

The Center Piece

July 2023



The Center will be CLOSED
July 3 & 4
for Independence Day



Calling all First Responders in the Prescott/Prescott Valley area! It will be our pleasure to show our appreciation to you on **July 12th** at The Center with an awesome BBQ cooked just for you. See you there!

STUFF THE BUS!

Our mission at The Center is to Stuff a Bus (a real school bus!) with back packs and school supplies for kids who will need them for the 2023-24 School Year.



With your help, we'll be able to reach our goal of one full bus so we can hand out supplies to the kids at our Back-to-School Craft Fair on July 21 & 22. You can find our drop-off locations and the School Supply Wish List on our website at www.thecenteronrosser.org/stuff-the-bus. Supply donations will be accepted through July 18. You can also find a monetary donation QR code above the Wish List link. A BIG thank you to PUSD for the bus-on-loan!

Here's a sample of the items on the School Supply Wish List:

Backpacks ● Earbuds ● #2 Pencils ● Pencil Boxes ● Crayons
Glue Sticks ● Scissors ● Pink Erasers ● Binders ● Tissues...More

READ MORE INSIDE



NEW
SPONSORSHIP
OPPORTUNITIES



UPGRADES
FOR
THE CENTER



VOLUNTEER
PROGRAMS
FOR SUMMER

From the CEO

America is hope. It is compassion. It is excellence. It is valor. - Paul Tsongas

Hello
Summer

It is hard to believe that just two years ago we reopened after COVID.

Although we are still working toward becoming The Center in our community, we are making progress, and we are happy to have you supporting us. It is truly a joy to come to work every

day and spend time in a fun, friendly environment. I often hear people comment on the welcoming atmosphere of The Center. This is a team effort: the staff, volunteers, instructors, and participants are responsible. Thanks to all for creating a Center that exhibits a warm, welcoming atmosphere.

June was a busy and exciting month at The Center with many new classes and activities and the creation of new spaces! We appreciate your patience as we are still shuffling classes and activities due to the construction. The end result will be a much better Fitness Room and a second Studio for everyone to enjoy as classes and activities continue to grow.

“We have a lot of exciting activities to look forward to in July! We hope that you can participate.”

Saturday, July 8, brings another **Day of Dance!** Come in and dance with Cindy Lou Seefeld, Dawn Wilson, Robert Campos, Pam Robles and Ronnie Debenedetta! These teachers are top notch and this is an event you cannot miss!

Wednesday, July 12, is our first-ever **First Responders BBQ!** It is our honor to thank those who serve our community. Please consider donating to help with food costs or volunteer to help with food preparation or in other ways to make this event successful.

Thursday, July 13, offers a unique opportunity to **Learn Bridge in a Day!** This is a perfect opportunity for those wanting to learn or needing a refresher.

Friday and Saturday, July 21 & 22, we have two events: First is our **Craft Fair** featuring many local artists, and second is our **Stuff the Bus Event!** During July, we hope to collect 600 or more backpacks to give out at this event to the children of our community. PLEASE CONSIDER donating a backpack or two and some school supplies.

JOIN THE FUN as a volunteer on one or both of these days or just stop by to enjoy all the fun. There will be food trucks and shopping and interaction with our community in a welcoming atmosphere. What more do we need!?

ALSO, be sure to check out the new classes and/or join an existing one. See what we have to offer: Yoga, Line Dance, Zumba Fitness, Tai Chi, Chair Classes, Strength and Balance, Ballroom Dancing, Spanish, Art and more!

Would you like to gain a new skill, make a new friend, improve your mental and physical health, give something back, or improve your confidence? Consider becoming more involved with The Center. For more information see our article on Volunteer Programs on page 4.

Summer traditionally runs from June 1 to August 31 and the July 4th holiday starts everything off with a "bang." It also reminds us to be grateful to live in this country with our many freedoms. The Fourth of July celebration is often also about family - the American family - and it provides us with an opportunity to get together with the people we love most. To give our Members and our Staff the opportunity to be with family, The Center will be closed on July 3rd and July 4th in recognition of Independence Day.

I hope that you all are finding new ways to enjoy the summer and that you will make The Center part of your plans. Happy Independence Day from the Board of Directors and Staff of The Center!



Kathy McFadden



Business Member Spotlight

Powering Arizona Forward

Customers can depend on us all year long, particularly during our hot Arizona summers. We're proud to be among the top energy companies in the nation for reliable service. Advanced technologies are enhancing our ability to detect and respond to outages while maintaining a safe, more flexible grid. By continually investing in the energy grid, we ensure our customers have access to reliable, affordable and clean power whenever they need it.

Keeping you safe during a storm

Avoid touching wiring during a thunderstorm.

