



# The Center Piece

April 2023



## VOLUNTEER WITH US TODAY



As our programs and activities continue to expand, it's been great seeing our members coming back for more! With more members, activities and events, comes the need for more volunteers to help out at The Center!



We'd love to have you join us and assist with Bingo, Events, Class Instruction, Office tasks, etc. Spring is a great time to get out and try something new, and being a part of The Center is the perfect choice!



For more information and an application, visit our website at [www.thecenteronrosser.org](http://www.thecenteronrosser.org), and click the Volunteer tab, or stop in for a visit.



*Thank you!*

### On The Inside

Business Member  
Spotlight

April Activities  
& Events

New Dance Page!

Help Support  
The Center

### Coming Up

**April 8**

Easter Bazaar &  
Family Fun Day

**April 20**

AZ Historical Society  
"Time Machine in  
Local History"

**April 22**

Dance Party  
w/Ronnie

**May 10**

Spring Into Wellness Fair  
Vendors Wanted!

# From the CEO

## Can You Believe It's Finally Spring?

People seem as if they are awakening from hibernation after a long winter. As the days are getting longer and the weather warmer, I am reminded of what spring is all about: GROWTH. Each year we enjoy the flowers blooming, the birds chirping, and new life developing. I always look forward to this season as we start to get our gardens, yards, and patios ready for the warmer weather. It's a time to plant new flowers and see old ones re-emerge. It's a season of growth, change, and new energy.

The Center is working hard to reflect that energy; to bring in NEW events, activities, and seminars while working to grow our current programming. We would love to see the involvement of our members growing as well! Come to The Center and try out a new class or group, attend one of our events, or help to create a new group. It is only through your support that we can put out new "shoots" and continue to grow ourselves out of last season's deficit

I would love to see new activities introduced: perhaps a new book club, social club, or game club! If this is something you would be interested in attending or hosting, please give me a call. Or, if you have the seed of a new idea for how we can enhance our offerings and grow our membership, let me know.

Saturday, April 1, starts the month with an amazing **Day of Dance** featuring workshops for everyone with all levels of experience. There are also two new line dance workshops! January's workshops were AMAZING, and we expect this event will be even better: just take a look at the Day of Dance schedule!

We are very excited for our **Easter Event** on Saturday, April 8, 2023, from 10:00 A.M. to 3:00 P.M. We want to thank our wonderful sponsors *Desert Financial* and *Touchmark* for all their help with this event. The wide variety of activities, including shopping, food trucks, games, an Easter egg hunt, face painting, and a

bounce house should please everyone of all ages! The best news is **Admission is FREE!** Please show your support of The Center and swing by to check out all the action!

Also, check out our **new schedule**, which now includes **Fridays!** The classes are already growing and we are excited to be able to offer new classes, including Belly Dancing, Gentle Yoga, Balance and Strength, Line Dancing, and Bridge! Be sure to look for your favorite class on the schedule.

The Center is a Place where the **community connects** and with that in mind, we will begin to expand our reach. We are here to support each other as a community, so The Center will be looking for new ways and ideas to better serve you.

As we emerge from the cold weather, we hope to see an increase in attendance of our many activities and programs. Remember that participating in hobbies and other social activities may lower risk for developing some health problems, including dementia, heart disease, stroke, and some types of cancer. We want everyone to be able to enjoy all the amazing things The Center and the new season have to offer. May your April be full of sunshine, joy, and positive change.

Finally, we want to send a BIG THANK YOU to the couple who was so generous to purchase a brand-new projector for our small rooms! This is an essential piece of equipment needed for many classes and seminars! They, and so many others, make The Center possible.

*Kathy McFadden*



# Business Member Spotlight



Adjusting to care at home can be difficult, but with the right care provider, it can be an easier and more enriching transition than you expect. At [Visiting Angels® Prescott](#), we strive to make life better for you or your loved one with our at home care in the greater Prescott region, which is why we prioritize your comfort at every step. Plus Visiting Angels of Northern Arizona is ranked in the top 100 home care companies in THE NATION!

## Home Care in Prescott On Your Schedule, Not Ours

With Visiting Angels Prescott, your family is in control of the [home care](#) you receive and when you receive it. Our home care is available 24 hours a day, every day, and we can create a care schedule based on what you or your loved one needs and when. If you have an aging parent who needs help getting ready for the day, for example, our care professionals can be there to aid with bathing, dressing, and other morning activities.

