

FOR IMMEDIATE RELEASE: Aug. 12, 2014  
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## SEPTEMBER 2014 EVENT AND ACTIVITY LISTINGS

**GLENDALE, Ariz.** – The following events are offered from Glendale’s Parks and Recreation and Library divisions in September. The programs are free unless otherwise stated.

### **September is Library Card Sign-Up Month!**

Studies show that children learn best when they have the opportunity to pursue their own interests. That’s why a library card is the most important school supply of all. Glendale Public Libraries provide students with access to innovative programs, classes and education resources to support their curiosity. Best of all, it won’t cost you a thing – it’s all free with a library card. Open the door to a world of possibilities for the student in your life and sign up for a library card today. Stop by one of Glendale’s three libraries, call 623-930-3530 or visit [www.glendaleaz.com/library](http://www.glendaleaz.com/library).

### **Teen/Adult Improv**

**5:30 to 7 p.m., Tuesdays for 4 weeks beginning Sept. 2, at the Brelby Theatre Company, 6839 N. 58th Ave.**

Learn the basic skills and techniques of improvisation, or ‘improv’ to improve your ability to think on your feet and perform with confidence, even when you aren’t prepared. This class will introduce you to a variety of styles of improv, including improv games, scene work and long form. The course is \$80 (non-resident \$96), and preregistration is required by calling 623-930-4600 or visiting [www.glendaleaz.com/parksandrecreation](http://www.glendaleaz.com/parksandrecreation).

### **Yes I Can Paint! – Acrylic Painting**

**6 to 8:30 p.m., Tuesdays, Sept. 2 - 30, at Gallery Glendale at Westgate, 9380 W. Westgate Blvd., D-109**

**1:30 to 4 p.m., Wednesday, Sept. 10, at the Glendale Adult Center, 5970 W. Brown St.**

Your instructor will guide you step-by-step as you complete a painting in just one fun and exciting class! No experience is required. Just come as you are and leave as an artist. All supplies are included. For any questions, call 602-617-5200. To see a list of paintings that will be taught at each class, visit [www.yesicanpaint.net](http://www.yesicanpaint.net). Individual classes are \$25 each (non-resident \$30), and preregistration is required by calling 623-930-4600 or visiting [www.glendaleaz.com/parksandrecreation](http://www.glendaleaz.com/parksandrecreation).

### **Shelf Discovery Book Discussion Group**

**6:30 p.m., Tuesday, Sept. 2, at the Foothills Branch Library, 19055 N. 57th Ave.**

Join us at this new book group on the first Tuesday of each month to discuss thought-provoking, popular teen and new adult literature with other adults who enjoy teen literature. Though geared towards adults, teens are welcome to join the discussion as well. This month’s title is “Northern Light” by Jennifer Donnelly. For more information or future discussion titles, call 623-930-3840.

### **Library Coffeehouse**

**6:30 p.m., Wednesday, Sept. 3, at the Foothills Branch Library, 19055 N. 57th Ave.**

**6:30 to 7:30 p.m., Thursday, Sept. 11, at the Glendale Main Library, 5959 W. Brown St.**

Enjoy live acoustic music performed by local musicians. Sept. 3: Randy Brown, Jon Iger, and Craig Griffin (singer-songwriters). Call 623-930-3844 for more information. Sept. 11: Patrick Martin (original love songs from folk to alternative jazz) and Cottonwood Stone (earthy and uplifting acoustic originals). Call 623-930-3573 for more information.

### **Sahuaro Ranch Main House Tours**

**10 a.m. to 2 p.m., Thursdays-Saturdays, and 1 to 4 p.m., Sundays in September, at the Sahuaro Ranch Park Historic Area, 9802 N. 59th Ave.**

Visit the Sahuaro Ranch Historic Area’s Main House (built between 1891 and 1898) and learn details about the house, its role at the ranch, and about the people who lived there during this free tour. Call 623-930-4201 to schedule group tours with more than 10 people.

## **September Activities**

### **Add 1.1.1**

#### **Social Dance**

**6:30 to 9 p.m., Friday Sept. 5, at the Foothills Recreation & Aquatics Center, 5600 W. Union Hills Dr.**

Experience various styles, including ballroom, jazz and more. Highlights include an instructional session and dance performances. Admission is \$7 at the door (non-resident \$9). For more information, call 623-930-4613.

