

# ACTIVE ADULT 55+ CLASSES



## ACTIVE ADULT CONTACTS & CLASS LOCATIONS

### SENIOR CENTER

202 E. Boston St., 480-782-2720

Matthew Davis, 480-782-2741 | matthew.davis@chandleraz.gov

### TUMBLEWEED RECREATION CENTER

745 E. GERMANN RD., 480-782-2900

Vickie Lang, 480-782-2907 | vickie.lang@chandleraz.gov

*All class fees are paid during the registration process. All instructor and supply fees must be paid to your instructor at the first class.*

## Arts & Crafts

### WATERCOLOR PAINTING – BEGINNING/ INTERMEDIATE

Learn to paint in watercolor! Everything from how to apply the paint to composition and color will be covered. Continuing students will learn new tricks and improve skills. Bring your own supplies. Supply list is available at Senior Center. Supply fee is for new participants only.

Instructor: DeeAnn Benson Instructor fee: \$0 Supply fee: \$5

Location: Chandler Community Center

Resident fee: \$63 Non-resident fee: \$86

2SC001 Tu 1/9-2/27 9:30 a.m.-noon 55 yrs+

## Dance

### ADVANCED LINE DANCING

Know your dances? Want to shake it up, learn harder ones and become a better dancer? Come on out and dance some more!

Instructor: Donna Chapman

Location: Community Center

Resident fee: \$16 Non-resident fee: \$22

2SC005 F 12/8-12/29 2-3 p.m. 55 yrs+

2SC006 F 1/5-1/26 2-3 p.m. 55 yrs+

2SC007 F 2/2-2/23 2-3 p.m. 55 yrs+

### LINE DANCING

Whether you're a dancer or not, come learn some new moves and get some exercise while you're at it!

Instructor: Donna Chapman

Location: Community Center

Resident fee: \$13 Non-resident fee: \$18

2SC008 Tu 12/5-12/19 2-3 p.m. 55 yrs+

Resident fee: \$16 Non-resident fee: \$22

2SC009 Tu 1/2-1/23 2-3 p.m. 55 yrs+

2SC010 Tu 1/30-2/20 2-3 p.m. 55 yrs+

## ZUMBA® GOLD

This class brings the exciting Latin and international dance rhythms from the original ZUMBA® program to the active adult population! Come dance to get fit!

Instructor: Susan Alonso

Location: Community Center

Resident fee: \$35 Non-resident fee: \$48

2SC035 W 12/6-2/21\* 10-11 a.m. 55 yrs+

\*No class 12/20 & 12/27

## Education

### AARP DRIVER SAFETY PROGRAM

Traffic rules, driving conditions, and roads themselves have changed over the years. AARP offers a defensive driving course that will help make you a safer driver. You may be eligible for an insurance discount upon completion of the course! Make checks payable to AARP and turn them in at the Chandler Senior Center.

Instructor: AARP

Location: Community Center

AARP member fee: \$15

Non-AARP member fee: \$20

2SC011 Th 12/21 1-5 p.m. 18 yrs+

2SC012 Th 1/18 1-5 p.m. 18 yrs+

2SC013 Th 2/15 1-5 p.m. 18 yrs+

### BEGINNER BRIDGE

Always wanted to learn how to play bridge? Start at the very beginning, learning the basics and the "Best of the Minors" methods. Come to class and it will all make sense!

Instructor: Neil Bales

Instructor fee: \$0

Supply fee: \$10

Location: Senior Center, Lounge

Resident fee: \$35 Non-resident fee: \$48

2SC028 M/Th 1/4-1/22\* 1-3 p.m. 18 yrs+

2SC029 M/Th 2/1-2/15 1-3 p.m. 18 yrs+

\*No class 1/15

ACTIVE ADULT 55+ CLASSES



Chandler Mayor Jay Tibshraeny's Committee for the Aging cordially invites you to attend the 27th Annual Senior Expo.

# Wednesday, March 14, 2018

## 9 a.m. to Noon

### Chandler Community Center

125 E. Commonwealth Ave.

**FREE**  
Blood Pressure  
Checks

Offering information & services for active seniors like you!

Meet with representatives from a variety of health care agencies, leisure services, senior-related product firms, City departments and local organizations ready to serve your needs.

The Senior Expo is open to the public and admission is **FREE!**

For more information, call the Chandler Senior Center at 480-782-2720

## Sports & Fitness



**SPICE of LIFE**  
SENIOR VARIETY SHOW

Chandler Center FOR THE ARTS  
250 N. ARIZONA AVE.

