

Activities for Adults (50+ Years)

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). The Center offers billiards, books, magazines, television, playing cards and a collection of board games. Programming includes luncheons, presentations, classes, special events, Bingo and a home-delivered meals program. The senior center and its programs are for guests ages 60 and older. Visit TCAA's Website at www.tempeaction.org

Facility Hours:

Monday-Friday, 8 a.m.-3 p.m.

Weekly Activities

| | | |
|----------------------------|---------------------|------------|
| Silver Sneakers | Mon., Wed., Fri. | 9:30 a.m. |
| TCAA Congregate Lunch | Tues., Wed., Thurs. | 11:45 a.m. |
| Bingo (.50 cents per card) | Tues. | 12:30 p.m. |
| Loteria for Prizes | Wed. | 12:30 p.m. |
| AmeriCorps Fitness | Tues., Thurs. | 9:30 a.m. |

Americorps Wellness Program: through the Area Agency on Aging Americorps offers a "Wellness Program" directly related to helping seniors stay in shape, have fun and make new friends with ongoing fitness classes and various educational talks. In coming weeks, we will be conducting a Nutrition Workshop and holding a health talk on Osteoporosis. We offer continuing exercise classes held every Tuesday and Thursday in the Senior Center's Joshua Room (Tues. 9:30- 10:30 a.m. Chair Yoga, Thur. 9:30- 10:30 a.m. Chair Zumba).

Classes - Participants & Observation:

- Childcare is not offered.
- Observers and non-registered individuals, including children, are not permitted in classes or workshops.
- Closed-toe shoes are required for ceramics, pottery and jewelry classes.

Arts & Crafts

For a list of suggested materials, visit www.tempe.gov/pyle, or the Pyle Center Front Desk.

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. Refer to class listing below for proper experience level placement (beginning, intermediate, advanced). *No class the week of 9/23. **No class 11/11 or the week of 11/25.

480-350-5211

35360 50 yrs+ Beg. M 9/9-10/14* 9 a.m.-Noon \$30 PAC

35361 50 yrs+ Int. W 9/4-10/16* 1-4 p.m. \$36 PAC

35362 50 yrs+ Adv. Th 9/5-10/17* 9 a.m.-Noon \$36 PAC

35363 50 yrs+ Beg. M 10/21-12/9** 9 a.m.-Noon \$36 PAC

35364 50 yrs+ Int. W 10/23-12/11** 1-4 p.m. \$42 PAC

35365 50 yrs+ Adv. Th 10/24-12/12** 9 a.m.-Noon \$42 PAC

Crafts and Coffee with Sara

Join us on the third Wednesday of each month for coffee and crafting. Sara Johnson, Program Coordinator, will lead you through a different craft each month. Fee: \$2-\$5. 480-858-2420.

36240 50 yrs+ W 9/18 10-11 a.m. CSC

36241 50 yrs+ W 10/16 10-11 a.m. CSC

36242 50 yrs+ W 11/20 10-11 a.m. CSC

36243 50 yrs+ W 12/18 10-11 a.m. CSC

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 9/23. **No class 11/11, 11/25. 480-350-5211

35372 50 yrs+ M 9/9-10/14* 12:30-3:30 p.m. \$30 PAC

35373 50 yrs+ M 10/21-12/9** 12:30-3:30 p.m. \$36 PAC

Pastel Painting

Instructor Alice Van Overstraeten 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, or the Pyle Center Front Desk. *No class 11/28. Fee: \$42. 480-350-5211

35381 50 yrs+ Th 9/5-10/17 1-3:30 p.m. PAC

35382 50 yrs+ Th 10/24-12/12* 1-3:30 p.m. PAC

Photography for 50+

This class concentrates on light technique and composition, and takes the mystery out of the terms "shutter speed" and "f" stop as they apply to digital cameras. Instructed by John Berend, a photographer whose work has been collected in over 70 countries. A fancy camera is not necessary. Fee: \$30.