## Reliable Care from a Bonded, Licensed, & Insured Care Service

Bringing a care professional into your home or the home of a loved

one requires absolute trust in their ability and integrity. At Visiting Angels Prescott, we're bonded and insured, and have the licensing required to provide quality home care that you can count on.

## Ongoing Monitoring for Effective At Home Care in Prescott

Our priority is the comfort and safety of our clients, so our at home care includes routine phone calls and home visits to check in on every client and make sure our care professionals in Prescott are providing the highest quality care. Through this monitoring, we can also keep track of each client's condition and whether they could benefit from other forms of care.

## Personalized At Home Care for Every Client in Prescott

Our at home care plans are unique to every client to account for the diverse needs and preferences within our community. Whether you or your relative needs occasional support with household chores, or more extensive home care services throughout the day, we'll create a custom care plan together and introduce you to a care professional

with the ideal background and experience to help. Our care plans at Visiting Angels Prescott are affordable and flexible, so we're always ready to adjust your services if needed.

Interested in our at home care in Prescott? Contact Visiting Angels Prescott now to schedule a no-cost consultation at your home. Our [home care services](#) are available for families in Prescott, Prescott Valley, [Chino Valley](#), [Cottonwood](#), Sedona, Flagstaff, Verde Valley, Payson and Show Low. [www.visitingangels.com/Prescott](http://www.visitingangels.com/Prescott) [www.visitingangels.com/Flagstaff](http://www.visitingangels.com/Flagstaff)

You can contact Cecelia Jerengan at the office at The Crossings in Prescott or 928-458-4729 or by email: [vanamarketing@visitingangels.com](mailto:vanamarketing@visitingangels.com)

If you desire to join our Angel Family as a professional caregiver we conduct the training for free.

Great benefits, incentives and bonuses too.

Come make a difference in our community and find your purpose too by joining our Angel Family.



# What's New

with our Business Members?



To learn about customer assistance programs please visit [aps.com/assistance](https://aps.com/assistance)



*New Member 2023*



Come experience how we create meaningful relationships with residents and act as best friends every day. Terrace Lodge/Memory Care Open House, Monday, April 17<sup>th</sup> at 2pm 3198 Touchmark Blvd, RSVP: 928-515-3455



Now offering free Cognivue testing (a 5–10-minute brain game) along with a free hearing assessment. For more information and to schedule your assessments, call 928-899-8104.



*Member since 2022*



Social Security Workshops at The Center on April 11 & April 19 at 6:00 pm. RSVPs to Gerry at 928-327-1477.



Free Health & Tower Talk on April 4 & April 18 at 1:00 pm at The Center.



Come join our Angel Family. Make a positive difference in our community and have a great purpose in your life. Ranked in the top 100 home care companies in THE NATION. To Apply: <https://www.visitingangels.com/prescott/employment>



*New Member 2023*



Reverse Mortgage Lunch & Learn April 11<sup>th</sup> 11:30am-1:00pm  
FREE Event & Lunch is included! Register at: [arizonareversemortgages.net](https://arizonareversemortgages.net)  
Traci Ranic 928-202-4270



*Member since 2022*



*New Member 2023*



*New Member 2023*



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!

## Become a Business Member!

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.	●	●	●	●	●	●

For more information on how you can become a Business Member & benefit from the program, 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](http://www.thecenteronrosser.org)

