

Activities for Adults (50+ Years)

**Registration begins August 12. Classes begin September 3, unless otherwise noted within the class descriptions.
No class November 11, 28 & 29. 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/cahillseniorcenter**

The Dennis J. Cahill Senior Center offers computers with Internet access, educational and craft classes, luncheons and special events for adults, ages 50 yrs+.

Facility Hours:

Monday-Friday, 8:30 a.m.-2:30 p.m.

Facility Closures:

September 2, November 11, 28, 29

Weekly Activities

Exercise Class	M	10:30 a.m.
\$1 Appetizers	M	11:30 a.m.
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 offers programming every Tuesday through Friday for Adults 50+, which includes exercise, art, dance, special events and additional classes. Other activities include the senior lunch program and bingo on Tuesdays and Thursdays. 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 register. 480-350-5800.

Facility Hours

Tuesday-Friday, 8:30 a.m.-2:30 p.m.

Facility Closures:

September 2, November 11, 28, 29

Weekly Activities:

Exercise Class	T/Th	10:30 a.m.
Lunch Program	T-Th	11:30 a.m.
Bingo	T/Th	12:30 p.m.
Cooking/Nutrition Class	Th*	9:45 a.m.
	*9/5, 9/12	
	10/17, 10/24, 10/31	
	11/7, 11/14, 11/21	
	12/5, 12/19	

For information about additional offerings, please call 480-350-5402.

North Tempe Senior Center

**1555 North Bridalwreath Street
480-858-6510
tempe.gov/northtempe**

The North Tempe Senior Center is operated through a partnership between the City of Tempe and the Tempe Community Action Agency. TCAA operates all meals services, while the City operates the day-to-day activities. The Center offers billiards, books, magazines, TV, playing cards and a collection of board games. Programming includes lunch two days a week, art & 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.-1 p.m.

Facility Closures:

September 2, November 11, 28, 29

Weekly Activities

Coffee, Conversation & Treats	M-F	8-10 a.m.
Mahjong, Games	M/T	10 a.m.
Chair Exercise	M	9:30 a.m.
Geri-Fit® Exercise	W/F	9:30 a.m.
Art for Beginners	T	10:30-11:30 a.m.
TCAA Congregate Lunch	W/F	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, 9:30 a.m.-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 TCAA for information on how to volunteer. 480-858-6510.

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:

September 2, November 11, 28, 29, 30

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.

Like Us on Facebook!
[facebook.com/Recreation](https://www.facebook.com/Recreation)

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 Adult Center front desk. *No class 11/11, 11/25. **No class 11/27.

***No class 11/28. 480-350-5211

62213	50 yrs+	M	9/9-10/14	9 a.m.-noon	\$42	PAC
62214	50 yrs+	W	9/4-10/16	1-4 p.m.	\$49	PAC
62215	50 yrs+	Th	9/5-10/17	9 a.m.-noon	\$49	PAC
62216	50 yrs+	M	10/21-12/16*	9 a.m.-noon	\$49	PAC
62217	50 yrs+	W	10/23-12/18**	1-4 p.m.	\$56	PAC
62218	50 yrs+	Th	10/24-12/19***	9 a.m.-noon	\$56	PAC

Art and Conversation

This program is intended to foster lifelong learning in the arts and social engagement with peers. Sessions are designed to introduce and build upon art-making skills in watercolors and encourage a supportive social network. Register by email:

tplprograms@tempe.gov. Include "Art and Conversation" in the subject line and your name and phone number in the body.

Fee: None. 480-350-5500

No Code	50 yrs+	T	10/15-10/29	10 a.m.-12:30 p.m.	LMRB
---------	---------	---	-------------	--------------------	------

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	50 yrs+	T	8/6-10/1	10:30-11:30 a.m.	NCC
---------	---------	---	----------	------------------	-----

Activities for Adults (50+ Years)

Drawing: Color/B&W

In this class instructed by Donna Levine, students can explore both black and white, and color 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 11/11, 11/25. 480-350-5211

62233 50 yrs+ M 9/9-10/14 12:30-3:30 p.m. \$42 PAC
62234 50 yrs+ M 10/21-12/16* 12:30-3:30 p.m. \$49 PAC

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 tempe.gov/pyle or the Pyle Adult Center front desk.

