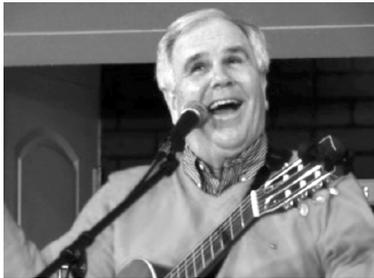


Horizons

— YOUR Glendale Adult Center **October, November, December '16** Newsletter



Halloween Luncheon

Monday, October 31 • 10:30 a.m. - 12:30 p.m.

\$6 members • \$8 non-members

Join your fellow ghost and goblins for this Glendale Adult Center annual favorite. Enjoy a morning of fun, food and entertainment by “The Singing TV Guy! Mike Chamberlin”. Lunch: Roast beef, mashed potatoes & gravy, vegetables and carrot cake. Also featured will be a costume contest with prizes.

Get your tickets in ADVANCE for this sellout event. Tickets must be purchased at the GAC front desk before October 28. Door prizes sponsored by VIVABIEN.

Holiday Luncheon

Wednesday, December 14 • 10:30 a.m. - 12:30 p.m. | \$6 members, \$8 non-members

Celebrate the joy of this special season with your friends at this year’s GAC Holiday Luncheon.

Come enjoy a party with fun, food and entertainment. Familiar holiday music performed by GEM – Jerry on vocals and Marcello on keyboard. The YWCA will prepare a lunch which includes: Chicken cordon bleu, twice-baked potatoes, French cut green beans, cake & ice cream. Door prizes are sponsored by VIVABIEN. Tickets must be purchased in ADVANCE by December 12. Please bring a pair of new socks to be donated to the AZ Veterans Home.

Wood Floor Refinishing at Glendale Adult Center

Work begins Nov. 14 and ends Nov. 23

From Nov. 14 thru Nov. 23 there will be crews here at Glendale Adult Center working on the wood floor surfaces in room 107 A/B. This is the 10-year mark so all varnish will be removed, additional sanding will take place and a 3-coat process will be applied. This is part of the preventative maintenance to extend the life of these floors. For those individuals that have sensitivities to smells you will have to see what is OK for you and what might not be tolerable. The product used to complete the floors is non-toxic but it may be obnoxious or intolerable for some. The Glendale Adult Center team apologizes for any inconvenience.

Nov. 14 – Nov. 17 Classes moved to other rooms in the Center which should make the smells less noticeable.

Nov. 18 – Nov. 23 All CLASSES ARE CANCELED



Glendale Adult Center • 5970 West Brown Street, Glendale, AZ 85302

www.GlendaleAz.com/AdultCenter • 623-930-4321

Mon. - Thurs. 8 a.m. - 7 p.m. • Fri. 8 a.m. - 5 p.m. • Closed on Saturdays & Sundays

CLOSED: OCT. 10 (Columbus Day) • NOV. 11 (Veterans Day) • NOV. 24 & 25 (Thanksgiving)

DEC. 26 (Christmas Holiday) • JAN. 2 (New Years Holiday)

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► Join Us! Just stop at the front desk and a helpful staff member will assist you in becoming a Glendale Adult Center member. The membership fees are as follows:

- \$10 per quarter (\$40 per year) Glendale Resident
- \$15 per quarter (\$60 per year) Non-Glendale Resident
- \$2 Day Pass

(Activity fees are additional)

Everyone who uses the Center, its programs, services, or activities, must review and acknowledge the Code of Conduct rules.

Advertising contained herein does not constitute an endorsement by the City of Glendale or its staff. Glendale Adult Center program information contained herein is subject to change without notice.

 Hearing impaired persons may use the Arizona Relay Service at 1-800-367-8939.

FIX-IT SHOP

at the GLENDALE ADULT CENTER

Fridays 8 a.m. to Noon

The volunteers at the Fix-It shop are a group of seniors who like to tinker and have a talent for repairing small appliances. A crew of dedicated volunteers utilize some of their life skills to perform these repairs to help the community.

The Fix-It shop provides service without charge; the only cost to the client is for parts necessary to complete the repair. Donations are accepted and appreciated.

