



**It's time for traveling fun with**  
**Come visit us Tuesday 10am-1pm GAC**  
**480-985-4200**  
**www.especially4utours.com**



**Gambling Tours:**

- \***Colorado Belle 3-Days** \$129  
 2017-Jan. 24-26, Feb. 19-21, March 21-23  
 Funbook and 2 meals
- \***Gold Strike in Jean, Nevads** \$99  
 2017-Jan. 11-13, Feb. 15-17, Mar. 15-17, Apr. 18-20  
 2 -\$7.5 food vouchers, \$5 play & Full day - Las Vegas
- \***Edgewater -3-Days** Funbook and 2 meals \$139  
 2017-Jan. 11-13, Feb. 8-10, Mar. 7-9, Apr. 5-7
- \***Four Queens Hotel & Casino It's Back** \$159  
 2017-Jan. 29-31, Feb. 26-28, Mar. 28-30...Downtown

**Longer Motorcoach Tours:**

- \***San Francisco Coast 6 days** Feb. 12-17 \$699  
 Beautiful coast, 17 mile drive, Sacramento and more
- \***Universal Studio** Feb. 16-17 \$379  
 Plus "E" Entertainment and all day tour
- \***Rocky Point 3 Days** Feb. 8-10 & Mar. 8-10 \$269  
 Playa Bonita Resort-right on the water-relax
- \***Death Valley Deluxe 4 days** Feb. 28-Mar.3 \$399  
 Boat ride through Topec Canyon, Laughlin & Vegas
- \***Copper Canyon 7 Days** Mar. 6-12 \$1699  
 Train-Trans. Out of Phx-hotels, lots of beautiful sights  
 See how the Tarahumara Indians live in the canyon
- \***Price is Right Game Show** Jan-Mar. TBD \$259
- \***Mont. Valley & Canyon De Chelly** Feb.22-24 \$399  
 2 Tours into canyons, + Code Talkers & John Wayne
- \***Kartchner Cavn, Bisbee, Tombstone** Mar.2-3 \$299
- \***Mont. Valley/Arches/Canyonlands** Mar.6-9 \$299
- \***Catalina Island 3 days** Mar. 5-7 \$499
- \***San Diego to LA coastal tour** Mar. 6-9 \$499  
 Whale watching, Hollywood, Newport Beach
- \***Grand Canyon Train** Apr. 5-6 \$299

Summer tours will be ready around February 1st,  
 A glance—GRANDSTAIR CASE IN UTAH IN MAY,  
 ROYAL GORGE AND TRAIN IN JUNE, JULY 4TH  
 SAN DIEGO FIREWORKS ON SEA, AUGUST YOS-  
 MIETE AND SEPT. SPECIAL INDIANA AMISH  
 COUNTRY BEHIND THE REGULAR TOURIST AT-  
 TRACTIONS, PERSONAL, THIS IS WHERE SANDY  
 LOZIER, ONE OF THE OWNERS CAME FROM,  
 GUIDE WILL BE LOCAL GUIDE OUTSTANDING.

**Day Tours:**

- Sedona/Jerome/Mingus Mountain** Mar. 17,2017  
 A great one day get a way— \$89
- Algodones, MX** Jan.18, Feb. 15, Mar. 15, \$79  
 Time to shop, visit doctors, dentist, shopping, or stay in  
 the US and play at the Quechan casino for 4-5 hours.  
*Passport required—Mexico*
- Verde Canyon Railroad** Mar. 18 Regular car \$139  
 VIP car add \$40. Fall foliage colors, beautiful trip
- Grand Canyon Express** Mar. 22 \$129
- Tucson Day Tour** Mar. 24 \$129
- Tubac Art Festival** Feb. 10 \$ 69
- Sedona ONLY** 5 hours there to Enjoy Feb.24 \$ 69  
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**Cruises**

- Baja Cruise 5 days** Mar. 12-16 based on Cabin  
 Catalina Island, Ensenada, MX
- Panama Canal** Apr. 2107
- **Alaska Cruise** August 2017
- **Mexican Riveria** 2018

ASK US WE CAN BOOK ANY CRUISE, GREAT  
 FOR FAMILY VACATION, WE WILL WORK  
 CLOSELY WITH YOU TO MAKE IT A GREAT  
 SUCCESS.