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

**April Activities & Events**

Day	Program/Activity	AM/PM	Member Fee
MONDAY	Movin' w/June	8:30 AM	\$8
	Cake Decorating Class (2nd & 4th Mondays)	9:00 AM	\$5
	Mommy & Me Dance w/Natalia	9:00 AM	\$7
	In the Middle Line Dance w/Cindy (Cancelled 4/17)	9:15 AM	\$8
	Gentle Strength Yoga w/Donna	10:30 AM	\$8
	BINGO	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
	Sculpt & Stretch w/Denise (Cancelled 4/10)	1:00 PM	\$8
Tai Chi & Qigong w/Roma	1:15 PM	\$8	
TUESDAY	Morning Balance w/Roma (Starting 4/11)	8:00 AM	\$8
	All Levels Yoga w/Katy	8:40 AM	\$9
	Meditation w/Peg (Cancelled 4/11)	9:00 AM	\$5
	Gardening with Native Plants (4/11) (1 of 4 sessions)	9:00 AM	\$40
	Basic Beginner Line Dance w/Cindy (Cancelled 4/18)	10:00 AM	\$8
	Yoga-Back/Sciatica w/Dinah	10:00 AM	\$9
	Tai Chi Chuan w/Bryan	10:30 AM	\$8
	Chair Yoga w/Dinah	11:15 AM	\$9
	Blood Pressure Checks w/Angels Care Hospice (4/18)	11:30 AM	Free
	Reverse Mortgage Lunch & Learn (see website calendar for RSVP info.) (4/11)	11:30 AM	Free
	ACBL Sanctioned Bridge	12:00 PM	\$7
	Health & Tower Garden Talk (4/4 & 4/18)	1:00 PM	Free
	Cribbage	1:00 PM	\$5
	Intermediate Line Dance w/Barb	3:00 PM	\$8
	AZ 2-Step Dance Lesson w/Dawn	5:15 PM	\$8
	Beginning Publisher	5:00 PM	\$15
	Social Security Workshop-Grand Canyon Education Academy (4/11)	6:00 PM	Free
	Beginning/Intermediate Night Club 2-Step w/Ronnie	6:30 PM	4/\$40
Intermediate West Coast Swing w/Ronnie	7:30 PM	4/\$40	
WEDNESDAY	Yin Gentle Flow Yoga w/Janet	9:00 AM	\$7
	Beginning Bridge (1 of 6 - Starts 4/5)	9:30 AM	M\$20/N\$30
	Strength & Balance w/Denise	9:40 AM	\$8
	Mat Pilates w/Denise	10:30 AM	\$8
	All Levels Yoga w/Katy	11:00 AM	\$9
	Laughter Yoga w/EJ	11:00 AM	\$8
	Intermediate Line Dance w/Diane	11:45 AM	\$8
	ACBL Sanctioned Bridge (4/12 In Activity Room)	12:00 PM	\$7
	Self-Defense Series w/Victor (4-weeks - 3/22 - 4/12) Min. 4 participants	1:00 PM	4/\$40
	Chef Demo - Springtime Salads (4/26)	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 Ed. Academy (4/19)	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
	Belly Dance Class w/Natalia (Starting 4/13)	10:00 AM	\$8
	Charitable Giving & Tax Efficient Planning Seminar (4/6)	10:00 AM	Free
	Health & Tower Garden Talk (4/13 & 4/27)	10:00 AM	Free
	Beginner Line Dance w/Sandi	10:00 AM	\$6
	Tai Chi Chuan w/Bryan	10:30 AM	\$8
	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-"The Time Machine in Local History" (4/20)	1:00 PM	Free
	American Mahjongg	1:00 PM	\$5
	"Demystifying Life Settlements" w/Bill Hezzelwood (4/27)	2:00 PM	Free
	Conversational Spanish	4:00 PM	\$8
	Intermediate Publisher	5:00 PM	\$15
FRI/SAT	Belly Dance Class w/Natalia	9:00 AM	\$8
	Easter Bazaar & Family Fun Day!! (4/8 - Saturday)	10:00 AM	Free
	Gentle Yoga to Nidra w/Donna	10:30 AM	\$8
	Balance & Stretch w/Katy	11:15 AM	\$8
	Intermediate Line Dance w/Diane	11:45 AM	\$8
	ACBL Sanctioned Bridge (LATE START 4/21 @ 12:30 pm)	12:00 PM	\$7
	Ronnie DeBenedetta Dance Lesson & Party (4/22 - Saturday)	6:30 PM	\$15

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

## More Good Stuff.....

"Let's Talk About Caregiving" starts Monday, May 8th @ 5:30 pm. 4 week class-FREE

Need free help with basic computer questions? Ask Dick Eckhart! dickeckhart@reagan.com

The fitness programs below are all welcome at The Center!



Check the Calendar on our website: www.thecenteronrosser.org



# Spring into WELLNESS Fair

1280 E. Rosser Street | Prescott, AZ 86301

**May 10, 2023**  
**10:00 am - 2:00 pm**



Accepting Vendor  
Registrations through  
May 1, 2023!

