

FOR IMMEDIATE RELEASE: June 26, 2015
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JULY 2015 EVENT AND ACTIVITY LISTINGS *Celebrate Parks and Recreation Month This July with Family Fun Events*

GLENDALE, Ariz. – The following events are offered from the city of Glendale Parks, Recreation and Library Services Department in July. The programs are free unless otherwise stated. To see many more events and activities, please visit www.glendaleaz.com/ParksandRecreation and www.glendaleaz.com/library.

July Is Park and Recreation Month

This July, the National Recreation and Park Association is celebrating 30 years of Park and Recreation Month! Why not visit a Glendale park, try a class, or go swimming at an aquatic center to join the celebration? Visit www.nrpa.org/july to find out more about Park and Recreation month, or www.glendaleaz.com/parksandrecreation to see the many activities Glendale has to offer in July.

New Summer Hours at the Velma Teague Library

July 1 – Sept. 30, at the Velma Teague Branch Library, 7010 N. 58th Ave.

The Velma Teague library is open longer and earlier this summer! Monday & Thursday: 1-8 p.m.; Tuesday & Wednesday: 9 a.m.-5 p.m.; Friday & Sunday: Closed; Saturday: 9 a.m.-2 p.m.

Ongoing Drop-in Exercise Classes

At the Glendale Adult Center, 5970 W. Brown St.

Classes adapted for older adults. \$5 per class drop-in fee. Call 623-930-4321 for more information or visit www.glendaleaz.com/adultcenter/exercisefitness.cfm.

Zumba Gold

2 to 2:50 p.m., every Monday/Wednesday/Friday

T'ai Chi – Essentials

1 to 2 p.m., every Tuesday

Yoga Basics

2:15 to 3:15 p.m., every Tuesday/Thursday

Zumba

3:30 to 4:30 p.m., every Tuesday/Thursday

Art Camp

3:30 to 5 p.m., Wednesdays for 4 weeks beginning July 1; or

1:45 to 3:15 p.m., Thursdays for 4 weeks beginning July 2; or

3:30 to 5 p.m., Thursdays for 4 weeks beginning July 2,

at the Foothills Recreation & Aquatics Center, 5600 W. Union Hills Dr.

Taught by a professional artist, children, ages 8-16, will discover their artistic ability using several art mediums. Professional material will be used to help explore the artist inside the participants. Projects may include pottery making, oil painting on canvas, pastels, watercolors, drawing, sand painting, glass painting, glass fusion and more. A supply fee of \$20 will be collected at the first class. No class July 9. The class is \$55 (non-resident \$66), and preregistration is required. Call 623-930-4600 or visit www.glendaleaz.com/parksandrecreation to register.

July Events/add 1-1-1

Claymation Camp

**5:30 to 7 p.m., Wednesdays for 6 weeks beginning July 1,
at the Foothills Recreation & Aquatics Center, 5600 W. Union Hills Dr.**

Ages 8-19 can learn to make an original claymation movie using stop animation techniques in this genuine multimedia camp. Camp will focus on a number of art disciplines including hand building clay, drawing, scenery construction, story board planning, script writing and more. Students will be guided through the process of creating a digital short that will be made available for your thumb drive. A supply fee of \$25 will be collected at the first class. The class is \$125 (non-resident \$150), and preregistration is required. Call 623-930-4600 or visit www.glendaleaz.com/parksandrecreation to register.

Renovation Celebration!

6 to 7 p.m., Wednesday, July 1, at the Velma Teague Branch Library, 7010 N. 58th Ave.

You're invited to the Velma Teague Library's Renovation Celebration! We've got a fresh look, longer summer hours, and a lot of big plans. Join city officials for a ribbon-cutting ceremony featuring free refreshments, games, crafts, and summer reading fun for all ages!

Basic Estate Planning

6:30 to 8 p.m., Wednesday, July 1, at the Foothills Recreation & Aquatics Center, 5600 W. Union Hills Dr.

Establish or refine your financial and estate planning goals. Learn to avoid probate; the ins and outs of wills, trusts, living wills and powers of attorney. Learn how to protect your assets and leave your legacy through strategic estate planning. Learn about trusts, strategies for reducing income tax, capital gains tax and estate tax and how to leave a lasting legacy with estate planning strategies. Discover the power of "power of attorney" and the importance of beneficiaries. Bonus topic: Economic and stock market update. Ages 18+. The class fee is \$20 per person/couple (non-resident \$24) and registration is required. Call 623-930-4600 or visit www.glendaleaz.com/parksandrecreation to register.

