

ROADRUNNER CHRONICLE

A monthly newsletter sponsored by the Retirees of Tempe Association



PYLE ADULT RECREATION CENTER ♦ 655 E. Southern Avenue ♦ Tempe, AZ 85282 ♦
Phone 480-350-5211 ♦ TTY 480-350-5050 ♦ www.tempe.gov/pyle



Check out some of the newer class additions here at Pyle!

- Fitness Walking Plus, pg. 6
- Latin Dance, pg. 7
- Learn to Wood Carve, pg. 5
- Silversmithing for Beginners, pg. 5
- Silversmithing Advanced, pg. 5

Interested in forming and being a part of a trip committee? Stop by the front desk to let us know!

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Dennis J. Cahill Senior Center Tempe Community Action Agency

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Powerful Tools for Caregivers



Provided by the Area Agency on Aging, this class will focus on caregivers and be primarily geared towards family caregivers. The class will cover many aspects, from learning how to adapt to the role, developing an action plan and learning how to relax and relieve stress.

Thursdays, Oct. 2 through Nov. 6, 1:30 - 3pm
Registration Code: 13141 Fee: none

Attention Crafters!

The Art & Craft Fair will be held on Friday and Saturday, October 24 & 25. Mark your calendar!

Lottery registration to be a vendor at the Art & Craft Fair will be held on Monday, September 8 at 9am for RTA members.

Non-members and those under 50 years of age will be able to register for remaining tables beginning Wednesday, September 10.



If you have any questions stop by the front desk or call 480-350-5211.

September 2008

2 *Monday Lunches in September*

Our lunch program begins with announcements at 11:30 am and is followed by a delicious meal and then entertainment. Advance registration is required and you may register for the entire month in advance, but payment in full is required by the Thursday prior to the Monday program.

September 1: Pyle Center Closed!

Pyle Center closed in observance of Labor Day.

September 8: Pecan pie for dessert and movie, Mad Money!



Menu: Bring a sack lunch, we'll serve pecan pie for dessert and then watch *Mad Money*, a crime comedy starring Diane Keaton, Queen Lati-fah and Ted Danson. **Synopsis:** Posh housewife Bridget is thrust back into the working world after her husband gets downsized, accepting a job on the midnight cleaning crew at a local branch of the Federal Reserve Bank. When the growing temptation of the cash that surrounds her night after night ultimately proves too powerful to resist, Bridget teams with two of the other cleaners for a criminal exercise in creative moneymaking.

Fee: \$1.00 RTA members/\$2.00 for non-members

Registration Deadline: Thursday, September 4

Registration Code: 9538

September 15: Pizza Day and entertainer extraordinaire, Marty Berk!

Menu: Two slices of pizza (let us know if you want cheese or sausage), salad, ice cream sandwich.

Entertainment Marty acts out many of the comedy novelty songs from the 50's, 60's, 70's and 80's using hilarious choreography, hats, wigs and custom made props. Marty's show is very high energy! He tours around the country, so make sure to catch him here at Pyle while he's in town!



Fee: \$4.00 RTA members/\$5.00 non-members

Registration Deadline: Thursday, September 11

Registration Code: 9539

September 22: Healthy Lunch Day!

Menu: Asian salad with grilled chicken, granola yogurt parfait.

Entertainment Jumbo Jam Basketball. Enjoy this unique, EASY and totally non-basketball expert-friendly game of indoor basketball, Pyle style!

Fee: \$4 RTA members/\$5.00 for non-members

Registration Deadline: Thursday, September 18

Registration Code: 9540

September 29: Birthday Bingo!

Help us celebrate the September birthdays! Bring your own lunch and enjoy some cake & ice cream. Following that play some Bingo for small prizes. Don't pass up on the fun!