Fix-It shop volunteers repair:

- *Small kitchen appliances:* toasters, blenders, mixers, etc.
- *Electrical:* lamps, fans, etc.
- *Small household appliances:* vacuum cleaners, mixers, blenders, etc.
- **The Fix-It shop does NOT repair:** TVs, VCRs or computers.

Volunteers needed. See George Truog.

Fun & Games

Grab Bag Bingo

Fridays • 1 p.m. • Palo Verde Room
(See page 5 for details)

Scrabble Club (Large print available)

Fri., 10 a.m. • Room 116

Chess

Everyday in the Billiards Room.

Baseball Darts

Mon. and Thu., 1–3 p.m. • Room 108

Senior Jeopardy Challenge (Age 50+)

3rd Thursday of the month 9:30–11 a.m. • Room 102

Wii Bowling

Tues., Wed. and Fri. 9–11:30 a.m. • Room 106

Bowling lane is projected on a flat-screen television, while participants use a remote control to mimic the motions of the game.

Pinochle

Mon., Wed., Fri., Noon – 4:45 p.m. • Room 102

Party Bridge

Tue., 12:30–3:30 p.m. • Fri., 12:30–3:30 p.m.
Room 108

Hand & Foot

Wed. and Fri., 1–4:30 p.m.

Tabletop Shuffleboard

Table available anytime • Room 114

Ping Pong (Open recreational play)

Tuesdays • 1:00-5:00 p.m.
Thursdays • 12:00-5:00 p.m.
Room 105





Social Dance - Music from the 50's, 60's & 70's with DJ John Urzi

John Urzi is also known as "Johnny Knight" for over 30 years at various radio stations from St. Louis to Arizona. He enjoys entertaining and playing music for special events, dances and other senior adult venues. John will play music from the 50's and 60's and interacts with the audience to provide a fun and enjoyable dance experience.

2nd & 4th Thursdays • 1 - 2 p.m. • FREE

Sponsored by Sandra Gomez



ZUMBA TONING

This Zumba class will put extra emphasis on toning and sculpting to define muscles. By adding resistance using Zumba Toning Sticks (or light weights), helps you focus on specific muscle groups, so you (and your muscles) stay engaged! This class will enhance your sense of rhythm and coordination, while toning target zones, including arms, core and lower body.

Instructor: Cyndi Picker

Tuesdays/Thursdays • 2:15 - 3 p.m.



ISSHINRYU KARATE

Join the Karate for Lunch Bunch!

Isshin-Ryu is a style of Okinawan karate founded by Tatsuo Shimabuku and named by him. Isshin-Ryū karate is largely a synthesis of Shorin-ryū karate, Gojū-ryū karate, and kobudō. The name means, literally, "one heart way" (as in "wholehearted" or "complete").

Isometric Exercise • Self Defense • Improve Memory • Stranger Awareness

NO BODILY CONTACT OR SPARRING

Volunteer Instructor: John Legendre

Working under the direction of Sensei Gary Spender

Tuesdays/Thursdays • Room 107

Noon - 12:50 p.m.

FREE



HOSPICE
of the **VALLEY**

Hospice of the Valley Free Educational Presentations:

10:30 am – 11:30 am – Room 104

October 13 - Living With Chronic Disease – explains chronic disease; what resources, programs and services are available to assist patients and their families

November 10 - Coping With Grief During the Holidays – helps us to recognize the uniqueness of grief during the holidays; identify adult's and children's grief and review all coping mechanisms

NEW Coloring Book Club

2nd and 4th Mondays of the month

1:00 – 3:00 pm

Bring your favorite coloring books and colors and we can get together for fun, coloring and friendship.

*some supplies will be available initially.

Volunteer Leader: Carol Castle

Old Time Gospel Sing Along

Third Thursday of the month

1-2, Palo Verde room • Free for Members

Come and join Ken Balog for an old time hymn sing along. Hymns like Amazing Grace, In the Garden and Love to Tell the Story – just to name a few. Ken will supply song books. If you have a gospel hymn you would like to sing for us on CD, tape or acapella, you can bring it. This activity will bring back fond memories of the music you sang as a child. Come and join the fun!



NEW Basic Computer Classes

Tuesdays & Thursdays • 2:00 p.m. - 4:30 p.m.

