

Exercise Programs

January • February • March | 2020

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.)**

Monday & Wednesday

- **Cardio Moves • 3:10 p.m. (50 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

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



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

the Center

Glendale Adult Center Newsletter



VALENTINE'S LUNCH

Friday, February 14
10:30 a.m. - 12:30 p.m.

Members \$6 / Non-Members \$8

"My Favorite Love Songs" Enjoy a special morning of food, fun and entertainment provided by Mike Chamberlin who will perform love songs from the 50's and 60's. Savor a slow roasted roast beef lunch with all the trimmings. Come dressed in traditional red or pink. Door prizes generously provided by Sandra Gomez. Tickets are \$6 member, \$8 non-member and must be purchased in ADVANCE at the Glendale Adult Center. No refunds.



ST. PATRICKS DAY LUNCH

Tuesday, March 17
10:30 a.m. - 12:30 p.m.

Members \$6 / Non-Members \$8

Sham-Rock the House with Dale Matthies & His Accordion! Enjoy a traditional corn beef and cabbage lunch. Come dressed in green and join us and see if you have the Luck O'the Irish to win one of the many great door prizes sponsored by Sandra Gomez. Tickets are \$6 member, \$8 non-member and must be purchased in ADVANCE at the Glendale Adult Center.



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

Jan. 1 - New Year's Day
Jan. 20 - Martin Luther King Day
Feb. 17 - Presidents Day

FITNESS CENTER: Monday - Thursday: 8:00 a.m. - 7 p.m. | Friday: 8:00 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

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

Follow these themes suggested by participants.

- 12/27/2019.....Re-gift Christmas present
- 1/3/2020.....Winter, cold weather
- 1/10/2020.....Angels
- 1/17/2020.....Something with numbers
- 1/24/2020.....Knick knack
- 1/31/2020.....Healthy snack
- 2/7/2020.....Red and white
- 2/14/2020.....Something for Valentine's
- 2/21/2020.....Office supplies
- 2/28/2020.....Something for the kitchen
- 3/6/2020.....Something for St. Pat's
- 3/13/2020.....Something with flowers
- 3/20/2020.....Cats
- 3/27/2020.....Something for Spring

FUN & GAMES

Scrabble Club • Room 116
Friday • 9:30 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
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!

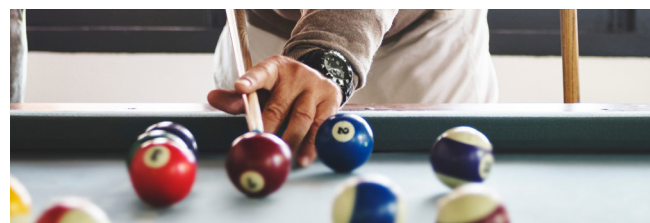
Hand & Foot
Wednesday & Friday • 1:00 – 4:30 p.m.

Tabletop Shuffleboard • Room 114
Table available anytime

Ping Pong • Palo Verde Room
(Open recreational play)
Tuesdays • 1:00 – 3:30 p.m.
Thursdays • 1:00 – 3:30 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

Quiz Biz.... by Vivabien Insurance
Sandra Gomez

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 hospital 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.

Appointments available upon request.
Sandra Gomez 602-403-2354

1st Wednesday of the month
Glendale Adult Center Lobby
9:30 - 11:30 a.m.
Your questions - My answers on all your insurance business!

NEW: Diabetes Prevention

sponsored by: AZ FACTS of Life
Fit for the Heart Program

Wednesdays* 12:45 p.m.
January 15, 22, 29
February 5, 12, 19, 26
March 4, 11, 18, 25

Arizona FACTS of Life Fit for the Heart Program is specifically designed to prevent Type-2 Diabetes from developing in individuals that may be at high risk. This Center for Disease Control approved lifestyle change program is one of 2 certified in Arizona and utilizes a trained lifestyle coach to lead individuals in developing healthier lifestyle habits that require very little effort and change to one's current life but can have a tremendous impact.

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
Feb. 5	Harrah's	Bingo	\$4 /	\$6
Mar. 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.

AARP Tax-Aide Foundation

The Adult Center is now an appointment only tax prep site. AARP Tax-Aide volunteers will answer phone calls ONLY on Tuesdays, Wednesdays and Thursdays starting January 7. 480-708-8583