A Patriotic Celebration

10:30 a.m. to 12:30 p.m., Thursday, July 2, at the Glendale Adult Center, 5970 W. Brown St.

Join us for this great community celebration. Enjoy a patriotic show presented by Bobby Freeman, AZ Diamondbacks organist. Lunch is provided by the YWCA and will include a grilled hamburger with all the trimmings. There will be plenty of fun, food and fellowship. Door prizes generously provided by CAREMORE. Tickets are \$6 for members and \$8 for nonmembers. Tickets must be purchased in ADVANCE at the Glendale Adult Center by Monday, June 29. For more information, call 623-930-4321.

Movie Makers

**5:30 to 7 p.m., Thursdays for 6 weeks beginning July 2,
at the Foothills Recreation & Aquatics Center, 5600 W. Union Hills Dr.**

Students, ages 7-19, will work collaboratively and produce a video from beginning to end. Lessons include creating a story, producing story boards, acting, lighting, sound, camera work, editing and more. The finished product will be screened the last day. Instructor will collect a \$25 supply fee at the first class. The class is \$125 (non-resident \$150), and preregistration is required. Call 623-930-4600 or visit www.glendaleaz.com/parksandrecreation to register.

Create, Connect, Collaborate

This project is supported by the Arizona State Library, Archives and Public Records, a division of the Secretary of State, with federal funds from the Institute of Museum and Library Services.

Art Studio Mondays: Print Pizzazz

2, 2:30, or 3 p.m., Monday, July 6, at the Foothills Branch Library, 19055 N. 57th Ave.

Children are invited to join in a variety of participatory art activities. Tickets will be distributed from the Youth Desk on a first-come, first-served basis after the library opens the day of the program. For ages 5+. For more information, please call 623-930-3837.

Creature Sculptures

5:30 p.m., Monday, July 6, at the Glendale Main Library, 5959 W. Brown St.

If you could invent a mythical beast, what would it be? A kaiju? A chimera? Come and use your imagination, paper mache and the guidance of artist Christy Puetz to make your creature feature! Ages 12-18. Registration begins on 6/22. For more information and to register, call 623-930-3537 or visit www.glendaleaz.com/library.

Getting Crafty with Miss Janet

4 to 5 p.m., Thursday, July 9, at the Velma Teague Branch Library, 7010 N. 58th Ave.

Come and join in the fun! Create a cool craft to keep or give as a gift! Crafters younger than 6 years old will need an adult helper. This month: Sun Visors. For more information, call 623-930-3437.

July Events/add 1-1-1

Beach Party @ the Teague

2 to 3 p.m., Wednesday, July 15, at the Velma Teague Branch Library, 7010 N. 58th Ave.

No ocean, no problem! Kids, ages 7-12, are invited to join in some wet and wild team competition featuring beach balls, shell-painting, a water-balloon toss, and even a sand-castle building contest. Registration begins on 6/22. For more information and to register, call 623-930-3437 or visit www.glendaleaz.com/library.

Art Afternoon

2 p.m., Wednesday, July 15, at the Glendale Main Library, 5959 W. Brown St.

Glue, glitter, foam and more! We have the ingredients necessary for young participants to use their imagination to come up with some amazing creations. Teen volunteers will assist at art stations set up for children to create their own projects. Ages 5-12. First come, first served. For more information, call 623-930-3537.

Craft What You Want

6 to 7 p.m., Thursday, July 16, at the Velma Teague Branch Library, 7010 N. 58th Ave.

We'll provide a variety of cool crafting tools and materials. You'll provide imagination. A crafty library staff member will be on hand to supply ideas and inspiration for your masterpiece. Ages 7-12. Registration begins on 6/22. For more information and to register, call 623-930-3437 or visit www.glendaleaz.com/library.

Artist Trading Cards

10 a.m., Saturday, July 18, at the Velma Teague Branch Library, 7010 N. 58th Ave.

Create your own miniature works of art (the size of a baseball card) that can be traded or collected with your friends. Workshop participants will use a variety of themes, media and collage techniques on heavy paper to design their own series of ATC cards. Ages 16+. Registration is required. For more information and to register, call 623-930-3430 or visit www.glendaleaz.com/library.

Makerlab - Remake

5:30 p.m., Monday, July 20, at the Glendale Main Library, 5959 W. Brown St.

