

The Center Piece

August 2024

Casino

NIGHT

Sponsor
a gaming
table!



Join us for an evening full of fun!
Games | Food | Prizes
Silent Auction | Raffle | More!

Tickets are \$50 - includes 1 Drink Ticket & \$100 in Chips

Friday - August 23 at The Center from 5-9pm!

Get your tickets at www.thecenteronrosser.org
or give us a call at 928-778-3000

ON THE INSIDE

Fall Family
Craft Fair
October 18&19

Veteran's Day
Luncheon
November 8

Holiday
Craft Fair
December 13&14

From the CEO



I hope this message finds you well and enjoying your summer. As we move into August, we are excited to remind you of our much-anticipated Annual Casino Night on August 23rd. This event is not just an evening of fun and entertainment, but a crucial fundraiser for The Center.

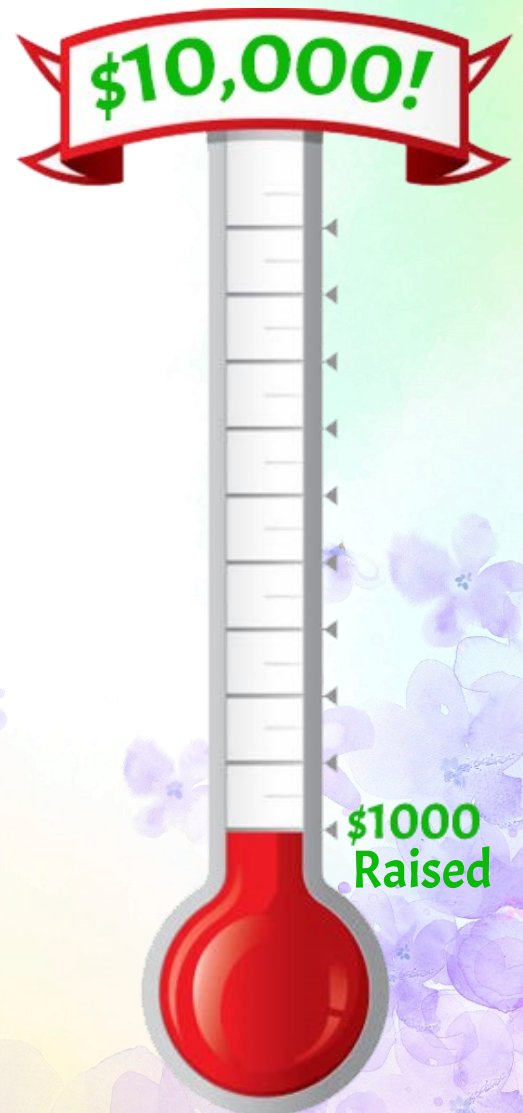
We deeply value your support and participation. By purchasing tickets to Casino Night, you are directly contributing to our mission of offering low-cost classes, activities, and events for our community. Your generosity helps us continue providing these valuable services and creating a vibrant, inclusive environment for everyone.

In addition to attending, we encourage you to consider donating art or other items for our silent auction or raffle. Every contribution, no matter the size, makes a significant impact. And please, invite your friends to join us for this special evening or consider making a donation if you cannot attend.



Thank you for your continued support and dedication to The Center. We look forward to seeing you at Casino Night and working together to make this event a success.

Kathy McFadden



Business Member News & Events



Join us at The Center on August 14 from 10am to 2pm for our Customer Open House! Meet with an APS representative to find ways to save on your bill. No appointment needed!



Now hiring Angels! We offer flexible hours, benefits, bonuses + pay raises, and no experience needed. Become a caregiver today and earn between \$16.25 - \$21.00 per hour! Scan the QR Code to apply.



Our next event is August 20, from 5-7pm at The Center. Join us to learn about senior services, caregiver information and a packed evening of networking opportunities! RSVP: seniorreferralnetwork.org/events



Events at Touchmark! **August 9** at 2pm - Planning Retirement with the Experts, 3150 Touchmark Blvd. **August 15** @ 2pm - Sip & See Open House, 3198 Touchmark Blvd. **August 23** @ 11am - Health Fair, 3150 Touchmark Blvd.

