

FOR IMMEDIATE RELEASE: Dec. 14, 2012

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FEBRUARY 2013 EVENT/ACTIVITY LISTINGS

GLENDALE, Ariz. – The following events are offered from the city of Glendale Parks, Recreation and Library Services in February.

Cooking for Diabetics Class

1 to 4 p.m., Sunday, Feb. 3 at the Foothills Recreation & Aquatics Center, 5600 W. Union Hills Dr.

Learn to shop, prepare and enjoy one of the world's healthiest diets. Also master a few basic cooking skills, learn a few tricks of the trade and start to enjoy cooking in your own kitchen with instruction from Kent McDonald a certified professional chef. A supply fee of \$10 will be collected at the class. The registration fee is \$60 (non-Glendale resident, \$72). For more information or to register, call 623-930-4613.

Childsplay Theatre: Recipe for Disaster

6 to 7 p.m., Monday, Feb. 4 at Foothills Branch Library, 19055 N. 57th Ave.

Join us in the kitchen with theatre troupe, Childsplay, as two "master" chefs' constant arguing makes a mess of an important exam for one struggling young apprentice. Culinary chaos ensues, as one chef struggles to top another and the apprentice tries desperately to convince them to put down their spatulas and work together. This hilarious new play mixes physical comedy and music tossed with a dash of improvisation teaching civility in a most delicious way. This free performance is recommended for grades 2-12; audience members of all ages are welcome. For more information, call 623-930-3837.

Instant Piano for Hopelessly Busy People

6:30 to 9:30 p.m., Tuesday, Feb. 5 at the Foothills Recreation & Aquatics Center, 5600 W. Union Hills Dr.

You don't need years of weekly lessons to learn piano. In just a few hours, you can learn enough to give you years of musical enjoyment. Regular piano teachers teach note reading; piano professionals use chords. Learn all the chords you will need to play any song in this one session. If you can find middle C and know the meaning of Every Good Boy Does Fine, you already know enough to enroll in this workshop. Instructor will collect \$29 in class for a piano book and practice CD. Price is \$35 (non-Glendale resident, \$42). For more information or to register, call 623-930-4613.

Developing Mental Toughness: How to "Be Like Mike"

6:30 to 8 p.m., Tuesday, Feb. 5 at Foothills Branch Library, 19055 N. 57th Ave.

This free lecture, part of the Get in the Game: Preparing for Athletic Success lecture series, is presented by Angela Breitmeyer, Psy.D., CC-AASP of Midwestern University Multispecialty Clinic. The best athletes know how to turn anxiety into opportunity to improve their focus and confidence. Learn from Dr. Breitmeyer's experience working with competitive athletes to use visualization and self-talk to enhance your skills under pressure. For more information, call 623-930-3868.

Job Searching Labs

1 to 4 p.m., Wednesdays, Feb. 6, 13, 20 and 27 at Velma Teague Branch Library, 7010 N. 58th Ave.

Steve Schrade, former director of Human Resources for Bashas' and an Estrella Mountain Community College instructor, will be available to offer free job coaching assistance. This open lab is for online job searching, resume writing and other job-related activities.

FEBRUARY EVENTS

Add 1-1-1-1

Movie Makers

**6:30 to 8 p.m., Wednesdays for 6 weeks beginning Feb. 6,
at the Foothills Recreation & Aquatics Center, 5600 W. Union Hills Dr.**

Students, ages 7-18, will work collaboratively and produce a video from beginning to end. Lessons include creating a story, producing storyboards, acting, lighting, sound, camera work, editing and more. The finished product will be screened the last day. The instructor will collect a \$20 supply fee at the first class. A former arts academy instructor teaches the class. Price is \$100 (non-Glendale resident, \$120). For more information or to register, call 623-930-4613.

Theatre Kidz

5:30 to 7 p.m., Thursdays, Feb. 7–April 25 at the Glendale Adult Center, 5970 W. Brown St.

This program is designed for individuals, ages 8 to 23, with physical, mental, emotional or social disabilities. Those who enjoy singing, dancing and acting will love Theatre Kidz, where they learn the basics of musical theater, while having fun. Students will perform a finale on stage. Space is limited, so register early. The price is \$25 (non-Glendale resident, \$30). For more information, call 623-930-4333.