Teens, ages 12-18, are welcome at this maker lab involving books. Make buttons from old comic books, or use an old book to make a secret hiding spot, or even a purse! Registration begins on 7/6. For more information and to register, call 623-930-3537 or visit www.glendaleaz.com/library.

Art Attack! Sharpie Art

2 to 3:30 p.m., Tuesday, July 21, at the Foothills Branch Library, 19055 N. 57th Ave.

Teens, ages 12-18, stay cool while doing an art activity. Each session, a different craft will be available to create while you connect with friends at the library. This week: Sharpie art! Rock art, tile coasters, and more. All materials will be provided, so come have fun! Registration is required and begins two weeks before the program date. For more information and to register, call 623-930-3837 or visit www.glendaleaz.com/library.

Balloon Twisting Workshop

2 p.m., Wednesday, July 22, at the Glendale Main Library, 5959 W. Brown St.

School-aged children are invited to attend this workshop taught by the professionals from Balloonatix. Age parameters are set by the presenters and are firm. This program is designed for kids, ages 6-11 years old. Registration begins on 7/8. For more information and to register, call 623-930-3537 or visit www.glendaleaz.com/library.

Feltie Keychains

6 p.m., Thursday, July 23, at the Velma Teague Branch Library, 7010 N. 58th Ave.

Create your own miniature fuzzy felt friend to hang from a keychain. Several fun character patterns will be available to choose from, including a ninja, yeti, alien, and others. All materials will be provided! Ages 12-18. Registration begins on 7/6. For more information and to register, call 623-930-3437 or visit www.glendaleaz.com/library.

Get Hooked on Crocheting

12 p.m., Saturday, July 25, at the Velma Teague Branch Library, 7010 N. 58th Ave.

This new monthly crochet group will meet on the fourth Saturday of each month to learn new crocheting stitches, review past lessons, share techniques, or work on group or personal projects. Bring your own hooks and yarn – call for details. This month: Basic Tunisian Stitch. Ages 15+. For more information, call 623-930-3430.

July Events/add 1-1-1

Art Studio Mondays: Moving Parts

2, 2:30, or 3 p.m., Monday, July 27, at the Foothills Branch Library, 19055 N. 57th Ave.

Children are invited to join in a variety of participatory art activities like pinwheels, wind chimes, memory boxes. Tickets will be distributed from the Youth Desk on a first-come, first-served basis after the library opens on the day of the program. For ages 5+. For more information, please call 623-930-3837.

Art Attack! Scribblebots

2 to 3:30 p.m., Tuesday, July 28, at the Foothills Branch Library, 19055 N. 57th Ave.

Teens, ages 12-18, stay cool while doing an art activity. Each session, a different craft will be available to create while you connect with friends at the library. This week: Scribblebots! This beginner robotics project will help you learn how to motorize objects. Plus, it's fun! Registration is required and begins two weeks before the program date. For more information and to register, call 623-930-3837 or visit www.glendaleaz.com/library.

Volleyball Skills Clinic

6:45 to 8:45 p.m., Mondays for 4 weeks beginning July 6; or

Wednesdays for 4 weeks beginning July 8, at the Foothills Recreation & Aquatics Center, 5600 W. Union Hills Dr.

Ages 9-14 can experience what volleyball is all about. Designed for any skill level, this clinic will focus on passing, setting, hitting, serving and defense. The skills taught will help prepare the participant for scholastic, recreational or club volleyball. Sign up for as many clinics as you like. The program fee is \$59 (non-resident \$69) and registration is required. Call 623-930-4600 or visit www.glendaleaz.com/parksandrecreation to register.

Backyard Stargazing for Everyone

7 to 8 p.m., Monday, July 6, at the Glendale Main Library, 5959 W. Brown St.

Free and fun for the entire family! Join Tony Laconte inside for a short lecture and discussion. Then, after dark, weather permitting, telescopes will be placed in front of the library for viewing the night sky. For more information, call 623-979-1393.

Yogalates

5:30 to 6:30 p.m., Tuesdays and Thursdays for 4 weeks beginning July 7, at the Foothills Recreation & Aquatics Center, 5600 W. Union Hills Dr.

A system of pilates and yoga that enhances core strength, balance and flexibility through breath and flow. Class includes utilization of equipment for proper alignment including pilates bands and rings, blocks, balls, straps and foam rollers. Wear appropriate attire. The class is \$55 (non-resident \$66), and preregistration is required. Call 623-930-4600 or visit www.glendaleaz.com/parksandrecreation to register.

Ping Pong

At the Foothills Recreation & Aquatics Center, 5600 W. Union Hills Dr.