Stop using computers or wired video games and unplug any expensive electronics when a storm is approaching. Only unplug electronics before a thunderstorm; do not touch wires if you can hear thunder.

Stay Informed. If you experience an outage, visit aps.com/outage to report it and stay updated! You can also follow us @apsFYI on Twitter from your smartphone. In the event of a large-scale outage, APS will tweet to keep you in-the-know.

The difference between a 'watch' and a 'warning'.

A 'watch' means severe weather could occur. A 'warning' means severe weather is about to occur or has been reported.

Plan Ahead. Create an emergency supply kit that contains all the items you'll need during a storm/outage.

Stay away from all downed lines. Treat downed lines as though they are energized & keep at least 100 feet away. Call 911 immediately, then APS at 602-371-7171.

When you need assistance, we're here to help!

An unplanned major expense or an unexpected reduction in income can put anybody in a temporary financial bind. Qualified customers can receive up to \$800 a year to cover a current or past-due APS bill through the Crisis Bill Assistance Program.

If you or someone you know need help paying your APS bill, we have assistance programs just for you.

- Crisis Bill Assistance
- Energy Support Program
- Energy Support with Medical Program
- Safety Net Program
- Project SHARE
- Weatherization Program

Learn more about our programs and how
APS can help by visiting our website at

www.aps.com

Sponsorship Opportunities

We have a new web page for those who'd like to sponsor events at The Center!

www.thecenteronrosser.org/sponsor

You'll find information on upcoming events, benefits of sponsorship and a downloadable application. Here's a snapshot of available opportunities for the remainder of 2023:

**Your support will help
The Center with food,
beverages, prizes, school
supplies, printing,
advertising, materials,
raffles, entertainment fees,
security, etc.!**

7/12 - First Responder's BBQ

7/21 & 22 - Back-to-School Craft Fair

8/9 - Center Member's Appreciation BBQ

8/12 - Healthy Lifestyle EXPO

10/6 - Casino Night

10/11 - Event for Breast Cancer

10/27 & 28 - Fall Family Craft Show

11/9 - Veteran's Brunch

12/15 & 16 - Holiday Craft Fair

12/TBD - Murder Mystery Theater

Volunteer Program

You know that rich life experiences are indispensable. They've helped make up everything you are today. So just imagine how many valuable stories, lessons and experiences can share with you with those around you. When you spend time volunteering, you'll benefit just as much as they do - and you can learn a lot too!

**Gain confidence ● Make a difference ● Meet people ● Be part of a community
Learn new skills ● Achieve a personal best ● Have fun!**

We've compiled some ideas for different ways to lend a hand, a listening ear or your skills to those at The Center - from reminiscing to making new memories. Remember, simply giving your time and conversation can sometimes mean the most.

- Plan & Assist w/Parties & Special Events
- Technology Assistance
- Creative Arts
- Educational Programs
- Outdoor Activities
- Outings
- Wellness Programs
- Veterans Activities
- Run a Support Group
- Join our Fundraising Committee
- Community Functions
- Assist with Bingo
- Member Services
- Holiday Programs



There is so much more! The Center allows many opportunities for you to get involved at your own pace.

Volunteers are the heart of The Center. We welcome you with open arms, and THANK YOU for your willingness to share of your time, energy and talents. As we strive to serve our community, we are all a piece of the puzzle....YOU are that missing piece.

Let's **DANCE**

Friday Night Variety Dance w/ Dawn

August 4 • September 1 • November 3

Dance Workshops

July 8 • December 2

Dance Party with Ronnie

July 22 • August 19 • September 15 • November 18 • December 16



Day of Dance Workshop - July 8

1:15 - 2:15 pm

Try Line Dance w/Cindy Lou - \$8

2:30 - 3:30 pm

Lead Follow Workshop w/Dawn Wilson or
West Coast Swing w/Robert Campos - \$20

3:45 - 4:45 pm

Cha Cha w/Pam Robles - \$20

5:00 - 6:00 pm

Beg/Int Nightclub 2-Step w/Ronnie - \$20

6:00 - 9:00 pm

Pizza Party w/Dance - \$15

Get your tickets
Online!



Visit our website:

www.thecenteronrosser.org

You'll find the
Day of Dance Workshop
in the Events Section on
our homepage!

