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## **GLENDALE ADULT CENTER CELEBRATES 10 YEARS AT EXPANDED FACILITY**

**Glendale, Ariz.** — In 2003 the Glendale Adult Center moved from five small buildings located in downtown Glendale to a new, 30,000 square-foot building, which could house more activities and better serve the residents. The new building, located at 5970 W. Brown St., included features not previously available such as a computer lab and fitness center.

On Monday, July 15, the center staff will celebrate 10 years at the expanded location with a reception at 12:15 p.m. in the Palo Verde Room. Staff and center members will celebrate the center's successes, share stories and enjoy a piece of cake.

Over the years, the center has hosted hundreds of special events, a visit by the Secretary of Health and Human Services Mike Leavitt, a AARP walking program, countless travel trips, tax services and more.

Last year there were more than 76,000 visits and the facility accommodated 110 private reservations for events that included meetings, anniversaries, parties and receptions. They currently provide services to 1,340 active members and serve more than 400 lunches per week.

“We like the exercise classes, they are held three times a week and have many wonderful people there. My husband is very active in the fix-it shop,” stated Sue Truog. She and her husband have been members for over 11 years and also were involved in the center at its old location. “We like this building; it is beautiful. There are still a variety of programs such as sewing and lapidary and the art classes to do things with other people.” She and her husband even celebrated their 60<sup>th</sup> wedding anniversary at the center and enjoyed being able to be with all their friends there.

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## **ADULT CENTER ANNIVERSARY**

**Add 1-1-1-1**

The center provides a variety of social, community, nutritional, health and wellness benefits to those who attend. Adults, ages 18 and older, are invited to participate at the Glendale Adult Center. It offers aerobics, cards and games, a lunch program, computer classes, special holiday events, a fitness center with trainers, craft and art programs, music and dance activities, social services, trips, movies and yoga. It also presents a variety of volunteer opportunities for those who want to give back to the community.

Many community organizations and businesses provide additional services at the center including blood pressure checks by the Midwestern University College of Pharmacy, an “ask a nurse” program by CareMore, legal counsel by Mead and Associates, benefits and Medicare counseling by the Area Agency on Aging, public transportation training by Valley Metro and the lunch program by the YWCA of Maricopa County.

For more information or for a tour of the Glendale Adult Center, call 623-930-1234 or visit

<http://www.glendaleaz.com/adultcenter>.

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