Learn to play the lifelong sport of ping pong. Basic fundamentals will be taught. Experience the thinking, planning and strategizing involved with playing ping pong. Build confidence and make new friends. Training equipment, Robo-pong will be used in class. Ping pong paddles will be provided, bring your own if you choose. The class is \$48 (non-resident \$58) and preregistration is required. Call 623-930-4600 or visit www.glendaleaz.com/parksandrecreation to register.

Kids & Teens (Ages 9-14)

**6:30 to 7:15 p.m., Tuesdays for 4 weeks beginning July 7; or
10 to 10:45 a.m., Saturdays for 4 weeks beginning July 11; or
1 to 1:45 p.m., Sundays for 4 weeks beginning July 12**

Adults (Ages 15+)

**7:15 to 8 p.m., Tuesdays for 4 weeks beginning July 7; or
10:45 to 11:30 a.m., Saturdays for 4 weeks beginning July 11; or
1:45 to 2:30 p.m., Sundays for 4 weeks beginning July 12**

Fantastic Fire Department

2 to 3 p.m., Wednesday, July 8, at the Glendale Main Library, 5959 W. Brown St.

HEY KIDS! FANTASTIC FIRE DEPARTMENT is back! Meet on the front lawn for an hour of wet and wild fun in the hot summer sun! Try on firefighter jackets, climb inside a real working firetruck, and join in some awesome water games! Fantastic Fire Department RULES! For more information, call 623-930-3537.

July Events/add 1-1-1

Facebook for Business

6:30 to 8:30 p.m., Wednesdays for 2 weeks, at the Foothills Recreation & Aquatics Center, 5600 W. Union Hills Dr.

The class is \$45 (non-resident \$54) and preregistration is required. Call 623-930-4600 or visit www.glendaleaz.com/parksandrecreation to register.

Course 1: Getting Started

Beginning July 8

Do you have a full or part-time business? Do you keep hearing how you can find customers from Facebook but you feel a little stuck? Learn Facebook's recommended best practices from a former team member. Course 1 is appropriate for social media beginners and business owners that have not started advertising. Course objectives include: page management, best practices for creating content, page security and learning how to align your marketing goals with actions on Facebook. Participant guide included.

Course 2: Advertising

Beginning July 22

Learn how you can get customers from Facebook ads! This class is the 2nd course in a 2-part series. You can register for Course 1 and Course 2 concurrently. This series of courses is appropriate whether you have a brick and mortar business, or you are just getting started selling crafts. Course 2 will dive directly into advertising. Course objectives include how to set a budget and control your money, target potential customers, and use reports to know when to change ads. Participant guide included.

Velma's Clues: Mystery Book Discussion Group

6:30 p.m., Thursday, July 9, at the Velma Teague Branch Library, 7010 N. 58th Ave.

This brand-new book group meets on the second Thursday of each month to discuss the first book in a mystery series. Afterward, feel free to share your recent mystery reads. Books are available for checkout at the Public Service Desk one month prior to the meeting. This month's title is *Still Life* by Louise Penny. Call 623-930-3446 for more information.

Zumba Drop-in Class

10 to 11 a.m., every Saturday, at the Foothills Recreation & Aquatics Center, 5600 W. Union Hills Dr.

Come join the party! Zumba fuses Latin rhythms and easy-to-follow moves to create a dynamic fitness program. Ongoing class includes interval training sessions using fast and slow rhythms, with instructor Janelle Haren. Ages 15+. No class July 4. Drop-in fee is \$5 per class. Call 623-930-4600 for more information.

Family Building Block Challenge

10 a.m. to 12:30 p.m., Saturday, July 11, at the Foothills Recreation & Aquatics Center, 5600 W. Union Hills Dr.

Join us again for our Building Block Challenge, where families will be given a tub of Legos and asked to create an amazing creation that will wow everyone. Families will have 1½ hours to design and build their creation before it is judged by our panel. Who will take home the Foothills Lego Trophy? Popcorn and lemonade will be served. \$25/family. To sign up, call 623-930-4600 or visit www.glendaleaz.com/parksandrecreation to register. For more information, call Darren at 623-930-4610.

Special Summer Programs

These programs are made possible through the Reciprocal Borrowing agreement and are funded by the Maricopa County Library District.

Superfood for a Super Hero's Life

6 p.m., Thursday, July 16, at the Glendale Main Library, 5959 W. Brown St.

