

MEDICARE ENROLLMENT ASSISTANCE

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9:30 a.m. – 1:00 p.m. / Room 102

October 7, 14, 21, 28

November 4, 12, 18, 25 • December 2, 3

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**
- **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 • 3:15 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

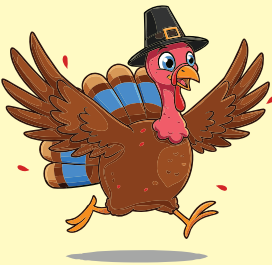
the Center

Glendale Adult Center Newsletter

Halloween Luncheon

Friday, October 31st • 10:00 am - 12:30 pm

Join your fellow ghouls and goblins for a spook-tacular celebration. Enjoy festive music and laughs with the Horny Toads 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 30th. Ages 18+. No refunds.



Turkey Trot

Thursday, November 13th • 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 13th.

Holiday Luncheon

Monday, December 15th • 10:00 am - 12:30 pm

Celebrate the season with us at our annual Holiday Luncheon. Festivities include T.A. Burrows singing your holiday favorites, hot cocoa bar sponsored by CenterWell, games, and raffle. 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 17th. 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. 27 & 28 - Thanksgiving Holiday
Dec. 24 - HALF DAY Christmas Eve
Dec. 25 - Christmas Day

IMPORTANT DATES:

November - Native American Heritage Month
Dec. 14 - Dec. 22 - 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. Coverall prizes provided by PGIA.

Follow these themes suggested by participants.

October 3.....Fall

October 10.....Pink

October 17.....Orange/Black

October 24.....Halloween

October 31.....NO BINGO/SPECIAL EVENT

November 7Patriotic/Veteran’s Day

November 14Kitchen

November 21Thanksgiving

November 28NO BINGO/CENTER CLOSED

December 5Winter

December 12Red/Green

December 19Holidays

December 26White/Silver



Photo by Sharon Quicci

HEALTH & EDUCATION

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.

Fire Safety Presentation • Room 103
Tuesday, October 7th • 10:00 - 11:00 am

Learn about fire safety during National Fire Prevention month with the Glendale Fire Department. Advance registration required. Sign up at the Welcome Desk or by calling 623-930-4321 starting September 8th.

Pink Power Walk • Palo Verde Room
Breast Cancer Awareness Walk and Social
Monday, October 13th • 11:30 am - 1:30 pm

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 15th.

CASINO TRIPS

Harrah’s Ak-Chin

Tuesday, October 14th • 9:00 am
Tuesday, November 18th • 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 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

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.

Friends-giving Bingo • Palo Verde Room
Monday, November 17th • 1:00 pm

Gather with friends as we invite centers from around the valley for a festive game of bingo. Please bring a non-perishable food item that will be donated to St. Mary’s Food Bank to help those in need this holiday season. Sign up at the Welcome Desk or by calling 623-930-4321 starting October 17th.

New Years Bingo Ball • Palo Verde Room
Wednesday, 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. Prizes will be provided by PGIA. Advance registration required. Sign up at the Welcome Desk or by calling 623-930-4321 starting November 28th.

UPCOMING EVENTS

Build Your Own Pizza • Room 108
Wednesday, October 22nd • 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 by calling 623-930-4321 starting September 22nd.

Tree Decorating • Palo Verde Room
Monday, 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 by calling 623-930-4321 starting November 3rd.

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. Sewing group will not meet on November 26th, December 24th & 31st.

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.

Clothespin Crafts • Room 105
Tuesday, November 4th • 10:00 am

Create a decorative winter snowflake using clothespins. Clothespin donations accepted. Sign up at the Welcome Desk or by calling 623-930-4321 starting October 6th.