



The Center Piece

FEBRUARY 2025

On The Inside

New Business Member

Community Walking Path

Computer Classes

National Heart Month



Open House & Community Event

February 8 | 10am - 2pm

Open House: 10am - 2pm

Winter Wellness Day: 10am - 2pm

Walking Trail Ribbon Cutting - 10:30am

See Reverse for Trail Info!



Tours • Food Trucks • Raffle • Prizes

Happy Valentine's Day



MEALS ON WHEELS

February Events at The Center!

February 8

WINTER Wellness Day

February 11

SRN SENIOR REFERRAL NETWORK
Connecting Senior Service & Care Providers

February 12

CHEF DEMO 

From the CEO

Exciting Updates and an Invitation to Join Us!

We are thrilled to kick off the new year with exciting developments at The Center! We've welcomed new classes, new business members, and a growing community of individuals joining us. We're grateful for your continued support as we expand and improve our offerings.

One of the most exciting updates is a collaboration with Prescott Sunrise Lions and Meals on Wheels to bring a long-awaited project to life - a 1/4-mile asphalt walking trail right behind our building! This trail will open the door to walking clubs and outdoor activities, providing a wonderful space for fitness and connection.

Thanks to advance funding, the initial phase of the trail is fully funded and underway. However, we are still seeking donations to enhance the area with benches, trees, pet-friendly spaces, and more. Every contribution

helps make this dream a reality for our community. If you'd like to support this initiative, donations can be made directly at The Center. Please make checks payable to Prescott Sunrise Lions to receive a tax credit for your contribution.

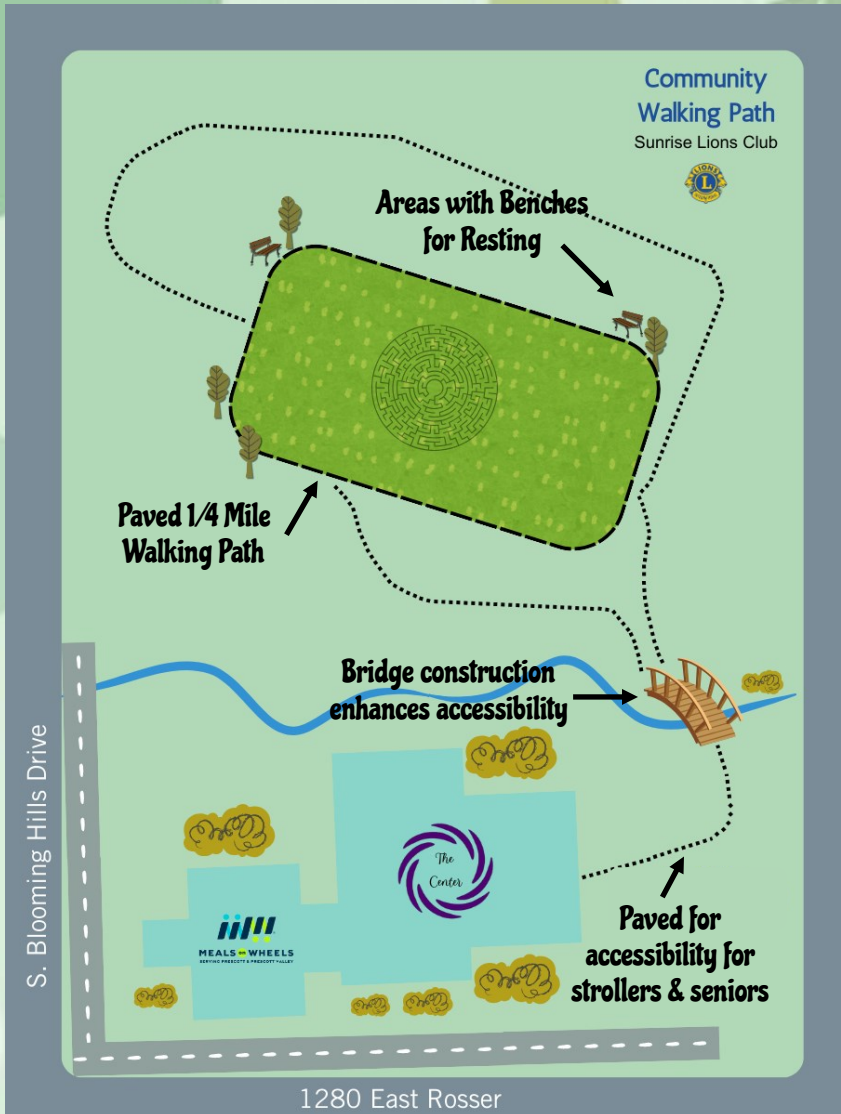
We are also excited to invite you to our **Community Day and Wellness Event on Thursday, February 8th, from 10 AM to 2 PM!** Join us for this special day to tour The Center and Meals on Wheels, connect with our amazing community, and celebrate the official ribbon cutting of our new walking trail at 1 PM.

