



The Center Piece

OCTOBER 2023



The Center will be
CLOSED October 9 for
Columbus Day.

ON THE INSIDE

- October Activities
- Mood Swing Band
- Sip, Paint & Smile
- New Classes

CASINO NIGHT HAS
BEEN RESCHEDULED
FOR APRIL 2024 STAY
TUNED FOR DETAILS!

CENTER MEMBERS!

New Membership
Cards are now
available.
See Nancy at the
Front Desk



October
27 & 28 

fall family Craft fair
9am-3pm



Crafts, Jewelry, Games, Entertainment,
Costume Contest, Trick or Treats,
food Trucks, fun & More!

HALLOWEEN COSTUMES ENCOURAGED!



MORE EVENTS INSIDE!

You can also find event information on our website
www.thecenteronrosser.org

From the CEO



I hope this letter finds you in good health and high spirits as we step into the beautiful month of October. As the leaves turn vibrant shades of red, orange and yellow, we, too, find ourselves embracing change and growth here at The Center.

It's the season of harvest, a time to gather the fruits of our labor and share in the abundance of our collective efforts. We truly believe that the strength of our organization lies in its members and supporters. Your dedication, ideas, and unwavering support drive our mission forward. As we embrace the vibrant autumn season, let's also embrace the spirit of togetherness and collaboration.

October is a month filled with the start of the Holiday Season. Let's set our sights on new goals, we have one last push for two of our largest biggest events of the year, the first being our Fall Family Craft Fair. We have so many Vendors, Food Trucks and Entertainment! We will be passing out Candy to our little Trick or Treaters and we ask that you help support us by donating a bag of Candy. Second, is our largest Fair of the Year! Our Christmas Show! We need all hands on deck and need help in many different capacities for this event including volunteering, crafting, promoting, donating toys for SANTA to hand out during the festivities, and donating items for our silent auction and raffles. We still have a few spots open for entertainers at the Fall & Christmas Shows. Please see Christi if you are interested in becoming a performer for the shows!

Here are some other key dates and activities for this fall:

- We are hosting a Donation only Dance on October 6th with a LIVE Jazz Band, we are asking for a donation of Candy for our Fall show or a Toy for our Christmas show.
- October 18th is a fun Sip and Paint Class! You can register online or with Nancy at the Desk.

I hope that you take time to read the Newsletter and see all the new amazing classes that we have. I also want to send out a huge THANK YOU to all the teachers that are here weekly to provide such AMAZING classes for OUR CENTER. Together, we are building a stronger, more compassionate community, and I am inspired by the positive change we create together. Let us embrace the spirit of October, a season of transformation, gratitude, and unity. I look forward to seeing you at our upcoming events and working together to achieve our goals.



Kathy McFadden



October **EVENTS**

October
6th
5-9pm

MOOD SWING Jazz Swing Band

Dancing | Cash Bar | Hors d'oeuvres

Admission

Please bring one of the following:

- ◆ Bag of Halloween Candy or
- ◆ Unwrapped toy for a child or
- ◆ Cash donation for a child's gift



October 18, 2023

4:00 - 6:00 p.m.
Admission Fee: \$15

Register online at
thecenteronrosser.org



1280 E. Rosser Street
Prescott, AZ 86301 | 928-778-3000

SAVE

Hooters



Paint the
Owls!

Donations will also be accepted for the National Breast Cancer Foundation.

October
18th

The Business Member's Bulletin Board



TOUCHMARK

We're celebrating Active Aging Week in October at Touchmark! Join us on October 3rd for: 11 am Zumba Class @ 11am, Self Defense @ 12 pm, and Drum Pump Class @ 2pm!

PRESCOTT Hearing Center
Simply better, from the start.

We are looking for a front desk patient care coordinator for our busy Prescott location. Please call Denice for more info at 928-660-2645.

Business Members: If you have something you'd like to share in our newsletter, please send your news or ad to us at jrulla@adultcenter.org to make sure it gets published in the next issue (monthly deadline is the 20th). We would love to help you get the word out!