2024 Business Members

Executive Platinum



Platinum



Dignity Health.
Yavapai Regional Medical Center

Gold



Silver

Bronze



GRANITE GATE
SENIOR LIVING



Basic



Join us at The Center
on August 14th!



Customer Open House

Meet with an APS representative
one-on-one to find ways to save
on your bill.

Learn about bill-assistance options.

The Energy Support program offers a monthly discount up to 25% or 60% based on income. Bring income documents, such as one month of pay stubs, W-2s or last year's tax returns, for each adult in your household to see what programs you may be eligible for. Learn more at aps.com/assistance.

Review your bill and rate plan options.

Together, we can explore your rate plan options and find out which plan would have saved you the most money. Plus, we'll talk about energy-saving tips, rebates and programs to help you save on your bill. Find more ways to save at aps.com/save.

Wednesday, August 14 - 10am - 2pm
The Center - 1280 E. Rosser Street
Prescott, AZ 86301



**No appointment needed. Customers will be met with
on a first-come, first-served basis.**

Can't make it to the Open House? No problem. We're here
to help anytime. Call us at (602) 371-7171 or (800) 253-9405.

Customers must have a gross monthly household income at or below 200% of the federal poverty guidelines to qualify for the Energy Support Program or Energy Support with Medical Program. The discount applies to a customer's cost for electricity only, and does not apply to the regulatory assessment, franchise fee, taxes or charges found in Service Schedule 1. Individual results may vary and are dependent on a number of factors including usage. Programs are subject to change. Other restrictions may apply. Funds for Utility Bill Assistance are subject to availability. Please apply as soon as possible if you think you may qualify.

CS#2407844

2024

Mark your
calendars for Fall
& Winter events at
The Center!



Family Fall CRAFT Fest
October 18 & 19
9am - 2pm

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

FREE ADMISSION!

The Center
Vendor Registration is now open online at www.thecenteronrosser.org on the Homepage under Events!



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

THANK YOU
for your service!

JOIN US FOR OUR 2024

VETERANS DAY
CEREMONY

FRIDAY, NOVEMBER 8 | 11:30 AM TO 1:00 PM
Presentation starts at Noon

Lunch is served to all in attendance.
RSVP online at www.thecenteronrosser.org/veterans
or call The Center at the number below.



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



HOLIDAY CRAFT FAIR

Art & Candles	Free Toys for Kids
Handmade Crafts	Visits with Santa
Christmas Ornaments	Free Professional Photos
Decor & Holiday Items	Holiday Performers
Woodworking Gifts	Mobile Food Vendors
Plants, Jewelry & More	Drinks & Snacks Available

December 13 & 14, 2024
9am - 2pm

1280 E. Rosser Street | Prescott
928-778-3000

www.thecenteronrosser.org

FREE ADMISSION!