**WEDNESDAY | MARCH 21 • 2 p.m.**  
**THURSDAY | MARCH 22 • 7 p.m.**

Interested in auditioning for the show?  
Auditions will be held in January.

Tickets are \$8 and will be available at the Chandler Senior Center, Gilbert Senior Center and Chandler Center for the Arts after February 5.

For more information or to set up an audition, please contact the Senior Center at 480-782-2720.

## Nature, Environment & Outdoors

### SENIOR CENTER HIKING TRIPS

#### PASS MOUNTAIN TRAIL

Pass Mountain Trail forms a large loop around its namesake in the East Valley. This pleasant and easy trail offers grand views of the Goldfield Mountains, Four Peaks, and the Superstition Mountains. Please pack a lunch.

**Miles: 5.0 Difficulty: Easy Elevation gain: 730 ft**  
Depart from: Senior Center  
**Resident fee: \$10 Non-resident fee: \$14**  
2SC038 Th 12/14 8:30 a.m.-3 p.m. 55 yrs+

#### LOOKOUT MOUNTAIN TRAIL

Lookout Mountain stands at the northern edge of the Phoenix Mountains Preserve. The circumference trail winds around the base for a leisurely hike. Summit trail offers a panoramic 360-degree view. Please pack a lunch.

**Miles: 3.7 Difficulty: Easy Elevation Gain: 500 ft**  
Depart from: Senior Center  
**Resident fee: \$10 Non-resident fee: \$14**  
2SC039 Th 1/25 8:30 a.m.-3 p.m. 55 yrs+

#### PAPAGO PARK

The "Central Park of Phoenix" offers distinctive red sandstone buttes and reflective lakes that provide a scenic backdrop for a relaxing and view studded hike. Please pack a lunch.

**Miles: 2.2 Difficulty: Easy Elevation gain: 140 ft**  
Depart from: Senior Center  
**Resident fee: \$10 Non-resident fee: \$14**  
2SC040 Th 2/22 8:30 a.m.-3 p.m. 55 yrs+

## Special Events & Programs

### TRIPS & EXCURSIONS

See Trips & Excursions listed on page 58



Learn more about the Senior Center by scanning this QR code with your smart phone!



#### ACTIVE ADULTS ON THE MOVE

This class combines light to moderate low impact aerobics with strength and balance training to improve daily activities with confidence and ease. This class is for those who have been exercising regularly and want to add a fun challenge to their current fitness program.

Location: Tumbleweed Recreation Center, Group Exercise Studio  
**fee: TRC rates apply (Included in TRC passes)**

Drop-In	Th	10-10:55 a.m.	55 yrs+
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#### ACTIVE ADULTS CARDIO SCULPT

This fitness class designed for Active Adults specializes in increasing strength and endurance to improve functional use in everyday activities

Location: Tumbleweed Recreation Center, East Gym  
**fee: TRC rates apply (Included in TRC passes)**

Drop-In	F	9-10 a.m.	55 yrs+
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#### CHAIR YOGA

This class focuses on whole body and mind well-being. Traditional yoga poses with the assistance of a chair.

Location: Tumbleweed Recreation Center, East Gym  
**fee: TRC rates apply (Included in TRC passes)**

Drop-In	F	8-8:45 a.m.	55 yrs+
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#### HEALTHWAYS SILVER SNEAKERS® – CIRCUIT

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Focus on upper-body strength with hand-held weights, and use resistance tubes and a Silver Sneakers® ball for a low-impact aerobics workout. Participants are not required to be a Silver Sneakers® member.

Location: Tumbleweed Recreation Center, East Gym  
**fee: TRC rates apply (Included in TRC passes)**

Drop-In	M	8-8:50 a.m.	55 yrs+
Drop-In	Tu	10-10:50 a.m.	55 yrs+
Drop-In	W	8-8:50 a.m.	55 yrs+

#### HEALTHWAYS SILVER SNEAKERS® – CLASSIC

Move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support. Participants are not required to be a Silver Sneakers® member.

Location: Tumbleweed Recreation Center, East Gym  
**fee: TRC rates apply (Included in TRC passes)**

Drop-In	M	9-10 a.m.	55 yrs+
Drop-In	W	9-10 a.m.	55 yrs+

**Check out Tumbleweed Recreation Center's Group Exercise Schedule on page 54 and at [chandleraz.gov/tumbleweed](http://chandleraz.gov/tumbleweed)**

#### FIT OVER FIFTY

Bump up your fitness in this fun and invigorating small group personal training program designed especially for 55+ year young bodies! Together we will build core strength, increase muscle tone, and improve stamina, balance and flexibility. You're never too old to be healthy and strong.