*No class 11/28. 480-350-5211

62243 50 yrs+ Th 9/12-10/17 1-4 p.m. \$42 PAC
62244 50 yrs+ Th 10/24-12/12* 1-4 p.m. \$49 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 Adult Center front desk. Please bring materials to the first class.

*No class 11/26. Instructor: Donna Levine. 480-350-5211

62265 50 yrs+ T 9/3-10/15 1-4 p.m. \$49 PAC
62266 50 yrs+ T 10/22-12/17* 1-4 p.m. \$56 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 Adult Center front desk. Please bring materials to the first class.

*No class 9/24. **No class 11/26. Instructed by Sandra Neumann Wilderman. 480-350-5211

62267 50 yrs+ T 9/3-10/15* 9:30 a.m.-12:30 p.m. \$42 PAC
62268 50 yrs+ T 10/22-12/10**9:30 a.m.-12:30 p.m. \$49 PAC

Business, Computers & Finance

iPhone/iPad Basics

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

63716 50 yrs+ Th 9/12-9/19 9:30-11:30 a.m. 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

63717 50 yrs+ W 10/16 9:30-11:30 a.m. LMRB

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 will talk about some of our favorite apps. Tip: Have your Apple/Google account password handy to download the apps from this class to your device. Fee: None.

480-350-5500

63719 50 yrs+ Th 11/7-11/14 9:30-11:30 a.m. 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. *No class 11/26. Instructor: Fran Dewar. 480-350-5211

62239 50 yrs+ T 9/3-10/15 1:30-2:30 p.m. \$31 PAC
62240 50 yrs+ T 10/22-12/10* 1:30-2:30 p.m. \$31 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. *No class 11/26.

Instructor: Fran Dewar. 480-350-5211

62241 50 yrs+ T 9/3-10/15 2:30-3:30 p.m. \$31 PAC
62242 50 yrs+ T 10/22-12/10* 2:30-3:30 p.m. \$31 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 11/11, 11/25, 11/28. Instructor: Jana Moore.

480-350-5211

62253 50 yrs+ M/Th 9/5-10/17 \$39 PAC
M 10:30-11:25 a.m.
Th 11:15 a.m.-12:10 p.m.

62254 50 yrs+ M/Th 10/21-12/12* \$39 PAC
M 10:30-11:25 a.m.
Th 11:15 a.m.-12:10 p.m.

Activities for Adults (50+ Years)

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 11/26, 11/28.

Instructor: Jana Moore. 480-350-5211

62255 50 yrs+ T/Th 9/3-10/17 9:10-10:05 a.m. \$42 PAC
62256 50 yrs+ T/Th 10/22-12/12* 9:10-10:05 a.m. \$42 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 11/26, 11/28. Instructor: Jana Moore. 480-350-5211

62257 50 yrs+ T/Th 9/3-10/17 10:10-11:05 a.m. \$42 PAC
62258 50 yrs+ T/Th 10/22-12/12* 10:10-11:05 a.m. \$42 PAC

Under the Sun Theatrical Readers Acting Workshop

Join our group of men and women amateur actors. Enjoy performing without having to memorize anything. Have fun, make new friendships, develop your acting skills and showcase them in a performance on 1/15/20. Register by email to: tplprograms@tempe.gov. Include "Theater Group" in the subject line and your name and phone number in the body. Fee: None.

480-350-5500

No Code 50 yrs+ F 9/6-11/22 10 a.m.-noon LMRA

Health & Fitness

Adult Fitness

Step away from the stress in your life and come work out in a small group setting. Participants may receive individual instruction.

*No class 10/8-10/17, 11/28. Fee: None. 480-350-5800

63788 50 yrs+ T 9/3-12/3* 11-11:45 a.m. ESCA
63789 50 yrs+ T 9/3-12/3* noon-12:45 p.m. ESCA
63790 50 yrs+ Th 9/5-12/5* 11-11:45 a.m. ESCA
63791 50 yrs+ Th 9/5-12/5* noon-12:45 p.m. ESCA

Alzheimer's; Caregivers & Stress During the Holidays

While holiday celebrations are often joyous occasions, they can be challenging and stressful for the millions of families living with Alzheimer's. Learn how to manage stress during this busy time of year. With planning and adjusted expectations, the holidays can still be happy and memorable for everyone. Fee: None.