480-350-5211

35383 50 yrs+ Sa 10/5-10/19 10 a.m.-12 p.m. PAC

35384 50 yrs+ Sa 11/2-11/16 10 a.m.-12 p.m. PAC

Watercolor Painting

Instructed by Donna Levine, the emphasis of this class 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. Please bring materials to the first class. *No class 9/24. **No class 11/26. 480-350-5211

35400 50 yrs+ T 9/3-10/15* 1-4 p.m. \$36 PAC

35401 50 yrs+ T 10/22-12/10** 1-4 p.m. \$42 PAC

Business & Computers

Computer Classes at the Cahill Senior Center

Join us once a month for a "hands on" computer class designed specifically for seniors. Topics will vary each month and range in skill level from beginner to intermediate. Please call 480-858-2420 for more information.

Basic Computer Comfort

A very basic course for those who want to feel more comfortable handling parts of a computer. We will discuss what each part does, practice with the mouse and answer basic computer questions. Fee: None. 480-350-5802

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|-------|---------|---|-------|-----------|-----|
| 36420 | 50 yrs+ | T | 9/10 | 6-7 p.m. | CSC |
| 36446 | 50 yrs+ | W | 10/9 | 9-11 a.m. | CSC |
| 36447 | 50 yrs+ | W | 12/18 | 9-11 am. | CSC |

Crazy Cell Phones

Figuring out how a new cell phone works can be frustrating! Hopefully this program can help. We will cover a few of the basics in 15 minutes individual sessions. Please make an appointment after you register. Call 480-350-5802. Space is limited. Fee: None. 480-350-5802

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|-------|---------|---|------|------------------|------|
| 36304 | 50 yrs+ | F | 9/13 | 2-3 p.m. | ESCA |
| 36305 | 50 yrs+ | F | 9/20 | 2-3 p.m. | NCC |
| 36306 | 50 yrs+ | F | 9/27 | 10:30-11:30 a.m. | WCC |

eReader

Those electronic devices driving you bonkers? In this class we will cover how to download e-books to different eReaders through the Tempe Public Library. Fee: None. 480-350-5802

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|-------|---------|---|------|----------|-----|
| 36416 | 50 yrs+ | T | 8/20 | 6-7 p.m. | CSC |
|-------|---------|---|------|----------|-----|

Into to Facebook for Seniors

Want to connect with friends, family or lost acquaintances? We can help you set up a Facebook account or email account. We will assist you in set up and basic account and demonstration how it works. Fee: None. 480-350-5802

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|-------|---------|---|--------------|----------|-----|
| 36418 | 50 yrs+ | T | 9/24 & 10/1 | 6-7 p.m. | CSC |
| 36419 | 50 yrs+ | T | 11/5 & 11/12 | 6-7 p.m. | CSC |
| 36445 | 50 yrs+ | T | 11/6 & 11/13 | 6-7 p.m. | CSC |

Kooky iPad

Is that electronics devices call an iPad driving you bonkers? In this class we will cover some of the basics and learn how to download e-books from the Tempe Public Library. Fee: None 480-350-5802

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|-------|---------|---|--------------|----------|------|
| 36302 | 50 yrs+ | T | 9/10 & 9/17 | 4-5 p.m. | ESCA |
| 36303 | 50 yrs+ | F | 11/8 & 11/15 | 4-5 p.m. | ESCA |



Must Have Apps for Seniors

Software Applications known as "Apps". An eReader or tablet can be a great way for seniors to connect to the digital world. Apps can create a common ground between seniors, their children & grandchildren. We will look at top apps & identify the interests of the class to explore apps that focus on those interests. Fee: None. 480-350-5802

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|-------|---------|---|------|--------------|-----|
| 36300 | 50 yrs+ | W | 10/2 | 9:30-11 a.m. | NCC |
|-------|---------|---|------|--------------|-----|