Non-Member Price for Activities \$10 Non-Member for Bridge \$10.50 to \$12

July Activities & Events

Day	Program/Activity	AM/PM	Member Fee
MONDAY	NO Classes on Monday, July 3 - The Center will be closed for the Independence Day Holiday		
	Movin' w/June (Cancelled July 17)	8:30 AM	\$8
	In the Middle Line Dance w/Cindy	9:15 AM	\$8
	Gentle Strength Yoga w/Donna	10:30 AM	\$8
	ZUMBA w/Stacey	11:00 AM	\$7
	BINGO	11:00 AM	Per Game
	Free jewelry cleaning & watch repair by Raskins Jewelers 7/10)	11:00 AM	Free
	Hand & Foot Canasta	12:00 PM	\$5
	ACBL Sanctioned Bridge	12:00 PM	\$7
	Non-Sanctioned Bridge	12:00 PM	\$7
	Yoga for Peace & Vitality w/Roma	12:00 PM	\$8
	Tai Chi & Qigong w/Roma	1:15 PM	\$8
TUESDAY	NO Classes on Tuesday, July 4. The Center will be closed for the Independence Day Holiday		
	All Levels Yoga w/Katy (SUB 7/25)	8:40 AM	\$9
	Meditation w/Peg	9:00 AM	\$5
	Basic Beginner Line Dance w/Cindy	10:00 AM	\$8
	Yoga-Back/Sciatica w/Dinah-SUB Katy 7/11 (Call weekly in July for SUB info.)	10:00 AM	\$9
	Tai Chi Chuan w/Bryan	10:30 AM	\$8
	Chair Yoga w/Dinah (Call weekly in July for SUB info.)	11:15 AM	\$9
	ACBL Sanctioned Bridge	12:00 PM	\$7
	Intermediate Line Dance w/Barb	3:00 PM	\$8
	Waltz Dance Lesson w/Dawn	5:15 PM	\$8
	De-Stress Workshop w/Joy Travers (see Calendar on website)	5:30 PM	\$45
	Social Security Workshop-Grand Canyon Education Academy (7/18)	6:00 PM	Free
	Intermediate Progressive 2-Step w/Ronnie (No Drop-ins after Week 2)	6:30 PM	3/\$30
	Intermediate West Coast Swing w/Ronnie (No Drop-ins after Week 2)	7:30 PM	3/\$30
WEDNESDAY	Yin Gentle Flow Yoga w/Janet (Classes Cancelled for July)	9:00 AM	\$7
	Strength & Balance w/Denise	9:40 AM	\$8
	Paint & Take (7/5 & 7/12)	10:00 AM	\$13/\$15
	Mat Pilates w/Denise	10:30 AM	\$8
	All Levels Yoga w/Katy (SUB 7/26)	11:00 AM	\$9
	Intermediate Line Dance w/Diane	11:45 AM	\$8
	ACBL Sanctioned Bridge (Late Start at 12:30 pm on 7/12)	12:00 PM	\$7
	Chef Demo - Fun with Chocolate (7/26)	2:30 PM	Free
	Zumba w/Kay	2:30 PM	\$7
Creative West Coast Swing w/Dawn	5:15 PM	\$8	
Social Security Workshop-Grand Canyon Education Academy (7/26)	6:00 PM	Free	

Activities in BLUE are eligible for Silver Sneakers, Renew Active & Silver & Fit!

Subject to cancellations-Check our website for updates-www.thecenteronrosser.org

Non-Member Price for Activities \$10 Non-Member for Bridge \$10.50 to \$12

Day	Program/Activity	AM/PM	Member Fee
THURSDAY	Movin' W/June (Cancelled July 20)	8:30 AM	\$8
	All Levels Yoga w/Katy (SUB 7/27)	8:40 AM	\$9
	Health & Tower Talk (7/6)	10:00 AM	Free
	Beginner Line Dance w/Sandi	10:00 AM	\$6
	Tai Chi Chuan w/Bryan	10:30 AM	\$8
	Free Blood Pressure Clinic provided by Angels Care Home Hospice (7/20)	11:00 AM	Free
	BINGO - Games start at 1:30 pm	12:00 PM	Per Game
	Hand & Foot Canasta	12:00 PM	\$5
	Heal w/Yoga & Qigong w/Roma	12:15 PM	\$8
	AZ Territorial Society-"Jerome Stories" (7/20)	1:00 PM	Free
	American Mahjongg - Beginners Welcome	1:00 PM	\$5
	Beginning Spanish w/Maria Colby	3:00 PM	\$8
	Conversational Spanish	4:00 PM	\$8
	FRI/SAT/SUN	Back-to-School Craft Fair (7/21 & 22)	9:00 AM
Union Church Services (Sundays)		10:00 AM	Free
Zumba w/Kay in Studio (7/14)		10:00 AM	\$7
ACBL Sanctioned Bridge		10:00 AM	\$7
Let's Play Bridge (Beginners) (Fridays)		10:00 AM	\$3
Gentle Strength Yoga w/Donna (Fridays)		10:30 AM	\$8
Balance & Stretch w/Katy (SUB 7/28)		11:15 AM	\$8
Intermediate Line Dance w/Diane (Late Start 7/14 & 7/21)		11:45 AM	\$8
Day of Dance Workshop (7/8)		1:15 PM	See website
Ronnie DeBenedetta Dance Lesson & Party (7/22)		6:30 PM	\$15

Activities in BLUE are eligible for Silver Sneakers, Renew Active & Silver & Fit!

