

Activities for Retirees

Classes begin the week of September 8th unless otherwise noted within class description. See page 2 for Code of Location Abbreviations.

PYLE ADULT RECREATION CENTER

655 E. Southern (corner of Rural & Southern)
www.tempe.gov/pyle. For information call
 480-350-5211.

The Pyle Adult Recreation Center is a recreation facility for adults ages 18 and older. Classes and programs for adults are offered through the brochure at this facility. The facility has a multipurpose room, dance room, billiards room, card room and 6 meeting rooms. Facility hours are:

Monday-Thursday	8am-9pm
Friday	8am-5pm
Saturday	9am-4pm
Sunday	Closed

Facility Closures

September 1, November 11, 27 & 28, and
 December 25

Retired Citizen Activities

Retirees of Tempe Association (RTA)-The Retirees of Tempe Association (RTA) is an organization sponsored by the City of Tempe Parks and Recreation Department, which offers ongoing programs at a discounted rate to Tempe's retired citizens at the Pyle Adult Recreation Center. An RTA membership is \$4 per person per year (January through December 2008). To become a member of the RTA stop by the Pyle Adult Recreation Center or visit us online at <http://www.tempe.gov/pyle/>.

Monthly Retiree Activities include:

Monday Lunch/Program	11:30am
Congregate Meals Tuesdays/Fridays	11:30am
Needlewielders Tuesdays/Thursdays ..	9am-12pm
Senior Songbirds meet Wednesdays.....	9:30am
Looney Tooner Kitchen	
Band meet Thursdays.....	9:30am
Tuesday New Release Movies.....	12:30pm
Bingo every Wednesday	1pm
Current Events Discussion group every Thursday.....	11:30am
Various Card groups throughout the week	time varies
Classic Movie Fridays.....	12:30pm

Fees for the above programs are minimal and vary by program to cover costs of the program. If you have any questions about any of the retiree programs or classes offered, call 480-350-5211 or visit our website at <http://www.tempe.gov/pyle/>.

PARTICIPATION & OBSERVATION:

- Minimum age requirement for the following activities is 50 years.
- Childcare is not offered.
- Observers and non-registered individuals including children are not permitted in classes or workshops.

Visual and Performing Arts

For list of suggested materials, visit <http://www.tempe.gov/pyle> or the Pyle Center front desk.

Drawing-Color/B & W-In this class, students can explore both black and white, and color media of their choice. Emphasis will be on technique, composition and learning to "see" color. Cost of materials will vary depending on the media you choose. Please bring one drawing medium and appropriate paper to the first class. *No class 11/24.

9655 M	9/8-10/20	12:30-3:30pm	\$39	PAC
10100 M	10/27-12/15*	12:30-3:30pm	\$39	PAC

Learn to Wood Carve-Learn basic wood carving skills using a carving knife. You will learn the cuts and techniques needed to go on to more advanced carving projects. Learned the basic skills? Then you can move on to more advanced projects. Kevlar gloves (can be provided by instructor) and carving knife (can be purchased from instructor for \$10) needed. Wood is provided. *No class 10/23.

13435 Th	9/18-11/13*	6:30-8pm	\$45	PAC
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Painting Level I & Level II-A course in acrylic and oil painting. Includes composition, color theory, and basic painting techniques. Class requires additional materials. Please bring materials to the first class. Level 2 class requires previous experience. *No class week of 11/24.

9664 Level 1 M	9/8-10/20	9am-12pm	\$39	PAC
10101 Level 1 M	10/27-12/15*	9am-12pm	\$39	PAC
9665 Level 2 W	9/10-10/22	1-4pm	\$39	PAC
10102 Level 2 W	10/29-12/17*	1-4pm	\$39	PAC
9666 Level 2 Th	9/11-10/23	1-4pm	\$39	PAC
10103 Level 2 Th	10/30-12/18*	1-4pm	\$39	PAC

Silversmithing-This class will teach you the basics of silversmithing and show you how to create your own jewelry pieces. You will complete a different jewelry piece each week. Supply costs vary and approximate cost is \$75.