Senior Techs: Computer Basics

Become more comfortable and gain confidence using the computer. These computer classes are geared towards seniors age 50+. Topics will include: meet the computer, Microsoft Word, exploring google, and going wireless. Note: Basic computer experience/skill is required. Fee: None. 480-350-5521

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|-------|---------|---|----------|--------------------|-----|
| 36410 | 50 yrs+ | W | 9/4-9/25 | 10:30 a.m.-12 p.m. | LCL |
| 36411 | 50 yrs+ | F | 9/6-9/27 | 9:30-11a.m. | NCC |



Senior Techs: Computer Fun

Want to enrich your computer experience? Find out how in these classes. We will explore and evaluate popular websites, blogs, videos, online shopping, and games. These computer classes are geared towards seniors age 50+. Note: Basic computer experience/skill is required. Fee: None. 480-350-5521

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|-------|---------|---|------------|--------------|-----|
| 36414 | 50 yrs+ | F | 11/1-11/22 | 9:30-11 a.m. | NCC |
|-------|---------|---|------------|--------------|-----|



Senior Techs: Computer Tips & Tricks

Discover simple tips and tricks to make using the computer more enjoyable. These computer classes are geared towards seniors age 50+. Topics covered will include: cut & paste, emailing files/pictures, using a thumb drive, and going wireless. Note: Basic computer experience/skill is required. Fee: None. 480-350-5521

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|-------|---------|---|------------|--------------------|-----|
| 36412 | 50 yrs+ | W | 10/2-10/23 | 10:30 a.m.-12 p.m. | LCL |
| 36413 | 50 yrs+ | F | 10/4-10/25 | 9:30-11 a.m. | NCC |



Senior Techs: Shopping for a New Computer

Looking to buy a new computer? Find out the latest technical features, hardware, and software available on the market. This is your chance to ask questions and become a more informed technology consumer. Class is geared towards seniors age 50+. Note: Basic computer experience/skill is required. Fee: None. 480-350-5521

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|-------|---------|---|------------|--------------|-----|
| 36415 | 50 yrs+ | F | 12/6-12/13 | 9:30-11 a.m. | NCC |
|-------|---------|---|------------|--------------|-----|

**Winter Brochure
Available
December 5**

Activities for Adults (50+ Years)

Dance, Music & Theater

Ballroom Basics

Been awhile since you tripped the light fantastic? Or perhaps you've never ventured onto the dance floor. Either way this fun, relaxed class is for you. All the basics of Ballroom Dance will be covered as you dust off your dancing shoes for an afternoon of fun. Fee: \$35. 480-350-5287

36662 50 yrs+ M 9/9-10/28 2:30-3:30 p.m. PAC

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. Fee: \$28. 480-350-5211

35377 50 yrs+ T 9/3-10/15 1:30-2:30 p.m. PAC

35379 50 yrs+ T 10/22-12/10* 1:30-2:30 p.m. 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. Fee: \$28. 480-350-5211

35378 50 yrs+ T 9/3-10/15 2:30-3:30 p.m. PAC

35380 50 yrs+ T 10/22-12/10* 2:30-3:30 p.m. 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! *No class 11/28. Fee: \$23. 480-350-5211

35392 50 yrs+ Th 9/5-10/17 11:15 a.m.-12:10 p.m. PAC

35395 50 yrs+ Th 10/24-12/12* 11:15 a.m.-12:10 p.m. PAC

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. Fee: \$39. 480-350-5211

35393 50 yrs+ T/Th 9/3-10/17 9:10-10:05 a.m. PAC

35396 50 yrs+ T/Th 10/22-12/12* 9:10-10:05 a.m. PAC

Tap Dance; Performance

Take the fundamental Tap dance technique and steps that you've learned, and now focus on formations and polishing-up routines for performances. Must come prepared to have fun! *No class 11/26, 11/28. Fee: \$39. 480-350-5211