Instructor: Rob Dobbin, ISSA Certified Personal Trainer, Fitness Nutrition  
Location: Tumbleweed Recreation Center, Dance Studio

<b>Resident fee: \$48</b>	<b>Non-resident fee: \$65</b>		
2TW122	Tu/Th	12/5-12/28	10:30-11:30 a.m. 55-99 yrs+
2TW123	Tu/Th	1/9-2/1	10:30-11:30 a.m. 55-99 yrs+
2TW124	Tu/Th	2/6-3/1	10:30-11:30 a.m. 55-99 yrs+

ACTIVE ADULT 55+ CLASSES

## TRIPS & EXCURSIONS

### GLENDALE GLITTERS CHRISTMAS LIGHTS

Historic Glendale comes to life each holiday season with the addition of about 1.5 million twinkling holiday lights located throughout Old Towne and Catlin Court Districts. Bring money for an independent dinner in Glendale.

**Activity Level: Easy, suitable for walkers**

Depart from: Senior Center

**Resident fee: \$8 Non-resident fee: \$11**  
2SC041 Th 12/7 4-9 p.m. 55 yrs+

### BARLEEN'S OPRY

Become a part of the Barleen's family during the holiday season. Experience a joyful mixture of traditional and popular seasonal classics in this extraordinary performance. Dinner is included. Trip is sponsored by Senior Site Council.

**Activity Level: Easy, suitable for walkers**

Depart from: Senior Center

**Resident fee: \$28 Non-resident fee: \$44**  
2SC042 W 12/13 5:15-10:15 p.m. 55 yrs+

### SNOWSHOEING IN FLAGSTAFF

Join us for a snowshoeing adventure at the Nordic Center in Flagstaff! Trip includes snowshoes and poles. Bring money for an independent lunch in Flagstaff. If there is no snow on this date we will try to reschedule trip to another date.

**Activity Level: Moderate to Strenuous**

Depart from: Senior Center

**Resident fee: \$30 Non-resident fee: \$41**  
2SC044 Th 1/11 8 a.m.-6 p.m. 55 yrs+

### KARTCHNER CAVERNS

This tour is a mile long and takes an hour and 45 minutes to complete, one hour of which is underground. The Kartchner Cavern story is about amazing discoveries past, present, and future. Lunch will be provided by Jason's Deli.

**Activity Level: Strenuous**

Depart from: Senior Center

**Resident fee: \$42 Non-resident fee: \$57**  
2SC045 Tu 1/30 8 a.m.-5 p.m. 55 yrs+

### POMPEII EXHIBIT AT THE ARIZONA SCIENCE CENTER

Explore the Pompeii Exhibit at the Science Center. Tour will also include short IMAX films on super volcanos and the Solar System. Bring money for an independent lunch at the Center. Trip is sponsored by Senior Site Council.

**Activity Level: Easy, some walking through the exhibit**

Depart from: Senior Center

**Resident fee: \$16 Non-resident fee: \$27**  
2SC046 W 1/17 9:30 a.m.-4:30 p.m. 55 yrs+

### LUKE AIR FORCE BASE TOUR

Come with us and tour Luke Air Force Base. Bring money for an independent lunch on base.

**Activity Level: Easy to Moderate, some walking anticipated**

Depart from: Senior Center

**Resident fee: \$9 Non-resident fee: \$13**  
2SC047 Tu 2/6 8 a.m.-2 p.m. 55 yrs+

### DOLLY STEAMBOAT DINNER CRUISE

A twilight dinner cruise aboard the Dolly is an experience you'll never forget. You'll take a "Mark Twain" voyage, while you relax and admire the breathtaking scenery.

**Activity Level: Easy, Ok for walkers and wheelchairs**

Depart from: Senior Center

**Resident fee: \$80 Non-resident fee: \$108**  
2SC048 Tu 2/13 3:15-8:15 p.m. 55 yrs+

### UNIVERSITY OF ARIZONA TOUR

This customized tour of the University of Arizona will include tours of the Tree Ring Laboratory, Telescope Mirror Laboratory, and will finish with a driving tour of the campus itself. Bring money for an independent lunch at a restaurant on campus.