October 6, 13, 20, 27 • Class Code #471014-21

November 1, 3, 8, 10 • Class Code #472014-11

No computer classes in December

\$40 Glendale residents (Non -residents \$48)

623-930-4321

A great beginning computer class for the novice. We will cover getting to know the computer and its components, understanding the importance of the operating system, learning how to work with word processing programs, the basics of internet and email and more. No experience is needed – be prepared to learn from Jeff Schiller, a non-technical instructor with over 20 years of experience teaching.



Monthly Birthday Celebration

Last Friday of the month

11:30 a.m. • Palo Verde room

Enjoy a slice of cake and a song.

Sponsored by **Humana®**

Crafts

Ceramics

Tue., 8 a.m. – Noon • Room 105

No sign up necessary; just join us Tuesday mornings.
Small firing fee charged.

Sewing (Sewing experience required)

Wed., 9 a.m.–Noon • Room 103

Make items to donate to nursing homes, child care centers, etc. Donations of clean cotton material and yarn are appreciated. No sewing meetings in July.

Knitting (Knitting experience required.)

Wed., 1–3 p.m. • Room 103

Know how to knit? Bring your own needles and supplies. Make chemo caps and boots to donate to cancer patients.

Lapidary Workshop *Great for all levels!*

Tue. Wed. & Thu., 8 a.m.–4 p.m.

Learn to cut and polish stones for jewelry. \$1 / hour.

Silversmithing Workshop

Mon. 9 am – 1:00 pm • Fri. Noon – 4:00 pm

One time workshop fee of \$25 / \$1 per workshop hour
An opportunity to learn the basics of silver construction for the beginner. Lidia Stein is an instructor with 30 years of silversmithing to her credit. She teaches in a style that allows the student to move at their own pace while emphasizing the creative aspects of the art.

Travel

To sign up for one of the following trips or for more information, stop by the front desk, Monday - Friday, 8 a.m. to 5 p.m. or register by phone. Casino trips depart from the Glendale Adult Center. Sign up as soon as possible to avoid trip cancellation! NO REFUNDS. Trips subject to change due to casino policy changes. For more information, call 623-930-4321.

GAC Travel

			Member	Non-member
Oct. 5	Lone Butte	Bingo	\$4 / \$6	#476010-01
Nov. 2	Vee Quiva	Bingo	\$4 / \$6	#476011-01
Dec. 7	Mazatzal	No Bingo	\$4 / \$6	#476012-01

Dance



Line Dance Beginner Class

Tuesdays, Nov. 8 - Jan. 3 Code #474015-11

8:30 a.m. - 9:30 a.m. • Room 107

Instructor: Kathy Pfeifer.

\$12 per person

Line Dance BASIC / Beginner Class

Tuesdays, Nov. 8 - Jan. 3 Code #474016-11

11a.m. - 12 p.m.

Instructor: Kathy Pfeifer

\$12 per person

Line Dance Intermediate Class

Thursdays, Nov. 10 - Jan. 5 Code #474017-11

9:30 a.m. - 10:30 a.m.

Instructor: Kathy Pfeifer.

\$23 for residents (non-residents, \$28)

Belly Dance Class - Free

Fridays, 3:45–4:45 p.m. • Room 107B

Gladys Haywood, volunteer instructor.

Mexican Folk Dance Class

Wednesdays • 12:30 p.m. • Room 107

Resident, \$28 • Non-resident, \$31

Instructor: Blanca Fernandez

Oct. 26 - Dec. 21 Code # 474019-21

**Holiday Line Dance
Performance
Thursday, December 8 at 11 am
FREE**

Come enjoy 30 minutes or so as
the dancers do some fun dance steps
to holiday music.
You can't help but have fun
with good music and line dancing.
Hope to see you there.

Health & Wellness

Quiz Biz... by VIVABIEN Insurance Sandra Gomez
1st Wednesday of the month • 9:30–11 a.m.
• Glendale Adult Center Lobby

Blood Pressure Checks

2nd Friday of the month • 10 a.m.–Noon
• Room 105 ...by *Midwestern University College of Pharmacy*
3rd Wednesday of the month • 10 a.m.–Noon
• Room 102 ...by *Life Care Center of America*

Fitness



Morning Exercise Programs
Monday, Wednesday and Friday • Room 107
First come, first served. A video may replace instructor.