35394 50 yrs+ T/Th 9/3-10/17 10:10-11:05 a.m. PAC

35397 50 yrs+ T/Th 10/22-12/12* 10:10-11:05 a.m. PAC

Health & Fitness

Adult Fitness

Meet new people and feel great while working out in our fitness center. Individual instruction will be given. *No Class 11/11 or 11/28. **Fee: None. 480-350-5800

36498 50 yrs+ M/W 9/9-10/2 Noon-1 p.m. ESCA

36499 50 yrs+ M/W 10/14-12/11* Noon -1 p.m. ESCA

36500 50 yrs+ T/Th 9/10-10/3 Noon-1 p.m. ESCA

36501 50 yrs+ T/Th 10/15-11/12* Noon -1 p.m. ESCA

Aerobic Dance Exercise

Get your heart pumping as you move to choreographed routines that encourage flexibility, muscular strength and cardiovascular endurance. *No class 10/9, 10/25 or 11/11. 480-350-5211

35366 50 yrs+ M/W/F 9/4-11/22* 8:05-9 a.m. \$78 PAC

35367 50 yrs+ T/Th 9/5-11/21 8:05-9 a.m. \$56 PAC

35368 50 yrs+ M/W/F 12/2-12/20 8:05-9 a.m. \$22 PAC

35369 50 yrs+ T/Th 12/3-12/19 8:05-9 a.m. \$15 PAC

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. Suitable for all physical abilities. *No class 11/27 or 11/29. Fee: \$42. 480-350-5211

35370 50 yrs+ W/F 9/4-10/18 9-10 a.m. PAC

35371 50 yrs+ W/F 10/23-12/13* 9-10 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 11/29. Fee: \$28. 480-350-5211

35375 50 yrs+ F 9/6-10/18 11:35 a.m.-12:35 p.m. PAC

35376 50 yrs+ F 11/1-12/20* 11:35 a.m.-12:35 p.m. PAC

Healthy Cooking for Seniors

Join us on the 1st and 3rd Tuesdays of each month for a "hands on" class that will teach you how to incorporate locally grown produce into healthy meals. Samples will be provided. Fee: None. 480-858-2420

36517 50 yrs+ T 9/3 10 a.m. CSC

36518 50 yrs+ T 9/17 6 p.m. CSC

36519 50 yrs+ T 10/1 10 a.m. CSC

36520 50 yrs+ T 10/15 6 p.m. CSC

36521 50 yrs+ T 11/5 10 a.m. CSC

36522 50 yrs+ T 11/19 6 p.m. CSC

36523 50 yrs+ T 12/3 10 a.m. CSC

36524 50 yrs+ T 12/17 6 p.m. CSC

Activities for Adults (50+ Years)

Stretch & Tone

Haven't exercised in a while? Get back into the exercise routine with this gentle exercising and stretching program. Exercise at your comfort level either sitting in a chair or standing. *No class 10/7, 10/9 or 11/11. **No class 10/8. 480-350-5211

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|-------|---------|------|-------------|------------------|------|-----|
| 35386 | 50 yrs+ | M/W | 9/4-11/20* | 10:30-11:15 a.m. | \$40 | PAC |
| 35387 | 50 yrs+ | T/Th | 9/5-11/21** | 9:15-10 a.m. | \$44 | PAC |
| 35388 | 50 yrs+ | M/W | 12/2-12/18 | 10:30-11:15 a.m. | \$12 | PAC |
| 35389 | 50 yrs+ | T/Th | 12/3-12/19 | 9:15-10 a.m. | \$12 | PAC |

Tai Chi / Body Balance Advanced

This exercise class builds on the five movements of the Tai Chi/Body Balance Basic class by adding six new movements. Qigong breathing exercises coordinated to each movement will also be learned. The eleven major movements form the Tai Chi Long Form. Major emphasis is on balance and stability, adding stretching exercises to improve flexibility and strength. Prerequisite: Tai Chi / Body Balance Basic. Fee: \$40. 480-350-5211

