

# Sahuaros

## Weekly Update

*The Sahuaros District:  
Celebrating Recreation, Education and Cooperation*

**Councilmember Gary Sherwood - Glendale, Arizona**

**April 18, 2014**

**Glendale Celebrates Water Awareness Month in April.** Glendale is proclaiming and celebrating April as Water Awareness Month (WAM) by promoting online resources and distributing a new leak detection guide.

The city of Glendale, in partnership with the Arizona Department of Water Resources, encourages residents to visit the interactive WAM website at [www.waterawarenessmonth.com](http://www.waterawarenessmonth.com), a portal for water-related information, classes and events in April and throughout the year.

Find leaks that are draining your budget and get tips on how to improve your home's water efficiency with the new Smart Home Water Guide to help you. View it online at [www.amwua.org/flipbook](http://www.amwua.org/flipbook).

For more information, [click here](#) or call 623-930-3535.



**Check Out All the Glendale Adult Center Has to Offer During Open House.** If you haven't been to the Glendale Adult Center or it has been a while, now is the perfect time to stop by, enjoy a variety of programs and meet people, all at no charge during the center's upcoming open house on Wednesday, April 23, 8 a.m. to 5 p.m., 5970 W. Brown St. In addition, a special offer on yearly memberships will be available.

The open house will feature opportunities to participate in fitness programs, enjoy lunch and receive demonstrations of their specialty programs. People ages 18 and older are invited to stop by and enjoy a free cup of coffee. For those interested in a membership, a money-saving deal is available to those who purchase a full year membership April 23 through April 25 – receive 15 months for the price of 12. A yearly membership to the center is only \$40 (\$60 for non-Glendale residents).

The center's programs and services support health and encourage individuals to lead more productive lifestyles. With a computer lab, fitness center, billiards room, dining hall, game room, auditorium and stage, craft space, lapidary shop, library and the numerous activities that fill those spaces, the center provides the benefits of wellness, connections to others, feelings of belonging and friendships and more to its patrons.

During the open house attendees will receive a free pass for the day that includes access to the billiards room, fitness center, computer lab, card games and a variety of other games. Scheduled activities are available including the morning exercise program that features:

- Body Fusion (basic cardio-step routines with high-intensity intervals using weights, bands and balls) at 8:15 a.m.
- Total Body (low-impact aerobics followed by toning exercises using bands, balls and hand weights with the option of using a chair during the mat work) at 9:30 a.m.
- Functionally Fit (low- to no-impact exercise with toning) at 10:30 a.m.
- Chair Fitness for Beginners (stretching and balance exercises) at 11:30 a.m.
- At noon, a nutritious lunch will be available for a recommended contribution of only \$2.50 for ages 60 and older and a price of only \$3.50 for people under 60. This lunch program is provided by the YWCA Mondays through Fridays.

Between 1 and 3 p.m., demonstrations of center activities will include line dancing, shuffleboard, Mexican folk dancing, the Fix-It Shop, tap dancing, ceramics, yoga, lapidary and silver-smithing.

During the entire open house, center sponsors, including CareMore Health Plan, Midwestern University and Glencroft senior living will be on hand.

For more information about the Glendale Adult Center, visit [www.glendaleaz.com/adultcenter](http://www.glendaleaz.com/adultcenter) or call 623-930-4321.

**All Aboard for a Glendale Historical Journey: 11th Annual Historic Preservation Tour.** Roll back through time during the 11th annual Historic Preservation Tour sponsored by the Glendale Civic Pride Ambassadors. The event provides a guided, armchair tour on Saturday, May 3 of significant historic sites within Glendale as well as walking tours of a few selected homes and other sites that are historically

significant. The tour is held during the month of May, which is National Historic Preservation Month, from the comfort of an air-conditioned motor coach. The tour begins and ends at the Glendale Civic Center, 5750 W. Glenn Dr., with check-in and boarding from 8:30 to 9 a.m. The bus will depart at 9 a.m. and return at noon.

A detailed itinerary, along with maps and other informational items, will be provided on the tour. Participation is limited to the 50 seats available on the bus, and reservations will be accepted on a first-come, first-served basis. Children must be at least 15 years old and accompanied by an adult.

To make a reservation or request additional information about the tour, contact Martin Martell, planning intern, at [mmartell@glendaleaz.com](mailto:mmartell@glendaleaz.com).

# Around Town

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**Council Meetings and Workshops.** To review the posted agenda and web video of Council Workshops and meetings, please [click here](#).

**Skunk Creek Clean Up.** Be a volunteer and help others clean up an area of Skunk Creek between 51st and 57th avenues on Saturday April 19, 7-10 a.m. Meet at the Foothills Recreation and Aquatics Center, 5600 W. Union Hills Dr. The clean-up will be held in conjunction with Earth Day events taking place around the country/world. Bring a pair of gloves, hat, sunscreen and wear sturdy/durable shoes. For information, call 623 930-4600.

**Annual Pet Expo Has Moved To Sun Valley Animal Shelter.** The Sun Valley Animal Shelter is taking a giant leap forward and hosting the west side Pet Expo on Sunday April 27, 10 a.m. to 4 p.m., 7150 N. 110<sup>th</sup> Ave. In previous years, Phoenix Pet Expo could be found at University of Phoenix Stadium in Glendale. It has now moved to the east valley and Sun Valley Animal Shelter of Glendale will carry on the Pet Expo tradition in the West Valley. Vaccinated pets are welcome.

Visit over 55 Pet Rescue adoption booths, retail booths, low cost vaccinations and microchips, kid friendly booths and yummy food booths. A raffle which includes items valued at \$250 or more and discounted favorite pet products will be held. There will be goodie bags for the first 100 adults and 100 children. Many pets including dogs, cats, birds and horses will be available for adoption. Some of the organizations and businesses taking part in the event include: Angels for Athletes, Children of Veterans Foundation, Soldier's Best Friend, AZK9, The Pet Club, Lorenzo's Dog Training, Bark Busters, Burgers Amore, The Grilled Cheese Truck, Kettle Heroes, Kona Ice, Papa Ed's with Frosty Paws for dogs and Wildlife World Zoo & Aquarium.

For more event information, [click here](#) or call 623-872-7941.

**37th Annual Saguaro Astronomy Club Public Star Party.** Members of the Saguaro Astronomy Club will have telescopes (large and small) set up and available for public viewing from 6:30 to 9:30 p.m. (sunset 7:25 p.m.) on Saturday May 3 at Thunderbird Conservation Park, 67<sup>th</sup> Ave and Patrick Lane. They will show a variety of astronomical objects including the Moon, planets, stars, galaxies and deep sky wonders. Club volunteers will be glad to answer questions you may have about the heavens and astronomy in general. Please join us for a night under the stars! Sponsored by Glendale Parks, Recreation & Library Services and hosted by the Saguaro Astronomy Club. FREE!

**Contact Councilmember Sherwood**  
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