13670 W	9/17-11/5	9am-1pm	\$65	PAC
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Watercolor Painting-Emphasis will be on use of materials as they apply to still life, landscape, and portraiture. Class requires additional materials. Approximate cost of materials is \$40-\$45 depending on projects selected. Please bring materials to the first class. *No class 11/11, 11/25

9675 T	9/9-10/21	1-4pm	\$39	PAC
10107T	10/28-12/16*	1-4pm	\$34	PAC

Exercise

Chair Yoga-Unable to get up and down from the floor? You can still do yoga! Learn to breathe slower and deeper, increase flexibility and strength, improve your memory, sleep better and boost your immune system. Suitable for all physical abilities! *No class 11/26.

9652 W	9/10-10/22	9-10:15am	\$29	PAC
13434 W	10/29-12/17*	9-10:15am	\$29	PAC

Dance Exercise-Get your heart pumping as you move to choreographed routines to encourage flexibility, muscular strength and cardiovascular endurance. *No classes 11/11, weeks of 10/6, 11/24, 12/1.

9653 M/W/F	9/8-10/24*	8:05-9am	\$36	PAC
10098 M/W/F	10/27-12/19*	8:05-9am	\$36	PAC
9654 T/Th	9/9-10/23*	8:05-9am	\$27	PAC
10099 T/Th	10/28-12/18*	8:05-9am	\$27	PAC

Fitness Walking Plus-Join a walking group that is not just walking, but combines walking with toning and strength building, too! Participants will meet at the Pyle Center and walk around the library complex pathway with intervals of strength and endurance exercises implemented into the walk. *No class 11/27.

13560 T/Th	10/28-12/18*	11am-11:55am	\$36	PAC
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For registration information see page 4.

Enter to win a prize by telling us what you think! Turn to page 24.

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QiYoga-A combination Qigong and Yoga class. Learn basic self-acupressure and breathing techniques, also increase flexibility and strength with simple stretching exercises. Gentler than regular yoga. **No class 11/24.*

9667 M 9/8-10/20 10:30am-12pm \$34 PAC
13424 M 10/27-12/15* 10:30am-12pm \$34 PAC

Stretch & Tone-Not exercised in awhile? Get back into the exercise routine with this gentle exercising and stretching program. Exercise at your comfort level either sitting in a chair or standing. **No classes 11/11, weeks of 10/6, 11/24, 12/1.*

9668 M/W 9/8-10/22* 10:30-11:15am \$25 PAC
10104 M/W 10/27-12/17* 10:30-11:15am \$25 PAC
9669 T/Th 9/9-10/23* 9:15-10am \$25 PAC
10105 T/Th 10/28-12/18* 9:15-10am \$23 PAC

Tai Chi I and II-This ancient exercise program consists of 36 individual memorized movements that help increase your balance and self-awareness. Gentler than yoga, this class is great for balance, memory and piece of mind. Pre-requisite for Tai Chi II is Tai Chi I. **No class 11/11, week of 11/24.*

9670 TC I T 9/9-10/21 11:30am-12:30pm \$28 PAC
13425 TC I T 10/28-12/16* 11:30am-12:30pm \$24 PAC
9671 TC II M 9/8-10/20 12:15pm-1:45pm \$34 PAC
13426 TC II M 10/27-12/15* 12:15pm-1:45pm \$34 PAC



Toners & Shapers-This class is designed to strengthen and tone muscles and to increase flexibility. Class consists of a warm up and stretch, strength training exercise, and a cool down stretch and relaxation. Each participant is encouraged to work at his/her own level. Participants are asked to provide their own weights upon instructor recommendation. **No classes 11/11, weeks of 10/6, 11/24, 12/1*

9646 M/W/F 9/8-10/24* 9:05-10:20am \$41 PAC
12908 M/W/F 10/27-12/19* 9:05-10:20am \$41 PAC

Weight Management through Hypnosis-480-350-5200-Get slim and healthy! Hypnosis is a safe and gentle way to learn to control and modify your eating behavior. While enjoying the deep relaxation of Hypnosis you will be given gentle suggestions that will help you begin to eat less, eat healthier and feel better about yourself. Wear comfortable clothing and bring a pillow to class. Fee: \$48. **No class 10/23.*