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|-------|---------|---|-----------|-----------------------|-----|
| 35390 | 50 yrs+ | M | 9/16-11/4 | 11:15 a.m.-12:15 p.m. | PAC |
|-------|---------|---|-----------|-----------------------|-----|

Tai Chi / Body Balance Basic

This exercise class uses basic Tai Chi movements and Qigong breathing exercises to gently relax and exercise the body. Major 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. Fee: \$40. 480-350-5211

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|-------|---------|---|-----------|-----------------|-----|
| 35391 | 50 yrs+ | M | 9/16-11/4 | 12:15-1:15 p.m. | PAC |
|-------|---------|---|-----------|-----------------|-----|

Toners & Shapers

This class is 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. Each participant is encouraged to work at his/her own level. Participants are asked to provide their own weights upon instructor recommendation. *No class 10/7, 10/9, 10/25 or 11/11. 480-350-5211

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|-------|---------|-------|------------|-----------------|------|-----|
| 35398 | 50 yrs+ | M/W/F | 9/4-11/22* | 9:05-10:20 a.m. | \$88 | PAC |
| 35399 | 50 yrs+ | M/W/F | 12/2-12/20 | 9:05-10:20 a.m. | \$26 | 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! *No class 11/26. **No class 11/29. 480-350-5211

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|-------|---------|---|---------------|-----------------------|------|-----|
| 35402 | 50 yrs+ | T | 9/3-10/15 | 11:10 a.m.-12:05 p.m. | \$29 | PAC |
| 35403 | 50 yrs+ | F | 9/6-10/18 | 10:35-11:30 a.m. | \$29 | PAC |
| 35404 | 50 yrs+ | T | 10/22-12/10* | 11:10 a.m.-12:05 p.m. | \$29 | PAC |
| 35405 | 50 yrs+ | F | 11/01-12/13** | 10:35-11:30 a.m. | \$25 | 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.

\$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

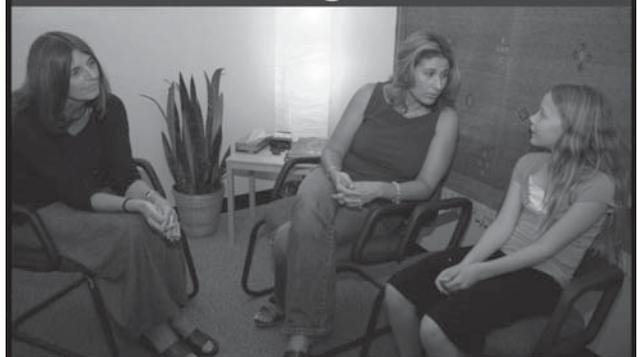
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|-------|---------|---|-------|------------|-----|
| 36222 | 50 yrs+ | F | 9/6 | 11:30 a.m. | CSC |
| 36223 | 50 yrs+ | F | 9/13 | 11:30 a.m. | CSC |
| 36224 | 50 yrs+ | F | 9/20 | 11:30 a.m. | CSC |
| 36225 | 50 yrs+ | F | 10/4 | 11:30 a.m. | CSC |
| 36226 | 50 yrs+ | F | 10/11 | 11:30 a.m. | CSC |
| 36227 | 50 yrs+ | F | 10/18 | 11:30 a.m. | CSC |
| 36228 | 50 yrs+ | F | 11/1 | 11:30 a.m. | CSC |
| 36229 | 50 yrs+ | F | 11/8 | 11:30 a.m. | CSC |
| 36230 | 50 yrs+ | F | 11/15 | 11:30 a.m. | CSC |
| 36231 | 50 yrs+ | F | 12/13 | 11:30 a.m. | CSC |
| 36232 | 50 yrs+ | F | 12/27 | 11:30 a.m. | CSC |