Fee: Free for RTA members/\$1.00 for non-members

Registration Deadline: Thursday, September 25

Registration Code: 9541

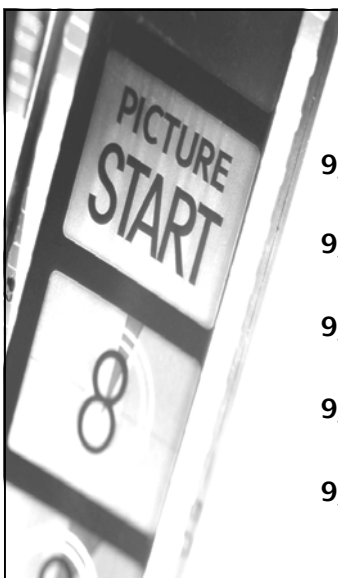




TCAA Lunch Program on Tuesdays & Fridays! NEW TIME!!

Join us for a nutritional lunch and strike up a conversation with a friend. Throughout the month we'll also have activities & speakers scheduled so check out the calendar below! Scheduled activities will start at approximately 10:45am. Lunch is served at 11:30 am. **You need to sign up for lunch by noon the day before!**

Tue., Sep. 2	Menu: Herb roasted chicken, Scandinavian vegetable blend, garden salad, whole wheat roll, ambrosia.
Fri., Sep. 5	Menu: Sloppy Joe, baked beans, peas & carrots, whole wheat bun, fresh oranges.
Tue., Sep. 9	Menu: Baked rigatoni w/Italian sausage, Italian blended vegetables, garden salad, whole wheat roll, pear halves. Activity: Po-ke-no.
Fri., Sep. 12	Menu: Baked cod fillet, vegetable rice pilaf, oriental vegetables, whole wheat roll, fresh fruit.
Tue., Sep. 16	Menu: Fajita chicken sandwich, steak fries, garden salad, whole wheat bun, fresh fruit.
Fri., Sep. 19	Menu: Bratwurst, sauerkraut, German potato salad, whole wheat bun, fresh oranges. Activity: Left, Center, Right.
Tue., Sep. 23	Menu: Honey Dijon chicken breast, California blended vegetables, garden salad, whole wheat roll, apple sauce. Activity: Penny Ante.
Fri., Sep. 26	Menu: Crab cake, oriental mixed vegetables, peas & carrots, whole wheat roll, fresh fruit.
Tue., Sep. 30	Menu: Linguini & chicken Alfredo, Italian vegetable blend, garden salad, whole wheat roll, sliced pears. Activity: Skip-Bo.



NEW MOVIE TUESDAYS

FREE every Tuesday at 12:30pm.

- 9/2 **Nim's Island**
Fantasy (PG) 96 min
- 9/9 **Penelope**
Romance (PG) 90 min
- 9/16 **What Happens in Vegas**
Comedy (PG-13) 99 min
- 9/23 **Recount**
Drama (NR) 116 min
- 9/30 **Fool's Gold**
Action/Comedy (PG-13) 113 min

CLASSIC FILM FRIDAYS

FREE every Friday at 12:30pm.

Classic courtroom dramas

- 9/5 **To Kill a Mockingbird**
Drama, 129 min
- 9/12 **12 Angry Men**
Drama, 96 min
- 9/19 **The Verdict**
Drama, 129 min
- 9/26 **Anatomy of a Murder**
Drama, 160 min

4 *Fall Classes at Pyle*

Walk-in registration has begun! Register in person at the Pyle Center or register online at <http://pkreconline.tempe.gov>

General Interest Classes

Flower Gardening-Colorful flowers can brighten a desert garden throughout the year, if you know when and how to plant the right varieties. Landscape architect and long-time flower gardener Judy Mielke will show you which varieties of flowers do best in our climate, when to plant them and how to care for your flower garden once it is established. Fee: \$25.

13138 T 9/30 6-8pm

Friendship Force International-Interested in travelling and meeting people from all over the world? Join Lucille Houston, a member of Friendship Force, as she discusses how Friendship Force International brings people of the world together through home stay exchanges which can be national or international, creating unforgettable experiences that build lasting bonds of friendship. Fee: none.