#### **Plank Purgatory**

**12 to 1 p.m., Saturdays for 4 weeks beginning Sept. 6,  
at the Foothills Recreation & Aquatics Center, 5600 W. Union Hills Dr.**

This is a plank and cardio class that focuses mainly on the core muscles along with toning throughout the body. During the class, you will be performing various dynamic planks to get the most out of your core workout. In between those plank sets, there will be cardio exercises to get you going! Learn how to do planks correctly and safely while expanding your fitness skills. This class is great for both beginners and advanced clients who are looking for a new way to get into shape. The course is \$60 (non-resident \$72), and preregistration is required by calling 623-930-4600 or visiting [www.glendaleaz.com/parksandrecreation](http://www.glendaleaz.com/parksandrecreation).

#### **Paws to Read!**

**3 to 4 p.m., Saturday, Sept. 6, at the Glendale Main Library, 5959 W. Brown St.**

**4 to 5 p.m., Monday, Sept. 22, at the Velma Teague Branch Library, 7010 N. 58th Ave.**

Reserve a fifteen-minute reading session with an official therapy dog. This program is for readers aged 5-18. Call 623-930-3537 (Main) or 623-930-3437 (Velma Teague) or stop by the youth desk to register.

#### **Fall Adult Softball Leagues**

**Organizational Meeting - 6 p.m. for returning teams and 7 p.m. for new teams, Monday, Sept. 8,  
at the Glendale Main Library, 5959 W. Brown St. (Auditorium)**

Glendale will be offering adult fall softball leagues beginning at the end of September. Men's and co-ed divisions will play at the Sahuaro Ranch and Foothills softball complexes. Teams play a double-header format, one night a week, a 14-game regular season, and a single-elimination tournament. Registration fees are \$505 for returning and Glendale resident teams (minimum number of four Glendale residents) and \$595 for new, non-resident teams. Teams must be represented by a manager or team player during the organizational meeting to receive a \$50 discount off the registration fee. Meeting topics will include league format, rule changes, and sign up instructions. Registration at the Adult Center will require a roster and payment is due September 9-12. For specific divisions, days, and locations, call 623-930-2841 or visit [www.glendaleaz.com/parksandrecreation](http://www.glendaleaz.com/parksandrecreation).

#### **2014 Arizona Cardinals/NFL Punt, Pass & Kick Competition**

**5 p.m. onsite registration, 6 p.m. competitions, Tuesday, Sept. 9,  
at the Foothills Sports Complex, 19070 N. 57th Ave. (Fields 1 & 2)**

Girls and boys in five separate age divisions compete against each other in punting, passing and placekicking in this fun and engaging national skills competition. Scores are based on distance and accuracy. This program is FREE for boys and girls ages 6-15. The top four winners from a pool of five local competitions will advance on to the sectional competition on Sunday, Nov. 2 at the Sahuaro Ranch main soccer field, 9802 N 59th Ave. For more information, call 623-930-2841 or visit [www.glendaleaz.com/parksandrecreation](http://www.glendaleaz.com/parksandrecreation).

#### **Songs in Progress Workshop**

**6 to 8 p.m., Tuesday, Sept. 9, at the Glendale Main Library, 5959 W. Brown St.**

Meet one-on-one with Arizona Songwriters Association member Gavan Wieser to get constructive feedback on your song, finished or not, before you go into the studio! Perform it live or bring a CD or work tape. This is a FREE opportunity with a laid back atmosphere. For more information call 623-930-3573.

#### **Create, Connect, Collaborate**

**4 to 5 p.m., Wednesdays, Sept. 10 and 17, at the Glendale Main Library, 5959 W. Brown St.**

**4 to 5:30 p.m., Tuesday, Sept. 16, at the Foothills Branch Library, 19055 N. 57th Ave.**

**6 to 7 p.m., Thursday, Sept. 25, at the Velma Teague Branch Library, 7010 N. 58th Ave.**

**1:30 to 2:30 p.m., Monday, Sept. 29, at the Foothills Branch Library, 19055 N. 57th Ave.**

This project is supported by the Arizona State Library, Archives and Public Records, a division of the Secretary of State, with federal funds from the Institute of Museum and Library Services.