To register call 602-528-0545.

No Code 50 yrs+ T 12/10 11 a.m.-noon CSC

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

If you or someone you know is affected by Alzheimer's disease, it may be time for legal or financial planning now. Fee: None.

To register call 602-528-0545.

No Code 50 yrs+ T 10/8 11 a.m.-12:30 p.m. CSC

Alzheimer's: Understanding Alzheimer's and Dementia

Alzheimer's is a disease of the brain that causes problems with memory, thinking and behavior. Join us to 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 9/10 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+ Th 11/7 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.

*No class 11/26. ** No class 11/29. Instructor: Rebecca

Auernheimer. 480-350-5211

62221 50 yrs+ T 9/3-10/15 10:30-11:15 a.m. \$19 PAC
62222 50 yrs+ T 10/22-12/17* 10:30-11:15 a.m. \$22 PAC
62223 50 yrs+ F 9/6-10/18 10:30-11:15 a.m. \$19 PAC
62224 50 yrs+ F 10/25-12/20** 10:30-11:15 a.m. \$22 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 11/11, 11/25. **No class 11/27. Instructor: Rebecca

Auernheimer. 480-350-5211

62225 50 yrs+ M 9/9-10/14 10:30-11:15 a.m. \$16 PAC
62226 50 yrs+ M 10/21-12/16* 10:30-11:15 a.m. \$19 PAC
62227 50 yrs+ W 9/4-10/16 10:30-11:15 a.m. \$19 PAC
62228 50 yrs+ W 10/23-12/18** 10:30-11:15 a.m. \$22 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 11/11. Fee: None. 480-858-2420

64250 50 yrs+ M 9/9-9/30 10:30-11:30 a.m. CSC
64251 50 yrs+ M 10/7-10/28 10:30-11:30 a.m. CSC
64252 50 yrs+ M 11/4-11/25* 10:30-11:30 a.m. CSC
64253 50 yrs+ M 12/2-12/30 10:30-11:30 a.m. CSC

**Pick Up the Winter Brochure
December 5!**

Activities for Adults (50+ Years)

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 50 yrs+Th Ongoing 9:30-10:30 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. *No class 11/26.

No class 11/27. *No class 11/29. Instructor: Rebecca

Auernheimer. 480-350-5211

63738 50 yrs+ T 9/3-10/15 9:15-10:15 a.m. \$23 PAC

63739 50 yrs+ T 10/22-12/17* 9:15-10:15 a.m. \$26 PAC

62229 50 yrs+ W 9/4-10/16 9-10 a.m. \$23 PAC

62230 50 yrs+ W 10/23-12/18** 9-10 a.m. \$26 PAC

62231 50 yrs+ F 9/6-10/18 9-10 a.m. \$23 PAC

62232 50 yrs+ F 10/25-12/20*** 9-10 a.m. \$26 PAC

Cogniciti

Cogniciti provides an opportunity to learn about your brain health.

You will be provided with an overview and complete an online Brain Health Assessment. After finishing your assessment, you will be able to meet with a Cogniciti team member to go over your score, ask questions and receive brain health tips based on the latest research on memory and aging. Fee: None. 480-858-2420

64254 50 yrs+ F 10/18 9-10 a.m. CSC

64255 50 yrs+ F 10/18 10-11 a.m. CSC

Eat Healthy, Be Active

Taught by nutrition education professionals, this class will discuss healthy food choices, recipe modifications, eating on a budget and will include cooking demonstration with samples. Each participant will take home recipes and a free gift. Fee: None. 480-858-2420

64256 50 yrs+ T 10/15-11/19 9:30-10:30 a.m. CSC

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: 8/7, 8/21, 9/4, 9/18,10/16, 10/23, 10/30, 11/6, 11/13, 11/20, 12/4, 12/18. Fee: None. To register call 480-858-6512.