Thank you for being a part of The Center, and we can't wait to see you at the event as we celebrate this exciting milestone together!



Kathy McFadden

Help Us Build a Lasting Legacy : "Connecting Community to Nature"



The Prescott Sunrise Lions Club, in collaboration with The Center and Meals on Wheels, is seeking your support to bring a transformative project to life. Together, we aim to create a vibrant and inclusive outdoor space that will enhance the well-being of seniors and benefit the entire Prescott community.

Scan the QR Code for more information and to donate to help us build 'All Inclusive Trails' with the Prescott Sunrise Lions, The Center and Meals on Wheels.

Thank you for your support!



Business Member News & Events

Welcome New Business Member!

Silver Level



We look forward to helping you get the word out to promote your business!



Free Social Security Seminars
February 4, 12 & 26 - 6:00 pm
at The Center



Connecting Senior Service & Care Providers

Next Event - Taco Tuesday!
February 11th - 5-7pm
at The Center



Q&A: "Let's Get Real About Senior Living" February 24th at 2:00 pm. RSVP to 928-445-9300.

2025 Business Members

Executive Platinum



Platinum



Dignity Health.
Yavapai Regional Medical Center

Gold



Silver



Bronze





We're excited to invite you to our 2nd Annual Fundraiser for the Kid's Closet on March 5th.

Please join us to help reach our goal of \$5,000 for 2025!

If you can't attend, but would still like to donate, you can make donations online at

www.thecenteronrosser.org

Thank you for your support!

FUNDRAISER

Join us!

PASTA Dinner Fundraiser for Kid's Closet

Wednesday, March 5
5:00 - 6:30 pm

\$10 per person
Soft Drinks | Dessert | Raffle
Beer & Wine for Donations

Join us at The Center!
1280 E. Rosser Street | Prescott
928-778-3000
www.thecenteronrosser.org



Computer Classes start on February 25 from 4-6 pm. Bring your laptops!
\$15 per class



February: Beginning & Intermediate Word
March: Beginning & Intermediate Excel

February Events & Activities

Day	Program/Activity	AM/PM	Members
THE CENTER WILL BE CLOSED ON MONDAY, FEBRUARY 17 FOR PRESIDENT'S DAY- NO CLASSES WILL BE HELD			
MONDAY	Movin' w/June (Cancelled 2/17)	8:30 AM	\$8
	In the Middle Line Dance w/Cindy (Cancelled 2/17)	9:30 AM	\$8
	Strength & Balance w/Joy (Cancelled 2/17)	9:30 AM	\$9
	Zumba w/Kay (Cancelled 2/17)	11:00AM	\$8
	Hand & Foot Canasta (Cancelled 2/17)	12:00 PM	\$5
	ACBL Sanctioned Bridge (Cancelled 2/17)	12:00 PM	\$8
	Non-Sanctioned Bridge (Cancelled 2/17)	12:00 PM	\$7
	Integrated Exercise Yoga/Qigong/Pilates w/Roma (Cancelled 2/17)	12:15 PM	\$8
	Raskins Jewelers - Cleaning & watch repair (2/10)	12:30 PM	FREE
	Tai Chi & Qigong w/Roma (Cancelled 2/17)	1:30 PM	\$8
TUESDAY	All Levels Yoga w/Katy	8:40 AM	\$9
	Meditation w/Peg	9:00 AM	\$5
	Strength & Balance w/Joy - 1 Hour	9:00 AM	\$9
	Balance Tai Chi Movements w/Joy - 30 minutes	10:00 AM	\$5
	Basic Beginner Line Dance w/CindyLou	10:00 AM	\$8
	Weights & Balls on 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
	ACBL Sanctioned Bridge	12:00 PM	\$8
	Lunch & Learn w/Desert Fin. - 'Wealth Management' (2/25)	1:15 PM	Free
	The Page Turners Book Club (2/11)	1:30 PM	Free
	Intermediate Line Dance w/Barb (11:15 am on 2/11 Only)	3:00 PM	\$8
	Tai Chi w/Larry (Starts 2/18)	5:00 PM	\$8
	Social Security Seminar (2/4)	6:00 PM	Free
Beginning WC Swing w/Ronnie (2/11 - in Meals on Wheels)	6:30 PM	\$15	
Intermediate Line Dance w/Ronnie (2/11 - in Meals on Wheels)	7:30 PM	\$15	
WEDNESDAY	Strength & Balance w/Joy	9:30 AM	\$9
	Mat Pilates w/Denise	10:30 AM	\$8
	All Levels Yoga w/Katy	11:00 AM	\$9
	ACBL Sanctioned Bridge	12:00 PM	\$8
	AZ Territorial Society - "On the Bloody Trail of Geronimo" (2/19)	1:00PM	Free
	Chef Demo with Chef Caleb (2/12)	2:30 PM	Free
	Social Security Seminar (2/12 & 2/26)	6:00 PM	Free

Non-Member Price for Activities \$ 10 Non-Member for Bridge \$ 12 to \$ 15

*Activities in BLUE are our Basic Fitness Classes. All other classes are Premium.

