

Cinco de Mayo Performance
Friday, May 3rd, 11:00 am - 12:00 pm
Palo Verde Room

Enjoy festive mariachi music in observance of Cinco de Mayo! Free with Glendale Adult Center membership. No registration required. Lunch is not included with this event, but you may purchase lunch through the YWCA during their regular congregate meal service hours.

EXERCISE PROGRAMS

Mondays, Wednesdays & Fridays
First come, first served. A video may replace instructor.

- **Cardio Moves • 8:10 am**
Come join this fun, high energy, fat burning class with easy to follow routines.
- **Total Body • 9:15 am**
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.)
- **SilverSneakers® Classic • 10:30 am**
(Space is limited. Tickets will be handed out on a first come first serve basis.)
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.
- **SilverSneakers® Classic • 1:00 pm**

Juneteenth 2024
 Please stop by our display case in the main lobby to see our display honoring Juneteenth. Learn more about the history behind Juneteenth, and how it is observed around the country. Local Juneteenth programs will also be featured so that you know what is happening in our community.

Tuesdays & Thursdays
First come, first served. A video may replace instructor.

- **SilverSneakers® Yoga • 9:30 am**
Get ready to move through a complete series of seated and standing yoga poses that increase flexibility, balance, range of movement, and decrease stress. This class is suitable for nearly every fitness level.
- **SilverSneakers® Classic • 10:30 am**
- **T'AI CHI – ESSENTIALS • 1:00 pm**
Discover 5 easy-to-learn exercises taken directly from the Tai Chi form that are designed to help improve balance, relaxation, flexibility, strength, and body awareness. This class is adapted to suite people of all ages.
- **Zumba Gold • 2:00 pm**
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 feeling strong.
- **Beginners Jazz Dance Class • 3:10 pm**
Learn basic jazz dance techniques to improve flexibility, coordination, balance, and strength in a fun and relaxed atmosphere. Dance also improves posture, mood, and memory!

the Center **Glendale Adult Center**
Newsletter



PEACOCK STRUT

Senior Fun Walk • FREE
Wednesday, April 3



Join us at Sahuaro Ranch Park located at 9802 N. 59th Ave for a FREE 2-4 mile Senior Fun Walk. Strut the wonderful surroundings of Sahuaro Ranch Park! You may even see a peacock or two. Sign up in person at the Glendale Adult Center welcome desk or call 623-930-4321. Check in is at 8:45 am, the Fun Walk begins at 9 am. Refreshments & raffle prizes will be at 10:00 am. Raffle prizes generously donated by Arizona Priority Care. Sign up in person at the welcome desk, or online by scanning the QR code using the camera feature on your phone. Registration begins March 4th.

Upcoming Casino Trips
Mazatzal: Tuesday, April 23rd

Spend the day at Mazatzal Casino in Payson with the Glendale Adult Center. Free with membership. Registration required. Sign up starting March 26th. Arrive at the Glendale Adult Center at 7:35 am.

Harrah's Ak-Chin: Wednesday, May 22nd

Visit Harrah's Ak-Chin casino in Maricopa. Free with membership. Registration required. Sign up starting April 22nd. Arrive at the Glendale Adult Center at 8:30 am.



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

Monday - Friday: 8 am - 5 pm
Closed on Saturdays & Sundays

CLOSED:
May 27 - Memorial Day

IMPORTANT DATES:
June 19 - Juneteenth

FITNESS CENTER: Monday - Friday: 8:00 am - 5:00 pm


► **Join Us!** Stop by the welcome 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 Welcome Desk 623-930-4321

Senior Help Line 602-264-4357

Grab Bag Bingo

Fridays • 1:00 pm • Palo Verde Room

Bring a NEW item wrapped or in a brown paper bag. (Large print cards available). Bingo daubers available for \$2 at the welcome desk.

Follow these themes suggested by participants.