No Code 50 yrs+ W 8/7-12/18 8:30-9 a.m. NCC

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 11/27. Fee: \$28.

480-350-5200

63573 50 yrs+ W 9/4-10/16 10:30-11:30 a.m. PAC

63700 50 yrs+ W 10/23-12/11* 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. *No class 11/26.

Instructor: Kim Killingsworth. 480-350-5211

62235 50 yrs+ T 9/10-10/15 12:15-1:15 p.m. \$24 PAC

62236 50 yrs+ T 10/22-12/17* 12:15-1:15 p.m. \$32 PAC

Healthy Cooking for Seniors

Taught by Chef Roy, this class includes instruction on healthy food choices, as well as a cooking demonstration with samples.

Fee: None. 480-858-2420

64257 50 yrs+ T 9/3 9:30-10 a.m. CSC

64258 50 yrs+ T 9/17 9:30-10 a.m. CSC

64259 50 yrs+ T 12/3 9:30-10 a.m. CSC

64264 50 yrs+ T 12/17 9:30-10 a.m. CSC

North Tempe Chair Exercise Program

This class uses hand-held weights, strength bands and balls to engage each participant in low impact aerobic exercises as well as stretching relaxation exercises. This class is designed to increase muscular strength, range of movement and activities for daily living. Registration is not required. Fee: None.

*No Class 9/2, 11/11. 480-858-6512

No Code 50 yrs+ M Ongoing 9:30-10:30 a.m. NCC

North Tempe Geri-Fit® Exercise Program

This chair exercise program is provided by Area Agency on Aging. Geri-Fit® is a tier III evidence-based health promotion program and chronic disease self-management support program. Designed for older adults, it helps rebuild strength that's been lost through the aging process and helps to ensure a higher level of function.

Registration is not required. Fee: None. 480-858-6512

No Code 50 yrs+ W/F Ongoing 9:30-10:30 a.m. NCC

Seated Strength Training

Learn about things you can do with weights and bands, while sitting, to increase your strength. *No class 11/11, 11/25.

**No class 11/21, 11/28. Instructor: Kim Killingsworth.

480-350-5211

62245 50 yrs+ M 9/9-10/14 9:30-10:15 a.m. \$18 PAC

62246 50 yrs+ Th 9/12-10/17 10:15-11 a.m. \$18 PAC

62247 50 yrs+ M 10/21-12/16* 9:30-10:15 a.m. \$21 PAC

62248 50 yrs+ Th 10/24-12/19** 10:15-11 a.m. \$21 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 you will also learn basic stretching exercises. A basic Tai Chi Short Form that uses five major movements to exercise the body will be learned. Drop-in available: \$5.

*No class 11/11, 11/25. Instructor: Barbara Orr. 480-350-5211

62249 50 yrs+ M 9/16-10/14 11:45 a.m.-12:45 p.m. \$22 PAC

62250 50 yrs+ M 10/21-12/16*11:45 a.m.-12:45 p.m. \$31 PAC

Activities for Adults (50+)

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 11/11, 11/25. Instructor: Barbara Orr. 480-350-5211

62251	50 yrs+	M	9/16-10/14	12:50-1:50 p.m.	\$22	PAC
62252	50 yrs+	M	10/21-12/16*	12:50-1:50 p.m.	\$31	PAC



Toners & Shapers

Designed to strengthen and tone muscles and to increase flexibility. Includes 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 upon instructor recommendation. *No class 11/11, 11/25. **No class 11/27. ***No class 11/29. Instructor: Fran Dewar.

480-350-5211

62259	50 yrs+	M	9/9-10/14	9:15-10:15 a.m.	\$20	PAC
62260	50 yrs+	W	9/4-10/16	9:15-10:15 a.m.	\$23	PAC
62261	50 yrs+	F	9/6-10/18	9:15-10:15 a.m.	\$23	PAC
62262	50 yrs+	M	10/21-12/16*	9:15-10:15 a.m.	\$24	PAC
62263	50 yrs+	W	10/23-12/18**	9:15-10:15 a.m.	\$26	PAC
62264	50 yrs+	F	11/1-12/20***	9:15-10:15 a.m.	\$23	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. *No class 11/26. Instructor: Rebecca Auernheimer.