9378 50yrs+ Th 10/2-11/13* 12-1:30pm PAC



Dance

Ballet-This class encompasses the basics of classical ballet, including barre work, center work and across-the-floor movement. Learn the proper terminology and steps introduced into a fun and social atmosphere. Great for increasing strength, flexibility and coordination! **No class 11/26.*

9650 F 9/12-10/24 11:35am-12:30pm \$26 PAC
13427 F 10/31-12/19* 11:35am-12:30pm \$26 PAC

Jazz Dance-This class will use Broadway jazz routines to create a strong jazz dance foundation, learning basic jazz steps and focusing on technique. A great class to find the dancer within while enhancing flexibility and getting a cardio workout—all to enjoyable music! **No class 11/11, week of 11/24.*

9656 T/Th 9/9-10/23 10:10-11:05am \$34 PAC
13428 T/Th 10/28-12/18* 10:10-11:05am \$32 PAC

Latin Dance-Go up tempo learning a variety of energetic Latin dances such as Salsa, Cha Cha, Samba and others! The class will break down movement into easy-to-learn sections and in the process give you a good cardio workout! **No class 11/28.*

13555 F 9/12-10/24 10:35-11:30am \$26 PAC
13556 F 10/31-12/19* 10:35-11:30am \$26 PAC

Line Dance Beginning-A perfect class for the beginner who would like to learn the fun and easier dances at a slower pace. Focus is on form, technique and terminology in a fun and friendly environment. **No class 11/11, 11/25.*

9657 T 9/9-10/21 1:10-2:40pm \$28 PAC
13429 T 10/28-12/16* 1:10-2:40pm \$24 PAC

Line Dance Intermediate-Intermediate level is a continuing class for the person who feels they have mastered the basics and want more of a challenge. Focus is on new rhythms, patterns and styles as you move to the music. You'll learn the more popular dances done worldwide. **No class 11/11, 11/25.*

9658 T 9/9-10/21 2:45-4:15pm \$28 PAC
13430 T 10/28-12/16* 2:45-4:15pm \$24 PAC

Tap Dance Intermediate-Get fit while having fun! Learn the fundamental techniques and steps, and then choreograph them for muscle memory. Start tapping your way to fitness! *No classes 11/11, week of 11/24.*

9672 T/Th 9/9-10/23 9:10-10:05am \$34 PAC
13432 T/Th 10/28-12/18* 9:10-10:05am \$32 PAC

Tap Dance Performance-Take the fundamental tap dance techniques and steps you've learned and now focus on formations and polishing up routines for performance purposes. Must come prepared to have fun! **No classes 11/11, week of 11/24.*

9673 T/Th 9/9-10/23 11:10am-12:05pm \$34 PAC
13433 T/Th 10/28-12/18* 11:10am-12:05pm \$32 PAC

Pyle Special Events

Art and Craft Boutique

Friday, 10/24, 9am-4pm
Saturday, 10/25, 9am-3pm

FREE ADMISSION

It's time once again for this annual two-day event! Shop for a variety of unique, handcrafted items and get a jump start on your holiday shopping! Food and beverages will be available for a charge and FREE entertainment will be provided! Craft vendors age 50 and older may purchase spaces for the boutique for \$20/table if a current RTA member. Vendors under 50 years of age and non-members may purchase space for \$30/table. Lottery registration for RTA members will be on Monday, September 8 at 9 am. Non-RTA members and members under 50 years of age will be permitted to register for any additional space beginning Wednesday, September 10 at 8 am. For more information, please call 480-350-5211.

On-line Registration is now available at
www.tempe.gov/brochure

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Cahill Senior Center

715 W. 5th Street
480-858-2420

www.tempe.gov/cahillseniorcenter/

The Dennis J. Cahill Senior Center offers a fully equipped fitness room (schedule a free fitness orientation), computers with Internet access, billiards, fitness challenge, luncheons, classes, movies, and special events for ages 50 and over.

Facility Hours:

Monday-Friday 8:30am-2:30pm

Facility Closures:

September 1, November 11, 27, 28,
December 25, January 1

Weekly Activities Include:

Monday

TCAA Congregate Lunch 11:45am

BINGO* 1pm

Wednesday

New Release Movie..... 11am

Friday

BINGO* 1pm

No Bingo on November 28 and December 5.

