

MEDICARE ENROLLMENT ASSISTANCE

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9:30 a.m. – 1:00 p.m. / Room 102

October 6, 13, 20, 27

November 3, 10, 17, 24 • December 1

Medicare Annual Enrollment Period (AEP)

October 15 – December 7

This may be your ONLY time to make changes to your health plan!

Soon you'll be inundated with direct mail and TV commercials promoting Medicare insurance plan options. I am certified and trained to offer all major health plans and I am here yearlong should problems arise! I will be available to answer your Medicare questions, compare benefit copays, check your doctors and hospitals networks to find a plan that will fit your needs. I also check and apply for any additional programs you may be eligible for, such as Extra Help and Limited Income Subsidy.

As an independent agent I work for you, to save you money and help find the best plan for you. Sandra Gomez 602-403-2354

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 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.

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

the Center

Glendale Adult Center Newsletter

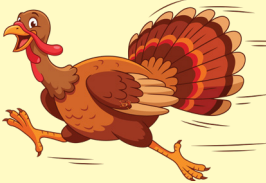
Halloween Luncheon
Wednesday, October 28th • 10:00 am - 1:00 pm

Join your fellow ghouls and goblins for a spook-tacular celebration. Enjoy music and laughs with Scary Mary and ghostly games on the patio. Come dressed in your Halloween best for a chance to win first place in our costume contest. 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 September 28th. Ages 18+. No refunds.



Turkey Trot
Thursday, November 5th • 10:00 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 9:45 am for a 10:00 am start time. Register at the Welcome Desk or by calling 623-930-4321 starting October 5th.



Holiday Luncheon
Monday, December 21st • 10:00 am - 1:00 pm

Celebrate the season with T.A. Burrows singing your holiday favorites, hot cocoa bar sponsored by Arizona Priority Care, and games on the patio. 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 November 23rd. 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:

Nov. 11 - Veterans Day
Nov. 26 & 27 - Thanksgiving Holiday
Dec. 24 - HALF DAY Christmas Eve
Dec. 25 - Christmas Day

IMPORTANT DATES:

November - Native American Heritage Month
Dec. 4 - Dec. 12 - Hanukkah
Dec. 26 - Jan. 1 - Kwanzaa

- **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.

October 2.....Fall

October 9.....Pink

October 16.....Kinck Knacks

October 23.....Orange/Black

October 30.....Halloween

November 6Patriotic/Veteran’s Day

November 13Holiday Cards

November 20Thanksgiving

November 27NO BINGO/CENTER CLOSED

December 4Winter

December 11Red/Green

December 18Holidays

December 25...NO BINGO/CENTER CLOSED

HEALTH & EDUCATION

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.

Pink Power Walk • Palo Verde Room
Breast Cancer Awareness Walk and Social
Thursday, October 8th • 9:00 am - 11:00 am

Join us for a walk honoring Breast Cancer Awareness. Take laps around the center, then enjoy coffee, treats, and stories from those impacted by breast cancer. Sign up at the Welcome Desk or by calling 623-930-4321 starting September 9th.

Green Living Series • Room 104
Earth Friendly Desert Gardening
Wednesday, October 14th • 12:30 pm - 2:00 pm

Work with the forces of nature to create an attractive, wildlife-friendly garden built to thrive in our desert climate. Learn about the importance of proper plant selection, water, mulch, maintenance and more. Sign up at the Welcome Desk or by calling 623-930-4321 starting September 14th.

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!

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

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

Cribbage • Room 116
Monday, Wednesday & Friday mornings
New players welcome! Volunteers available for instruction.

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
Tuesday, November 17th • 9:00 am
Visit Harrah’s Ak-Chin casino in Maricopa. Free with membership. \$2 for non-members. Arrive at the Glendale Adult Center at 8:30 am. Registration required. Sign up at the Welcome Desk or by calling 623-930-4321 starting October 19th.

UPCOMING EVENTS

***NEW* No Bake Baking Club • Room 103**
Monday, November 30th • 10:00 am
Make a sweet seasonal treat - no baking required! All supplies provided. Sign up at the Welcome Desk or call 623-930-4321 starting October 30th.

Tree Decorating • Palo Verde Room
Tuesday, December 1st • 9:00 - 10:00 am
Help us trim the Christmas tree and celebrate the season with hot cocoa and holiday goodies. Sign up at the Welcome Desk or call 623-930-4321 starting November 2nd.

New Years Bingo Ball • Palo Verde Room
Thursday, December 31st • 1:00 pm
Prepare to ring in the New Year with one of our most popular games, bingo! Bring your New Years spirit and celebrate with friends. Advance registration required. Sign up at the Welcome Desk or by calling 623-930-4321 starting November 30th.

CRAFTS

Open Art • Room 105
Mondays – Fridays • 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. *The sewing group will not meet November 23rd - 27th and December 16th - 30th.*

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

Lapidary Workshop • Room 110
Tuesdays - Thursdays • 9:00 am – 1:00 pm
Fridays • 1:00 - 4:00 pm
Learn to cut and polish stones. Punch card for sale at the Welcome Desk.