480-350-5211

62269	50 yrs+	T	9/3-10/15	8:05-9 a.m.	\$28	PAC
62270	50 yrs+	T	10/22-12/17*	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. Drop-in available: \$5.

*No class 11/28. Instructor: Rebecca Auernheimer. 480-350-5211

62271	50 yrs+	Th	9/5-10/17	8:05-9 a.m.	\$28	PAC
62272	50 yrs+	Th	10/24-12/19*	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. Drop-in available: \$5. *No class 11/26. **No class 11/29.

Instructor: Jana Moore. 480-350-5211

62273	50 yrs+	T	9/3-10/15	11:10 a.m.-12:05 p.m.	\$28	PAC
62274	50 yrs+	F	9/6-10/18	10:35-11:30 a.m.	\$28	PAC
62275	50 yrs+	T	10/22-12/17*	11:10 a.m.-12:05 p.m.	\$32	PAC
62276	50 yrs+	F	11/1-12/20**	10:35-11:30 a.m.	\$28	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. *No class 11/11, 11/25. **No class 11/27.

***No class 11/29. Instructor: Jana Moore. 480-350-5211

62277	50 yrs+	M	9/9-10/14	8:05-9 a.m.	\$24	PAC
62278	50 yrs+	W	9/4-10/16	8:05-9 a.m.	\$28	PAC
62279	50 yrs+	F	9/6-10/18	8:05-9 a.m.	\$28	PAC
62280	50 yrs+	M	10/21-12/16*	8:05-9 a.m.	\$28	PAC
62281	50 yrs+	W	10/23-12/18**	8:05-9 a.m.	\$32	PAC
62282	50 yrs+	F	11/1-12/20***	8:05-9 a.m.	\$28	PAC

Social Activities

\$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

64269	50 yrs+	M	9/9	11:30 a.m.-noon	CSC
64270	50 yrs+	M	9/16	11:30 a.m.-noon	CSC
64271	50 yrs+	M	9/23	11:30 a.m.-noon	CSC
64272	50 yrs+	M	9/30	11:30 a.m.-noon	CSC
64273	50 yrs+	M	10/7	11:30 a.m.-noon	CSC
64274	50 yrs+	M	10/14	11:30 a.m.-noon	CSC
64275	50 yrs+	M	10/21	11:30 a.m.-noon	CSC
64276	50 yrs+	M	10/28	11:30 a.m.-noon	CSC
64277	50 yrs+	M	11/4	11:30 a.m.-noon	CSC
64279	50 yrs+	M	11/18	11:30 a.m.-noon	CSC
64280	50 yrs+	M	11/25	11:30 a.m.-noon	CSC
64281	50 yrs+	M	12/2	11:30 a.m.-noon	CSC
64282	50 yrs+	M	12/9	11:30 a.m.-noon	CSC
64283	50 yrs+	M	12/16	11:30 a.m.-noon	CSC
64278	50 yrs+	M	12/23	11:30 a.m.-noon	CSC
64284	50 yrs+	M	12/30	11:30 a.m.-noon	CSC

Make A Difference, Volunteer!

tempe.gov/volunteer

Activities for Adults (50+ Years)

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: \$2. 480-858-2420

64289	50 yrs+	Th	9/12	11:30 a.m.-1 p.m.	CSC
64290	50 yrs+	Th	10/10	11:30 a.m.-1 p.m.	CSC
64291	50 yrs+	Th	11/14	11:30 a.m.-1 p.m.	CSC
64292	50 yrs+	Th	12/12	11:30 a.m.-1 p.m.	CSC

Brunch & Bunco

Join us for a delicious brunch and a game of Bunco with prizes. Register by the Monday prior to each date. Fee: \$4 for RTA members; \$5 for non-members. 480-858-2420

64293	50 yrs+	W	9/11	10-11:30 a.m.	CSC
64294	50 yrs+	W	10/9	10-11:30 a.m.	CSC
64295	50 yrs+	W	11/13	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 Tuesday prior to each event. Fee: \$3. 480-858-2420