13133 T 9/9 6-7:30pm

Get the Most Out of Your Digital Camera-Make that transition into the digital age a little smoother. You'll learn basic photography elements such as composition and exposure and talk about things that are exclusive to digital photography such as file formats, pixels and more! Attendees are encouraged to bring their cameras. Fee: \$10

13147 W 9/17 & 9/24 6:30-8pm

13144 W 11/12 & 11/19 6:30-8pm

Health and Your Lifestyle-Elayn Bigelow, retired Health Curriculum Specialist, will be presenting a series of DVD's presenting information about nutrition and the link between food, life-style behavior and health. Individual presenters on the DVD's will be health specialists, such as physicians, scientists, clinicians, nutritionists, and psychologists sharing the results compiled in their research. Each presentation will be followed by an informal and open discussion by those in attendance led by Elayn. Fee: none.

13134 T 9/9-11/4 10:30am-12pm

Powerful Tools for Caregivers-Provided by the Area Agency on Aging, this class will focus on caregivers and be primarily geared towards family caregivers. The class will cover many aspects, from learning how to adapt to the role, developing an action plan and learning how to relax and relieve stress. Fee: none.

13141 Th 10/2-11/6 1:30-3pm

Stress Management for Healthy Aging-This 6-week, stress-reduction program will cover strategies that use the connection between the mind and the body to help reduce your stress, decrease physical symptoms, improve mood, and increase your positive outlook on life. Presented by ASU Clinical Psychology Department. Fee: \$50.

13140 M 10/6-11/10 6-8pm

Ready to Go Digital?-Are you ready for the mandatory conversion to digital TV? Having a hard time understanding some of the newer technology? Learn about digital television, HDTV, Blu-Ray and what you need to know when you go to the store and look at the latest video equipment. Fee: none

13148 M 10/20 6:30-8pm

You can register online at <http://pkreconline.tempe.gov>

Pyle Adult Recreation Center

Rejuvenate From the Inside Out-Certified acupuncturist and Tai Chi instructor Victoria Mogilner will cover how to replenish yourself from the inside out with acupressure self help and Tai Chi. During the two-part series we will cover stress reduction, facial rejuvenation and learning the pressure points for neck, back and shoulder problems and how to increase your stamina. You will leave feeling replenished and be given tools and handouts on how to take care of yourself naturally.

13149	W	10/15-11/5	1:30-2:30pm	\$25
13150	Th	11/6 & 11/13	6:30-8pm	\$20

Art Classes

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
10100	M	10/27-12/15*	12:30-3:30pm	\$39

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. *No class 10/23.

13435	Th	9/18-11/13*	6:30-8pm	\$45
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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. A list will be sent to students before first class. Please bring materials to the first class. Level 2 class requires previous experience. *No class week of 11/24.

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

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	9/10-11/5	9am-1pm	\$65
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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. A list will be sent to students before first class. 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
10107	T	10/28-12/16*	1-4pm	\$34

You can register online at <http://pkreconline.tempe.gov>

6 *Fall Classes at Pyle*

Yoga and Exercise Classes

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

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

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
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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
13424	M	10/27-12/15*	10:30am-12pm	\$34

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

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

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

9674	M/W/F	9/8-10/24*	9:05-10:20am	\$41
10106	M/W/F	10/27-12/19*	9:05-10:20am	\$41

Dance Classes

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 11/28.

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

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
13428	T/Th	10/28-12/18*	10:10-11:05am	\$32

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

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

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

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

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.

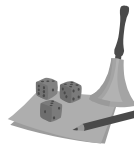
9673	T/Th	9/9-10/23	11:10am-12:05pm	\$34
13433	T/Th	10/28-12/18*	11:10am-12:05pm	\$32