Day	Program/Activity	AM/PM	Member Fee
THURSDAY	Strategic Network Partners	7:30 AM	Free
	All Levels Yoga w/Katy	8:40 AM	\$9
	Strength & Balance w/Joy - 1hr	9:00 AM	\$9
	Balance Tai Chi Movements 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 (2/13)	10:45 AM	Free
	Chair Yoga w/Joy	11:15 AM	\$9
	BINGO - Games start at 1:30 pm, Doors open at Noon	12:00 PM	Per Game
	Hand & Foot Canasta	12:00 PM	\$5
	American Mahjongg - Beginners Welcome	1:00 PM	\$5
	Tai Chi w/Larry on Thursdays (Starts 2/20)	5:00 PM	\$8
	Zumba w/Tara (Starts 2/13)	5:30 PM	\$5
FRIDAY	Movin' w/June	9:00AM	\$8
	ZUMBA Gold w/Kay	11:00 AM	\$8
	Balance & Stretch with Chair w/Katy	11:15 AM	\$8
	ACBL Teams Bridge	12:00 PM	\$8
S/S	Line Dance Lesson w/Ronnie (Saturday, 2/22)	6:30 PM	\$15
	Union Church Services (Sundays)	10:00 AM	Free

*Activities in BLUE are our Basic Fitness Classes. All other classes are Premium.

Non-Member Price for Activities \$10 Non-Member for Bridge \$12 to \$15



Next Event: February 11th



Scan to Register

2025 Mixer Schedule

(for Standard & Premium Center Members)

March 12 – "Ready, Set, Bloom"

June 24 – "Summer Sipper"

September 17 – "Autumn Chill Social"

December 16 – "Mixer & Cookie Exchange"

JOIN US!

Back in 2025!



Speaker Series at The Center

**This Month:
February 19 - 1:00 pm**

Visit our website for the 2025 Schedule:
www.thecenteronrosser.org/az-terr-series



CHEF DEMOs at The Center!

We are very excited that Chef Caleb and his team from Las Fuentes Resort Village will be presenting Chef Demos the 2nd Wednesday of each month at 2:30 pm.

**Next Demo: february 12
Venison Stew & Valentine's Day Punch**

Join us to try amazing recipes and even get a cooking tip or two!

Chef's 2025 Demo Schedule

January 8
February 12
March 12
April 9
May 14
June 11
July 9
August 13
September 10
October 8

Chef Demo brought to you by Las Fuentes!



**LAS FUENTES
RESORT VILLAGE**
A SENIOR LIVING COMMUNITY

Subject to change, please check the Center's online calendar at www.thecenteronrosser.org



LOVE YOUR HEART

GET ACTIVE!



February is American Heart Month!

KNOW YOUR NUMBERS:

- CONTROL YOUR CHOLESTEROL
- MANAGE YOUR BLOOD PRESSURE
- REDUCE YOUR BLOOD SUGAR



QUIT SMOKING!

? ? Interested ? ?

A top priority for The Center is to keep our members engaged and happy with new activities and programs. Each quarter in 2025, we'll be asking you if you'd be interested in potential items we would be happy to add to our calendar. Fill out the ticket below to let us know!

QUARTER 1:

- A Grieving Support Group
- Memory Care Workshop
- Brain Health - Tips to Stay Sharp

- Piano - Beginning Keyboard
- Cake Decorating
- Checkers & Chess Club



Please enter what program or activity you'd be interested in being a part of at The Center & drop it off at the front desk. Don't see something you like? We're open to alternatives!



Yes! I would be interested in attending:

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Community Outreach Specialist

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Communication is really important for a healthy relationship and being able to hear your loved ones and friends is very crucial to longevity and a happy life. When you are constantly saying "what" to hear a person, it can cause some anger, miscommunication, and frustration. At Prescott Hearing we will give you a free assessment, check for earwax and have a heartfelt conversation to determine the best solution for you.

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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.

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- 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

All Classes at 6:00 pm

February 4

February 12

February 26

March 5

March 20

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



www.grandcanyonedu.com


Advertisers & Info



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Steve Schott
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The Center Staff

Kathy McFadden - CEO
Drew Barbaresi - Sr. Facilities & Events
Julia Rulla - Marketing & Communications
Caidie Edington - Admin Assistant



Monthly Board Meetings 3rd Tuesday at 10:00 am

Board of Directors

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



Hours

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

Holiday Closures

February 17 - President's Day

The Center

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