

# 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.*

 **2016 APRA Volunteer of the Year:**  
Chandler Senior Center - Bert and LaVerne Johanson

## 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 beginners only.  
Instructor: DeeAnn Benson      Instructor fee: \$0      Supply fee: \$5  
Location: Chandler Community Center  
**Resident fee: \$63      Non-resident fee: \$86**  
1SC001      Tu      9/19-11/7      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**  
1SC005      F      9/1-9/22      2-3 p.m.      55 yrs+  
1SC006      F      9/29-10/20      2-3 p.m.      55 yrs+  
1SC007      F      10/27-12/1\*      2-3 p.m.      55 yrs+  
*\*No class 11/10 & 11/24*

### 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: \$16      Non-resident fee: \$22**  
1SC002      Tu      9/5-9/26      2-3 p.m.      55 yrs+  
1SC003      Tu      10/3-10/24      2-3 p.m.      55 yrs+  
1SC004      Tu      11/7-11/28      2-3 p.m.      55 yrs+

### ZUMBA® GOLD

This fun class is designed for active older adults at a lower intensity focusing on balance, range of motion, and coordination. Make sure to wear comfortable clothing and athletic shoes, and bring water.  
Instructor: Susan Alonso  
Location: Community Center  
**Resident fee: \$16      Non-resident fee: \$22**  
1SC008      W      9/6-10/25      10-11 a.m.      55 yrs+

## 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 Instructor  
Location: Community Center  
**AARP member fee: \$15      Non-AARP member fee: \$20**  
1SC022      Th      9/21      1-5 p.m.      18 yrs+  
1SC023      Th      10/19      1-5 p.m.      18 yrs+  
1SC024      Th      11/16      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**  
1SC036      M/Th      10/2-10/16      1-3 p.m.      55 yrs+

## MICROSOFT EXCEL 2010 – ADVANCED FORMULAS

This workshop will teach advanced formulas in Excel 2010. Also, we will cover filtering/sorting and sub-totaling with lots of examples.  
Instructor: Brigitte Calahate      Instructor fee: \$0      Supply fee: \$2  
Location: Senior Center, Computer Lab  
**Resident fee: \$10      Non-resident fee: \$14**  
1SC025      Tu      10/3      7-9 p.m.      18 yrs+

## MICROSOFT EXCEL 2010 - BASICS

This workshop is the introductory class to Excel to get your feet wet and become familiar with the program.  
Instructor: Brigitte Calahate      Instructor fee: \$0      Supply fee: \$2  
Location: Senior Center, Computer Lab  
**Resident fee: \$10      Non-resident fee: \$14**  
1SC027      Tu      9/19      7-9 p.m.      18 yrs+

## MICROSOFT EXCEL 2010 – DATA MANIPULATIONS

This workshop will teach you how to manipulate data in Excel 2010 by using cell naming, removing duplicates, locking cells, and protecting workbooks. Please note that this is a very advanced class with lots of examples.  
Instructor: Brigitte Calahate      Instructor fee: \$0      Supply fee: \$2  
Location: Senior Center, Computer Lab  
**Resident fee: \$10      Non-resident fee: \$14**  
1SC028      Tu      10/10      7-9 p.m.      18 yrs+

## MICROSOFT EXCEL 2010 – INTERMEDIATE

Already done the basic class and ready to move up? We're here for you!  
Instructor: Brigitte Calahate      Instructor fee: \$0      Supply fee: \$2  
Location: Senior Center, Computer Lab  
**Resident fee: \$10      Non-resident fee: \$14**  
1SC029      Tu      9/26      7-9 p.m.      18 yrs+

## MICROSOFT EXCEL 2010 – PIVOT TABLES

This workshop will teach you how to create pivot tables in Excel 2010. Please note that this is a very advanced class with lots of examples.  
Instructor: Brigitte Calahate      Instructor fee: \$0      Supply fee: \$2  
Location: Senior Center, Computer Lab  
**Resident fee: \$10      Non-resident fee: \$14**  
1SC026      Tu      10/17      7-9 p.m.      18 yrs+

## MICROSOFT POWERPOINT – BASICS

This workshop will teach you the menu bar, formatting text, adding pictures/clipart, and basic features associated with PowerPoint 2010. Few computer skills needed.  
Instructor: Brigitte Calahate  
Location: Senior Center, Computer Lab  
**Resident fee: \$10      Non-resident fee: \$14**  
1SC024      Tu      10/24      7-9 p.m.      18 yrs+

ACTIVE ADULT 55+ CLASSES

## MICROSOFT WORD – BASICS

This workshop is for the beginner who wants to learn about the Microsoft Word 2010 software. In this workshop, you will learn about the HOME menu bar and how to format text. Includes lots of hands-on exercises.

