



The Center Piece

August 2023

New Fitness Center & Dance Studio!



Stay in shape this summer!

(especially during the really hot days!)

We are proud to announce our new Fitness Center is now finished and ready for you to get those workouts in!

We've also completed remodeling an additional Dance Studio for our members and visitors. Our dance classes continue to grow, and now, we are ready for even more classes to be scheduled at The Center.

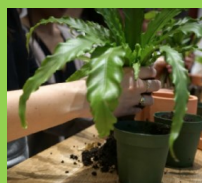
***A special Thank You to
The City of Prescott
for your support in our room upgrades!***

Stop in for a tour, we'd love to show you around!

READ MORE INSIDE



UPCOMING
EVENTS



NEW PROGRAMS
AT THE CENTER



BUSINESS
MEMBER
BENEFITS

From the CEO



I hope that you have been able to get in some "away time" or have some planned and that you are enjoying the end of the summer months--heat, rain and all. As the summer comes to an end, the fall is one of our busiest times of the year, and we need your support!

We have many of our outreach and fundraising events coming up so be sure to **Save the Dates!**

- Wednesday, August 9th from 12:00 noon to 2:00 p.m., join us for our first ever Members BBQ.
- Saturday, August 12th from 9:00 a.m. to 3:00 p.m. brings our DAY OF FITNESS! Drop in to support your teachers and to learn more about staying active and healthy.
- Wednesday, September 20th from 4:00 p.m. to 6:00 p.m., we will be hosting an Amazing Open House with Meals on Wheels. You won't want to miss this! Come and learn more about Meals on Wheels and The Center as we work together to be of service to Our Community.
- Friday, October 6th, the doors will open at 6:00 p.m. for the BIGGEST EVENT OF THE YEAR! Meals on Wheels and The Center will be co-hosting a CASINO NIGHT! This great big Fundraiser will support both of these non-profit organizations and help both to continue in their mission of serving the Community. Tickets will be on sale soon, so be sure to buy yours early as this event will sell out fast.

Friday, October 27th and Saturday, October 28th, join us for our Fall Craft Fair with many great vendors. You will want to come by and take a peek at the wide variety of items available--woodworking items, candles, holiday decorations, quilts, art, etc.--and check out the food trucks and more!

Besides attending these events, another way to show your support would be to volunteer or donate. If you have any new items we can use for prizes, raffles or silent auction, we would appreciate your donation, as we are low on such items this year. If you have large baskets, we can use those for our silent auction. The volunteer sign-up sheet is available now if you would like to help with any of these events: contact Christi Carlson at 928-778-3000 and she can help you sign up.

Our Back to School Fair was full of joy, happiness, and even a bit of sadness, we experienced all of the emotions. With the help of Our Community, we were able to give away 350 backpacks full of school supplies and almost 100 teacher bags! With lower attendance than we had hoped, we were able to distribute any items that were left over to kids at local non-profit organizations, teachers in need, schools, and churches. During this fair, I realized that WE, The Community, can do more to help our community. Some of the stories I heard from parents that were struggling to even be able to afford a pair of shoes really broke my heart, and hearing that receiving a backpack with school supplies was a huge blessing for them made me realize how fortunate I am. With all of this running through my brain and with the realization that WE can do more, The Kid's Corner at The Center was born! We will be collecting gently used and new clothes and shoes and will receive nominations from local schools and the homeless liaisons of the City to allow families to shop the Kid's Corner. If you are able to help support The Kid's Corner we are happily accepting monetary donations as well as appropriate items for these families in Our Community.

Some food for thought as we head into fall is that a commitment to being kind can bring many benefits. Practicing kindness will have a community-wide effect. We all know that receiving a compliment, words of recognition, or praise can help individuals feel more fulfilled, boost their self-esteem, improve their self-evaluations, and trigger positive emotions. Decades of research have shown the positive downstream consequences of such actions. Praise aligns with our naturally positive view of ourselves, confirming our self-worth; and practicing kindness helps life feel more meaningful.

Also, if you haven't lately, I would strongly suggest reading though this newsletter in detail as there may well be a new class or activity or benefit that you were not aware of.

Finally, I say this often in this column but I'll say it again – your voice matters! Let us know if you have any suggestions for programs, whether regular or "one-off"--or let us know about things we can do better. Remember, this is YOUR CENTER! You matter and we love seeing you here!

Stay healthy and active!



Kathy McFadden

Business Member Spotlight

REALTYONEGROUP MOUNTAIN DESERT

Meet Laura Carder!

I am excited to be a new member of The Center and I would like to introduce myself. I'm Laura Carder with Realty One Group Mountain Desert.