64297	50 yrs+	F	9/6	11:30 a.m.-12:30 p.m.	CSC
64298	50 yrs+	F	9/13	11:30 a.m.-12:30 p.m.	CSC
64299	50 yrs+	F	9/20	11:30 a.m.-12:30 p.m.	CSC
64300	50 yrs+	F	10/4	11:30 a.m.-12:30 p.m.	CSC
64301	50 yrs+	F	10/11	11:30 a.m.-12:30 p.m.	CSC
64302	50 yrs+	F	10/18	11:30 a.m.-12:30 p.m.	CSC
64303	50 yrs+	F	11/1	11:30 a.m.-12:30 p.m.	CSC
64296	50 yrs+	F	11/8	11:30 a.m.-12:30 p.m.	CSC
64304	50 yrs+	F	11/15	11:30 a.m.-12:30 p.m.	CSC
64305	50 yrs+	F	12/13	11:30 a.m.-12:30 p.m.	CSC
64306	50 yrs+	F	12/27	11:30 a.m.-12:30 p.m.	CSC

Intergenerational Program

Join the fun of making crafts and playing games with the children from the Head Start Preschool. Light refreshments and coffee will be served. Fee: None. 480-858-2420

64308	50 yrs+	W	9/18	10-11 a.m.	CSC
64309	50 yrs+	W	10/16	10-11 a.m.	CSC
64310	50 yrs+	W	11/20	10-11 a.m.	CSC
64311	50 yrs+	W	12/18	10-11 a.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

64312	50 yrs+	W	9/4	10-11:30 a.m.	CSC
64316	50 yrs+	W	9/25	10-11:30 a.m.	CSC
64313	50 yrs+	W	10/2	10-11:30 a.m.	CSC
64317	50 yrs+	W	10/23	10-11:30 a.m.	CSC
64314	50 yrs+	W	11/6	10-11:30 a.m.	CSC
64319	50 yrs+	W	11/27	10-11:30 a.m.	CSC
64315	50 yrs+	W	12/4	10-11:30 a.m.	CSC

Special Event Luncheon

Join us for a home cooked meal, entertainment and good company. The theme can be found in the Roadrunner Chronicle Newsletter or online at tempe.gov/cahillseniorcenter.

Fee: \$5 for RTA members; \$6 for non-members.

480-858-2420

64320	50 yrs+	F	9/27	11 a.m.-12:30 p.m.	CSC
-------	---------	---	------	--------------------	-----

Special Event: Halloween Party

Join us for a scary good time and come dressed in your spooky finest for our costume contest. Fee: \$5 for RTA members; \$6 for non-members. 480-858-2420

64321	50 yrs+	F	10/25	11 a.m.-12:30 p.m.	CSC
-------	---------	---	-------	--------------------	-----

Special Event: Thanksgiving Luncheon

Gather with friends and give thanks at Cahill's Thanksgiving Day Feast. Menu: Roast turkey, dressing, mashed potatoes and gravy, vegetables and pumpkin pie. Fee: \$6.50 for RTA members; \$7.50 for non-members. 480-858-2420

64324	50 yrs+	F	11/22	11 a.m.-12:30 p.m.	CSC
-------	---------	---	-------	--------------------	-----

Special Event: Holiday Tea

Begin this holiday season with an elegant afternoon tea. Sample a variety of teas with delicate pastries and finger sandwiches.

Fee \$8 for RTA members; \$9 for non-members. 480-858-2420

64323	50 yrs+	F	12/6	1-2:30 p.m.	CSC
-------	---------	---	------	-------------	-----

Special Event: Holiday Luncheon

Come for some holiday cheer with a meal of spiral cut ham, scalloped potatoes, green beans, salad, dinner roll and dessert.

Fee \$5 for RTA members; \$6 for non-members. 480-858-2420

64322	50 yrs+	F	12/20	11 a.m.-12:30 p.m.	CSC
-------	---------	---	-------	--------------------	-----

Special Interest

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 50 yrs+ M Ongoing 10 a.m.-1 p.m. NCC

For additional information about Cahill Senior Center special events and menus, please refer to the monthly Roadrunner Chronicle or call 480-858-2420.