

Summer Campaign!

At The Center, we strive to provide our members with all the resources they seek for an enriching lifestyle. We are committed to your satisfaction and really couldn't have gotten this far without your generous contributions. No matter how large or small, your contribution



is highly appreciated and allows us to expand and improve our services. We can do more together!

The Center will be Closed June 19

On The Inside

Business Member Spotlight

June Activities

Upcoming Events

Dance Page

Advertisers

See some ways below how you can help The Center connect with the community!

DONATE

- School supplies for our Back-to-School Craft Show
- Chips, water, drinks for our First Responder's BBQ
- Monetary donations to help with community

VOLUNTEER

- · Join our Event Committee
- Help collect donations
- · Help during events
- Help serve or cook for our First Responder's BBQ in July
- · We'd love your help!

SHARE

- If you're a Center Member, bring a friend for a tour
- Tell your co-workers about us for event rentals
- Join us for our craft shows and other events throughout the year

From the CEO



Read that again - you're never too old to set another goal or to dream a new dream. Those words are so true and we see it every day at The Center! We have active participants at The Center from ages 18 to age 101, coming daily to have lunch at Meals on Wheels, to exercise and enjoy fellowship with other participants, and to learn from our presenters. We firmly believe in getting up getting out, and getting on with our lives. No matter our age, we should not stop getting out and enjoying life - it keeps us young at heart.

At The Center we see more and more people who are taking control of the "second half" of their lives by participating in fitness programs, attending educational programs, or volunteering. They are speeding up, not slowing down! They have set a goal of staying healthy, continuing to learn, and being involved in their communities - keeping their bodies and minds healthy and active. It seems to me that we should never say, "I'm too old to do that" or "that's for young folks" - age is an attitude. Want to try a dance class that looks like fun? Take it! Have you always wanted to learn a new skill? Find an instructor and learn it!

Do you want to give back to your community? Look no further; there are always many ways to get involved with The Center and support your community.

We have already scheduled two events that support our community: a Back to School Fair and a First Responders Day BBQ. Join our planning committees to make these events successful. If planning committees are not a fit for you, then consider a donation of school supplies to hand out to kids at our Back to School Fair, or possibly talk with the planning committee to find how you can help support our First Responders BBQ. These events truly give us the opportunity to give back to the community we live in. You won't regret getting involved.

JUST SO YOU KNOW: Because of our new goals and dreams, we have been making changes and are planning several more upgrades around the building. We appreciate your patience and flexibility while we complete these. This month we will be moving the Fitness Room to a larger space and temporarily closing it from noon on Friday, June 2 to Tuesday, June 6. Once the Fitness Room is moved, we will be saying goodbye to our storage rooms and converting the meeting room and current fitness room into a larger studio space.

This will accommodate larger classes and events. We are excited about these changes. Also, the City will be doing floor maintenance in the ballroom, so it will be closed from noon on Sunday, June 18 through Wednesday, June 21.

Because of this, some classes will be cancelled and others will be moved to smaller spaces. Again, we really do appreciate your understanding during these changes. Nancy's front desk is complete. She is excited about moving to her new space; it will provide her with added security and protection from the weather. The new space will also allow a second person to be up front to help you, our Members!

Yes, we are never too old and we hope you will let us help you to set that new goal and dream that new dream - you CAN do it! We want to be a part of the journey you are on. If you make it a goal to stay active and involved, others may see you enjoying your life and want to join you on that journey. Set goals, dream dreams, and enjoy the ride!

Kathy McFadden

Business Member Spotlight

Finding the right senior living option can be overwhelming, but it doesn't have to be!

At Assisted Living Locators, our knowledgeable local team, can help you and your family navigate the complex world of assisted living and memory care. We don't just find you a community, we are able to help you further with:

1. Comprehensive Knowledge and Research

At Assisted Living Locators, we have extensive knowledge and access to a vast database of assisted living and memory care communities. We stay up-to-date with the latest trends, regulations, and offerings in the industry. This enables us to provide you with accurate and comprehensive information, ensuring you have a clear understanding of the options available to you.

2. Individualized Assessment and Guidance

We take the time to conduct a thorough assessment of your needs, preferences, and goals. By understanding your unique circumstances, we can provide personalized guidance and recommendations tailored specifically to your requirements. This individualized approach ensures that the options presented to you are well-suited to your specific needs and preferences.

3. Time and Effort Savings

Searching for the right community can be overwhelming and time-consuming. We simplify the process by conducting the research, comparing facilities, and presenting you with a shortlist of suitable options. This saves you a significant amount of time and effort, allowing you to focus on other important aspects of your transition.