You can register online at <http://pkreconline.tempe.gov>

Pyle Center—September 2008

MON	TUES	WED	THURS	FRI
1 Pyle Center Closed	2 •9am-1pm Needleweilders •9:30-11:30am Benefits Assistance Program •10am Readers' Theatre •10am-2pm Party Bridge •10am-2pm Pinochle •11:30am TCAA Lunch •12:30pm FREE Movie: Nim's Island	3 •9am-1pm Painting Workshop •9:30am-11:30am Senior Songbirds •12:30-4pm Mah Jongg •1pm BINGO	4 •9am-1pm Needleweilders •9:30am Harmonizers •10am Party Bridge •10am-2pm Pinochle •12-1:30pm Current Events •1-4pm Mah Jongg, Games, Etc.	5 •9am-12pm Canasta •9am-12pm Mah Jongg •12-3pm Pinochle •11:30am TCAA Lunch •12:30pm FREE Movie: To Kill a Mockingbird
8 •10am RTA meeting •10:30am Blood Pressure Check •11:30am Cribbage •11:30am Movie Day and Dessert! Pecan pie and dessert. Movie: Mad Money •1pm Scrabble	9 •9am-1pm Needleweilders •10am Readers' Theatre •10am-2pm Party Bridge •10am-2pm Pinochle •11:30am TCAA Lunch •12:30pm FREE Movie: Penelope •6pm Friendship Force International presentation	10 •9am-1pm Painting Workshop •9:30am-11:30am Senior Songbirds •12:30-4pm Mah Jongg •1pm BINGO	11 •9am-1pm Needleweilders •9:30am Harmonizers •10am Party Bridge •10am-2pm Pinochle •12-1:30pm Current Events •1-4pm Mah Jongg, Games, Etc.	12 •9am-12pm Canasta •9am-12pm Mah Jongg •11:30am Bunch for Lunch (off-site location) •12-3pm Pinochle •11:30am TCAA Lunch •12:30pm FREE Movie: 12 Angry Men
15 •11:30am Cribbage •11:30am Pizza and entertainment! 2 slices of pizza, salad, dessert. Entertainment: Marty Berk •1pm Scrabble	16 •9am-1pm Needleweilders •9:30-11:30am Benefits Assistance Program •10am-2pm Party Bridge •10am-2pm Pinochle •11:30am TCAA Lunch •12:30pm FREE Movie: What Happens In Vegas	17 •9am-1pm Painting Workshop •9:30am-11:30am Senior Songbirds •12:30-4pm Mah Jongg •1pm BINGO •6:30pm Get Most Out of Your Digital Camera	18 •9am-1pm Needleweilders •9:30am Harmonizers •10am Party Bridge •10am-2pm Pinochle •12-1:30pm Current Events •1-4pm Mah Jongg, Games, Etc. •1:30pm Living a Healthy Life with Chronic Conditions	19 •9am-12pm Canasta •9am-12pm Mah Jongg •12-3pm Pinochle •11:30am TCAA Lunch •12:30pm FREE Movie: The Verdict
22 •Registration begins for classes for non-Tempe residents •11:30am Cribbage •11:30am Healthy Lunch Day! Asian salad w/grilled chicken. Entertainment: Jumbo Jam Basketball! •1pm Scrabble	23 •9am-1pm Needleweilders •9:30-11:30am Benefits Assistance Program •10am Readers' Theatre •10am-2pm Party Bridge •10am-2pm Pinochle •11:30am TCAA Lunch •12:30pm FREE Movie: Recount	24 •9am-1pm Painting Workshop •9:30am-11:30am Senior Songbirds •12:30-4pm Mah Jongg •1pm BINGO •6:30pm Get Most Out of Your Digital Camera	25 •9am-1pm Needleweilders •9:30am Harmonizers •10am Party Bridge •10am-2pm Pinochle •12-1:30pm Current Events •1-4pm Mah Jongg, Games, Etc. •1:30pm Living a Healthy Life with Chronic Conditions	26 •9am-12pm Canasta •9am-12pm Mah Jongg •9am Bibliomaniacs •12-3pm Pinochle •11:30am TCAA Lunch •12:30pm FREE Movie: Anatomy of a Murder
29 •11:30am Cribbage •11:30am Birthday Bingo— Bring a sack lunch and enjoy some cake, ice cream, bingo! •1pm Scrabble	30 •9am-1pm Needleweilders •10am-2pm Party Bridge •10am-2pm Pinochle •11:30am TCAA Lunch •12:30pm FREE Movie: Fool's Gold			