August Events & Activities

Day	Program/Activity	AM/PM	Members
MONDAY	Movin' w/June	8:30 AM	\$8
	In the Middle Line Dance w/Cindy	9:30 AM	\$8
	Strength & Balance w/Joy	9:30 AM	\$9
	Summer Art Class w/Corinna	10:00 AM	\$25
	Country ZUMBA w/Stacey	11:00 AM	\$8
	Hand & Foot Canasta	12:00 PM	\$5
	ACBL Sanctioned Bridge	12:00 PM	\$7
	Non-Sanctioned Bridge	12:00 PM	\$6
	Integrated Exercise Yoga/Qigong/Pilates w/Roma (Cancelled 8/12)	12:15 PM	\$8
	Raskins Jewelers - Cleaning & watch repair (8/19)	12:30 PM	Free
	Tai Chi & Qigong w/Roma (Cancelled 8/12)	1:30 PM	\$8
	Beginning Radical Rebounding w/Dr. Kimberley	2:15 PM	\$25
	Intermediate Radical Rebounding w/Dr. Kimberley	3:00 PM	\$25
TUESDAY	All Levels Yoga w/Katy	8:40 AM	\$9
	Meditation w/Peg	9:00 AM	\$5
	Upper Body & Core Strengthening w/Joy - 1 Hour	9:00 AM	\$9
	Harmony Flow Tai Chi w/Joy - 30 minutes	10:00 AM	\$5
	Basic Beginner Line Dance w/CindyLou	10:00 AM	\$8
	Weights w/Balls & Chair w/Katy Kolasa	10:00 AM	\$9
	Tai Chi Chuan w/Bryan	10:30 AM	\$8
	Chair Yoga w/Joy	11:15 AM	\$9
	Center Connect (8/20)	11:30 AM	Free
	ACBL Sanctioned Bridge	12:00 PM	\$7
	Lunch & Learn w/Desert Fin. - 'Wealth Management' (8/27)	1:15 PM	Free
	Movin' w/June	1:30 PM	\$8
	Intermediate Line Dance w/Barb	3:00 PM	\$8
	Acrylic Pours w/Julia (8/27)	3:00 PM	\$15
	Senior Referral Network (8/20)	5:00 PM	Free
	Fox Trot Lesson w/Dawn	5:15 PM	\$8
	Swing w/Ronnie - Nightingale Club Two-Step Basics & Beyond	6:30 PM	\$15/\$40
	Intermediate W. Coast Swing w/Ronnie	7:30 PM	\$15/\$40
	Social Security Seminar (8/13)	6:00 PM	Free
WEDNESDAY	Strength & Balance w/Joy	9:30 AM	\$9
	Zumba Gold w/Kay	10:15 AM	\$8
	Mat Pilates w/Denise	10:30 AM	\$8
	All Levels Yoga w/Katy	11:00 AM	\$9
	Intermediate Line Dance w/Diane	11:45 AM	\$8
	ACBL Sanctioned Bridge	12:00 PM	\$7
	AZ Territorial Society - "Who is Don Maguire?" (8/21)	1:00 PM	Free
	Zumba Toning Class w/Stacey	1:30 PM	\$8
	Beginning Radical Rebounding w/Dr. Kimberly	4:45 PM	\$25
	West Coast Swing w/Dawn	5:15 PM	\$8
	Intermediate Radical Rebounding w/Dr. Kimberly	5:30 PM	\$25
	Social Security Seminar (8/21)	6:00 PM	Free

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

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

Day	Program/Activity	AM/PM	Member Fee
THURSDAY	***Video Filming in The Center*** (8/1)		
	Strategic Network Partners	7:30 AM	Free
	Movin' W/June (Cancelled for August)	8:30 AM	\$8
	All Levels Yoga w/Katy	8:40 AM	\$9
	Lower Body w/Back & Core Strengthening w/Joy - 1hr	9:00 AM	\$9
	Balance Class w/Joy - 30 Minutes	10:00 AM	\$5
	Beginner Line Dance w/Sandi	10:00 AM	\$6
	Tai Chi Chuan w/Bryan	10:30 AM	\$8
	Blood Pressure Checks (8/8)	10:45 AM	Free
	BINGO - Games start at 1:30 pm, Doors open at Noon	12:00 PM	Per Game
	Chair Yoga w/Joy	12:00 PM	\$9
	Hand & Foot Canasta	12:00 PM	\$5
	American Mahjongg - Beginners Welcome	1:00 PM	\$5
	ZUMBA Gold w/Kay (Center Closed on 8/30 - No Class)	10:15 AM	\$8
FRIDAY	Intermediate Line Dance w/Diane (Center Closed on 8/30 - No Class)	10:30 AM	\$8
	Balance & Stretch w/Katy (Center Closed on 8/30 - No Class)	11:15 AM	\$8
	CASINO NIGHT from 5-9pm (8/23)	5:00 PM	\$50
SA/SU	Ronnie Dance (Saturday, 8/17)	6:30 PM	\$15
	Union Church Services (Sundays)	10:00 AM	Free

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

Attention Center Members!

We have had recent requests for the following activities:

- A Book Club Group
- A Model Car/Airplane Group
- A Pinochle Group
- A Writer's Club

If you're interested in joining, you can let Nancy know at the Front Desk, or give us a call at 928-778-3000.



