



FOR IMMEDIATE RELEASE: April 15, 2014
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CHECK OUT ALL THE GLENDALE ADULT CENTER HAS TO OFFER DURING OPEN HOUSE

Glendale, Ariz. — If you haven't been to the Glendale Adult Center or it has just been a while, now is the perfect time to stop by, enjoy a variety of programs and meet people, all at no charge during the center's upcoming open house on Wednesday, April 23, at 5970 W. Brown St. In addition, a special offer on yearly memberships will be available.

The open house will feature opportunities to participate in fitness programs, enjoy lunch and receive demonstrations of their specialty programs. People ages 18 and older are invited to come, and the coffee will be flowing for free. For those interested in a membership, a money-saving deal is available to those who purchase a full year membership between April 23-25 – receive 15 months for the price of 12. A yearly membership to the center is only \$40 (\$60 for non-Glendale residents).

The center's programs and services support health and encourage individuals to lead more productive lifestyles. With a computer lab, fitness center, billiards room, dining hall, game room, auditorium and stage, craft space, lapidary shop, library and the numerous activities that fill those spaces, the center provides the benefits of wellness, connections to others, feelings of belonging and friendships and more to its patrons.

“This special event is the perfect opportunity for someone to sample many of the activities offered to our Glendale Adult Center members,” stated Recreation Manager Paul King. “We are excited to provide programs that benefit our community - whether they are looking for exercise, a friendly game of pool or visiting with others, our center has something for all adults.”

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GLENDALE ADULT CENTER OPEN HOUSE
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During the open house attendees will receive a free pass for the day that includes access to the billiards room, fitness center, computer lab, card games and a variety of other games. Scheduled activities are available including the morning exercise program that features:

- Body Fusion (basic cardio-step routines with high-intensity intervals using weights, bands and balls) at 8:15 a.m.
- Total Body (low-impact aerobics followed by toning exercises using bands, balls and hand weights with the option of using a chair during the mat work) at 9:30 a.m.
- Functionally Fit (low- to no-impact exercise with toning) at 10:30 a.m.
- Chair Fitness for Beginners (stretching and balance exercises) at 11:30 a.m.

At noon, a nutritious lunch will be available for a recommended contribution of only \$2.50 for ages 60 and older and a price of only \$3.50 for people under 60. This lunch program is provided Mondays through Fridays at the center by the YWCA.

Between 1 and 3 p.m., demonstrations of center activities will include line dancing, shuffleboard, Mexican folk dancing, the Fix-It Shop, tap dancing, ceramics, yoga, lapidary and silversmithing.

During the entire open house, center sponsors, including CareMore Health Plan, Midwestern University and Glencroft senior living, will be on hand.

For more information about the Glendale Adult Center, visit www.glendaleaz.com/adultcenter or call 623-930-4321.

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