Subject to cancellations-Check our website for updates-www.thecenteronrosser.org

The fitness programs below are all welcome at The Center!



**SPEAKER SERIES
AT THE CENTER**

Join Us!

All Programs are Free
and start at 1:00 pm

July 20

Jerome Stories

August 17

Rough Riders-Western States Call to Arms

September 21

Story of Watson Lake

October 19

Haunted Prescott (with Diane Wilson)

Upgrades at The Center!

An expanded Reception area to better accommodate our members and visitors.



A much-needed, larger Fitness Center.



Our Dance Classes are growing, so we're adding a second Dance Studio!



The Center Business Members

Our goal is to provide benefits such as discounts on room rentals for your events, advertising, a dedicated space for your meetings, priority status to Center events and an opportunity for you to connect with the community and grow your referral sources. We're here for you!

Executive Platinum



Platinum



Silver



Bronze



Basic



For more information, call Kathy McFadden at 928-778-3000. See how you can start building your referral sources and expanding your business relationships today!

Membership packets are also available on our website at www.thecenteronrosser.org

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Check Your Hearing with this Two Minute Test

✓ Check all the hearing difficulties that you have:

- When I'm in a restaurant, I have difficulty hearing my friends and family because of the noise.
- I withdraw at times when I have to join in a conversation
- I'm not interested in movies or productions because I miss the plot
- Women & children are hard to understand
- My family and friends say I misunderstand them
- The volume of my TV is too loud for others
- I can't hear phone conversations
- I'm always asking others to repeat
- I get exhausted because of straining to hear

If you checked one or more of these boxes, it may be time to get a hearing test. Prescott Hearing Center is here to help you with all your hearing needs and services. Hearing is such an essential part of your life. Don't miss another sound.

Call us today and schedule your free hearing evaluation!



PRESCOTT
Hearing Center
Simply better, from the start.

www.prescotthearing.com

3108 Clearwater Drive, Ste B2, Prescott, AZ 86305
7762 E Florentine Rd, Ste D, Prescott Valley, AZ 86314



DOUG



PAULA



KIM



If you would like to advertise with us & help support the community, call 928-778-3000 for rates!



BRONZE BUSINESS MEMBER

The Grand Canyon Education Academy provides financial education programs for companies and organizations that want their people to enjoy a more financially secure future. When employees and members are more sure of their future and working toward their goals through a sound game plan, they are more productive in the workplace.

Our Financial Literacy workshops cover a wide variety of informative, inspiring and enjoyable topics for one and all, including, but not limited to:

- Social Security Explained
- Social Security Claiming Strategies
- Women Approaching Retirement and Beyond
- Social Security for Divorced Women
- Retirement Basics for Women
- Strategies for a Lifetime Income in Retirement
- Exploring Your Options for a Quality Retirement
- Understanding 401K Rollovers
- Financial Blunders – Lessons We Never Learn
- I.D Theft
- Preparing for Long Term Care
- Taking Control of Your Cash – Eliminating Debt Tax Planning

**Upcoming
Social Security Seminars
at The Center**

www.thecenteronrosser.org

July 18.....6pm
July 26.....6pm
August 15.....6pm
August 23.....6pm

Check the Calendar on The Center's Website to verify times and dates.




www.grandcanyonedu.com

Advertisers & Info

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Attorney at Law

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The Center Staff

Kathy McFadden - CEO
Brian Sebring - Sr. Facilities & Events
Drew Barbaresi - Facilities & Events
Nancy Barber - Admin Assistant II
Julia Rulla - Marketing & Communications
Christi Carlson - Marketing, Membership & Volunteers



Board of Directors

Ana Maria Fraijo - President
Irene Winter - Vice President
Sherry Huffman - Treasurer
Helene Schaffer - Secretary
Becky Cochell - Member
Mary Ann Suttles - Member

Follow us 😊



The Center

1280 E. Rosser Street, Prescott AZ 86301
928-778-3000 | www.thecenteronrosser.org

Hours

Monday - Thursday: 8:30 am - 5pm
Friday - 8:30 am - 2:00 pm
Saturday: By Event Sunday: Closed

Holiday Closures

July 3 & 4
Independence Day