**Activity Level: Moderate, some walking**

Depart from: Senior Center

**Resident fee: \$25 Non-resident fee: \$34**  
2SC049 Tu 2/20 8 a.m.-5 p.m. 55 yrs+



# Holiday

## DINNER DANCE

### FRIDAY, DECEMBER 8, 2017

5:30-8 p.m.

at the

#### COMMUNITY CENTER

275 E. Commonwealth Ave.

Registration Code: 2SC063

Dinner catered by Mimi's Cafe and live music provided by the Gene Mann Band! Admission: \$5 Resident | \$7 Non-resident  
Register at the Chandler Senior Center front desk or online at [chandleraz.gov/registration](http://chandleraz.gov/registration).

Chandler Recreation will be hosting the



### Senior Olympic Games


#### Swim Competition

**Sunday, Feb. 25 • 9 a.m.**  
at Mesquite Groves  
Aquatic Center

#### Archery Competition

**Saturday, March 3 • 9 a.m.**  
at Paseo Vista  
Archery Range

**Pre-registration required. For more information or to register, go to [seniorgames.org](http://seniorgames.org) or contact Nancy Jackson at 480-782-2722**



#### OLIVE MILL

Tour, shop, eat, at Queen Creek Olive Mill - Arizona's only working olive farm and mill. Family-owned and operated, our 100-acre farm with over 7000 olive trees is a true blossom-to-bottle experience. With plenty to taste, discover and enjoy, a great destination for all ages!  
**Activity Level: Moderate, some walking**  
Lunch price range: \$8-\$16  
Depart from: Senior Center  
**Resident fee: \$3 Non-resident fee: \$5**  
2SC050 W 12/6 10:45 a.m.-3 p.m. 55 yrs+

#### OCEAN BLUE CARRIBEAN

Experience Carribean cuisine right here in Chandler!  
**Activity Level: Easy, suitable for walkers.**  
Lunch price range: \$5-\$20  
Depart from: Senior Center  
**Resident fee: \$3 Non-resident fee: \$5**  
2SC051 W 1/24 11:30 a.m.-1:30 p.m. 55 yrs+

#### NINJA JAPANESE STEAKHOUSE

Join us for a lunch experience!  
**Activity Level: Easy, suitable for walkers.**  
Lunch price range: \$10-\$20  
Depart from: Senior Center  
**Resident fee: \$3 Non-resident fee: \$5**  
2SC052 W 2/21 11:30 a.m.-1:30 p.m. 55 yrs+

## Yoga, Pilates, Tai-Chi & Meditation

### CHAIR YOGA

Learn exercises to relax tension from your mind and body. Learn to use these meditation techniques to gradually develop a special quality of mind and emotion. Yoga and meditation will help you to obtain optimal health. Bring an exercise mat and towel.

Instructor: Sudesh Abrol

Location: Senior Center, Lounge

**Resident fee: \$33 Non-resident fee: \$45**

2SC014	W	12/6-1/24	10-11:15 a.m.	18 yrs+
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### TAI CHI CH'UAN – BEGINNERS

This ancient exercise is a gentle way to improve balance, flexibility, bone strength and concentration. Wear comfortable, loose fitting clothing, and flat bottom shoes. Supply fee is for new participants only.

Instructor: Carol Haynes

Instructor fee: \$0 Supply fee: \$3

Location: Senior Center, Multipurpose Room

**Resident fee: \$35 Non-resident fee: \$48**

2SC021	M/W	12/4-1/17*	2:45-3:45 p.m.	55 yrs+
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2SC022	M/W	1/22-2/26**	2:45-3:45 p.m.	55 yrs+
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\*No class 12/20, 12/25, 1/1 & 1/15, \*\*No class 2/19

### TAI CHI CH'UAN – INTERMEDIATE

Already been through the beginning class and want to advance? Review what you learned in the beginner class and then take it to the next level in this intermediate class!

Instructor: Carol Haynes

Location: Senior Center, Multipurpose Room

**Resident fee: \$35 Non-resident fee: \$48**

2SC023	M/W	12/4-1/17*	1:30-2:30 p.m.	55 yrs+
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2SC027	M/W	1/22-2/26**	1:30-2:30 p.m.	55 yrs+
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\*No class 12/20, 12/25, 1/1 & 1/15, \*\*No class 2/19

### YOGA AND MEDITATION

Learn exercises to relax tension from your mind and body. Learn to use these meditation techniques to gradually develop a special quality of mind and emotion. Yoga and meditation will help you to obtain optimal health. Bring an exercise mat and towel.