OCTOBER BUSINESS SEMINARS & WORKSHOPS

- Thursday Mornings at 7:30 am - Strategic Network Partners
- 10/3 - Medicare Seminar w/Ed McMahan
 - 10/4 - Social Security Workshop w/Grand Canyon Ed. Academy
 - 10/10 - Social Security Workshop w/Grand Canyon Ed. Academy
 - 10/10 - Medicare Seminar w/Ed McMahan
 - 10/13 - Medicare Seminar w/Steve Pomerantz
 - 10/19 - Haunted Prescott w/Arizona Territorial Society
 - 10/24 - Asset Preservation Strategies w/Desert Financial
 - 10/25 - Social Security Workshop w/Grand Canyon Ed. Academy



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



Mountain Spirit
Healing and Educational Center



REALTYONEGROUP
MOUNTAIN DESERT



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



October Events & Activities

Day	Program/Activity	AM/PM	Member Fee	
THE CENTER WILL BE CLOSED FOR COLUMBUS DAY - 10/9 - NO CLASSES				
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	
	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	12:15 PM	\$8	
	Sr. Beginning Rebounding Class w/Dr. Kimberley (Starting 10/23)	1:00 PM	\$25	
	Tai Chi & Qigong w/Roma	1:30 PM	\$8	
	Beginning Intermediate Rebounding Class w/Dr. Kimberley (Starting 10/23)	1:45 PM	\$25	
TUESDAY	Chair Line Dance w/Randi (starts 10/16)	3:00 PM	\$6	
	All Levels Yoga w/Katy	8:40 AM	\$9	
	Meditation w/Peg	9:00 AM	\$5	
	Basic Beginner Line Dance w/Cindy	10:00 AM	\$8	
	Weights w/Balls & Chair w/Katy Kolasa (No Class 10/17)	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	\$7	
	Asset Preservation Strategies w/Desert Financial (10/24)	1:15 PM	Free	
	Medicare Seminar w/Ed McMahan (10/3 & 10/10)	2:00 PM	Free	
	Intermediate Line Dance w/Barb (in Meals on Wheels 10/24)	3:00 PM	\$8	
	Country Waltz Dance Lesson w/Dawn (No Class 10/3)	5:15 PM	\$8	
	Social Security Workshop-Grand Canyon Education Academy (10/10)	6:00 PM	Free	
	Beg. W. Coast Swing w/Ronnie (No Drop-ins after Week 2 - No Class 10/31)	6:30 PM	4/\$40	
	Int. W. Coast Swing w/Ronnie (No Drop-ins after Week 2 - No Class 10/31)	7:30 PM	4/\$40	
	WEDNESDAY	Yin Gentle Flow Yoga w/Janet	9:00 AM	\$7
		Strength & Balance w/Denise	9:40 AM	\$8
Mat Pilates w/Denise (Cancelled for October)		10:30 AM	\$8	
Jewelry Cleaning & Watch Battery Replacement by Raskins Jewelers (10/11)		11:00 AM	Free	
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	
Chinese Mahjong (Starts 10/18)		1:00 PM	\$5	
Intro to Fermentation (10/11)		1:00 PM	\$8	
Intro to Gut Health (10/18)		1:00 PM	\$8	
Chef Demo - Desserts (10/25)		2:30 PM	Free	
Zumba w/Kay		2:30 PM	\$7	
Wednesday's Open Dance w/Dawn Wilson (\$7 Non-Members)		3:45 PM	\$5	
SIP, PAINT & SMILE - PAINT THE OWLS FOR BREAST CANCER EVENT (10/18)		4:00 PM	\$15	
Creative West Coast Swing w/Dawn		5:15 PM	\$8	
Beginning West Coast Swing w/Dawn	6:00 PM	\$8		
Social Security Workshop-Grand Canyon Education Academy (10/4 & 10/25)	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!

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	Strategic Network Partners	7:30 AM	Free
	Movin' W/June	8:30 AM	\$8
	Learn Bridge in a Day (10/26)	8:30 AM	\$10/\$20
	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
	BINGO - Games start at 1:30 pm, Doors open at Noon	12:00 PM	Per Game
	Hand & Foot Canasta	12:00 PM	\$5
	AZ Territorial Society-"Haunted Prescott" (10/19)	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
FRIDAY	FALL FAMILY CRAFT SHOW EVENT (10/27 & 28)	9:00 AM	Free
	Zumba w/Kay in Studio (No Class 10/27)	10:00 AM	\$7
	ACBL Sanctioned Bridge (No Game 10/27)	10:00 AM	\$7
	Medicare Seminar w/Steve Pomerantz (10/13)	10:30 AM	Free
	Balance & Stretch w/Katy (No Class 10/27)	11:15 AM	\$8
	Intermediate Line Dance w/Diane (No Class 10/27)	11:45 AM	\$8
MOOD SWING BAND (10/6) Admission is Free - Donations Accepted	5:00 pm	Donation	
SA/SU	FALL FAMILY CRAFT SHOW EVENT (10/27 & 28)	9:00 AM	Free
	Union Church Services (Sundays)	10:00 AM	Free
	BUNCO BASH FOR BREAST CANCER (Saturday-10/7)	1:00 PM	\$25/\$30

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

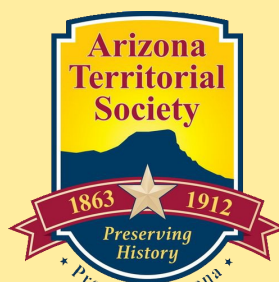
Subject to cancellations-Check our website for updates-www.thecenteronrosser.org

The fitness programs below are all welcome at The Center!