- **“Cardio Moves” @ 8:10 a.m. (50 min.)**
Come join this fun, high energy, fat burning class with easy to follow routines. This cardio class is a great way to start your day and it won’t even feel like a workout.
- **“Total Body” @ 9:15 a.m. (55 min.)**
Low impact aerobics/medium intensity followed by toning exercise using bands, balls, and hand weights. (During the mat exercises, you may request alternative chair exercises that are just as effective.)
- *****SilverSneakers® Classic” @ 10:30 am (55 min.)**
Have fun and move to music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Handheld weights, elastic tubing with handles and a ball are offered for resistance. A chair is used for seated and/or standing support.

Afternoon Exercise Programs Monday, Wednesday and Friday

- *****SilverSneakers® Classic” @ 1:00 pm (55 min.)**
Have fun and move to music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Handheld weights, elastic tubing with handles and a ball are offered for resistance. A chair is used for seated and/or standing support.
- **“Zumba Gold” @ 2:00 (55 min.)**
Active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity. Come ready to sweat and prepare to leave empowered and feeling strong!
Instructor: Cyndi Picker



NEW Monday & Wednesday • Room 107
“Cardio Moves” @ 3:10 p.m. (55 min.)
Come join this fun, high energy, fat burning class with easy to follow routines. This cardio class is a great way to end your day and it won’t even feel like a workout.

T’AI CHI – ESSENTIALS

Instructor: Charlie Gill | Tue. & Thu. • 1 p.m.

- **Discover 5 easy to learn exercises taken directly from the Tai Chi form.**
 - **Exercises are designed to help improve balance, relaxation, flexibility, strength, & body awareness.**
 - **Adapted for people of all ages, especially those who do not want to learn the entire Tai Chi form, but still want the benefits.**
-

Fitness Center

Monday - Thursday - 8 a.m. - 7 p.m.
Friday - 8 a.m. - 5 p.m.

Activities

Open Computer Lab

Open computer lab is available when no classes are in session in the lab.



Grab Bag Bingo

Fridays • 1 p.m. • Palo Verde Room
WIN A DIFFERENT PRIZE EACH WEEK!
 Bring a NEW item wrapped or in a brown paper bag.
 (Large print cards available)

Follow these themes suggested by participants.

- 10/7/2016 Playing cards
- 10/14/2016 Fall
- 10/21/2016 Orange or black
- 10/28/2016 Halloween
- 11/4/2016 Something cuddly
- 11/11/2016 HOLIDAY No Bingo
- 11/18/2016 Thanksgiving
- 11/25/2016 HOLIDAY No Bingo
- 12/2/2016 Candle
- 12/9/2016 Jewelry
- 12/16/2016 Something red and green
- 12/23/2016 Christmas Ornament
- 12/30/2016 White elephant
- 1/6/2017 Winter

Community & Support

Legal Aid

3rd Thursday by appointment only
Call 623-930-4321 to schedule appointment
 Provided by Mead and Associates.

Benefits Assistance

Wednesdays 10 a.m.–Noon
By appointment ONLY. Call the Glendale Adult Center at 623-930-4321 for your appointment or call the Area Agency on Aging’s Senior Help Line at 602-264-4357 for a complete list of Valley locations.

Medicare Counseling - The Area Agency on Aging has trained volunteers to assist Medicare recipients understand their health insurance. The volunteers are able to explain Medicare eligibility, what is covered, and assist with selecting Drug and Health Plans.

Medicare Annual Enrollment Period (AEP) is from 10/15/16 - 12/07/16.

This may be your only time to make a change to your plan! Together, we will ensure prescriptions, network doctors and co-pays still meet your needs. Soon, you’ll be inundated with direct mail and TV commercials promoting Medicare insurance plan options. Just remember that I offer most major health plans available and can answer any questions you may have on these plans. I’m an independent Agent and I work for YOU in determining the most appropriate coverage. I will be at Glendale Adult Center on Tuesdays:

- Oct 4, Oct 11, Oct 18, Oct 25**
9:00 – 12:00 • Room 104
 - Nov 1, Nov 8, Nov 15, Nov 22, Nov 29, Dec 6**
9:00 - 12:00 • Room 103
- By Vivabien Insurance / Sandra Gomez**

B.A.G.I.T.