Register at  
[www.adultcenter.org](http://www.adultcenter.org)

928-778-3000

[jrulla@adultcenter.org](mailto:jrilla@adultcenter.org)

*We'll be offering*

- ⇒ Free Health Screenings
- ⇒ Exercise & Wellness Tables
- ⇒ Services for Seniors
- ⇒ Community Health Resources
- ⇒ Vendor Commentary
- ⇒ Food & Refreshments
- ⇒ Raffle Prizes





**DANCE**

**DANCE**

**DANCE**

*Mood  
Swing*

May 5  
October 6



*Friday  
Night  
Variety  
Dance*

June 2  
August 4  
September 1  
November 3

*with  
Dawn*

*Dance  
Party  
with Ronnie*

April 22  
May 20  
June 17  
July 22  
August 19  
September 15  
November 18  
December 16



*Dance  
Workshops*

April 1  
July 8  
December 2





*Ronnie DeBenedetta*

# DANCE

*Party*

*April 22, 2023*

*Tickets: \$15*

**LESSONS**

**6:30-7:15pm**

**DANCE**

**7:15-10:00pm**

*Upcoming Dances with Ronnie*

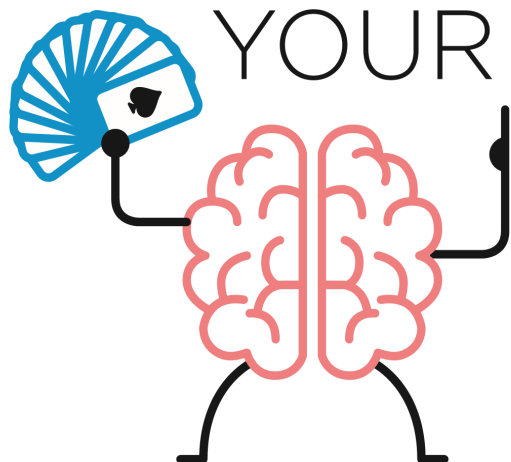
**May 20 • June 17 • July 22 • August 19**

**September 15 • November 18 • December 16**

# Beginner Bridge Lessons

# BOOST

## YOUR **BRAIN** POWER



Challenge your mental muscles and make new friends. Learn the wonderful game of bridge!

**CLASSES MEET ON WEDNESDAYS**

**APRIL 5<sup>th</sup> through MAY 10<sup>th</sup> (six weeks)**

**9:30 AM to 11:30 AM**

**Cost for the six-week series:  
\$20 for members  
\$30 for non-members**

For more information contact:  
Bill Phillips

[spheres0000@gmail.com](mailto:spheres0000@gmail.com)

(928) 266-0865





**SPEAKER SERIES**  
**AT**  
**THE CENTER**

*please  
join us*



- April 20** .. The Time Machine in Local History  
**May 18** .. True West Magazine-Filming in Prescott  
**June 15** .. Arizona Cowboy Poets Gathering  
**July 20** .. Jerome Stories  
**August 17** .. Rough Riders-Western States Call to Arms  
**September 21** .. Story of Watson Lake



*All Programs are Free and start at 1:00 pm*

# Ways You Can Help Support The Center!

## Shop at Fry's

Every time you shop at Fry's, they will make a donation to The Center! You can pick up the step-by-step instructions at the front desk at The Center, or download a copy from our website at [www.thecenteronrosser.org](http://www.thecenteronrosser.org). Go to the About tab, Donate section, and click on the Fry's logo!

## Gift Basket & Silent Auction Items

The Center always appreciates items that are donated to fill our gift baskets. We use these baskets for raffles & prizes for our events. We are always grateful for items like artwork, soaps, candles, gift cards, jewelry, mugs, etc. Donations can be dropped off at the Front Desk at The Center.

## Monetary Donation

No matter how large or small, your contribution is highly appreciated and allows us to expand and improve our services. Donate today, and make the biggest impact on your local community center. You can make an online donation on our website: [www.thecenteronrosser.org/donate](http://www.thecenteronrosser.org/donate).

## Volunteer

If you are looking for a rewarding way to spend your free time, we are looking for you! The Center is always looking for volunteers to help us out with Bingo, events, teaching classes, fundraising, office help and more. You can find an application on our website at [www.thecenteronrosser.org/volunteer](http://www.thecenteronrosser.org/volunteer).

## Become a Member

For only \$75 a year, you can become a Center Member. Membership not only helps The Center, but it also provides you with discounts on activities & events, social & recreational activities, health, fitness and wellness programs and volunteer and civic engagement opportunities. You can also purchase a \$75 membership for a senior in need.