You can make payments if you like. Ask for a detailed  
 flyer. Cancellation penalties do apply.  
 Ask about insurance.

We specialize in *Viking River Cruises*. Just ask for  
 dates and deals. Book early because they sell out!



**All prices quoted are based on double occupancy**

**Come by and pick up individual flyers or brochure!**

# Horizons

— YOUR Glendale Adult Center January, February, March '17 Newsletter



## Valentine's Luncheon

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

Enjoy a special morning of food, fun and entertainment provided by "Musical Journeys". Bill Joswick 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.

## Sham-Rock the house with "Dale Matthies" and 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.

No refunds. For more information, call 623-930-4321.

## St. Patrick's Luncheon

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



**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 on: 01.01.17 - New Year's Day**  
**01.16.17 - Martin Luther King Day**  
**02.20.17 - Presidents' Day**

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**► Join Us!** Just stop at the front desk and a helpful staff member will assist you in becoming a Glendale Adult Center member. The membership fees are as follows:

- \$10 per quarter (\$40 per year) Glendale Resident
- \$15 per quarter (\$60 per year) Non-Glendale Resident
- \$2 Day Pass

*(Activity fees are additional)*

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 Arizona Relay Service at 1-800-367-8939.

## FIX-IT SHOP

at the GLENDALE ADULT CENTER

**Fridays 8 a.m. to Noon**

The volunteers at the Fix-It shop are a group of seniors who like to tinker and have a talent for repairing small appliances. A crew of dedicated volunteers utilize some of their life skills to perform these repairs to help the community.

The Fix-It shop provides service without charge; the only cost to the client is for parts necessary to complete the repair. Donations are accepted and appreciated.

### Fix-It shop volunteers repair:

- **Small kitchen appliances:** toasters, blenders, mixers, etc.
- **Electrical:** lamps, fans, etc.
- **Small household appliances:** vacuum cleaners, mixers, blenders, etc.
- **The Fix-It shop does NOT repair:** TVs, VCRs or computers.

**Volunteers needed. See George Truoq.**

## Fun & Games

### Grab Bag Bingo

Fridays • 1 p.m. • Palo Verde Room  
(See page 5 for details)

### Scrabble Club

 (Large print available)

Fri., 10 a.m. • Room 116

### Chess

Everyday in the Billiards Room.

### Baseball Darts

Mon. and Thu., 1–3 p.m. • Room 108

**Senior Jeopardy Challenge** (Age 50+)  
3rd Thursday of the month 9:30–11 a.m. • Room 102

### Wii Bowling

Tues., Wed. and Fri. 9–11:30 a.m. • Room 106

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

### Pinochle

Mon., Wed., Fri., Noon–4:45 p.m. • Room 102

### Party Bridge

Tue., 12:30–3:30 p.m. • Fri., 12:30–3:30 p.m.  
Room 108

### Hand & Foot

Wed. and Fri., 1–4:30 p.m.

### Tabletop Shuffleboard

Table available anytime • Room 114

### Ping Pong

 (Open recreational play)

Tuesdays • 1:00–5:00 p.m.  
Thursdays • 12:00–3:00 p.m.  
Room 105

**Cribbage:** Looking for new players most mornings in the card and game room





## **Social Dance - 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. He enjoys entertaining and playing music for special events, dances and other senior adult venues. John will play music from the 50's and 60's and interacts with the audience to provide a fun and enjoyable dance experience.