I've lived in the Prescott area for 15 years and have serviced the community as a Realtor for 11 years now. I specialize in Residential real estate and enjoy working with buyers and sellers. It's the care and patience to determine top priorities that takes away the difficulties and makes real estate fun!

After a successful career in sales management and obtaining my degree in interior design, I was anxious to put my skills and experience to work in a real estate career.

I chose to be an agent for Realty ONE Group Mountain Desert because this brokerage makes me a better agent, and as a result, I can provide the best service possible.

REALTY ONE GROUP, Inc. is the 5th largest independent residential real estate brokerage in the nation and they have consistently landed in Inc. 500's fastest growing companies for 7 straight years! We like to push the limits, think outside the box, and create the change our industry needs. We empower ourselves to elevate our business and dream about what's next.



Upcoming Events

Appreciation BBQ

Join us so we can celebrate you!



Hot Dogs | Burgers | Brats | Snacks | Drinks



August 9, 2023
12 - 2 PM

1280 E. Rosser | Prescott | www.thecenteronrosser.org
RSVP to Julia by August 2: 928-778-3000 or jrulla@adultcenter.org

Healthy LIFESTYLE EXPO

PHYSICAL | EMOTIONAL | SOCIAL | SPIRITUAL | INTELLECTUAL

August 12, 2023 | 9am-3pm

Join us to meet those who can transform our whole approach to a healthier lifestyle at work and at home.

Free Event to the Public!

Meet Personal Trainers

30-Minute Mini Fitness Class

Health & Fitness Seminars and Workshops

Yoga, Tai Chi, Meditation & Zumba

Juice Bar



Vendor Registration is open online at www.thecenteronrosser.org on our Homepage in the Events section.



Open House & Ribbon Cutting

September 20, 2023
4-6 PM

Be our guest for tours of The Center and Meals on Wheels at our first joint event! Learn more about what we do for the community, have a great evening, and meet the staff!



Tours • Refreshments & Snacks • Raffle • Prizes



The Center & Meals on Wheels
1280 E. Rosser Street | Prescott, AZ 86301
www.thecenteronrosser.org & www.prescottmealsoonwheels.com

Casino NIGHT

Brought to you by

The Center & MEALS ON WHEELS

Friday, October 6
5:00 - 9:00 pm

Tickets: \$50
1 Drink Ticket + \$100 in Chips

Mood Swing Band
Games | Silent Auction | Raffle
Appetizers | Cash Bar
Must be Age 21+

Sponsor a gaming table! For information, call 928-778-3000
For tickets and information, please visit www.thecenteronrosser.org

1280 E. Rosser Street in Prescott!

Family Fall CRAFT FAIR

October 27 & 28

- ✓ Ornaments
- ✓ Art & Candles
- ✓ Jewelry
- ✓ Woodworking
- ✓ Household Items
- ✓ Scarves & Gloves
- ✓ Home Décor
- ✓ Items for Pets
- ✓ Games & Toys
- ✓ Soaps & Lotions
- ✓ Quilts & Throws
- ✓ Etc.

Vendor registration is now open online on the Homepage under events: www.thecenteronrosser.org

1280 E. Rosser Street | Prescott | 86301
Questions? Call 928-778-3000 or send an email to Julia: jrulla@adultcenter.org

Let's **DANCE**

Friday Night Variety Dance w/ Dawn

August 4 • September 1 • November 3

Day of Dance

December 2

Dance Party with Ronnie

August 19 • September 15 • November 18 • December 16



New Programs at The Center

Gardening with Native Plants w/Kathy Dickinson

2-Week Course, August 8 & 15

\$30 for both sessions.

Southwestern Jewelry Making Class with Turquoise & Sterling Silver

Tuesdays, Starting on August 15.

\$25 fee per class, includes materials.

Musicality Boot Camp w/Robert & Bridget Campos

4 week Course, Starting on August 10.

\$80 for the 4-week sessions.



Sign up for a class
or a program at
The Center!