*Card sales begin 30 minutes prior to BINGO.

Please refer to the Roadrunner Chronicle newsletter or call 480-858-2420 for more information. Join the RTA (Retirees of Tempe Association) for meal discounts, monthly newsletter and first priority in registration.

Special Events

Entertainment or themed activities often accompany Friday special event meals. Please register by the Wednesday prior to the event date. For additional information on the following special events and menus, please refer to the monthly Roadrunner Chronicle.

Breakfast & Bunco-Join us for a delicious breakfast and a game of Bunco. Register by the Monday before each date. Fee: \$3 for RTA members; \$4 for non-members.



12825	W	9/10	9am	CSC
12826	W	10/8	9am	CSC
12827	W	11/12	9am	CSC
12828	W	12/10	9am	CSC

Pancake Breakfast-Register by the Monday before each date. Fee: \$3.

12829	W	9/24	9am	CSC
12830	W	10/22	9am	CSC

Back to School Luncheon-Menu: Lasagna, tossed green salad, garlic bread, and cherry pie with ice cream. Fee: \$4 for RTA members; \$5 for non-members.

12831	F	9/12	11am	CSC
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Oktoberfest-Menu: Bratwurst and sauerkraut on a bun, German potato salad, and apple pie ala mode for dessert. Entertainment by the Krugenkraut Band. Fee: \$5 for RTA members; \$6 for non-members.

12832	F	10/3	11am	CSC
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Halloween Party-Come dressed in your spooky finest for a costume contest and Halloween games. Lunch menu: Beef stew, crusty French bread, tossed green salad, pumpkin gooey butter cake. Fee: \$4 for RTA members; \$5 for non-members.

12833	F	10/31	11am	CSC
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Thanksgiving Luncheon-Menu: Roast turkey, dressing, mashed potatoes and gravy, vegetable, and pumpkin pie. Entertainment by the Orpheus Emeritus Men's Chorus. Fee: \$6 for RTA members; \$7 for non-members.

12834	F	11/21	11am	CSC
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Holiday Tea-Kick off this holiday season with a relaxing afternoon tea. Sample a variety of teas and enjoy delicate pastries and finger sandwiches. Entertainment by the Dickens Carolers. Fee \$7 for RTA members; \$8 for non-members.

12835	F	12/5	1pm	CSC
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Dirty Santa Party-Bring a wrapped gift with a value of \$10 or less and join in a "Dirty Santa" gift exchange. Lunch menu: Meatball sandwich, tossed green salad, cookies and ice cream. Fee: \$4 for RTA members; \$5 for non-members.

12836	F	12/12	11am	CSC
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Holiday Luncheon-Enjoy some holiday cheer with a meal of spiral cut ham, roasted red potatoes, creamed peas, Jello salad, dinner roll, and dessert. Entertainment: Senior Songbirds. Fee \$5 for RTA members; \$6 for non-members.

12837	F	12/19	11am	CSC
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**How to keep a good class going...
REGISTER EARLY!!!**

Fitness Challenge-Take the fitness challenge at Cahill Senior Center. Work out in our fully equipped fitness room at your convenience, record your work out and you'll be on your way to earning a reward. Call to schedule your fitness orientation (480-858-2420). Stop by the Cahill front desk to sign up for the Fitness Challenge today. Fee: None.



Computer Education

The Cahill Senior Center offers basic computer education classes as described below. Please call 480-858-2420 for schedule information. Fees range from \$2 to \$5 per course.

Computer Basics-For the beginner, this class covers computer definitions, keyboarding and mouse skills.

Computer 101-This class is for the novice computer user. Participants will be introduced to the Internet, search engines, email, and more.

Computer 102-This is Microsoft Word for beginners. Creating letters and posters using Word is covered as well as formatting text to be bold, italic, and underlined is taught. Cutting and pasting, indenting, and inserting Word Art will also be covered.

E-mail Workshop-Create your own free email account. Learn to respond to e-mails and create your private address book. Find out about spam, spy ware, and viruses. This one day workshop is a must for those who want to learn all about e-mail.