

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: Brian Burris**
- **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
No Fridays in August

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.

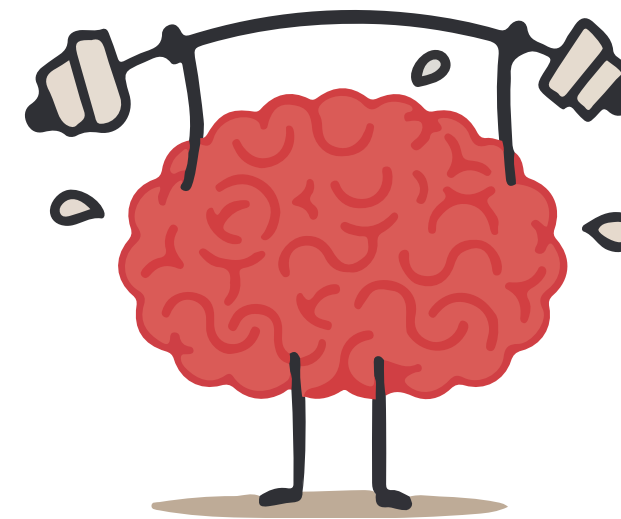
- **SilverSneakers® Classic 9:00 a.m. (55 min.)**
Instructor: Cyndi Picker
- **SilverSneakers® Yoga • 10:00 a.m.**
Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase 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**
- **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**
(Aug. 1 - 29 Instructor Out/Volunteer Leader)



- **Zumba Gold • 2:15 p.m.**
Instructor: Cyndi Picker

the Center

Glendale Adult Center
Newsletter



KEEP YOUR SMARTS!

INCREASE MEMORY WITH BRAIN EXERCISES

Thursdays at 10 a.m.
Aug. 8, 15, 22, 29 & Sept. 5

Residents \$35 / Non-Residents \$50
Co-sponsored by Sandra Gomez

Whether you're experiencing slower thinking due to age, a stroke, TBI or cancer treatments, this is not your Sudoku or crossword puzzle kind of brain exercises. We will learn how to increase focus, memory and problem-solving skills. Just like an exercise class where you DO the exercises, we will get a brain workout! Since balance is very connected to brain health, we will also work on balance exercises and watch our balance improve! Come and DO the exercises and have a lot of fun!

Instructor: Keli Price, Amen Clinics Certified Brain Coach, Nurse, Educator Research Chemist



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

July 4 - Independence Day
September 2 - Labor Day

► **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

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

Follow these themes suggested by participants.

- 7/5/2019.....Arts & Crafts
- 7/12/2019.....Tableware
- 7/19/2019.....Round or Square
- 7/26/2019.....Something for Travel
- 8/2/2019.....Home Decor
- 8/9/2019.....Pen/Pencil/Paper
- 8/16/2019.....Something for a Picnic
- 8/23/2019.....Magnet
- 8/30/2019.....Something for Labor Day
- 9/6/2019.....Green or White
- 9/13/2019.....Patio
- 9/20/2019.....Fiesta
- 9/27/2019.....Wind Chime or Bell
- 10/4/2019.....Something for Fall

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.

Wii Bowling
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 • 1:00 – 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 • Lobby
1st Thursday of the month • 10:00 – Noon
3rd Wednesday of the month • 10:00 – Noon
- by LifeCare Center of North Glendale

Blood Pressure Checks • Room 105
2nd Friday of the month • 10:00 – Noon
- by Midwestern University College of Pharmacy

Quiz Biz.... by Vivabien Insurance
Sandra Gomez

1st Wednesday of the month
Glendale Adult Center Lobby
9:30 - 11:30 a.m.

Your questions - My answers on all your insurance business!



Summer Social Craft Camp
Wednesdays July 24, 31 & August 7, 14, 28
1:00 p.m.

Who says “crafting” is just for kids? Let your imagination run wild this summer at GAC. Create a new recycle or nature craft project to take home each week. These craft projects and your fellow members may produce fun memories of the past. A completed craft project will be available for your review one week prior to each workshop. Signup strongly suggested to allow for supply planning. A small supply fee based on the craft may apply.

HANDY HELPERS

are a group of Adult Center volunteers who like to tinker and have a talent for troubleshooting small appliances. They will be available in Room 110 on Friday mornings from 8am-Noon. (The Happy Helpers do not work on TV's, VCR's or computers) The Handy Helpers will diagnose/troubleshoot items for Adult Center members free of charge. However, if a part is needed it will be the responsibility of the member to locate and purchase the part. **Interested in becoming a Handy Helper? See George Truog on Friday mornings.**

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

			Member	Non-member
Aug 7	Harrah's	Bingo	\$4	\$6
Sept 4	Mazatzal	No Bingo	\$4	\$6

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.