



Glendale Adult Center LAPIDARY

Tues – Thurs | 9:00 am – 1:00 pm

Get together with your fellow gemstone enthusiasts and create beautiful works of art using rocks and minerals. Whether you are making jewelry or decorative pieces, our lapidary monitors can help! The lab is available for members of the Glendale Adult Center, and lapidary punch cards can be purchased at the Welcome Desk for \$15.

For more information call 623-930-4321.

EXERCISE PROGRAMS

Mondays, Wednesdays & Fridays

First come, first served. A video may replace instructor. All classes run approximately 50 min.

- **Cardio Moves • 8:10 am**

Come join this fun, high energy, fat burning class with easy to follow routines.

- **Total Body • 9:15 am**

Low impact aerobics/medium intensity followed by toning exercises using bands, balls, and hand weights.

- **SilverSneakers® Classic • 10:30 am**

(Space is limited. Tickets will be handed out on a first come, first served basis.)

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.

- **SilverSneakers® Classic • 1:00 pm**

- **Cardio Moves • 2:15 pm**

Mondays and Wednesdays **ONLY**

- **Line Dance • 3:15 pm & 4:00 pm**

Mondays **ONLY**

3:15 pm - Beginner's • 4:00 pm - Intermediate

Tuesdays & Thursdays

First come, first served. A video may replace instructor. All classes run approximately 50 min.

- **SilverSneakers® Chair Yoga • 9:30 am**

Get ready to move through a complete series of seated and standing yoga poses that increase flexibility, balance, range of movement, and decrease stress. This class is suitable for nearly every fitness level.

- **SilverSneakers® Classic • 10:30 am**

- **T'ai Chi Essentials • 1:00 pm**

Discover 5 easy-to-learn exercises taken directly from the T'ai Chi form that are designed to help improve balance, relaxation, flexibility, strength, and body awareness. This class is adapted to suit people of all ages.

- **Zumba Gold • 2:00 pm**

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 feeling strong.

- **Latin Dance and Fitness • 3:00 pm**

Learn basic movement and dance to the beats of salsa, merengue, cumbia reggaeton, and more, all while enjoying a full-body workout. All skill levels welcome.

FITNESS CENTER: Monday - Friday: 8:00 am - 5:00 pm

January • February • March | 2026

the Center

**Glendale Adult Center
Newsletter**



Valentine's Luncheon

Thursday, February 12th • 10:00 am - 12:30 pm

Join us for a day of fun, games, and classic love songs by Jackie Lopez to celebrate Valentine's Day! Lunch will be served by the YWCA. Raffle prizes have been generously donated by Sandra Gomez. Doors open at 10:00 am. Tickets are \$6 for members/\$8 for non-members, and must be purchased in ADVANCE at the Glendale Adult Center starting Jan. 12th. Ages 18+. No refunds.



Peacock Strut

Thursday, March 5th • 9:00 am

Meet at beautiful Sahuaro Ranch Park located at 9802 N. 59th Ave for a **FREE** fun walk! Complete laps for your chance to win a prize donated by Arizona Priority Care. Check in starts at 8:45 am for a 9:00 am start time. Register at the Welcome Desk or call 623-930-4321 starting Feb. 5th.

St. Patrick's Day Luncheon

Wednesday, March 11th • 10:00 am - 12:30 pm

Come dressed in green and join us to see if you have the Luck O'the Irish to win a raffle prize, try your hand at one of our patio games, and do an Irish jig with music by Noble McCoy. Lunch will be served by the YWCA. Raffle prizes have been generously donated by Sandra Gomez. Doors open at 10:00 am. Tickets are \$6 for members/\$8 for non-members, and must be purchased in ADVANCE at the Glendale Adult Center starting Feb. 11th. Ages 18+. No refunds.



Glendale Adult Center

5970 West Brown Street | Glendale, AZ | 85302
www.GlendaleAz.gov | 623-930-4321

Monday - Friday: 8 am - 5 pm | Closed on Saturdays & Sundays

CLOSED:

Jan. 1 - New Years Day
Jan. 19 - Martin Luther King Jr. Day
Feb. 16 - President's Day

IMPORTANT DATES:

February - Black History Month

► Join Us! Stop by the Welcome Desk and a staff member will help you become a Glendale Adult Center member. Ages 18+. Membership fees:

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

(Some activities include additional fees)

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 AZ Relay Service at 1-800-367-8939.

ADULT CENTER CONTACT INFO

Rental Inquiries 623-930-2820

GAC Welcome Desk 623-930-4321

Senior Help Line 602-264-4357

Grab Bag Bingo

Fridays • 1:00 pm • Palo Verde Room

Bring a **NEW** item wrapped or in a brown paper bag. (Large print cards available). Bingo daubers available for \$2 at the Welcome Desk.