Day of Dance - December 2

**Dance Party w/Ronnie
November 18 ● December 16**



Join Us!

**SPEAKER SERIES
AT THE CENTER**

**October 19
Haunted Prescott
(with Diane Wilson)**

All Programs are Free & Open to the Public. Starts at 1:00 pm.

Attention Center Members & Business Members!

Help us brighten the Holidays for kids by donating a bag or two of Halloween candy for our Trick-or-Treaters and/or an unwrapped toy to give to a child at our Christmas Craft Show.



Candy, toys or monetary donations can be dropped off at The Center at the front desk.

Monetary donations can also be made online at: www.thecenteronrosser.org/donate



Thank You!
FOR YOUR DONATION

The Kid's Kloset at The Center!



This will be a place where families can find things such as a seasonally appropriate coat, a pair of shoes that fit, school supplies and books, developmental toys, or other items that a child living in poverty might need. We're looking for high-quality new and like-new, donated items appropriate for children, ages newborn to 12. Please help us stock The Kids' Kloset, either through direct donations or by hosting a collection drive at home or at work. You can donate online at:

[Donate | The Center \(thecenteronrosser.org\)](http://www.thecenteronrosser.org)

Our target date to have the Kid's Kloset stocked and ready to go is January 15, 2024! *Thank you for your support!*

Our plans could help you and your pocket

How it adds up

Which plan you choose can make all the difference. The Humana Gold Plus H0028-062 (HMO) is a Medicare Advantage plan made to get you all the right benefits for your budget. It includes:



Over-the-counter allowance

\$60 over-the-counter allowance every three months*



Routine dental coverage

\$2,000 allowance to spend per year on preventive dental care, fillings and more



No referral for specialists

No referral required to see in-network specialists



Travel network coverage

When traveling, coast-to-coast coverage with a nationwide HMO network of doctors and emergency facilities



Specialist coverage

\$20 copay for a specialist visit



Call a licensed independent sales agent

Glenn Berkley
480-213-0642 (TTY: 711)
8 a.m. – 8 p.m.
Monday - Sunday
glennberkley1@gmail.com

Please join us to learn more about 2024 Humana Medicare plans:

Prescott Adult Center

1280 E. Rosser Street, Prescott 86301

Wednesday : Oct 11th, Oct 18th, Nov 1st, Nov 8th, Nov 22nd, Nov 29th, & Dec 6th
at 9:00 AM

Prescott Golf Club

1030 N. Prescott Country Club Blvd, Dewey 86327

Wednesday : Oct 11th, Nov 8th, Nov 22nd, Nov 29th
at 1:00 PM

Days Inn Chino Valley

688 Fletcher Court, Chino Valley 86323

Wednesday : Oct 11th, Oct 18th, Nov 8th, Nov 29th
at 4:00 PM

Prescott Valley Elks Lodge

6245 E. 2nd Street, Prescott Valley 86314

Thursday : Oct 12th, Oct 19th, Nov 2nd, Nov 30th, Dec 7th
at 9:00 AM

Humana. A more human way to healthcare™



Discover Your Medicare Options!

Yavapai County has more Medicare plans than ever, which is **GREAT NEWS!** However, determining which option fits might be challenging. SHARP can help you understand the plans and select the right one for you.

SHARP agents are independent Medicare plan consultants. We have decades of experience in the Medicare industry, and we know the Yavapai county plans inside and out. Call or come see us at any meeting below, *we're here to help!*

Office: 928-642-9336 TTY 711

MEETING SCHEDULE: October 17th - November 16th

Prescott, AZ

The Center on Rosser

1280 E Rosser St.

TUESDAYS

10/17, 10/24, 10/31, 11/07, 11/14 and 11/21
9 AM, 11:30 AM, and 2 PM each day

Prescott Valley, AZ

Hampton Inn

2901 N Glassford Hill Rd.

WEDNESDAYS

10/25, 11/01, 11/08, 11/15 and 11/22
THURSDAYS

10/19, 10/26, 11/02, 11/09 and 11/16
9 AM, 11:30 AM, and 2 PM each day



SHARP, LLC

www.sharp4medicare.com

Office: (928) 642-9336 TTY: 711



Natalie

602-339-6380

Brian

602-821-4250

Carlos

602-510-8819

*We do not offer every plan available in your area. Currently, we represent 11 organizations, which offer 118 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) to get information on all of your options.