715 W. 5th Street
Tempe, AZ 85281
480-858-2420
TTY 480-350-5050
Open Mon.-Fri., 8:30 am – 2:30 pm
www.tempe.gov/cahillseniorcenter



Breakfast & Bunco

Wednesday, September 10

9:00 am

Menu:

Scrambled Eggs, Bacon, Hash Browns,
Fruit Cup & English Muffin

Fee: RTA members \$3; non-members \$4

Registration Code: 12825



Back to School Luncheon

Friday, September 12

11:00 am

Menu: Lasagna, tossed green salad,
garlic bread & cherry pie a la mode

Toni Dimond will be here to
play the piano for a sing-along, so
warm up those windpipes!

Fee: RTA members \$4

non-members \$5

Registration Code: 12831

Pancake Breakfast

Wednesday, September 24

9:00 am

Menu:

Pancakes (of course!)

Fruit, Bacon, Juice & Coffee
Games or relaxation with your friends.



Fee: \$3

Registration Code: 12829



BINGO

Mondays and Fridays

1:00 pm

Bingo cards go on sale 30 minutes
prior to the start of the game.

Cards are 50¢ each with a six (6) card limit.

Friday \$2 Lunches



Join us for lunch at 11:00 am and
then stay for **BINGO** at 1:00 pm.

Menus:

September 5: Taco, Refried Beans, Chips & Salsa
Registration Code: 12850

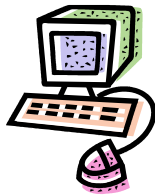
September 19: Hot Dogs, Chips & Pickle
Registration Code: 12851

September 26: BLT, Top Ramen, Chips & Pickle
Registration Code: 12852



10 *Special Interest*

Computer Courses are back!



Register Early - Space is Limited
Call 480-858-2420 for class descriptions.

Computer 102 Fee: \$5 Tuesdays, Sept 2—30

Reg. Code: 12838 9 -10 am

Computer Basics Fee: \$5 Tuesdays, Sept 9—23

Reg. Code: 12839 10:15 - 11:15 am

Computer 101 Fee: \$5 Tuesdays, Oct 7—28

Reg. Code: 12846 9 -10 am



All TCAA **MONDAY** activities start prior to lunch, usually between 10:30-11:00am.

Lunch is served at 11:45am.

Refer to the calendar on page 11 for menus.

Sign up by **NOON** on the **Friday** before.

9/1 **Closed for Labor Day**

9/8 **International Literacy Day**

A cause for celebration as we recognize the importance of literacy in our daily lives. Stories, word games and more!

9/15 **Talk Like a Pirate Day**

Learn pirate lingo, get your own pirate name and let's go on a scavenger hunt and find some pirate treasure!

9/22 **Ice Cream Cone Day**

How many licks does it take to finish an ice cream cone? There is only one way to find out, join us for all the fun and flavors that will make you feel like a kid again-mmm!

9/29 **Craft**

Free NEW RELEASE MOVIE



WEDNESDAYS at 11:00 am

September 3 **Jumper (PG13)**
Sci-Fi 88 min.



September 10 **Honeydripper (PG13)**
Drama 124 min.



September 17 **NO MOVIE TODAY**

September 24 **Untraceable (R)**
Mystery 101 min.



Looking ahead to October ~

Oct 1 Free Lecture: Maricopa Integrated Health System

Oct 3 Oktoberfest!