Instructor: Sudesh Abrol

Location: Senior Center, Lounge

**Resident fee: \$33 Non-resident fee: \$45**

2SC015	Th	12/7-1/25	10-11:15 a.m.	18 yrs+
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2SC016	Tu	12/5-1/30*	6-7:15 p.m.	18 yrs+
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\*No class 12/26

## ONGOING ACTIVITIES FOR ACTIVE ADULTS

### Arts & Crafts

**CRAFTS:** Free craft classes every second and fourth Thursday of the month at 9 a.m. All supplies provided.

**NEW PLASTIC CANVAS:** Free craft classes every first and third Thursday of the month at 9 a.m. All supplies provided.

**NEW COLORING:** Join us the second and fourth Wednesday of every month from 9:30-11:30 a.m. and enjoy the latest stress busting trend for adults. Connect with others and have fun with this timeless activity of coloring. We will provide the coloring pages and pencils.

**KNITTING/CROCHET:** Join us for crochet in the multipurpose room every Tuesday at 8:30 a.m.

**CERAMICS:** Join us for ceramic painting. Buy objects to paint and bring the items with you to the class. Every Wednesday at 8 a.m.

**QUILTING:** Every Tuesday and Thursday at 8:30 a.m.

### Cards & Games

**NEW BILLIARDS:** We offer two tables of play daily. Times vary. Call the Center for more details.

**BINGO:** Bring a friend or make some new ones while enjoying some fun, laughter and great prizes! Cost is 50 cents per card and there is no limit on the number of cards you can buy. Every Monday, Wednesday, and Friday from 12:15-1:15 p.m.



**BRIDGE:** Monday and Friday from Noon-3 p.m., and Tuesday and Thursday from 9-11 a.m.

**BUNCO:** Monday, Wednesday and Fridays at 10 a.m.

**PITCH:** Thursdays at Noon.

**EUCHRE:** Thursdays at 1 p.m.

**HAND & FOOT CARDS:** Tuesday and Wednesday from Noon-4 p.m.

**MEXICAN TRAIN DOMINOES:** Every day at 1 p.m.

**NEW PING PONG:** Monday and Wednesday from 8:30-11:30 a.m. at the Community Center.

**PINOCHLE:** Tuesday and Wednesday at Noon.

**MAJONG:** Mondays at 10 a.m.

### Computer

**COMPUTER LAB:** The Senior Center has a computer lab with six computers. You must be 55 or older to use the computer lab. The lab is not available during scheduled class times

### Health & Wellness

**LOW IMPACT EXERCISES:** Join us for three 30-minute sessions of exercise. Every Monday, Wednesday and Friday morning at 8:30 a.m.

**BLOOD PRESSURE CHECKS:** Americare Hospice and Palliative Care offers blood pressure checks the first Thursday of every month from 9-11 a.m.

**MINDFULNESS BRAIN EXERCISES:** Monday at 10:30 a.m.

**CHAIR MESSAGES:** AFC Physical Medicine and Chiropractic sponsors free massages the first Friday of every month from 9-11 a.m.

### Other

**BENEFITS ASSISTANCE PROGRAM:** Area Agency on Aging provides free Medicare consultations the second Monday of every month. Call for an appointment.

**LEGAL AID:** 30-minute legal consultations sessions are offered one day every month. Call for the date this month!

**PEER COUNSELING:** Free support services to help with problems, manage stress, achieve goals and cope with grief or depression. Contact Paty Iniguez with EMPACT at 480-262-3550 for details and to make an appointment.

### Social Fun

**BOWLING:** Every Thursday at 1 p.m. at Kyrene Lanes, 6225 W. Chandler Blvd. Cost: \$7.50, which includes three games. Shoe rental is separate.

**KOFFEE KLATCH:** Get the morning off to a good start with friends! Fresh coffee, hot tea and milk are served in the dining room for 25 cents per day. Monday through Friday, 8:30-10 a.m.

**NEW MOVIES IN THE LOUNGE:** Join us in the lounge for a free weekly movie every Friday at 1:30 p.m.! Snacks and refreshments are provided. Call the Senior Center for our weekly movie schedule.

**KARAOKE:** Second and fourth Fridays of the month at 10 a.m.

**DAILY LUNCH PROGRAM:** Sponsored by AZCEND, daily at 11:30 a.m. Suggested donation of \$2.50 for 60+, \$4 under 60.

*All activities are held at the Senior Center and no registration is required for these ongoing activities unless noted otherwise.*

The Chandler Senior Center is located at 202 E. Boston St.

For details call 480-782-2720 or visit [chandleraz.gov/senior-adults](http://chandleraz.gov/senior-adults).