Instructor: Brigitte Calahate

Location: Senior Center, Computer Lab

Resident fee: \$10 Non-resident fee: \$14

1SC020 Tu 9/12 7-9 p.m. 18 yrs+

## Nature, Environment & Outdoors

### NEW SENIOR CENTER HIKING TRIPS

#### HAYDEN BUTTE PRESERVE AND TEMPE TOWN LAKE

Let's hike Tempe together on our first Senior Center hike! We will hike the Hayden Butte Preserve otherwise known as "A" mountain and loop around Tempe Town Lake.

Miles: 4.3 Difficulty: Easy Elevation gain: 282 ft.

Depart from: Senior Center

Resident fee: \$8 Non-resident fee: \$11

1SC037 Th 9/28 8:30 a.m.-2 p.m. 55 yrs+

#### BUTCHER JONES TRAIL

Take a scenic hike into the heart of the Mazatzal Wilderness, offering thrilling views into deep gorges, up rugged mountains, and across picturesque hills. Rocky cliffs and spectacular waterfalls accentuate an already dramatic landscape.

Miles: 5 Difficulty: Easy Elevation gain: Minimal.

Depart from: Senior Center

Resident fee: \$8 Non-resident fee: \$11

1SC038 Th 10/26 8:30 a.m.-2:30 p.m. 55 yrs+

#### INDIAN BEND WASH GREENBELT

Hike along storm drains and park systems in Scottsdale.

Miles: 5 Difficulty: Easy Elevation gain: 100 ft

Depart from: Senior Center

Resident fee: \$8 Non-resident fee: \$11

1SC039 Th 11/30 8:30 a.m.-2:30 p.m. 55 yrs+

## Special Events & Program

### TRIPS & EXCURSIONS

See Trips & Excursions listed on page 56

## Sports & Fitness



### 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+

### 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+

### 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 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 Tu 10-10:50 a.m. 55 yrs+  
Drop-In W 9-10 a.m. 55 yrs+

### SENIOR TOTAL BODY CONDITIONING

Senior Total Body Conditioning 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+

Check out Tumbleweed Recreation Center's Group Exercise Schedule on page 53 and at [chandleraz.gov/tumbleweed](http://chandleraz.gov/tumbleweed)



## Adopt-A-Park Program



The City's Adopt-A-Park Program offers citizens and especially park users, the opportunity to exhibit their pride in the community. It is set up for groups to visit the park of their choice on a regular basis to collect litter and complete other tasks and projects to ensure the park is kept clean. Local service and youth organizations, church and neighborhood groups can have fun while also providing a valuable community service. Groups can also win awards for their efforts. By adopting a community park, residents are making their parks more beautiful and are extending tax dollars by allowing City parks employees to spend their time on major renovation, repair and maintenance work. For more information call 480-782-2667 or visit [chandleraz.gov/parks](http://chandleraz.gov/parks).

**NEW TRIPS & EXCURSIONS**



**JOSEPH AND THE AMAZING TECHNICOLOR DREAMCOAT – HALE THEATER**

The Biblical saga of Joseph and his coat of many colors comes to vibrant life in the delightful musical parable. This Old Testament tale emerges both timely and timeless, and is one of the most popular shows ever produced. We will have an independent dinner before the show at a local Gilbert restaurant.

**Activity Level: Easy, suitable for people using walkers and wheelchairs**

Depart from: Senior Center

**Resident fee: \$33    Non-resident fee: \$45**  
 1SC040    Th    9/7    5-10:30 p.m.    55 yrs+

**ARIZONA STATE CAPITAL TOUR**

The Arizona Capitol Museum serves as a symbol of Arizona's rich and colorful history. It preserves, educates, and makes accessible Arizona's political, social, cultural, environmental, and economic history. Through its priceless collections and partnerships, the Museum hosts speakers' series and events, invites public and private stakeholders, and engages the public with the goal of improving our visitors' understanding of this distinct region. We will have an independent lunch at a local Phoenix restaurant.