Photography – Improve Your Photos Class

**7 to 8:30 p.m., Thursdays for three weeks beginning Feb. 7,
at the Foothills Recreation & Aquatics Center, 5600 W. Union Hills Dr.**

Improve your photography skills while having fun. You can use any camera to take great photos. Learn about camera operations, picture composition, lighting effects and more. Bring your camera to class. Class will also include one meeting at Sahuaro Ranch Park, Saturday, Feb. 16, 8 – 11 a.m., to practice skills and tricks learned in class. Price is \$49 (non-Glendale resident, \$59). For more information or to register, call 623-930-4613.

Author J.A. Jance Appearing at Library

1 p.m., Friday, Feb. 8 at Foothills Branch Library, 19055 N. 57th Ave.

J. A. Jance is the New York Times bestselling author of the J. P. Beaumont series, the Joanna Brady series, the Ali Reynolds series and three stand-alone thrillers. Join us, as she visits the Foothills Library to talk about her writing and read from her latest book. Copies of Jance's books, including her brand new Ali Reynolds mystery novel, will be available for purchase and signing at this event. For more information, call 623-930-3844.

23rd Annual Winter Antique Tractor & Engine Show

9 a.m. to 4 p.m., Saturday and Sunday, Feb. 9 and 10 at Sahuaro Ranch Park Historic Area, 9802 N. 59th Ave.

Enjoy tractor pulls, displays and more! Entrance is \$5; ages 12 and under free. This event is presented by Arizona Early Day Gas Engine & Tractor Association. For more information, call 623-435-3955.

Country Line Dancing

7 to 9 p.m., Saturday, Feb. 9 at the Glendale Adult Center 5970 W. Brown St.

Enjoy an evening of dancing and socializing at this event held on the second Saturday of each month. Practice your moves or learn the new ones. Entrance is \$3. For more information, call 623-930-4321.

Sweetheart Puppies

4 to 5 p.m., Monday, Feb. 11 at Foothills Branch Library, 19055 N. 57th Ave.

Ages 6 to 11 can celebrate Valentine's Day by making these adorable sweetheart puppy bags. Registration begins Monday, Jan. 28, for the free program. For more information or to register, call 623-930-3837 or stop by the youth reference desk.

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Add 2-2-2-2

Adventure Boot Camp

4:30 to 5:30 p.m., Monday, Wednesday and Thursday beginning Feb. 11 for four weeks at the Foothills Recreation & Aquatics Center, 5600 W. Union Hills Dr.

Get in the best shape of your life with these fat-blasting workouts designed to rev up your metabolism and keep you burning calories and fat for days. With each class you will get strength, core and cardiovascular training. All fitness levels are welcome, and you are encouraged to work at your own pace. Price is \$125 (non-Glendale resident, \$150). For more information or to register, call 623-930-4613.

Writing a Winning Resume

10 a.m. to 12:30 p.m., Tuesday, Feb. 12 at the Glendale Main Library, 5959 W. Brown St.

During this workshop, participants learn to develop, write and distribute a basic resume and cover letter. In addition to content, format and style, participants learn how to write, attach and use a cover letter. Participants will also learn how to link effective resume and cover letter distribution to job-hunting goals. The many "resume myths" will be discussed along with a "what not to do" checklist. For more information, call 623-930-3530.

Instant Guitar for Hopelessly Busy People

6:30 to 9 p.m., Tuesday, Feb. 12 at the Foothills Recreation & Aquatics Center, 5600 W. Union Hills Dr.

Have you ever wanted to learn the guitar but have difficulty finding the time? In just a few hours, you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course teaches basic chords to get you playing along with your favorite songs right away. Topics include how to form the three main types of chords, how to tune your guitar, basic strumming patterns, how to buy a good guitar and more. Bring your acoustic guitar. Instructor will collect \$29 at class for a workbook and practice DVD. Price is \$35 (non-Glendale resident, \$42). For more information or to register, call 623-930-4613.