4. Advocacy and Support

As your advisor, we act as your advocate throughout the entire process. We understand that transitioning to a community can be an emotional journey, and we are here to support you every step of the way. We address your concerns, provide reassurance, and ensure that your needs and preferences are heard and understood.

5. Objective and Unbiased Recommendations

Our role as your advisor is to provide you with objective and unbiased recommendations. We have no affiliations with specific facilities, allowing us to present you with a wide range of options without any biases. We prioritize your best interests and work to find the community that aligns with your specific needs and preferences.

6. Continued Relationship and Assistance

Our commitment to you extends beyond the initial placement process. Even after you have selected a community, we remain available to address any concerns or questions that may arise. We value our ongoing relationship and want to ensure your continued satisfaction and well-being.

At Assisted Living Locators, our local team's goal is to become your partner through the process and make your transition to assisted living as smooth and stress-free as possible. By providing comprehensive knowledge, personalized guidance, and ongoing support, we aim to help you find the perfect community that meets your unique needs and allows you to live a fulfilling and comfortable life.







Our mission at The Center is to STUFF A BUS with 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 to hand out backpacks filled with what the students will need at our Back-to-School Craft Fair on July 21 & 22!

Collection Dates: June 5 through July 18!

Collection Sites (see website for additional locations!)











Yavapai Title Agency - 5 Locations. Prescott: 123 N. Montezuma, 1235 E. Gurley St. & 3200 Lakeside Village

Prescott Valley: 8070 E. Hwy 69 & Chino Valley: 980 N. St. Rte. 89

Prescott Chamber of Commerce - 117 W. Goodwin Street, Prescott

Founding Fathers - 218 N. Granite Street, Prescott MOD Pizza - 3007 N. Glassford Hill Rd., Prescott Valley

The Center - 1280 E. Rosser Street, Prescott

You'll find the collection sites and full supply wish list on our website: www.thecenteronrosser/stuff-the-bus

Questions: 928-778-3000 or kmcfadden@adultcenter.org



Upcoming Events!



The Center

uty!

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

ave the 4) ater Join us so we can celebrate you!



Hot Dogs | Burgers Brats | Snacks | Drinks

CENTER MEMBERS ONLY!



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



aps & Lotions Vitems for Pets Scarves & Gloves √Quilts & Throws Fames & Toys pistration is now open online at ww.thecenteronrosser.org re Homepage under Eve

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

20-Minute Mini Fitness Class

lealth & Fitness Seminars and Workshops

Yoga, Tai Chi & Meditation

Juice Bar

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



eet, Ste. B | Prescott, AZ 86301 | 928-778-3000 | w

Let's Day E

Friday Night Variety Dance w/ Dawn

June 2 ● August 4 ● September 1 ● November 3

Dance Workshops

July 8 • December 2

Dance Party with Ronnie

June 17 ● July 22 ● August 19 ● September 15 ● November 18 ● December 16

(*June 17: Free lesson before dance-WC Swing Basics - In addition Qualifiers for the AZ 2-Step Championship)



Rookie West Coast Swing Bootcamp

☆ ☆ ☆ Prescott Edition ☆ ☆ ☆ ☆

Thursdays in June, Starting June 1 from 6 - 7:30pm

Join Robert & Brigette Campos for this Fun, Upbeat 5 week course!! You Get:

- *2 Encouraging, Experienced Instructors
- *Over 6 hrs of Instruction in a small group environment
- *A class that grows together!

(No new students accepted after week 2)

- *Knowledge & Practice in connection, West Coast Swing basics and musicality
- *Empowerment and Confidence in your West Coast Swing!

No partner needed!

No experience required!

Rookie West Coast Swing Boot Camp

The Adult Center of Prescott
Tuition \$100 for the entire 5weeks
Prepay via Zelle or Venmo
Tuition increases to \$120 at the door

Call or Text Brigette 623-308-2841 www.WCSTribe.com



Day of Dance Classes Start July 8 @ 1pm!

Classes will be posted online by 6/15.