**Activity Level: Strenuous, lengthy walk anticipated.**

Depart from: Senior Center

**Resident fee: \$8    Non-resident fee: \$11**  
 1SC041    Tu    9/12    9:15 a.m.-3 p.m.    55 yrs+

**TALIESIN WEST**

You'll be drawn closer to Frank Lloyd Wright's world on Taliesin West's signature tour. Visit all the locations on the Panorama Tour including special trips into the Wrights' private quarters and living room, the gracious Taliesin West "Garden Room," the drafting studio, the Music Pavilion, and the Cabaret. We will have an independent lunch after the tour at a local Scottsdale restaurant.

**Activity Level: Moderate, some stairs and extended standing, walking.**

Depart from: Senior Center

**Resident fee: \$16    Non-resident fee: \$27**  
 1SC042    Th    9/21    8:45 a.m.-2:30 p.m.    55 yrs+

**HISTORIC TOUR OF JEROME**

Recently voted as one of "America's Coolest Small Towns" by BudgetTravel.com readers, the former mining town is one of the most popular sites in Northern Arizona to visit. On this 1 ½ hour tour, our guide will drive you from the bottom to the top and all around this National Historic Landmark. You will be taken to back alleys, former brothel sites and other historic areas seldom seen by many visitors to this quaint, historic town. Following this richly historic tour, your guide will point out various restaurants, museums, shops, wine-tasting rooms and other areas of interest to round out your visit to this unique town. We will have an independent lunch at a local Jerome restaurant.

**Activity Level: Moderate, some walking through the town.**

Depart from: Senior Center

**Resident fee: \$46    Non-resident fee: \$62**  
 1SC043    Th    10/5    8 a.m.-5 p.m.    55 yrs+

**FISHING TRIP TO PAYSON**

Join us on a fishing adventure to Tunnel Creek outside of Payson. We will be fishing for trout and will finish the trip at a fish hatchery where you will be guaranteed to "catch the big one". Fishing poles and licenses will be provided. Please pack your own lunch.

**Activity Level: Moderate, some walking.**

Depart from: Senior Center

**Resident fee: \$29    Non-resident fee: \$40**  
 1SC044    M    10/9    8 a.m.-5 p.m.    55 yrs+

**BIOSPHERE 2**

An Interpretive Specialist guides through the history of the Biosphere 2 building where we learn how it is used today by University of Arizona scientists to study Earth-system science. The tour experience includes an overview of ongoing research projects, as well as interactions with University of Arizona researchers themselves whenever possible. No visit to Biosphere 2 is complete without a visit to the technosphere (specialized basement area) to see some of the machinery that controls the giant laboratory. The technosphere visit ends at the South Lung (variable volume air chamber), with the option of visiting the Ocean Gallery, time permitting.

**Activity Level: Strenuous, lengthy walk anticipated.**

Depart from: Senior Center

**Resident fee: \$40    Non-resident fee: \$54**  
 1SC045    W    11/1    8 a.m.-5 p.m.    55 yrs+

**PIMA AIR MUSEUM**

The Pima Air & Space Museum is one of the largest non-government funded aviation and space museums in the world, and features over 300 historical aircrafts, from a Wright Flyer to a 787 Dreamliner. Over the past forty years, the museum has grown immensely and today encompasses five indoor exhibit hangars (two dedicated to WWII).

**Activity Level: Strenuous, lengthy walk anticipated.**

Depart from: Senior Center

**Resident fee: \$27    Non-resident fee: \$37**  
 1SC046    Th    11/9    8 a.m.-5 p.m.    55 yrs+

**MUSICAL INSTRUMENT MUSEUM**

Musical Instrument Museum has been recognized by TripAdvisor as one of the top 20 museums in the United States and is rated the #1 attraction in Phoenix by TripAdvisor reviewers. Musical Instrument Museum provides a fun, one-of-a kind experience to be enjoyed by guests of all ages.