CPR and First Aid Training

6 to 9 p.m., Wednesday, Feb. 13 at the Foothills Recreation & Aquatics Center, 5600 W. Union Hills Dr.

Learn basic CPR and first aid, providing you the knowledge and skills necessary to administer emergency care in cases of injury or sudden illness. Successful completion cards will be distributed. Health care provider certification cards are offered for an additional \$5, payable at class. Class is available to anyone over 12 years old. Price is \$37 (non-Glendale resident, \$44). For more information or to register, call 623-930-4613.

Monumental Places: Arizona's National Parks and Monuments

6:30 to 8 p.m., Wednesday, Feb. 13 at Foothills Branch Library, 19055 N. 57th Ave.

This program is part of the Explore Arizona Lecture Series, and is presented by author and lecturer Greg McNamee. Arizona is home to some of the crown jewels in America's national park system, including Canyon de Chelly, Saguaro National Monument and, of course, Grand Canyon National Park. It also harbors lesser-known treasures such as Chiricahua National Monument, Hubbell Trading Post and the new Agua Fria National Monument. This program is co-sponsored by the Arizona Humanities Council. For more information, call 623-930-3844.

Glass Fusion Jewelry

8 to 9:30 p.m., Wednesday, Feb. 13 at the Foothills Recreation & Aquatics Center, 5600 W. Union Hills Dr.

Create a set of jewels as unique as you. Colored glass is layered and kiln fired to create a beautiful glass pendant and set of matching earrings. A \$20 supply fee will be collected at the class. A former arts academy instructor teaches the class. Price is \$59 (non-Glendale resident, \$71). For more information or to register, call 623-930-4613.

Adult Center Valentine Luncheon

10:30 a.m., Thursday, Feb. 14 at the Glendale Adult Center, 5970 W. Brown St.

Celebrate Valentine's Day with fantastic meal and great entertainment. Come dressed in red to be especially festive. Tickets are \$6 members/\$8 non-members. Purchase tickets at the center's front desk. For more information, call 623-930-4321.

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FEBRUARY EVENTS

Add 3-3-3-3

Best of the West Book Discussion Group

2 to 3:30 p.m., Thursday, Feb. 14 at the Glendale Main Library, 5959 W. Brown St.

This group discusses books with Southwest themes. This month's title is "Grand Ambition: A Novel" by Lisa Michaels. For more information call 623-594-6030.

Mature Vision: Protecting Your Eyes as You Age

6:30 to 8 p.m., Tuesday, Feb. 19 at Foothills Branch Library, 19055 N. 57th Ave.

Everyone knows that vision health becomes more important the older you get, and many people have heard the phrase "macular degeneration" in connection with older age. Join Dr. Michael Kozlowski, O.D., Ph.D. of Midwestern University Eye Institute and Arizona College of Optometry, as he brings into focus what Age-related Macular Degeneration (AMD) is, how you can detect its signs and how it can be avoided. Dr. Kozlowski will also address current treatments for AMD as well as new kinds of treatments that will be available in the future. For more information, call 623-930-3868.

Social Dance

6:30 to 9:30 p.m., Friday, Feb. 22 at the Foothills Recreation & Aquatics Center, 5600 W. Union Hills Dr.

Experience Ballroom, Jazz and more dances at this event that an instructional session and dance performances along with open dancing. Price is \$7 at the door (non-Glendale resident. \$9). For more information, call 623-930-4613.

SAT Practice Test

1 p.m., Saturday, Feb. 23 at Velma Teague Branch Library, 7010 N. 58th Ave.

Ages 14 to 19 can experience the SAT under true-to-life testing conditions for free. Test takers will have the opportunity to learn more about the SAT, gain test-taking strategies and learn tools for researching college and financial aid options during a free follow-up strategy session on Thursday, Feb. 28 from 6:30 to 8 p.m. Teens may register for both events by calling 1-800-2REVIEW or online at www.princetonreview.com.

Wild West BINGO

4 to 5 p.m., Monday, Feb. 25 at Foothills Branch Library, 19055 N. 57th Ave.

Ages 3 and over can join the BINGO fun in this free wild western-themed activity. Mark your cards and WIN prizes! No registration is required. First come, first served. Call 623-930-3837 for details.

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