**2nd & 4th Thursdays • 1 - 2 p.m. • FREE**

**Sponsored by Sandra Gomez**



## **ZUMBA TONING**

This Zumba class will put extra emphasis on toning and sculpting to define muscles. By adding resistance using Zumba Toning Sticks (or light weights), helps you focus on specific muscle groups, so you (and your muscles) stay engaged! This class will enhance your sense of rhythm and coordination, while toning target zones, including arms, core and lower body.

**Instructor: Cyndi Picker**

**Tuesdays/Thursdays • 2:15 - 3 p.m.**



## **ISSHINRYU KARATE**

### **Join the Karate for Lunch Bunch!**

Isshin-Ryu is a style of Okinawan karate founded by Tatsuo Shimabuku and named by him. Isshin-Ryū karate is largely a synthesis of Shorin-ryū karate, Gojū-ryū karate, and kobudō. The name means, literally, "one heart way" (as in "wholehearted" or "complete").

**Isometric Exercise • Self Defense • Improve Memory • Stranger Awareness**

**NO BODILY CONTACT OR SPARRING**

**Volunteer Instructor: John Legendre**

*Working under the direction of Sensei Gary Spender*

**Tuesdays/Thursdays • Room 107**

**Noon - 12:50 p.m.**

**FREE**

## **NEW Coloring Book Club**

**2nd and 4th Mondays of the month**

**1:00 – 3:00 pm**

Bring your favorite coloring books and colors and we can get together for fun, coloring and friendship.

\*some supplies will be available initially.

Volunteer Leader: Carol Castle

## **Old Time Gospel Sing Along**

**Third Thursday of the month**

**1-2, Palo Verde room • Free for Members**

Come and join Ken Balog for an old time hymn sing along. Hymns like Amazing Grace, In the Garden and Love to Tell the Story – just to name a few. Ken will supply song books. If you have a gospel hymn you would like to sing for us on CD, tape or acapella, you can bring it. This activity will bring back fond memories of the music you sang as a child. Come and join the fun!



## **NEW Basic Computer Classes**

**2:00 p.m. - 4:30 p.m.**

**January 10, 12, 17, 19 • Class Code #471014-11**

**February 2, 7, 9, 14 • Class Code #471014-21**

**March 7, 14, 16, 21 • Class Code #472014-11**

**No computer classes in December**

**\$40 Glendale residents (Non -residents \$48)**

**623-930-4321**

A great beginning computer class for the novice. We will cover getting to know the computer and its components, understanding the importance of the operating system, learning how to work with word processing programs, the basics of internet and email and more. No experience is needed – be prepared to learn from Jeff Schiller, a non-technical instructor with over 20 years of experience teaching.

# Crafts

## Ceramics

Tue., 8 a.m. – Noon • Room 105

No sign up necessary; just join us Tuesday mornings. Small firing fee charged.

## Sewing (Sewing experience required)

Wed., 9 a.m.–Noon • Room 103

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

## Knitting (Knitting experience required.)

Wed., 1–3 p.m. • Room 103

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

## Lapidary Workshop *Great for all levels!*

Tue. Wed. & Thu., 8 a.m.–4 p.m.

Wed., 8 a.m.–4 p.m.

Learn to cut and polish stones for jewelry. \$1 / hour.

## Silversmithing Workshop

Mon. 9 a.m. – 1:00 p.m. • Fri. Noon – 4:00 pm

One time workshop fee of \$25 / \$1 per workshop hour. An opportunity to learn the basics of silver construction for the beginner. Lidia Stein is an instructor with 30 years of silversmithing to her credit. She teaches in a style that allows the student to move at their own pace while emphasizing the creative aspects of the art.

# 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	
Jan. 4	Ft. McDowell	Bingo	\$4 / \$6	#476001-01	
Feb. 1	Vee Quiva	Bingo	\$4 / \$6	#476002-01	
Mar. 1	Mazatzal	No Bingo	\$4 / \$6	#476003-01	

# Dance



## Line Dance Beginner Class

Tuesdays, Jan. 10 - Feb. 28 Code #471015-11

8:30 a.m. - 9:30 a.m. • Room 107

Instructor: Kathy Pfeifer.