Speaker Series at The Center

Programs are Free and start at 1:00 pm

Aug 21Who is Don Maguire

Sep 18Hauntings

Oct 16My Life at the Phantom Ranch

Nov 20Skull Valley

New Center Membership Program – Upgrade Today!

Member Benefits	Membership Levels		
	Basic \$75 Annually (\$6.25 per month)	Standard \$120 Annually (\$10 per month)	Premium \$200 Annually (\$16.67 per month)
Access to senior center facilities during regular operating hours	✓	✓	✓
Participation in social events, games & activities organized by The Center	✓	✓	✓
Subscription to The Center's newsletter for updates on upcoming events and programs	✓	✓	✓
Discounted rates for classes and workshops offered by The Center	✓	✓	✓
Access to The Center's business membership and resource materials	✓	✓	✓
Priority registration for classes & workshops	----	✓	✓
Access to exclusive member-only events & seminars	----	✓	✓
Quarterly member appreciation events w/refreshments	----	✓	✓
Personalized assistance from staff for scheduling appointments or accessing services	----	✓	✓
Complimentary admission to select activities such as mahjong, pinnacle, hand and foot, and puzzle club	----	✓	✓
Guest passes for classes	2	4	10
Complimentary admission to select premium events and performances	----	----	✓
Complimentary use of fitness room.	----	----	✓
Quarterly 1:1 consultations with health & wellness experts.	----	----	✓
Premier access to semi-annual flu clinics	----	----	✓
Annual recognition in The Center's newsletter or website as a premium member	----	----	✓

***** Fitness programs reimburse up to 10 class visits.**
Fitness Plus is offered for \$75 per year for unlimited class visits.

Join us at the next Member Connect Meeting!

We'll be answering questions about the New Membership Program and we'd love to get your input!
 Our next meeting is **August 20 at 11:30 am.**

Monthly Advertising Rates for The Center's Newsletter

Small to Medium Ads

Business Card Size (2" x 3 1/2")\$50

Quarter Page (3 1/2" W x 4 1/4" H)\$75

Larger Ads

Half Page Vertical (3 1/2" x 8 1/4").....\$140

Half-Horizontal (7 1/4" x 4 1/4")\$140

Full Page Vertical (7 1/4" x 8 1/4")\$175

Flyer Insert Full Page (8 1/2" x 11") \$250

- Customer provides 700 copies to be inserted
- No cardstock, photo or heavy paper
- May be color or black & White
- May be one or two-sided
- Copies must be delivered to The Center by the 20th of each month



Join us for The Center Connect, an informative and engaging event where you can learn all about The Center! Whether you're a current member or considering joining, this is a perfect opportunity to discover more about our membership options, programs, and activities. Our team will be available to answer any questions you may have and provide insights into how you can get the most out of your experience with us. Don't miss this chance to connect with our community and explore everything The Center has to offer!

**Next Meeting:
August 20 at 11:30 AM**



Join us for the Senior Referral Network August 2024 Event!



Tuesday, August 20th, 2024 | 5:00pm-7:00pm

**The Center
1280 E Rosser Rd., Prescott, AZ 86301**

**Join us at the Senior Referral Network's August Event!
Whether you're a senior looking for specialized services,
a caregiver aiding a loved one, or a professional in the
Senior Services Industry seeking networking
opportunities, this event is essential for you!**

RSVP: seniorreferralnetwork.org/events

(928) 227-8788
seniorreferralnetworknaz@gmail.com
seniorreferralnetwork.org

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631-681-6717

Serving Prescott, Arizona

WEEKLY PROMOTIONS



VETERANS
★ APPRECIATION DAY ★

TUESDAYS

Bonus Rewards

Food Comps

3X Points

Complimentary
Drawing Entries



WEDNESDAYS

Bonus Rewards

Hot Seat Drawings

Food Specials

FOR OUR GUESTS
AGES 55+



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Please play responsibly. Gambling problem? Call 1-800-NEXT-STEP.
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What Do You Mean I Can't Hear? You're Just Mumbling!

One of the most common challenges for people is not being able to hear well or discern conversations well, such that it sounds like people are mumbling. Many people that come to our office are not sure if they have a hearing loss. They were often nudged by a spouse or friend to get a hearing test.