Brunch & Bunco

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

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|-------|---------|---|-------|---------|-----|
| 36218 | 50 yrs+ | W | 9/11 | 10 a.m. | CSC |
| 36219 | 50 yrs+ | W | 10/9 | 10 a.m. | CSC |
| 36220 | 50 yrs+ | W | 11/13 | 10 a.m. | CSC |
| 36221 | 50 yrs+ | W | 12/11 | 10 a.m. | CSC |

Counseling Services



Individual Marital/Couple Child and Family

Social Services Counseling Program
Tempe Public Library (2nd Floor)
3500 S. Rural Rd., Tempe, AZ 85282-5405
480-350-5400

Activities for Adults (50+ Years)

Halloween Party

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

36234 50 yrs+ F 10/25 11 a.m. CSC

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

36237 50 yrs+ F 12/20 11 a.m. CSC

Holiday Tea

Begin this holiday season with an elegant afternoon tea. Sample a variety of teas with delicate pastries and finger sandwiches. Entertainment by the Dickens Carolers. Fee \$9 for RTA members; \$10 for non-members. 480-858-2420

36236 50 yrs+ F 12/6 1 p.m. CSC

Oktoberfest!

Menu: Bratwurst and sauerkraut on a bun, German potato salad, and dessert. Fee: \$5 for RTA members; \$6 for non-members. 480-858-2420

36233 50 yrs+ F 9/27 11 a.m. CSC

Pancake Breakfast

This is a simple and enjoyable breakfast of all-you-can-eat pancakes and great conversation. Register by the Friday before each date. Fee: \$3. 480-858-2420

36525 50 yrs+ W 9/25 10 a.m. CSC

36526 50 yrs+ W 10/23 10 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 and prizes. Fee: \$1. 480-858-2420

36250 50 yrs+ W 9/4 10 a.m. CSC

36251 50 yrs+ W 10/2 10 a.m. CSC

36252 50 yrs+ W 11/6 10 a.m. CSC

36253 50 yrs+ W 12/4 10 a.m. CSC

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

36235 50 yrs+ F 11/22 11 a.m. CSC

White Elephant Luncheon

Join us for a delicious homemade lunch with Holiday spirit. Bring a wrapped gift (re-gift something from home in excellent condition) to exchange during our Cahill White Elephant Party. Fee: \$3. 480-858-2420

36231 50 yrs+ F 12/13 11 a.m. CSC

Volunteer Opportunities



Volunteer Connections

3500 S. Rural Rd.

480-350-5190

www.tempe.gov/volunteer

Summer's Over—It's Time To Get Involved!

Get involved in your community, make new friends, learn new things, feel good about yourself, make a difference, and so much more by volunteering!

City government volunteers serve at the Tempe Public Library, Tempe History Museum, as members of the award winning Crisis Response Team, as part of Experience Corps, on city boards and commissions, with special events and more. For information, call or visit online.

Volunteer Opportunities for Teens

School-year opportunities exist at the Tempe Public Library, with children's classes, and special events starting in September. Teens can help their community, build a record of volunteer service, gain work-like experience and more by volunteering. Applications are available starting August 1. For information check "Student Opportunities" on the website or call the Volunteer Office.

Service Groups Wanted!

Have fun, build team spirit and help the community! The City of Tempe is looking for school, corporate, and other service groups to help run its special events for the community. For a list of upcoming one-time projects, check out "Current Opportunities" and "One-time Activities" online.

Volunteer Coaches are Needed for Youth Sports

If you love sports and want to share the value of athletics and team sports with the next generation, we need you for the city of Tempe Youth Sports program. Fall sports include girls' softball and boys' and girls' basketball and flag football. Apply now as teams form in late August and the seasons start in early September.

Be a "Buddy" to a Disabled Athlete

Help a disabled athlete enjoy the sport of bowling. Volunteers are needed to serve as team captains and to assist bowlers in this mixed league for bowlers of all capabilities. Games are played Saturday mornings at AMF Tempe Village Lanes, 4407 S. Rural Rd., September through November. Call the volunteer office.