 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. Drop-in available: \$5. Instructor: Raymond Sol. 480-350-5211

62194	50 yrs+	M	6/3-6/24	11:45 a.m.-12:45 p.m.	\$20	PAC
62195	50 yrs+	M	7/1-7/22	11:45 a.m.-12:45 p.m.	\$20	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.

Instructor: Raymond Sol. 480-350-5211

62196	50 yrs+	M	6/3-6/24	12:50 -1:50 p.m.	\$20	PAC
62197	50 yrs+	M	7/1-7/22	12:50 -1:45 p.m.	\$20	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. Instructor: Fran Dewar. 480-350-5211

62201	50 yrs+	M	6/3-8/19	9:15-10:15 a.m.	\$36	PAC
62202	50 yrs+	W	6/5-8/21	9:15-10:15 a.m.	\$36	PAC
62203	50 yrs+	F	6/7-8/23	9:15-10:15 a.m.	\$36	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 available: \$5. Instructor: Rebecca Auernheimer. 480-350-5211

62206	50 yrs+	T	6/4-7/30	8:05-9 a.m.	\$36	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 available: \$5. No class 7/4.

Instructor: Rebecca Auernheimer. 480-350-5211

62207	50 yrs+	Th	6/6-8/1	8:05-9 a.m.	\$32	PAC
-------	---------	----	---------	-------------	------	-----

Activities for Adults (50+)

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 available: \$5. Instructor: Jana Moore. 480-350-5211

62208 50 yrs+ T 6/4-8/20 11:10 a.m.-12:05 p.m. \$48 PAC
62209 50 yrs+ F 6/7-8/23 10:35-11:30 a.m. \$48 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 available: \$5. Instructor: Jana Moore. 480-350-5211

62210 50 yrs+ M 6/3-8/19 8:05-9 a.m. \$48 PAC
62211 50 yrs+ W 6/5-8/21 8:05-9 a.m. \$48 PAC
62212 50 yrs+ F 6/7-8/23 8:05-9 a.m. \$48 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

62974	50 yrs+	M	6/3	noon-12:30 p.m.	CSC
62977	50 yrs+	M	6/10	noon-12:30 p.m.	CSC
62978	50 yrs+	M	6/17	noon-12:30 p.m.	CSC
62979	50 yrs+	M	6/24	noon-12:30 p.m.	CSC
62982	50 yrs+	M	7/1	noon-12:30 p.m.	CSC
62985	50 yrs+	M	7/8	noon-12:30 p.m.	CSC
62986	50 yrs+	M	7/15	noon-12:30 p.m.	CSC
62987	50 yrs+	M	7/22	noon-12:30 p.m.	CSC
62988	50 yrs+	M	7/29	noon-12:30 p.m.	CSC
62989	50 yrs+	M	8/5	noon-12:30 p.m.	CSC
62990	50 yrs+	M	8/12	noon-12:30 p.m.	CSC
62992	50 yrs+	M	8/19	noon-12:30 p.m.	CSC
62993	50 yrs+	M	8/26	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

62999	50 yrs+	Th	6/13	11:30 a.m.-12:30 p.m.	CSC
63000	50 yrs+	Th	7/11	11:30 a.m.-12:30 p.m.	CSC
63001	50 yrs+	Th	8/8	11:30 a.m.-12:30 p.m.	CSC

Brunch & Bunco

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

63002	50 yrs+	W	6/12	10-11:30 a.m.	CSC
63003	50 yrs+	W	7/10	10-11:30 a.m.	CSC
63004	50 yrs+	W	8/14	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

63005	50 yrs+	F	6/7	11:30 a.m.-12:30 p.m.	CSC
63006	50 yrs+	F	6/14	11:30 a.m.-12:30 p.m.	CSC
63007	50 yrs+	F	6/21	11:30 a.m.-12:30 p.m.	CSC
63009	50 yrs+	F	7/5	11:30 a.m.-12:30 p.m.	CSC
63010	50 yrs+	F	7/12	11:30 a.m.-12:30 p.m.	CSC
63011	50 yrs+	F	7/19	11:30 a.m.-12:30 p.m.	CSC
63016	50 yrs+	F	8/2	11:30 a.m.-12:30 p.m.	CSC
63013	50 yrs+	F	8/9	11:30 a.m.-12:30 p.m.	CSC
63017	50 yrs+	F	8/16	11:30 a.m.-12:30 p.m.	CSC
63014	50 yrs+	F	8/30	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

63022	50 yrs+	W	6/5	10-11:30 a.m.	CSC
63023	50 yrs+	W	6/26	10-11:30 a.m.	CSC
63024	50 yrs+	W	7/3	10-11:30 a.m.	CSC
63025	50 yrs+	W	7/24	10-11:30 a.m.	CSC
63026	50 yrs+	W	8/7	10-11:30 a.m.	CSC
63027	50 yrs+	W	8/28	10-11:30 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

63028	50 yrs+	F	6/28	11 a.m.-12:30 p.m.	CSC
63029	50 yrs+	F	7/26	11 a.m.-12:30 p.m.	CSC
63030	50 yrs+	F	8/23	11 a.m.-12:30 p.m.	CSC

Check Out Upcoming Events!
tempe.gov/FamilyFun