## September Activities Add 2.2.2

**Sept. 10: Art Expeditions! Destination Egypt.** Come celebrate various cultures of the world through books, crafts and activities. Grades K-3rd. Space is limited. Registration opens two weeks before the program date. Call 623-930-3537 or visit [www.glendaleaz.com/library](http://www.glendaleaz.com/library) to register.

**Sept. 16: Art Attack!** Teens, 12-18, unwind after school while doing an art activity. Each month a different craft will be available to create while you connect with friends at the library. For more information, call Kristin at 623-930-3840.

**Sept. 17: Passport to Culture! Walk Like an Egyptian.** Come celebrate various cultures of the world through books, crafts and activities. Grades 4th-6th. Space is limited. Registration opens two weeks before the program date. Call 623-930-3537 or visit [www.glendaleaz.com/library](http://www.glendaleaz.com/library) to register.

**Sept. 25: Drawstring Bags!** Design and customize your own drawstring bag! We'll supply all necessary materials and basic sewing instruction! Ages 7-11. Registration begins on Sept. 8. Call 623-930-3437 or visit [www.glendaleaz.com/library](http://www.glendaleaz.com/library) to register.

**Sept. 29: Kindercraft & Story: Ollie Octopus.** Young children ages 3-5 and their caregivers enjoy a short Under the Sea storytime, then collaborate to assemble an Ollie Octopus of their own. Ollie is a fun numbers-matching and counting game to play at home again and again. Registration begins on Sept. 15. Call 623-930-3837 or visit [www.glendaleaz.com/library](http://www.glendaleaz.com/library) to register.

### **Alzheimer's Disease: Early Detection Matters – Know the 10 Signs**

**6:30 p.m., Wednesday, Sept. 10, at the Foothills Branch Library, 19055 N. 57th Ave.**

The warning signs of Alzheimer's disease are often dismissed as side effects of normal aging. If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Presented by the Alzheimer's Association Desert Southwest Chapter. For more information, call 623-930-3844.

### **Cake Decorating Basics - (Course 1)**

**10 a.m. to 1 p.m., Saturdays for 4 weeks beginning Sept 13,  
at the Foothills Recreation & Aquatics Center, 5600 W. Union Hills Dr.**

Build decorating skills you can use for all projects, from holiday cupcakes to cakes for any occasion. Learn to ice and decorate cakes and sweet treats, make different buttercream icing flowers, pipe lines, simple borders, letters and shapes, transfer images, make icing the right consistency and fill and use a decorating bag. Experience the excitement of successfully decorating your first cake. "New Course 1, Building Buttercream Skills", Wilton kit (approx. \$34) and the book, "The Wilton Method of Cake Decorating Course 1, Building Buttercream Skills" are required. These items are available at craft stores or on the web, and coupons may be available. In addition, Spanish language is available upon request. The class price is \$59 (non-resident \$71), and preregistration is required by calling 623-930-4600 or visiting [www.glendaleaz.com/parksandrecreation](http://www.glendaleaz.com/parksandrecreation).

### **Seed Library**

**12 to 3 p.m., Saturday, Sept. 13, at the Glendale Main Library, 5959 W. Brown St.**

The Valley Permaculture Alliance (VPA) Seed Library aims to increase biodiversity of locally adapted seeds in the Valley of the Sun by providing open pollinated heirloom seeds, encouraging people to garden, and sharing knowledge of seed saving and permaculture. Come and select up to 3 packets of free seeds, and then once you harvest seeds you can return them to keep the library going.

### **Wee Readers @ Westgate**

**10:30 to 11 a.m., Monday, Sept. 15, at Gallery Glendale at Westgate, 9380 W. Westgate Blvd., D109**

Free stories, rhymes, finger plays and songs presented by the Glendale Public Library, for ages newborn through 5 years and their caregivers. The gallery is located at the Westgate Entertainment District, just east of Cold Stone Creamery. For more information, call 623-930-3537.

### **Reflexology – Introduction**

**10 a.m. to 12 p.m., Tuesday, Sept. 16, at the Foothills Recreation & Aquatics Center, 5600 W. Union Hills Dr.**

Reflexology is an ancient natural healing art involving the physical act of applying pressure to the feet, hands or ears with specific thumb, finger and hand techniques. Learn how to give yourself a basic reflexology foot massage that will help to relieve stress and tension, improve blood circulation, promote the unblocking of nerve impulses and help you to achieve a state of homeostasis naturally. Yoga mat suggested. Chairs will be available if preferred. Registration is \$23 (non-resident \$28), and preregistration is required by calling 623-930-4600 or visiting [www.glendaleaz.com/parksandrecreation](http://www.glendaleaz.com/parksandrecreation).