April 5Bingo Daubers

April 12Gardening

April 19Flowers

April 26Something White

May 3Cinco de Mayo

May 10.....Something for Mother

May 17.....Healthy Snack

May 24.....Something for Memorial Day

May 31.....Knick Knack

June 7Household Item

June 14Under the Sea

June 21Something for Summer

June 28Something Patriotic

HEALTH & WELLNESS

Lunch and Learn

Presented by Village Medical

**Monday, April 1st • 12:00 pm
Palo Verde Room**

Enjoy lunch and a brief educational presentation. There will be no YWCA meal service on this day. Registration is required to attend. Register at the welcome desk by March 27th.

Spring Health Fair

**Wednesday, April 3rd • 2:00 pm
Palo Verde Room**

Students from Arizona State University will present various health topics that relate to the needs of active adults. Join us for coffee, tea, and valuable information. Drop in any time between 2:00 pm and 4:00 pm

SPEAKERS

Internet Safety and Identity Theft

**Wednesday, April 10th • 2:00 pm
Palo Verde Room**

Join us for a presentation on the new techniques scammers are using to get your personal information or steal your life savings. You will hear tips on how to protect your information and identity.

Ashley Caronna, Community Affairs Coordinator
Maricopa County Attorney's Office

Make Healthy Eating Fun and Tasty

**Wednesday, May 8th • 1:00 pm
Palo Verde Room**

Join us as we talk nutrition and learn ways to create healthy eating habits. Sponsored by Supportive Hands.

AARA presents: *New federal funding that can make retirement more affordable for you!*

**Wednesday, May 29th • 2:00 pm
Palo Verde Room**

The Arizona Alliance for Retired Americans will provide an overview of programs approved by the federal Inflation Reduction Act that help seniors lower the costs of daily living.

FUN & GAMES

**Baseball Darts • Room 108
Mondays & Thursdays • 1:00 – 3:00 pm**

**Social Chess • Room 116
Tuesdays & Thursdays • 10:30 am**
Open to all levels! Supplies provided.
Instruction by volunteer RJ Fryer.

**Party Bridge • Room 108
Tuesdays • 12:30 – 3:30 pm
Fridays • 12:30 – 3:30 pm**
Looking for new players!

**Ping Pong • Palo Verde Room
(Open recreational play)
Tuesdays • 1:00 – 4:45 pm
Thursdays • 1:00 – 4:45 pm**

**Hand & Foot
Wednesdays & Fridays • 1:00 – 4:30 pm**

**Cribbage: Looking for new players Monday,
Wednesday & Friday mornings in Room 116**

**Scrabble Club • Room 116
Fridays • 10:00 am (Large print available)**

Billiards • Room 114
Open recreational play during operating hours

Tabletop Shuffleboard • Room 114
Open recreational play during operating hours

CRAFTS

**Open Art • Room 105
Mondays – Fridays • 8:00 am – 3:00 pm**

Gather with your fellow art lovers, get creative, and socialize! Whether you prefer coloring, ceramics, or another form of artwork, our art room is the place for you.

All skill levels are welcome. No sign up necessary. \$4 Bisque figurines for sale with firing included. Firing fee charged for outside items.

**Sewing • Room 103
Wednesdays • 9:00 am – 12:00 pm**

Make items to donate to nursing homes, childcare centers, etc. Donations of clean cotton material and yarn are appreciated.

**Knitting • Room 103
Wednesdays • 1:00 – 3:00 pm**

Know how to knit? Bring your own needles and supplies. Make chemo caps and boots to donate to cancer patients.

**Lapidary Workshop • Room 110
Tuesdays, Wednesdays, & Thursdays
9:00 am – 1:00 pm**

Learn to cut and polish stones for jewelry. Small fee for usage. Punch card for sale at welcome desk.

Watercolor Make & Take



Thursday / April 4
CHICKS

Thursday / May 2
MYANMAR

Thursday / June 6
NIGHT CAMPING

1:00 pm classes / Room 105 / Materials Provided / Sign-up at Welcome Desk: Registration opens 4 weeks prior to class date.