



# The Center Piece

February 2024

## February is Heart Awareness Month

### Tips for a Healthier Heart



- ✱ Do at least 2 hours of moderate-intensity aerobic activity every week
- ✱ Stop smoking
- ✱ Consume a healthy diet
- ✱ Get enough sleep
- ✱ Manage your weight
- ✱ Limit salt & alcohol intake



The Center is here to help reach **your** goals for a healthier heart by offering fitness classes like.....

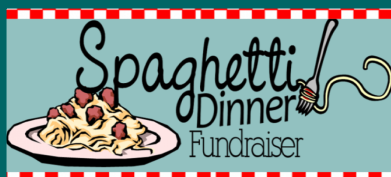
**ZUMBA • YOGA • TAI CHI  
LINE DANCING • PILATES • BELLY DANCE  
BALANCE & STRETCH • MUCH MORE**

We have an awesome Fitness Center and a Personal Trainer available by appointment.

Visit our website for information about class schedules, fitness center hours & rates and personal training availability.



### ON THE INSIDE



# From the CEO



It brings me great joy to extend warm wishes to each and every one of you on this special occasion of Valentine's Day. This day, dedicated to love and kindness, serves as a beautiful reminder of the bonds we share within our vibrant community.

At The Center, we believe in fostering connections and spreading love not just on Valentine's Day, but every day. Our commitment to creating a supportive and inclusive environment is reflected in the diverse range of programs we offer, designed to enrich both the mind and body.

This season, we are thrilled to introduce exciting new classes that cater to a variety of interests. Whether you're looking to find inner peace with Yoga, dance your heart out with Zumba and Belly Dance, or unleash your creativity with our newest arts and crafts classes, there's something for everyone at The Center.

In the spirit of coming together, we are delighted to invite you to our special Spaghetti Dinner on February 28th at 5 pm. For only \$10 per person, you can join us for an evening of delicious food and great company. The funds raised during this event will contribute to our latest community project, the Kids Kloset.

The Kids Kloset is a program close to our hearts, aiming to provide support to families in need. By invitation, families can shop the Kloset for new or gently used clothing for children aged zero to 12. We are currently accepting donations of clothing to ensure that every child in our community has access to the essentials they need.

Looking ahead, our Easter Bazaar is just around the corner! After learning from last year's experience, we are preparing for an even bigger celebration. We invite you to contribute to the festivities by donating Easter eggs and candy, helping us make this year's event truly unforgettable.

Your support has always been the driving force behind the success of The Center, and we are grateful for your continued involvement. Together, we can make a positive impact in the lives of those within our community.

Thank you for being an integral part of The Center, and we look forward to celebrating the spirit of love and kindness with you.



*Kathy McFadden*



# 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



**BLOOMTREE REALTY**  
Ronnie Debenedetta



## Gold



## Silver



## Bronze



**GRANITE GATE SENIOR LIVING**



ED MCMAHAN MEDICARE INSURANCE

**Humana.**



Assisted Living Locators  
Your local senior living advisor™



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

# Business Member News & Events



The Center is excited to announce Leslie Jacobs Real Estate Team as our newest Business Member! We look forward to working with them to help promote their business!



Caregiver Support Group! Join us monthly on the First Wednesday at 4:00 pm at iCARE Adult Day Center-213 N. Marina Street in Prescott. To register or for more information, call iCARE at 928-515-1011.



Join us for a Lunch & Learn 'Optimizing the Brain' - Part 2 of a 3 part series. February 8 from 12-1pm, at the Prescott Valley Hampton Inn. Free for members, \$15 for non-members. Scan to register.



The Senior Referral Network is hosting our 2024 event at The Center on Tuesday, March 12, 2024 5:00pm-7:00pm. To register for the March event visit: <https://seniorreferralnetwork.org/events/>



Frontier Financial of Arizona is hosting a Reverse Mortgage Lunch & Learn at Yavapai Title - 1235 E. Gurley - on Tuesday, February 20, 2024 11:30am-1:00pm. Lunch will be served. Register here: [www.arizonareversemortgages.net/events](http://www.arizonareversemortgages.net/events)



Visiting Angels of Northern Arizona is looking for people who want to become Professional Caregivers. We train for FREE. Great incentives and bonus opportunities, too. In the Quad Cities in February, Visiting Angels offers a \$750.00 sign on bonus! Just mention you read this information in the The Center newsletter. 928-220-4100.



Free Social Security Seminars in February at The Center. Dates are February 13 at 6:00 pm, and February 21 at 6:00 pm.



Join us on February 14 from 12:30 - 2pm for Cupid's Cabaret! Treats and refreshments will be served and we'll have music by Lee Peterson. Location: 3850 AZ-89 in Prescott. RSVP: 928-771-8200



We're open for same day appointments and walk-ins are welcome! We are located at 2971 Willow Creek Road, Bldg. 3&4. 928-277-8088. Contact Debra Scott for more information: [debra.scott@imsaz.com](mailto:debra.scott@imsaz.com)

*Thank you to all our Business Members for your continued support!*

# February Art Classes at The Center!



*Acrylic Pours w/Julia*  
February 14 @ 3:00 pm  
Fee: \$15 for supplies

*Jewelry Making w/Joy*  
February 15 from 2-5 pm  
Fee: \$15 + \$35 to Instructor



*Guided Acrylic Painting*  
(Sponsored by NACOG)  
February 21 @ 2:00 pm  
Center Members: Free  
Non-Members: \$10

*Join us and create a Masterpiece!*

## **REGISTRATION:**

You can register for all classes by calling  
The Center at 928-778-3000!