## Attend Events & Activities

The Center has events scheduled all year and your attendance shows your support! Join us for our Health Fairs, Craft Fairs, Seasonal Events, Informational Seminars, Educational Classes and more! You can find Events and Activities on our website in the Calendar tab.

**Thank you all so very much for your continued help and support.**

# FREE Spree in Spring!

**Get your fitness  
back on track!**

**FREE Personal Training session  
(when you buy 10)**

**FREE Consultation and Evaluation**



**Joy Travers, CPT**

Hello, my name is Joy, and I'm a nationally certified personal trainer with over 25 years' experience. I have worked with clients from all walks of life with varying abilities and disabilities. **I believe that exercise is one of the most important things in keeping your body, mind, and spirit working well.**

**My specialty is my ability to:**

- ♦ **Work within your ability and progress you in a safe way**
- ♦ **Help you to move quickly into new fitness levels**
- ♦ **Help you to achieve your goals**

**Post Rehabilitation + Strength + Balance + Mobility + Coordination + Flexibility  
and much more**

**Call now! Set your appointment today. Don't miss it!**

**Joy Travers (928) 642-4002**







### 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](http://www.thecenteronrosser.org)

**April 11.....6pm  
April 19.....6pm**

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



[www.grandcanyonedu.com](http://www.grandcanyonedu.com)

# Advertisers & Info

Independent Living • Assisted Living • Memory Care



www.touchmark.com

Touchmark at the Ranch • 928-442-7160 • 3180 Touchmark Blvd. Prescott, AZ 86301

## Mobile Pedicure Service

Can't see them?  
Can't reach them?  
Can't cut them?



Call CC Botkin.....she can!!

**928-642-8596 Licensed**

## Susan Drysdale, PhD

Specializing in Grief, Transition, and Loss Issues

Other areas of expertise:

Depression, Anxiety, Relationship problems, Medical issues, Addictions, Senior Citizen issues, Stress-related symptoms

drsusan@drysdale.com

www.drsusan@drysdale.com

631-681-6717

Serving Prescott, Arizona

INMAN LAW PLLC  
Elder Law, Estate Planning & Probate  
Guardianships & Conservatorships

CHRIS A. INMAN  
Attorney at Law



Chris@InmanLawAZ.com

phone (928) 445-1514 | 923 East Gurley Street, Suite 202  
fax (928) 492-1099 | Prescott, Arizona 86301



## Spring into better hearing health!

Get your ears checked at Prescott Hearing Center to ensure you enjoy the warmer weather without missing a beat.

Make an appointment today at one of our two convenient locations to maintain your hearing health and enjoy the world with crisp sound!

## PRESCOTT Hearing Center

Simply better, from the start.

928-460-4035 www.prescottheating.com

3108 Clearwater Drive, Ste B2, Prescott, AZ 86305

7762 E Florentine Rd, Ste D, Prescott Valley, AZ 86314



DOUG



PAULA



## Cardinal Home Care

Individualized Care Plans

**Dave Hummel**

Director of Care

Prescott (928) 642-4683

Mobile (480) 390-7305

Email: dave@cardinalhomecare.com

www.CardinalHomeCare.com

LOCALLY OWNED

- Individualized Home Care Assistance Plans
- We provide Non-Medical Caregivers

**"Are you looking for a caregiver for a loved one?"**

Call for a free consultation

Mention this ad & receive a 10% discount off services

## Hezzelwood Insurance Services

Thinking About Selling Your Life Insurance Policy?

### LEARN THE FACTS

Please attend my FREE 1-hour seminar to learn about Life Settlements.

Where: The Center on Rosser

When: April 27 from 2:00-3:00

If you have questions, give us a call at 928-642-0867

Ask for Bill Hezzelwood



We can also help you with the purchase of Life Insurance, Long Term Care Insurance, Annuities, and Disability Income Insurance.

AZ License # 19021025

CA License # 0M79379

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

### The Center Staff

Kathy McFadden - CEO

Brian Sebring - Sr. Facilities & Events

Drew Barbaresi - Facilities & Events

Joe Gomez - Facilities & Events

Nancy Barber - Administrative Assistant II

Natalia Rumsey - Sales & Events

Christi Carlson - Membership & Volunteers

Julia Rulla - Marketing & Communications

### 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 - 3:30 pm

Saturday: By Event Sunday: Closed

**Now Open on Fridays!**

www.thecenteronrosser.org