\$12 per person

## Line Dance BASIC / Beginner Class

Tuesdays, Jan. 10 - Feb. 28 Code #471016-11

11a.m. - 12 p.m.

Instructor: Kathy Pfeifer

\$12 per person

## Line Dance Intermediate Class

Thursdays, Jan. 12 - Mar. 2 Code #471017-11

9:30 a.m. - 10:30 a.m.

Instructor: Kathy Pfeifer.

\$23 for residents (non-residents, \$28)

## Belly Dance Class - Free

Fridays, 3:45–4:45 p.m. • Room 107B

Gladys Haywood, volunteer instructor.

## Mexican Folk Dance Class

Wednesdays • 12:30 p.m. • Room 107

Resident, \$28 • Non-resident, \$31

Instructor: Blanca Fernandez

Jan. 4 - Feb. 22 Code # 471019-11

Mar. 1 - Apr. 19 Code # 472019-11

Dance traditions are passed down through generations of diverse cultures to celebrate important occasions and to provide diversion from everyday life.



# Health & Wellness

**Quiz Biz...** by VIVABIEN Insurance Sandra Gomez  
1st Wednesday of the month • 9:30–11 a.m.  
• Glendale Adult Center Lobby

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## Blood Pressure Checks

2nd Friday of the month • 10 a.m.–Noon  
• Room 105 ...by *Midwestern University College of Pharmacy*  
3rd Wednesday of the month • 10 a.m.–Noon  
• Room 102 ...by *Life Care Center of America*

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# Fitness



## Morning Exercise Programs

Monday, Wednesday and Friday • Room 107  
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.
- **“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.)
- **\*\*\*SilverSneakers® Classic” @ 10:30 am (55 min.)**  
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.

## Afternoon Exercise Programs Monday, Wednesday and Friday

- **\*\*\*SilverSneakers® Classic” @ 1:00 pm (55 min.)**  
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.
- **”Zumba Gold” @ 2:00 (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 • Room 107  
**“Cardio Moves” @ 3:10 p.m. (55 min.)**  
Come join this fun, high energy, fat burning class with easy to follow routines. This cardio class is a great way to end your day and it won’t even feel like a workout.

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## T’AI CHI – ESSENTIALS

Instructor: Charlie Gill | Tue. & Thu. • 1 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.**
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## Fitness Center

Monday - Thursday - 8 a.m. - 7 p.m.  
Friday - 8 a.m. - 5 p.m.

# Activities

## Open Computer Lab

Open computer lab is available when no classes are in session in the lab.

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## 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.*

- 1/6/2017 ..... Winter, cold weather
- 1/13/2017 ..... Angels
- 1/20/2017 ..... Something with numbers
- 1/27/2017 ..... Knick Knack
- 2/3/2017 ..... Something useful
- 2/10/2017 ..... Something for Valentine's
- 2/17/2017 ..... Butterflies
- 2/24/2017 ..... Office Supplies
- 3/3/2017 ..... Something for the kitchen
- 3/10/2017 ..... Something for St. Pat's
- 3/17/2017 ..... NO BINGO
- 3/24/2017 ..... Cats
- 3/31/2017 ..... Something for the house
- 4/7/2017 ..... Animals

# Community & Support

## Legal Aid

3rd Thursday by appointment only

Call 623-930-4321 to schedule appointment

Provided by Mead and Associates.

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## 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.

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## B.A.G.I.T.

*(Bus and Gus Individual Training)*

Thursdays - 10 a.m. • Room 102

Learn to travel on Valley Metro,

Gus the Bus and Glendale Express Bus.

Learn to read a bus book, find the closest bus

stop, purchase the best value bus ticket and more!

Questions? Call 623-930-2035.

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