Our plans could help you and your pocket

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\$60 over-the-counter allowance every three months*



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\$2,000 allowance to spend per year on preventive dental care, fillings and more



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No referral required to see in-network specialists



Travel network coverage

When traveling, coast-to-coast coverage with a nationwide HMO network of doctors and emergency facilities



Specialist coverage

\$20 copay for a specialist visit



Call a licensed independent sales agent

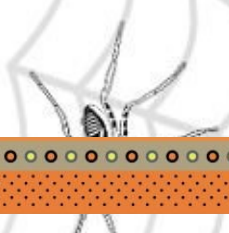
Donna Trocino
480-677-9564 (TTY: 711)
8 a.m. – 8 p.m.
dtrocino@humana.com

Please join us to learn more about 2024 Humana Medicare plans:

Prescott Adult Center
1280 E. Rosser Street, Prescott 86301
Fridays : Oct 20th, Oct 27th, Nov 3rd,
Nov 10th, Nov 17th, & Dec 1st
at 1:30 PM

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928-379-0163 - Andrew McFadden

8 Rousing Reasons to Put a Hearing Test at the Top of Your "To-Do" List

No matter what your age, untreated hearing loss can take its toll. The catch is hearing loss is stealthy. It's usually hard to notice at first. In fact, it tends to come on so gradually, that it tricks you.

To give you an extra push, here are eight reasons why you should get a hearing test today.

1. **It may help your pocketbook.** Research shows that middle-aged people with hearing loss have about a third more in health care payments than those without hearing loss. A study by the Better Hearing Institute shows that using hearing aids reduces the risk of income loss by 90 to 100 percent for those with milder hearing loss.
2. **Your mind might benefit.** Research shows a link between hearing loss and dementia, leading experts to believe that interventions, like hearing aids, could potentially delay or prevent dementia.
3. **It could boost your job performance.** Most hearing aid users in the workforce say it has helped their performance on the job.
4. **Life's challenges may not seem intimidating.** Research shows people with hearing loss who use hearing aids are more likely to tackle problems actively.
5. **Your zest for life might get zestier.** Most people who use hearing aids say it has a positive effect on their relationships.
6. **It could protect you against the blues.** The Better Hearing Institute research shows that people with hearing loss who use hearing aids are less likely to feel down, depressed, or hopeless.
7. **You'll probably be more likely to get the drift.** Most people who use hearing aids say it helps their overall ability to communicate effectively in most situations.
8. **Your heart and health may benefit.** Cardiovascular and hearing health are linked. Hearing loss may signal or exacerbate other health conditions as well, including depression, sleep apnea, cognitive decline, and the risk of falling and hospitalization.

Call Prescott Hearing Center today at 928-460-4035

PRESCOTT
Hearing Center
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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!



ED MCMAHAN MEDICARE INSURANCE

Medicare Annual Enrollment Period

OCTOBER 15th - DECEMBER 7th, 2023



This is the time to make the changes based on your healthcare needs!



MEDICARE ADVANTAGE PLAN

Learn more about benefits available than just Original Medicare.



PRESCRIPTION DRUG COVERAGE

Learn how prescriptions can be added to your coverage with many Medicare Advantage plans.

When it comes to Medicare, reviewing benefits and coverage can be confusing. Ed is here to educate you on benefits available and help you make the best decision based on what your healthcare needs are. Plan for the 2024 year ahead by speaking with a licensed insurance agent today!

CALL ED TODAY!
928-370-2748

Not affiliated with the U.S. government or federal Medicare program. We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact [Medicare.gov](https://www.Medicare.gov) or 1-800-MEDICARE to get information on all of your options.



John "Ed" McMahan
Licensed Insurance Agent
928-370-2748
edcmcmahan2020@gmail.com



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

October 4.....6pm
October 10.....6pm
October 25.....6pm
November 1.....6pm

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




www.grandcanyonedu.com

Advertisers & Info

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Attorney at Law

Chris@InmanLawAZ.com



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

SCHOTT FINANCIAL
MANAGEMENT

Steve Schott
Registered Representative
CA Insurance Lic. #0H23992

824 Valley Street
Prescott, AZ 86305

928.776.1031 Phone
928.778.6584 Fax

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



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



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

Holiday Closure
October 9 - Columbus Day

Board of Directors
Ana Maria Fraijo - President
Irene Winter - Vice President
Sherry Huffman - Treasurer
Helene Schaffer - Secretary
Becky Cochell - Member
Mary Ann Suttles - Member

