

Exercise Programs

Monday, Wednesday & Friday

First come, first served. A video may replace instructor.

- **Cardio Moves • 8:10 a.m. (50 min.)**
Come join this fun, high energy, fat burning class with easy to follow routines. This cardio class is a great way to start your day and it won't even feel like a workout. **Instructor: Brian Burris**
- **Total Body • 9:15 a.m. (55 min.)**
Low impact aerobics/medium intensity followed by toning exercise using bands, balls, and hand weights. (During the mat exercises, you may request alternative chair exercises that are just as effective.) **Instructor: L. Bank**
- **SilverSneakers® Classic • 10:30 a.m.**
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. Handheld weights, elastic tubing with handles and a ball are offered for resistance. A chair is used for seated and/or standing support. **Instructor: Brian Burris**
- **SilverSneakers® Classic • 1:00 p.m. (55 min.)**
- **Zumba Gold • 2:00 p.m. (55 min.)**
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 empowered and feeling strong!
Instructor: Cyndi Picker

Monday & Wednesday

- **Cardio Moves • 3:10 p.m. (50 min.)**

Friday

- **Belly Dance Class" • 3:00 p.m.**
Volunteer Instructor: Gladys Haywood

Tuesday & Thursday

First come, first served. A video may replace instructor.

- **SilverSneakers® Classic • 8:30 a.m. (55 min.) Instructor: Cyndi Picker**
- **SilverSneakers® Yoga • 10:00 a.m.**
Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness level. **Instructor: Cyndi Picker**
- **Isshinryu Karate • Noon**
 - Isometric Exercise
 - Self Defense
 - Improve Memory
 - Stranger Awareness
 - NO BODILY CONTACT OR SPARRING**Volunteer Instructor: John Legendre under the direction of Sensei Gary Spender**
- **T'AI CHI – ESSENTIALS • 1:00 p.m.**
 - Discover 5 easy-to-learn exercises taken directly from the Tai Chi form.
 - Exercises are designed to help improve balance, relaxation, flexibility, strength, & body awareness.
 - Adapted for people of all ages, especially those who do not want to learn the entire Tai Chi form, but still want the benefits.**Instructor: Charlie Gill**
- **Zumba Gold • 2:15 p.m. Instructor: Cyndi Picker**



October • November • December
2018

the Center

Glendale Adult Center
Newsletter



Halloween Luncheon

Wednesday, October 31 • 10:30 a.m. - 12:30 p.m.
\$6 members • \$8 non-members

Join your fellow ghost and goblins for this Glendale Adult Center annual favorite. Enjoy a morning of fun, food and entertainment by our favorite DJ, John Urzi. We will conclude the event with a costume contest and prizes. Lunch: Roast beef, mashed potatoes & gravy, vegetables and carrot cake. Get your tickets in ADVANCE for this sellout event. Tickets must be purchased at the GAC front desk before October 29. Door prizes sponsored by VIVABIEN.



Holiday Luncheon

Wednesday, December 19 • 10:30 a.m. - 12:30 p.m.
\$6 members, \$8 non-members

Celebrate the joy of this special season with your friends at this year's GAC Holiday Luncheon. A celebration of fun, food and entertainment by Bobby Freeman, AZ Diamondbacks organist. The YWCA will prepare a lunch which includes: Chicken cordon bleu, twice-baked potatoes, French cut green beans, cake & ice cream. Door prizes are sponsored by VIVABIEN. Tickets must be purchased in ADVANCE by December 17. Please bring a pair of new socks to be donated to the AZ Veterans Home.



Glendale Adult Center

5970 West Brown Street | Glendale, AZ | 85302
www.GlendaleAz.com/AdultCenter | 623-930-4321

Monday - Thursday: 8 a.m. - 7 p.m. | Friday: 8 a.m. - 5 p.m.
Closed on Saturdays & Sundays



CLOSED

Nov. 12 - Veteran's Day
Nov. 23 & 24 - Thanksgiving
Dec. 25 - Christmas Day
Jan. 1 - New Year's Day

ALTERED SCHEDULE

Nov. 19, 20 & 21 - 8 a.m. - 5 p.m.
Dec. 24 - Close at noon, No Meals
Dec. 26 & 27 - 8 a.m. - 5 p.m.