| Day | Program/Activity | AM/PM | Member Fee | | | |
|-----------|--|----------|------------|--|--|--|
| | Ballroom closed for maintenance on Monday, June 19 | | | | | |
| | NO Classes on Monday, June 19. The Center will be closed for the Freedom Day Holiday | | | | | |
| 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 | Activities in | | |
| | ZUMBA w/Stacey | 11:00 AM | \$7 | ≟ | | |
| 9 | BINGO | 11:00 AM | Per Game | i es | | |
| _ | Hand & Foot Canasta | 12:00 PM | \$5 | ے د | | |
| | ACBL Sanctioned Bridge (cancelled 6/19 & 26) | 12:00 PM | \$7 | | | |
| | Non-Sanctioned Bridge (cancelled 6/19 & 26) | 12:00 PM | \$7 | BLUE | | |
| | Yoga for Peace & Vitality w/Roma | 12:00 PM | \$8 | П | | |
| | Tai Chi & Qigong w/Roma | 1:15 PM | \$8 | are | | |
| | Ballroom closed for maintenance on Tuesday, 6 | 5/20 | | | | |
| | All Levels Yoga w/Katy | 8:40 AM | \$9 | eligible for Silver Sneakers, | | |
| | Meditation w/Peg (cancelled 6/6 & 6/20) | 9:00 AM | \$5 | | | |
| | Basic Beginner Line Dance w/Cindy | 10:00 AM | \$8 | 0 | | |
| | Yoga-Back/Sciatica w/Dinah (cancelled 6/20) Sub all month | 10:00 AM | \$9 | δ | | |
| | Tai Chi Chuan w/Bryan (cancelled 6/20) | 10:30 AM | \$8 | S | | |
| > | Chair Yoga w/Dinah (cancelled 6/20) Sub all month | 11:15 AM | \$9 | | | |
| TUESDAY | Reverse Mortgage Lunch & Learn 6/20 (See website calendar to register) | 11:30 AM | Free | er : | | |
| ISI | ACBL Sanctioned Bridge | 12:00 PM | \$7 | Sn | | |
| 15 | Intermediate Line Dance w/Barb | 3:00 PM | \$8 | О | | |
| | Rumba Dance Lesson w/Dawn | 5:15 PM | \$8 | | | |
| | Gmail & Outlook Class | 5:00 PM | \$15 | SJ6 | | |
| | Social Security Workshop-Grand Canyon Education Academy (6/13) | 6:00 PM | Free | | | |
| | Intermediate Progressive 2-Step w/Ronnie (No Drop-ins after Week 2) | 6:30 PM | 4/\$40 | Renew | | |
| | Intermediate West Coast Swing w/Ronnie (No Drop-ins after Week 2) | 7:30 PM | 4/\$40 | ē | | |
| | Ballroom closed for maintenance on Wednesday, 6/21 | | | | | |
| | Yin Gentle Flow Yoga w/Janet | 9:00 AM | \$7 | Active | | |
| | Strength & Balance w/Denise | 9:40 AM | \$8 | 17 | | |
| | Mat Pilates w/Denise | 10:30 AM | \$8 | | | |
| | All Levels Yoga w/Katy | 11:00 AM | \$9 | \\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\ | | |
| > | Intermediate Line Dance w/Diane (Late start 6/21 at 12:10pm) | 11:45 AM | \$8 | | | |
| 2 | ACBL Sanctioned Bridge | 12:00 PM | \$7 | & Silver | | |
| ES | Chef Demo - Fun with Chocolate (6/28) | 2:30 PM | Free | ∞ | | |
| Z | Zumba w/Kay | 2:30 PM | \$7 | <u>∓</u> | | |
| WEDNESDAY | Tango w/Hector | 3:00 PM | \$8 | == | | |
| | Samba w/Hector | 4:00 PM | \$8 | | | |
| | Thinking About Selling Your Life Insurance Policy w/Bill Hezzelwood (6/28) | 3:30 PM | Free | | | |
| | Creative West Coast Swing w/Dawn | 5:15 PM | \$8 | | | |
| | Social Security Workshop-Grand Canyon Education Academy (6/21) | 6:00 PM | - | | | |

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 (cancelled 6/15) | 10:00AM | \$8 |
| | Health & Tower Talk (6/1, 6/15 & 6/22) | 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 (6/15) | 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-"Arizona Cowboy Poets" (6/15) | 1:00 PM | Free |
| | American Mahjongg - Beginners Welcome | 1:00 PM | \$5 |
| | Conversational Spanish | 4:00 PM | \$8 |
| | Gmail & Outlook Class | 5:00 PM | \$15 |
| FRI/SAT | ACBL Sanctioned Bridge (No Bridge June 23) | 10:00 AM | \$7 |
| | Gentle Yoga to Nidra w/Donna (6/2) | 10:30 AM | \$8 |
| | Balance & Stretch w/Katy (6/2) | 11:15 AM | \$8 |
| | Intermediate Line Dance w/Diane (6/2) | 11:45 AM | \$8 |
| | Variety Dance Party w/Dawn (6/2) Samba lesson at 6pm, Variety Dance Party from 7-9pm | 6:00 PM | \$12 |
| | Ronnie DeBenedetta Dance Lesson & Party (6/17) <i>Qualifier for AZ 2-Step State Championships</i> | 6:30 PM | \$15 |

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

More Good Stuff.....