August Activities & Events

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

Day	Program/Activity	AM/PM	Member Fee	
MONDAY	Movin' w/June	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	\$8	
	BINGO - Games start at 12:30 pm	11:00 AM	Per Game	
	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	All Levels Yoga w/Katy	8:40 AM	\$9	
	Meditation w/Peg	9:00 AM	\$5	
	Basic Beginner Line Dance w/Cindy (Cancelled 8/29)	10:00 AM	\$8	
	Yoga-Back/Sciatica w/Dinah	10:00 AM	\$9	
	Weights w/Balls & Chair w/Katy Kolasa (Starts 8/8)	10:00 AM	\$9	
	Tai Chi Chuan w/Bryan	10:30 AM	\$8	
	Chair Yoga w/Dinah	11:15 AM	\$9	
	ACBL Sanctioned Bridge	12:00 PM	\$7	
	Southwest Jewelry Making - Fee includes supplies (Starts 8/15)	1:00 PM	\$25	
	Asset Preservation Strategies - Desert Financial (8/22)	1:15 PM	Free	
	Intermediate Line Dance w/Barb	3:00 PM	\$8	
	Waltz Dance Lesson w/Dawn	5:15 PM	\$8	
	Social Security Workshop-Grand Canyon Education Academy (8/15)	6:00 PM	Free	
	Beg. W. Coast Swing w/Ronnie (No Drop-ins after Week 2)	6:30 PM	4/\$40	
	Int. W. Coast Swing w/Ronnie (No Drop-ins after Week 2)	7:30 PM	4/\$40	
			NO CLASSES 8/29	
	WEDNESDAY	Yin Gentle Flow Yoga w/Janet	9:00 AM	\$7
Strength & Balance w/Denise		9:40 AM	\$8	
Mat Pilates w/Denise		10:30 AM	\$8	
Jewelry Cleaning by Raskins Jewelers		11:00 AM	Free	
All Levels Yoga w/Katy (SUB Donna 8/2)		11:00 AM	\$9	
Free jewelry cleaning & watch repair by Raskins Jewelers (8/9)		11:00 AM	Free	
Intermediate Line Dance w/Diane		11:45 AM	\$8	
ACBL Sanctioned Bridge		12:00 PM	\$7	
Member's Only BBQ (8/9)		12:00 PM	Free	
Chef Demo - Fun with Chocolate (8/23)		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 (8/23)		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	8:30 AM	\$8
	All Levels Yoga w/Katy	8:40 AM	\$9
	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 (8/17)	11:00 AM	Free
	BINGO - Games start at 1:30 pm	12:00 PM	Per Game
	Hand & Foot Canasta	12:00 PM	\$5
	AZ Territorial Society-"Rough Riders-Western States Call to Arms" (8/17)	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
	Musicality Bootcamp (8/10, 17, 24, 31) Fee is for all 4 weeks.	6:00 PM	\$80
FRIDAY	Zumba w/Kay in Studio	10:00 AM	\$7
	ACBL Sanctioned Bridge	10:00 AM	\$7
	Let's Play Bridge (Beginners)	10:00 AM	\$3
	Gentle Strength Yoga w/Donna (Cancelled 8/25)	10:30 AM	\$8
	Balance & Stretch w/Katy	11:15 AM	\$8
	Intermediate Line Dance w/Diane	11:45 AM	\$8
SAT/SUN	Variety Dance Party w/Waltz Lesson (8/4)	6:00 PM	\$12
	Healthy Lifestyle EXPO (8/12-Saturday)	9:00 AM	Free
	Union Church Services (Sundays)	10:00 AM	Free
	Ronnie DeBenedetta Dance Lesson & Party (8/19 - Saturday)	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 & Open to the Public . Starts at 1:00 pm.

August 17

Rough Riders-Western States Call to Arms

September 21

Story of Watson Lake

October 19

Haunted Prescott (with Diane Wilson)

Our 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

Business Member Benefits

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We're here for you!

Member Benefits	Titanium	Executive Platinum	Platinum	Gold	Silver	Bronze
	\$10,000	\$5000	\$2500	\$2000	\$1500	\$500
Online listing in our business directory.	●	●	●	●	●	●
Complimentary business card sized ad in monthly newsletter	●	●	●	●	N/A	N/A
Discount on member events.	30%	25%	20%	15%	10%	N/A
Discount on member advertising (Newsletter/Web)	50%	45%	40%	25%	15%	N/A
Discount on room rentals for your events.	25%	25%	20%	15%	10%	N/A
Priority status to sponsor events at The Center.	●	●	●	●	●	●
Tickets to member events per year.	10	8	8	4	2	N/A
Hours per month member dedicated room time.	2	2	2	1	1	N/A
Complimentary seminar(s) per month.	2	2	1	1	N/A	N/A
Your business information placed in member room for 1 year.	●	●	●	●	●	Business Cards
Information exchanges or updates are allowed as needed.	●	●	●	●	●	●

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One of our customers told us when their granddaughter said "I love you" and they could finally hear her, it brought them to tears.

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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:

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- 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

August 15.....6pm
August 23.....6pm
September 13.....6pm
September 19.....6pm

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




www.grandcanyonedu.com

Advertisers & Info

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



Hours
Monday - Thursday: 8:30 am - 5pm
Friday - 9:00 am - 2:00 pm
Saturday: By Event Sunday: Closed

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
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Becky Cochell - Member
Mary Ann Suttles - Member