## September Activities Add 3.3.3

### **Belly Dance – Level 1**

**7:10 to 8:10 p.m., Tuesdays for 8 weeks beginning Sept. 16,  
at the Foothills Recreation & Aquatics Center, 5600 W. Union Hills Dr.**

This dance style incorporates stretching and muscle movements to promote toning in arms, legs and core and is great for all abilities. Focus on basic moves and how to flow from one move to the next. Each session highlights a particular sub style of belly dance. Wear comfortable, form-fitting clothing in order to see and understand the moves. Ages 16 and above. Registration is \$59 (non-resident \$71), and preregistration is required by calling 623-930-4600 or visiting [www.glendaleaz.com/parksandrecreation](http://www.glendaleaz.com/parksandrecreation).

### **E-Book Lab**

**1 to 3 p.m., Wednesday, Sept. 17, at the Foothills Branch Library, 19055 N. 57th Ave.**

**1 to 2:30 p.m., Thursday, Sept. 18, at the Glendale Main Library, 5959 W. Brown St.**

Drop into the lab for help with your eReader questions, including Axis 360, Greater Phoenix Digital Library and Zinio. Library staff will be on hand to offer assistance, and an assortment of the most popular readers/tablets will be available for you to explore. Bring your own device for specific advice. Working knowledge of your own device is a prerequisite. No registration is necessary. For more information, call 623-930-3849 (Foothills) or 623-930-3531 (Main).

### **Adaptive Bowling League**

**9 to 11 a.m., Saturdays, Sept. 20 – Nov. 8, at Glenfair Lanes Bowling Alley, 6110 N. 59<sup>th</sup> Ave.**

Ages 8 and older can improve their bowling game, enjoy the support of others and make new friends! Parents, guardians and care givers volunteer and assist those with special needs to make this a rewarding experience. Bowling ramps are available to registered bowlers. Instruction is not provided. The league is \$23 (non-resident \$30) and includes a bowling ball and shoes. For more information, contact Anthony Garcia at 623-930-4335.

### **Beginnings Edge Soccer Training (B.E.S.T)**

**Held for 6 weeks on Saturdays beginning Sept. 20, at the Foothills Recreation & Aquatics Center, 5600 W. Union Hills Dr.**

Our indoor noncompetitive approach allows your kids, ages 18 months-6 years, to learn the soccer basics while having fun. Parent participation required only for the 2-year-old classes. Bring a size #3 or #4 soccer ball. Class will not be held on Nov. 29. The program is 45 minutes with ages 2 and under playing at 9:15 a.m., ages 3-4 at 10:15 a.m. and ages 5-6 at 11:15 a.m. The program fee is \$70 (non-resident \$84). Preregistration is required by calling 623-930-4600 or visiting [www.glendaleaz.com/parksandrecreation](http://www.glendaleaz.com/parksandrecreation).

### **A Day in the Life of a Law Enforcement Officer**

**6:30 p.m., Monday, Sept. 22, at the Velma Teague Branch Library, 7010 N. 58th Ave.**

A former member of the New York City Police Department will be on hand to offer an insider's view of the ins and outs of pursuing a career as a police officer. Training requirements and the realities of day-to-day life on the beat will be discussed. Appropriate for both teens and adults. To register, call 623-930-3431 or visit [www.glendaleaz.com/library](http://www.glendaleaz.com/library).

### **Writing Workshops**

**6 p.m., Tuesdays, Sept. 23 and 30, at the Foothills Branch Library, 19055 N. 57th Ave.**

These workshops with published authors are made possible through the Arizona State Library. Space is limited. To register, call 623-930-3844 or visit [www.glendaleaz.com/library](http://www.glendaleaz.com/library).

**Sept. 23: Five Plots a Day: Turning Newspaper Articles into Novels.** Best-selling mystery author, Betty Webb, will discuss how to read a newspaper for story ideas, build the story and characters, and make the story resonate in readers' hearts and minds.