Beginner's Spanish Starting July 6 from 3-4 pm

Learn Bridge in a Day on July 13 from 9am - 4 pm

The fitness programs below are all welcome at The Center!







NOTE: Fitness Room Closed 6/1 at Noon and all day on 6/2.

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

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

"Demystifying Life Settlements" a FREE presentation by Bill Hezzelwood of Hezzelwood Insurance Services

We will show you how to turn this...



...into this.



As they say on the television commercials...
"You Could Be Sitting on a Goldmine"

When: Wednesday, June 28 at 3:30 pm
Where: The Center on Rosser (1280 E. Rosser St.)
Who: Anyone who has a life insurance policy that they no longer need (or can no longer afford)
Objective: Educational presentation on Life
Settlements – what they are, and what you need to know about them. No sales pitch – I promise.

Space is limited, so please RSVP to me at 928-642-0867 to reserve your spot.



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

October 19

Haunted Prescott (with Diane Wilson)

All Programs are Free and start at 1:00 pm

The Ground Floor Women's Pelvic Floor Health

with Donna Schnoor



A Workshop to discuss Pelvic Floor Health and exploring techniques and exercises to identify and strengthen these muscles.

While urinary incontinence is common, it is <u>not normal</u>.

And it's not something that you should "just live with."

This medical condition can often be resolved or improved with proper treatment.

*Hypotonicity vs Hypertonicity

*Urinary incontinence

*Pelvic Organ Prolapse

*Weakened muscles

*Lower estrogen levels

*Proper Kegels

The Center on Rosser

Date: Friday, June 23rd

Time: 1:00- 3:00pm

Cost: \$30.00

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. | • | • | • | • | • | • |

Visit our website for more information on how you can become a Business Member!

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



What's New







Member since 2023



BLOOMTREE REALTY Ronnie Debenedetta

Member since 2023



Member since 2023



We offer affordable payment options and take several insurances. Don't delay getting your hearing check because of finances, we can help find the best plan for you.



Member since 2022



Upcoming Social Security Seminars at The Center. All Seminars at 6:00 pm June 13, June 21, July 18 and July 26



Tower & Health Talk June 1, 15 & 22



Senior Referral Party on Tuesday July 11th from 5 pm to 7 pm at Espire Sports. (Gateway Mall) The party is FREE but must RSVP: https://seniorreferralnetwork.org/events/



Member since 2023



Reverse Mortgage Lunch & Learn - June 20 from 11:30am - 1 pm at The Center There is no cost, but registration is required: arizonareversemortgages.net/events



Member since 2022



Member since 2023



Member since 2023

Advertisers

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

CHRIS A. INMAN Attorney at Law

Chris@InmanLawAZ.com



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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

> drsusandrysdale@gmail.com www.drsusandrysdale.com 631-681-6717 Serving Prescott, Arizona



Steve Schott

Registered Representative CA Insurance Lic.#0H23992

824 Valley Street Prescott, AZ 86305

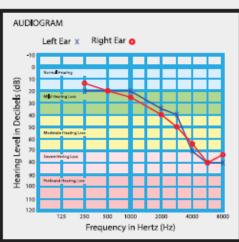
928.776.1031 Phone 928.778.6584 Fax



Getting a baseline hearing test is an important step in taking care of your hearing health!

By scheduling a hearing assessment, we can provide a valuable snapshot of your current hearing ability and help us identify potential hearing issues before they become more serious. The most important reason to get a baseline hearing test is to identify any potential hearing loss before it becomes worse.

Hearing loss can be caused by a variety of factors, and a baseline test can help us understand your current hearing level and any changes that have occurred since your last test. It can also help us understand if your hearing is within a normal range, or if there is some degree of hearing loss.



By understanding your current hearing level and any changes that have occurred since your last test, we can make better decisions about which activities and environments may be harmful to your hearing health.

Call us today to schedule your hearing test at one of our convenient locations at 928-899-8104!



www.prescotthearing.com

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









DOUG **PAULA**

KIM

Grand Canyon Education Academy

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

June 13......6pm June 21.....6pm July 18.....6pm July 26.....6pm

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



www.grandcanyonedu.com

Advertisers & Info

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: June 28 from 3:30-4:30

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

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Dave Hummel

Director of Care

Prescott (928) 642-4683 Mobile (480) 390-7305

Email: dave@cardinalhomecare.com

www.CardinalHomeCare.com

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

Call for a free consultation

Mention this ad & receive a 10% discount off services

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
Nancy Barber - Admin Assistant II
Natalia Rumsey - Sales & Events
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



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 Closure

Freedom Day June 19