How Many People Are Affected by Hearing Loss?

Approximately **466 million people** throughout the world suffer hearing loss. This includes about 432 million adults and 34 million children. Here is a breakdown of percentages of adults who endure problems with their hearing:

- 30% of those over age 65
- 50% of those over age 75

"What Did You Say?"

One common factor is the inability to discern exactly what people are saying in conversations. The percentage of those who feel as though most people mumble is around the same as listed above.

Types of Hearing Loss

Medical research has discovered the following three different forms of hearing loss:

- Conductive loss concerns the outer or middle ear.
- Sensorineural loss involves the inner ear.

- Mixed loss is a combination of both conductive and sensorineural hearing loss.

More Symptoms of Hearing Impairment

The feeling that most people mumble has been discussed. Here are more indicators of possible hearing loss:

- Often requesting that people talk louder
- The need to turn up the volume of the radio or TV
- Problems discerning consonants
- Frequently asking people to repeat what they said
- Avoiding conversations
- Avoiding social events

Solutions for Hearing Problems

Simply removing blockage of wax buildup will sometimes reverse hearing difficulties. At times, surgery might be needed. The most common resolution for hearing loss and the feeling that people mumble is the use of hearing aids.

Let Hearing Specialist's Doug Dunker and Kim Kirk discuss with you the benefits of hearing aids. There are so many small and discreet hearing aids available today. Doug and Kim will apply the solution that fits both your hearing challenges and your style!

Call Prescott Hearing Center today at 928-460-4035

PRESCOTT
Hearing Center
Simply better, from the start.

www.prescottheating.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

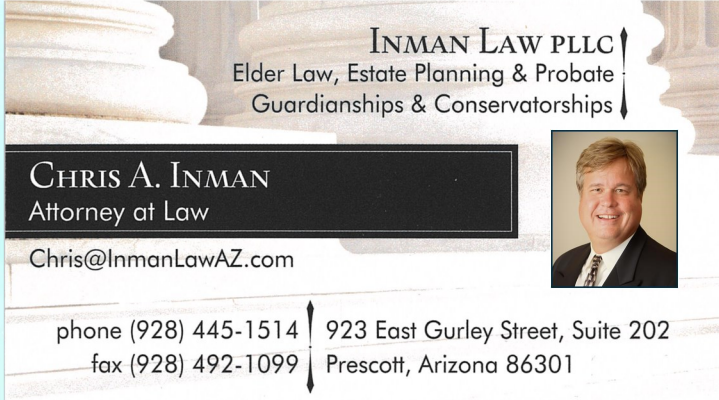
August 13.....6:00 pm
August 21.....6:00 pm
September 11....6:00 pm
September 17....6:00 pm

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



www.grandcanyonedu.com


Advertisers & Info



INMAN LAW PLLC
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CHRIS A. INMAN
Attorney at Law

Chris@InmanLawAZ.com



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fax (928) 492-1099 | Prescott, Arizona 86301



Steve Schott
Registered Representative
CA Insurance Lic. #0H23992

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Prescott, AZ 86305

928.776.1031 Phone
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Dave Hummel

Director of Care

Prescott (928) 642-4683

Mobile (480) 390-7305

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

The Center Staff

Kathy McFadden - CEO

Nancy Barber - Admin Assistant II

Julia Rulla - Marketing & Communications

Drew Barbaresi - Facilities & Events

Cole Guffey - Facilities & Events

Board Meetings: Monthly - 3rd Wednesday - 10:00 am

Board of Directors

Ana Maria Fraijo - President

Sherry Huffman - Vice President

Irene Winter - Treasurer

Helene Schaffer - Secretary

Becky Cochell - Member

Mary Ann Suttles - Member

Irene Beitz - Member

Follow us 😊



Hours

Monday - Thursday: 8:30 am - 5pm

Friday - 8:30 am - 12:00 pm

Saturday: By Event Sunday: Closed

Holiday Closure

**August 30 & September 3
for the Labor Day Holiday**

The Center

1280 E. Rosser Street

Prescott AZ 86301 | 928-778-3000