**Sept. 30: Making Children's Nonfiction Fun.** Award-winning children's author, Conrad Storad, will provide his unique perspective on writing and presenting nonfiction material to students ages 5-12. This session is a beginner's guide for those who work with young writers and readers, including tips for writers of all ages.

### **Maze Runner Movie Release Party**

**6 to 7:45 p.m., Wednesday, Sept. 24, at the Glendale Main Library, 5959 W. Brown St.**

Think you have what it takes to fight your way out of the maze? Join other teens, 12-18, and prove it! Games, activities and more! To register, call 623-930-3537, stop by the Youth desk or visit [www.glendaleaz.com/library](http://www.glendaleaz.com/library). Registration opens Sept. 9.

**September Activities**  
**Add 4.4.4**

**Introduction to Voiceovers**

**6 to 8 p.m., Wednesday, Sept. 24, at the Foothills Recreation & Aquatics Center, 5600 W. Union Hills Dr.**

Are people always telling you that you have a great voice? Do you often find yourself listening to your favorite audiobook, commercial or cartoon character and thinking, "I could do that"? This fun and empowering two-hour workshop covers the different types of voiceovers and what tools are needed to find success. You'll be coached as you read a script, and be recorded so you can receive a professional voiceover evaluation later. You'll have the knowledge necessary to help you decide if this is something you'd like to pursue. Taught by a professional voice actor from the Voice Acting Training Company, Voices for All. Registration is \$49 (non-resident \$59), and preregistration is required by calling 623-930-4600 or visiting [www.glendaleaz.com/parksandrecreation](http://www.glendaleaz.com/parksandrecreation).

**Live at the Library: Mr. Trio**

**6:30 to 7:30 p.m., Thursday, Sept. 25, at the Glendale Main Library, 5959 W. Brown St.**

This jazz quartet, comprised of some of the Valley's leading jazz musicians, will play music from the American Songbook and jazz stand favorites. For more information, please call 623-930-3573.

**Go the Distance! – Half Marathon Training Group**

**Begins Sept. 28, Sundays at 7 a.m. for 16 weeks, at the Foothills Recreation & Aquatics Center, 5600 W. Union Hills Dr.**

Thinking about running a half marathon? This is a 16-week buildup to the Jan. 18, PF Chang Half Marathon. All running speeds/abilities welcome. Participants should be comfortable running a total of 10-15 miles/week at approximately 4 miles an outing without stopping. The half marathon training consists of 3 days of training, two "on your own" runs and one group run held on Sundays at 7 a.m., beginning Sept. 28. For more information, call Darren (Certified Running Coach) at 623-930-4610. Fee does NOT include half marathon entry. Registration is \$82 (non-resident \$100), and preregistration is required by calling 623-930-4600 or visiting [www.glendaleaz.com/parksandrecreation](http://www.glendaleaz.com/parksandrecreation).

**Adult Co-Ed Racquetball Leagues**

**6 to 8 p.m., beginner and intermediate players on Mondays for 8 weeks starting Sept. 29, and advanced players on Wednesdays for 8 weeks starting Oct. 1, at the Foothills Recreation & Aquatics Center, 5600 W. Union Hills Dr.**

Adult co-ed, points-based racquetball leagues are available for fun, friendly competition. Beginners and intermediate levels play on Mondays and advanced players on Wednesdays. There is no league on Oct. 13 and Nov. 10. Call 623-930-4610 for more information. The leagues are \$25 (non-resident \$33), and preregistration is required by calling 623-930-4600 or visiting [www.glendaleaz.com/parksandrecreation](http://www.glendaleaz.com/parksandrecreation).

**Points-Based Poker League**

**6:30 to 9 p.m., Mondays for 7 weeks beginning Sept. 29, at the Foothills Recreation & Aquatics Center, 5600 W. Union Hills Dr.**

This is a fun, recreational, and educational program for avid fans of poker wanting to play, or beginners looking for a relaxed environment to learn Texas Hold 'Em. No prize money is involved. Six regular-season games are followed by an end-of-season tournament. No prior experience needed. No league Oct. 13 & Nov. 10. For more information, call 623-930-4610. The league is \$17 (non-resident \$21) or a daily drop-in rate of \$5 (non-resident \$6). Preregistration is required by calling 623-930-4600 or visiting [www.glendaleaz.com/parksandrecreation](http://www.glendaleaz.com/parksandrecreation).

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