

theCenter

Glendale Adult Center
Newsletter

Patriotic Luncheon
Wednesday, July 1st • 10:00 am - 1:00 pm

Enjoy music and entertainment by The Horny Toads. 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. No refunds.

Celebrate National Park and Recreation Month!

All events are FREE. Advance registration is required. Sign up at the Welcome Desk or call 623-930-4321 starting May 11th.

Stars and Stripes Zumba 🇺🇸
Thursday, July 9th • 2:00 - 3:00 pm

Luau 🌺
Wednesday, July 15th • 2:30 - 4:30 pm

America’s Birthday Bingo 🇺🇸
Friday, July 24th • 1:00 - 3:00 pm

GAC Summer Games
Monday, August 17th - Friday, August 21st

Go for the gold in this friendly competition! Games will include pickleball, whiffle golf, Nerf gun shoot-out, corn hole, table tennis, billiards, and more. Sign up at the Welcome Desk or call 623-930-4321 starting July 20th.



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:
July 3 - Independence Day (Observed)
Sept. 7 - Labor Day

IMPORTANT DATES:
Sept. - Hispanic Heritage Month

Glendale Adult Center

LAPIDARY

Tues - Thurs: 9 am - 1 pm • Fri: 1 - 4 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**



- **Line Dance • 3:15 pm & 4:00 pm**
Mondays
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

- **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, store bought** item in a brown paper bag. (Large print cards available). Bingo daubers available for \$2 at the Welcome Desk.

- Follow these themes suggested by participants.***
- July 3..... NO BINGO - CENTER CLOSED**
- July 10 Summer**
- July 17 Something Useful**
- July 24 Travel**
- July 31..... Health and Fitness**
- August 7..... Magnet**
- August 14..... Home Décor**
- August 21..... NO BINGO - SPECIAL EVENT**
- August 28..... Birds**
- September 4..... Something for Labor Day**
- September 11... Red, White, or Blue**
- September 18... Fiesta**
- September 25 .. Patio/Outdoors**

HEALTH & EDUCATION

***NEW* Tech Tutor • Computer Lab**
Mondays • 1:30 - 3:00 pm
Have questions? Visit Patrick in the computer lab and get answers to your basic tech needs. No registration required.

Alzheimer’s Support Group • Room 103
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.

Quiz Biz • Lobby
First Wednesday of the month
9:30 - 11:30 am
Our medicare expert, Sandra Gomez, will be here to answer all of your insurance questions and help you navigate the best options available.

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.

Memory Cafe • Room 108
Tuesday, July 21st • 10:00 - 11:30 am
Memory Cafe is an opportunity for people living with memory loss and their care partners to participate in social engagement and meaningful connections. Join us for a powerful, informative session that breaks down what dementia is, how it progresses, and how you can support someone living with it. No registration required.



Tech Help Desk • Room 102
Wednesday, August 26th • 10:00 - 11:00 am
Visit CenterWell Health’s tech help desk with your technology questions. Staff can help address concerns regarding phones, tablets, and laptop computers. No registration required.

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!

***NEW* Wii Bowling • Room 108**
Wednesdays • 1:00 – 3:00 pm

Hand & Foot • Room 116
Wednesdays & Fridays • 1:00 – 4:30 pm

Cribbage • Room 116
Mondays, Wednesdays & Fridays • 8:00 am
New players welcome!

Mexican Train • Room 108
Wednesdays • 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.

CASINO TRIPS

Harrah’s Ak-Chin in Maricopa
Tuesday, July 14th • 9:00 am
Tuesday, Sept. 22nd • 9:00 am
Free with membership. \$2 for non-members. Registration required. Meet in the lobby of the Glendale Adult Center. Sign up at the Welcome Desk or call 623-930-4321 one month in advance.

UPCOMING EVENTS

Open House • Glendale Adult Center
Thursday, July 30th • 8:00 am - 5:00 pm
Bring your friends and family to experience all that the Adult Center has to offer. **FREE** admission for the day! Enjoy facility tours, fitness classes, ceramics, card games, billiards, and more. Advance registration is encouraged by signing up at the Welcome Desk or call 623-930-4321 starting May 11th.

Hispanic Heritage Month Performace
Palo Verde Room
Wednesday, Sept. 9th • 12:30 - 1:30 pm
Celebrate Hispanic Heritage Month with our very own Latin Dance and Fitness classes Sassy Steppers as they perform dances from various Hispanic Cultures. Sign up at the Welcome Desk or call 623-930-4321 starting August 10th.

Loteria • Room 102
Wednesday, Sept. 16th • 10:00 am - 12:00 pm
Join us for a lively game of loteria, a traditional board game of chance that is similiar to bingo, to celebrate Mexico’s Independence Day! Sign up at the Welcome Desk or call 623-930-4321 starting August 17th.

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. 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. *The sewing group will be on summer break from July 1st - August. 5th.*

Knitting • Room 103
Wednesdays • 1:00 – 3:00 pm
Bring your own needles and supplies. Newcomers and all skill levels welcome!