Superfoods are nutrient powerhouses that pack large doses of antioxidants, polyphenols, vitamins, and minerals. Eating them may reduce the risk of chronic disease, and prolong life. Chef Larry P. Canepa, Certified Culinary Educator, will discuss several foods that are considered 'super.' He will share their health benefits, and show you how to incorporate them into your diet. Presentation includes recipes and superfood tastings! Registration is requested. For more information and to register, call 623-930-3573 or visit www.glendaleaz.com/library.

Arizona Rick: The Balloon-Making Cowboy

2 to 2:45 p.m., Monday, July 20, at the Foothills Branch Library, 19055 N. 57th Ave.

When is a balloon more than a sculpture, a story, a spectacular hat? In the hands of Arizona Rick, it's all this fun and more! For all ages. At least one adult must accompany every five children. Required tickets will be distributed from the Youth Department on a first-come, first-served basis at 1:45 p.m. on program days for these very well-attended events. Space is limited, so we suggest you come early. For more information, call 623-930-3837.

July Events/add 1-1-1

Football – Indoor Summer Series

1 to 5 p.m., Friday, July 17 or July 24, at the Foothills Recreation & Aquatics Center, 5600 W. Union Hills Dr.

Ages 7-15 can get ready for the football season with the U.S. Football Academy's indoor summer series. Stance, blocking, pursuit angles, proper tackling techniques and catching are some of the fundamentals that participants will learn to master. Class is fun, engaging and fast-paced. This is non-contact and all levels are welcome. Please wear athletic or tennis shoes. Cleats will not be allowed. The program fee is \$69 (non-resident \$79) and registration is required. Call 623-930-4600 or visit www.glendaleaz.com/parksandrecreation to register.

Pottery Wheel Throwing

Fridays for 3 weeks beginning July 17, at the Foothills Recreation & Aquatics Center, 5600 W. Union Hills Dr.

Call 623-930-4600 or visit www.glendaleaz.com/parksandrecreation to register.

Youth/Teen (Ages 8-16)

5 to 6:30 p.m.

Discover how to throw on a potter's wheel the way a pro does. Throw a serving bowl and large vase, which will be painted/glazed with food-safe glazes. A supply fee of \$25 will be collected at the first class. The class is \$79 (non-resident \$95), and preregistration is required.

Adults (Ages 16+)

6:45 to 8:15 p.m.

Throw a lidded dish, large serving bowl and large vase in this pottery wheel throwing class. Class is limited to four students. \$25 supply fee will be collected at the first class. The class is \$125 (non-resident \$150), and preregistration is required.

Monday Night @ the Movies

6 p.m., Monday, July 20, at the Velma Teague Branch Library, 7010 N. 58th Ave.

View documentaries provided by the PBS POV in Your Community program. This week's film is *Dance for Me*, in which young ballroom dancers in Denmark compete for a national title. For more information, call 623-930-3430.

Staying Alive: Continuous Chest Compressions

6:30 p.m., Tuesday, July 21, at the Foothills Branch Library, 19055 N. 57th Ave.

When a person suffers cardiac arrest, a bystander's use of continuous chest compressions can increase the victim's chances of survival without the mouth-to-mouth breathing utilized in traditional CPR. Join us for a presentation and demonstration of this lifesaving technique. Presented by Ross Kosinski, Ph.D. of Midwestern University, and Janet Boberg, Ed.D., Glendale Fire Department. For more information, call 623-930-3868.

Child Care & Babysitting Workshop

9 a.m. to 2 p.m., Saturday, July 25, at the Foothills Recreation & Aquatics Center, 5600 W. Union Hills Dr.

Ages 12-18 can learn safe and fun ways to babysit and care for children. Class covers CPR, first aid, techniques for active children and how to have a successful babysitting adventure. Build confidence, self-esteem and skills necessary to care for infants and children on a daily basis and in emergency situations. Bring a sack lunch. The class fee is \$65 (non-resident \$78) and registration is required. Call 623-930-4600 or visit www.glendaleaz.com/parksandrecreation to register.

Great Arizona Puppet Theater: Hotel Saguaro

3 p.m., Wednesday, July 29, at the Glendale Main Library, 5959 W. Brown St.

Sammy is a young saguaro who isn't sure he wants to be a cactus. His Grandpa teaches him how important the saguaro is to the desert. Sponsored by the Glendale Conservation and Sustainable Living Program through the Arizona Game and Fish Department and the Arizona Wildlife Conservation Fund. At least one adult must accompany every five children. Recommended for grades K-2. First-come, first-served. For more information, call 623-930-3537.

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