**Activity Level: Moderate, some walking.**

Depart from: Senior Center

**Resident fee: \$13    Non-resident fee: \$23**  
 1SC047    Tu    11/14    10:15 a.m.-3:15 p.m.    55 yrs+





## 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

Resident fee: \$48		Non-resident fee: \$65			
1TW122	Tu/Th	9/5-9/28	10:30-11:30 a.m.	55-99 yrs+	
1TW123	Tu/Th	10/3-10/26	10:30-11:30 a.m.	55-99 yrs+	
1TW124	Tu/Th	11/2-11/30	10:30-11:30 a.m.	55-99 yrs+	

\*No class 11/23

## Yoga, Pilates, Tai-Chi & Meditation

### TAI CHI CH'UAN – BEGINNERS

If you want to learn and practice an exercise that does not require any special clothing or equipment, that can be done anywhere, and that will also improve your stamina and strength, then Tai Chi may be for you! This ancient exercise is a gentle way to improve balance, flexibility, bone strength and concentration. Tai Chi is a form of exercise based upon martial arts, and has no age limits due to the calmness of the movements. Wear comfortable, loose fitting clothing, and flat bottom shoes.

Instructor: Carol Haynes  
Location: Senior Center, Multipurpose Room

Resident fee: \$35		Non-resident fee: \$48			
1SC014	M/W	9/11-10/11	2:45-3:45 p.m.	55 yrs+	
1SC015	M/W	10/16-11/15	2:45-3:45 p.m.	55 yrs+	

### 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			
1SC016	M/W	9/11-10/11	1:30-2:30 p.m.	55 yrs+	
1SC017	M/W	10/16-11/15	1:30-2:30 p.m.	55 yrs+	

### 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			
1SC018	Th	9/7-10/26	10-11:15 a.m.	18 yrs+	



Learn more about the [Senior Center](#) by scanning this QR code with your smart phone!



## Stay Connected with Us!



Join our monthly e-newsletter. Text **CHANDLERREC** to **22828** to get started.

Message and data rates may apply.



Follow us on Instagram and Twitter @ChandlerRec and find Chandler Recreation on Facebook and YouTube



# ACTIVE ADULT 55+ CLASSES



## Living Tree Donation Program

Through the City's Living Tree Program, you can help beautify our City parks, while celebrating life, by planting a tree! You can plant a tree in tribute of a wedding, birth of a child, anniversary, or to honor the memory of a loved one. Just donate money towards the purchase of a special tree, or donate a live tree to the City of Chandler Parks Division. We will then arrange for the park site and planting of the tree, as well as the tree maintenance. All living tree donations are tax-deductible.

For more information visit [chandleraz.gov/Content/LivingTreeBrochure.pdf](http://chandleraz.gov/Content/LivingTreeBrochure.pdf) or call, 480-782-2753.



**LOOKING FOR MORE 55+ ACTIVITIES?**  
Log on to [chandleraz.gov/senior-adults](http://chandleraz.gov/senior-adults) to find our newsletter and check out the Teen and Adult section (pages 45-53).

## 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 COLORING:** Join us the second Friday and fourth Wednesday of every month from 10 a.m.-noon 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.

**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:** In the Game Room every Monday, Wednesday and Friday from 10 a.m.-noon and 3-5 p.m. Also Tuesday and Thursday from 8 a.m.-5 p.m.

**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., Tuesday and Thursday from 9-11 a.m., and Wednesday at noon.

**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 8:30-11:30 a.m. at the Community Center.

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

### Computer

**COMPUTER LAB:** The Senior Center has a computer lab with 8 computers. You must be 55 or older to use the computer lab. The lab is not available during scheduled class times.

### Health & Safety

**ARTHRITIS EXERCISES:** This low-impact 30-minutes of exercise is a winner for everyone. Drop in and give it a try. Every Monday, Wednesday and Friday morning at 8:30 a.m.

**BLOOD PRESSURE CHECKS:** Medicare Hospice and Palliative Care offers blood pressure checks the first Thursday 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!

### 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.! Snack and refreshments are provided. Call the Senior Center for our weekly movie schedule.

**OUT TO LUNCH BUNCH:** Join other seniors as we try out new restaurants on the second Wednesday of every month at 11 a.m. Call for the name of the restaurant each month.

**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).