(Bus and Gus Individual Training)
Thursdays, Oct. 27, Nov. 17, Dec. 15
10 a.m. • Room 102



Learn to travel on Valley Metro, Gus the Bus and Glendale Express Bus. Learn to read a bus book, find the closest bus stop, purchase the best value bus ticket and more! Questions? Call 623-930-2035.

Bible Study

Tuesdays • 1 p.m.
 A positive and uplifting approach to the Bible led by Sharay Ray.

***It's time for traveling fun with
Come visit us Tuesday 10am-1pm GAC
480-985-4200***

www.especially4utours.com



Gambling Tours:

- ***Colorado Belle** Nov. 7-9 \$119
- Christmas Time Dec. 24-26 \$199
- New Years Eve Dec. 31-Jan. 2 329
- ***Gold Strike in Jean, NV** Oct. 11-13 \$99
- 2 -\$7.5 food vouchers, \$5 play & Full day- Las Vegas
- ***Edgewater -3-Days** Nov. 23-25 \$179
- Thanksgiving Holiday
- ***Four Queens Hotel & Casino** Dec. 27-29 \$159
- Downtown Las Vegas

Longer Motorcoach Tours:

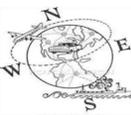
- ***Toltec Train**- Oct. 14-16, (weekend) (Sale) \$499
- Chama New Mexico to Antonio, CO Fall Colors
- New Mexico, Santa Fe, Albuquerque & tram ride
- ***Grand Canyon Train** Overnight Oct 22-23 \$329
- Stay in Williams, ride train to canyon. Spend about 5 hours at the canyon.
- ***Rocky Point 3 Days** Oct. 25-27 \$259
- Playa Bonita Resort-right on the water-relax
- ***Monument Valley/Canyon De Chelly** Nov. 2-4 \$399
- Tours into canyon-John Wayne Museum-Code Talker
- ***Copper Canyon 7 Days** Nov. 7-13 \$1699
- Train-Trans. Out of Phx-hotels, lots of beautiful sights
- See how the Tarahumara Indians live in the canyon
- ***Price is Right Game Show** Nov. TBD \$239
- ***Rose Bowl Parade**(Seats still avail) Jan. 1-3 \$499
- 128th Anniversary, Great Seats, Victory Park to see the floats. In the evening visit Newport Beach/Balboa

Look ahead!

- *Death Valley Deluxe
- *Monument Valley/Arches/Canyonlands
- *San Francisco Gold Coast 6 days
- *Catalina Island 3 days
- *San Diego to LA coastal tour + Whale watching
- *Universal Studio with "E" Entertainment Show

Air Tour

- ***Branson Holiday Christmas Tour** Dec. 5-9 \$1299
- (Land only) Purchase air or use points to Springfield Shows, Lights, Holiday fun



Day Tours:

- Sedona/Jerome/Mingus Mountain** Oct. 21 \$89
- A great one day get a way—
- Algodones, MX** Oct. 12; Nov. 16; Dec. 14 \$79
- Time to shop, visit doctors, dentist, shopping, or stay in the US and play at the Quechan casino for 4-5 hours.
- Passport required—Mexico*
- Verde Canyon Railroad** Oct. 19-Regular car \$139
- VIP car add \$40. Fall foliage colors, beautiful trip
- Grand Canyon Express** Oct. 13 \$129
- Tucson Day of the Dead** Nov. 6 \$79
- Final day of celebration procession...just like in New Orleans.

****Holiday SPECIALS****

- ***Arizona Celebration of Lights Tour**- see all the beautiful Christmas lights. Call for details
- ***Ronald Regan** Museum Annual Christmas Tree Exhibit plus Air Force One. Optional Universal Studios or shopping at the discount mall in CA
- Nov. 29-Dec. 1 \$399
- ***Disneyland Turnaround** Dec. 27-29 TBD
- Great Christmas gift, holiday displays, ticket included
- ***San Diego Christmas** Dec. 24-26 \$399
- Holiday light, Dinner cruise with all the trimmings, Old Town and Holiday Specials

You can make payments if you like. Ask for a detailed flyer. Cancellation penalties do apply. Ask about insurance.

We specialize in **Viking River Cruises**. Just ask for dates and deals. Book early because they sell out!

All prices quoted are based on double occupancy

Come by and pick up individual flyers or brochure!