Follow these themes suggested by participants.

January 2.....Holiday Re-gift

January 9.....Winter Accessories

January 16.....Something Useful

January 23.....Birds

January 30.....Greeting Cards

February 6Red, White, & Pink

February 13Valentine's Day

February 20Knick Knacks

February 27Outdoors

March 6.....Spring

March 13.....Something Green

March 20.....Garden/Flowers

March 27Gnomes

HEALTH & EDUCATION

Alzheimer's Support Group • Room 108

Second Monday of each month

11:00 am - 12:00 pm

Gather with others living with Alzheimer's to share experiences and gain support. This is a member led group. No registration required.

Coffee Talks • Palo Verde Room

Thursdays • 9:00 - 10:30 am

Grab your morning coffee with Good Neighbor Support Services every Thursday morning. No registration required.

Eating Green • Palo Verde Room

Monday, January 12th • 10:30 - 11:30 am

Start the new year strong! Join holistic nutritionist Dr. Liz Cruz for a fun and informative session on healthy eating habits and enjoy a delicious, nutritious smoothie. Sign up at the Welcome Desk or call 623-930-4321 starting Dec. 12th.

Computer Basics • Computer Lab

Friday, January 23rd • 1:00 - 3:00 pm

Learn basic computer skills with Maricopa County. Sign up at the Welcome Desk or call 623-930-4321 starting Dec. 29th.

Bagels and Balance • Palo Verde Room

Monday, January 26th • 9:00 - 10:00 am

Join Fyzical Therapy and Balance Centers for morning bagels and a presentation on staying balanced. Sign up at the Welcome Desk or call 623-930-4321 starting Dec. 29th.

Black History Month Display

February 2nd - February 27th

Visit our display outside of the Palo Verde room learn about the significance of Black History Month. Local events will be highlighted for more opportunities to celebrate throughout the month.

CASINO TRIPS

Harrah's Ak-Chin in Maricopa

Tuesday, January 13th • 9:00 am

Tuesday, March 24th • 9:00 am

Free with membership. \$2 for non-members. Registration required. Sign up at the Welcome Desk or call 623-930-4321 one month in advance.

FUN & GAMES

Baseball Darts • Room 108

Mondays & Thursdays • 1:00 – 3:00 pm

Social Chess • Room 116

Tuesdays & Thursdays • 10:30 am

Open to all levels! Volunteers available for instruction.

Table Tennis • Palo Verde Room

(Open recreational play)

Tuesdays & Thursdays • 1:00 – 4:45 pm

Advanced Party Bridge • Room 108

Tuesdays & Fridays • 12:30 – 3:30 pm

Experienced players welcome!

Hand & Foot • Room 116

Wednesdays & Fridays • 1:00 – 4:30 pm

Cribbage • Room 116

Monday, Wednesday & Friday mornings

Mexican Train • Room 116

Thursdays • 9:00 am

Scrabble Club • Room 116

Fridays • 9:30 am (Large print available)

Tabletop Shuffleboard • Room 114

Open recreational play during operating hours.

Billiards • Room 114

Open recreational play during operating hours.



Congratulations to our Glendale Adult Center billiards team for winning the 2025 Grand Canyon State Billiards Tournament!

UPCOMING EVENTS

Build Your Own Pizza • Room 108

Wed, February 4th • 11:30 am or 1:00 pm

Join CenterWell Health and create your very own pizza. Sign up for one of two 1-hour sessions. Advance registration required. Sign up at the Welcome Desk or call 623-930-4321 starting January 5th.

Wellness Fair • Palo Verde Room

Tuesday, March 31st • 9:00 am - 12:00 pm

All of your wellness needs in one place! Visit exhibit booths, learn important information about your health and wellness, and enter for a chance to win one of our raffle prizes. Register in advance to guarantee your spot for lunch. Sign up at the Welcome Desk or call 623-930-4321 starting March 2nd.

CRAFTS

Open Art • Room 105

Monday – Friday • 8:00 am – 3:00 pm

Whether you prefer coloring, ceramics, or another form of artwork, our art room is the place for you! All skill levels are welcome. \$4 ceramic figurines for sale at the Welcome Desk. A firing fee is charged for outside items.

Charity Sewing Group • Room 103

Wednesdays • 9:00 am – 12:00 pm

Experienced sewers welcome! Make items to donate to those in need. Donations are appreciated.

Knitting • Room 103

Wednesdays • 1:00 – 3:00 pm

Bring your own needles and supplies. Newcomers and all skill levels welcome!

Crafts & Coffee • Room 105

Thursday, February 5th • 10:00 am

Gather with friends, get creative, and enjoy coffee and great conversations! Join us as we spend the morning crafting with members from the Avondale Senior Center. Advance registration required. Sign up at the Welcome Desk or call 623-930-4321 starting January 5th.