Oct 8 Breakfast & Bunco

Oct 16 HeartAware Program

Oct 22 Pancake Breakfast

Oct 31 Halloween Lunch and Party



Cahill Senior Center

September 2008 - Cahill Senior Center

MON	TUES	WED	THURS	FRI
<p>1</p> <p>CENTER CLOSED FOR LABOR DAY</p>	<p>2</p> <ul style="list-style-type: none"> •9am Comp 102 (Class one) 	<p>3</p> <ul style="list-style-type: none"> •11am FREE Movie <i>Jumper (PG13)</i> 	<p>4</p>	<p>5</p> <ul style="list-style-type: none"> •11am \$2 Lunch Taco, Refried Beans, Chips & Salsa Code: 12850 •1pm BINGO 
<p>8</p> <ul style="list-style-type: none"> •11:45am TCAA Lunch International Literacy Day BBQ Pulled Pork Sandwich Chuckwagon Blended Corn California Vegetables Whole Wheat Bun Fruit Cocktail •1pm BINGO 	<p>9</p> <ul style="list-style-type: none"> •9am Comp 102 (Class two) •10:15 Comp Basics (Class one) 	<p>10</p> <ul style="list-style-type: none"> •9am Breakfast & Bunco Code: 12825 •11am FREE Movie <i>Honeydripper (PG13)</i> 	<p>11</p>	<p>12</p> <ul style="list-style-type: none"> •11am Back to School Luncheon Lasagna, Tossed Green Salad, Garlic Bread, Cherry Pie a la mode Entertainment: Sing Along with Toni Dimond Code: 12831
<p>15</p> <ul style="list-style-type: none"> •11:45am TCAA lunch Talk Like a Pirate Day Meatball Stroganoff Mashed Potatoes Broccoli Whole Wheat Sub Roll Peach Halves •1pm BINGO 	<p>16</p> <ul style="list-style-type: none"> •9am Comp 102 (Class three) •10:15 Comp Basics (Class two) 	<p>17</p> <p>NO SENIOR ACTIVITIES TODAY</p> <p>NO MOVIE TODAY</p>	<p>18</p>	<p>19</p> <ul style="list-style-type: none"> •11am \$2 Lunch Hot Dog, Chips & Pickle Code: 12851 •1pm BINGO
<p>22</p> <ul style="list-style-type: none"> •11:45am TCAA lunch Ice Cream Cone Day Meatball Submarine Sandwich Capri Mixed Vegetables Potato Wedges Whole Wheat Sub Roll Mandarin Oranges •1pm BINGO 	<p>23</p> <ul style="list-style-type: none"> •9am Comp 102 (Class four) •10:15 Comp Basics (Class three) 	<p>24</p> <ul style="list-style-type: none"> •9am Pancake Breakfast Code: 12829  <ul style="list-style-type: none"> •11am FREE Movie <i>Untraceable (R)</i> 	<p>25</p>	<p>26</p> <ul style="list-style-type: none"> •11am \$2 Lunch BLT, Top Ramen, Chips & Pickle Code: 12852 •1pm BINGO
<p>29</p> <ul style="list-style-type: none"> •11:45am TCAA lunch Birthday Celebration Craft Day Roast Pork Loin Scalloped Potatoes Green Beans Whole Wheat Roll Birthday Cake •1pm BINGO 	<p>30</p> <ul style="list-style-type: none"> •9am Comp 102 (Class five) 	<p><i>Looking ahead to</i> </p> <ul style="list-style-type: none"> Oct 1 ~ Free Lecture: Maricopa Integrated Health System Oct 3 ~ Oktoberfest! Oct 8 ~ Breakfast & Bunco Oct 16 ~ HeartAware Program Oct 22 ~ Pancake Breakfast Oct 31 ~ Halloween Lunch and Party 		



All military veterans are invited
to
A Coffee and Conversation
Hour
At
The Tempe Connections Café
Located in the Tempe Library
On
The second Thursday of each
month
At
9:30 AM
We hope to see you there!

Bunch for Lunch Group

Join this fun group as they meet for lunch and enjoy good food and good company.

Who: Anyone!

When: Friday, September 12 at 11:30am

Where: Olive Garden , 1010 W. Elliot, Tempe (located north side of Elliot at Hardy).

Please sign up at Pyle front desk if you would like to attend.



Bibliomaniacs Book Club

Book of the month:

North River by Pete Hamill.

Join this month's discussion on Friday, September 26 at 9am. Members provide their own copy of the book.

Visit our website at: <http://www.tempe.gov/pyle>