► **Join Us!** Stop by the front desk and a staff member will help you become a Glendale Adult Center member. 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 Supervisor, Jackie Anderson-
623-930-4334

GAC Service Desk- 623-930-4321

Senior Help Line- 602-264-4357

Grab Bag Bingo

Fridays • 1 p.m. • Palo Verde Room

WIN A DIFFERENT PRIZE EACH WEEK!

Bring a NEW item wrapped or in a brown paper bag. (Large print cards available)

Follow these themes suggested by participants.

- 10/5/2018.....Wind Chimes/Bell
- 10/12/2018.....Butterflies/Bees
- 10/19/2018.....Cups/Mug
- 10/26/2018.....Halloween
- 11/2/2018.....Candy/Cuddly\
- 11/9/2018.....Football/Sports
- 11/16/2018.....Thanksgiving
- 11/23/2018.....CLOSED - NO BINGO
- 11/30/2018.....Something Red/Green
- 12/7/2018.....Game/Hobby
- 12/14/2018.....Winter
- 12/21/2018.....Christmas
- 12/28/2018.....Re-gift new Christmas present

FUN & GAMES

Scrabble Club • Room 116

Friday • 10:00 a.m. (Large print available)

Chess • Everyday in the Billiards Room

Social Chess Club • Room 116

Tuesdays • 9:00 – 11:00 a.m.

Open to all levels.

Instruction available from volunteer leader

Baseball Darts • Room 108

Monday & Thursday • 1:00 – 3:00 p.m.

Senior Jeopardy Challenge • Room 102

3rd Thursday of the month • 9:30 – 11 a.m.

Wii Bowling • Room 106

Tuesday, Wednesday & Friday

9:00 – 11:30 a.m.

Bowling lane is projected on a flat-screen television, while participants use a remote control to mimic the motions of the game.

Pinochle • Room 102

Monday, Wednesday & Friday

Noon – 4:30 p.m.

Party Bridge • Room 108

Tuesday • 12:30 – 3:30 p.m.

Friday • 12:30 – 3:30 p.m.

Looking for new players!

Hand & Foot

Wednesday & Friday • 1:00 – 4:30 p.m.

Tabletop Shuffleboard • Room 114

Table available anytime

Ping Pong • Room 105

(Open recreational play)

Tuesdays • 1:00 – 4:45 p.m.

Thursdays • Noon – 4:45 p.m.

Cribbage: Looking for new players Monday, Wednesday & Friday mornings in the card and game room

Billiards • Room 114

HEALTH & WELLNESS

Blood Pressure Checks • Room 102

1st Thursday of the month • 10:00 – Noon

3rd Wednesday of the month • 10:00 – Noon

Medicare Enrollment Assistance

Tuesdays • 9:30 – 1:00 pm

October 2, 9, 16, 23, 30

November 6, 20, 27

December 4

The Medicare Annual Enrollment Period is Oct. 15 – Dec. 7, 2018. This may be your ONLY time to make a change to your health plan.

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 benefits, doctors and hospitals co-pays 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

COMMUNITY & SUPPORT

Legal Aid

3rd Thursday by appointment only

Call 623-930-4321 to schedule appointment

Provided by Terry Mead Law & Mediation

Benefits Assistance

Wednesdays 10 a.m. – Noon

By appointment ONLY

Call the Glendale Adult Center at 623-930-4321 for your appointment or call the Area Agency on Aging's Senior Help Line at 602-264-4357 for a complete list of Valley locations.

Medicare Counseling -

The Area Agency on Aging has trained volunteers to assist Medicare recipients understand their health insurance. The volunteers are able to explain Medicare eligibility, what is covered, and assist with selecting Drug and Health Plans.

TRAVEL

To sign up for one of the following trips or for more information, stop by the front desk, Monday - Friday, 8 a.m. to 5 p.m. or register by phone. Casino trips depart from the Glendale Adult Center. Sign up as soon as possible to avoid trip cancellation! NO REFUNDS. Trips subject to change due to casino policy changes. For more information, call 623-930-4321.

GAC Travel

Nov. 7 Harrah's

Bingo

Member
Non-member
\$4 / \$6

Dec. 5 Mazatzal

Bingo

\$4 / \$6

Social Dance!

Thursdays • October 11 & November 8

1:00 – 2:00 p.m.

FREE! - Sponsored by Sandra Gomez

Music from the 50's, 60's & 70's
with DJ John Urzi

John Urzi is also known as "Johnny Knight" for over 30 years at various radio stations from St. Louis to Arizona. John will play music from the 50's and 60's and interacts with the audience to provide a fun and enjoyable dance experience.