RONNIE DEBENEDETTA

# February

## Tuesday Night Classes

Intermediate  
Progressive Two-Step  
**6:30-7:30pm**

Intermediate  
West Coast Swing  
**7:30-8:30pm**

\$40 per month  
or  
\$15 per night

*Join us at The Center!*

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

# The Kid's Kloset



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 years old. Please help us stock The Kids' Kloset, either through direct donations or by hosting a collection drive at home or at work.

Our target date to have the Kid's Kloset stocked & ready to go is March 1!

**Spaghetti Dinner Fundraiser**

Wednesday, February 28  
5:00 - 6:30 pm

**\$10 per person**  
All proceeds go to the Kid's Kloset

Soft Drinks | Dessert | Raffle  
Beer & Wine for Donations

**Join us at The Center!**  
1280 E. Rosser Street | Prescott | 928.778.3000  
[www.thecenteronrosser.org](http://www.thecenteronrosser.org)

**The Center**

This awesome event is Sponsored by 

Please join us at our Spaghetti Dinner Fundraiser on February 28!!

You can donate online at: [Donate | The Center thecenteronrosser.org](http://Donate | The Center thecenteronrosser.org)

# February Events & Activities

Day	Program/Activity	AM/PM	Members
<b>The Center will be closed 2/19 for President's Day - No Classes or Activities</b>			
<b>MONDAY</b>	Movin' w/June (2/19 - CANCELLED)	8:30 AM	\$8
	In the Middle Line Dance w/Cindy (2/19 - CANCELLED)	9:30 AM	\$8
	Strength & Balance w/Joy (2/19 - CANCELLED)	9:30 AM	\$9
	Jewelry Cleaning & Watch Repair w/Raskins Jewelers (2/12)	11:00 am	Free
	ZUMBA w/Stacey (2/19 - CANCELLED)	11:00 AM	\$8
	Hand & Foot Canasta (2/19 - CANCELLED)	12:00 PM	\$5
	ACBL Sanctioned Bridge (2/19 - CANCELLED)	12:00 PM	\$7
	Non-Sanctioned Bridge (2/19 - CANCELLED)	12:00 PM	\$6
	Yoga for Peace & Vitality w/Roma (2/19 - CANCELLED)	12:15 PM	\$8
	Sr. Beginning Rebounding Class w/Dr. Kimberley (2/19 - CANCELLED)	1:00 PM	\$25
	Tai Chi & Qigong w/Roma (2/19 - CANCELLED)	1:30 PM	\$8
	Beg. Intermediate Rebounding Class w/Dr. Kimberley (2/19 - CANCELLED)	1:45 PM	\$25
	Belly Dance Class w/Kirsten (2/19 - CANCELLED)	3:00 PM	\$9
<b>TUESDAY</b>	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	10:00 AM	\$9
	Brain Health Workshop (2/27) (See Calendar for detailed flyer)	10:00 AM	Free
	Tai Chi Chuan w/Bryan	10:30 AM	\$8
	Chair Yoga w/Joy	11:15 AM	\$9
	ACBL Sanctioned Bridge	12:00 PM	\$7
	Lunch & Learn w/Desert Fin. - Creating a Definitive Last Will & Testament (2/27)	1:15 PM	Free
	Intermediate Line Dance w/Barb	3:00 PM	\$8
	Arizona 2-Step Lesson w/Dawn	5:15 PM	\$8
	Social Security Seminar (2/13)	5:30 PM	Free
	Intermediate Prog. 2-Step w/Ronnie	6:30 PM	\$15/\$40
Intermediate W. Coast Swing w/Ronnie	7:30 PM	\$15/\$40	
<b>WEDNESDAY</b>	Yoga w/Janet Fine	9:00 AM	\$8
	Strength & Balance w/Joy	9:30 AM	\$8
	Zumba Gold w/Kay	10:00 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 (CANCELLED 2/21)	12:00 PM	\$7
	AZ Territorial Society - "Sports in Prescott" (2/21)	1:00 PM	Free
	<b>NEW! Zumba Toning Class (Starts 2/14)</b>	1:30 PM	\$8
	Chef Demo - 'Mardi Gras Special' (2/28)	2:30 PM	Free
	<b>Spaghetti Dinner Fundraiser (2/28)</b>	<b>5:00 PM</b>	<b>\$10</b>
	West Coast Swing w/Dawn (CANCELLED 2/14)	5:15 PM	\$8
	Valentine's Day Dance Classes w/Dawn! (See Calendar for detailed flyer) (2/14)	4:30 PM	\$10/\$15
Social Security Seminar (2/21)	5:30 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!



**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
	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
	Blood Pressure Checks (2/8)	11:00 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
	Creations w/Joy Jewelry Making (2/15)	1:30 PM	\$15+\$35
FRIDAY	ZUMBA Gold w/Kay	10:00 AM	\$8
	Intermediate Line Dance w/Diane	10:30 AM	\$8
	Balance & Stretch w/Katy	11:15 am	\$8
SA/SU	Union Church Services (Sundays)	10:00 AM	Free
	Ronnie Dance (2/10)	6:30 PM	\$15

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!**



**Personal Trainer Now Available in the Fitness Center!**



**Fitness Center Hours:**

Monday-Thursday 8:30am-5:00pm  
 Friday 9:00am-2:00 pm  
 Saturday & Sunday CLOSED

**Fitness Center Rates:**

Members: \$15/Mo. - \$75/6 Mos. - \$120/Yr.  
 Non-Members: \$10 per Day

**Personal Training**

Call Joy for Information: 928-642-4002

# Sponsors & Donations for Events!

The Center is always looking for sponsors to help us with events, fundraisers, activities and craft shows. Your support will help The Center provide these events to the community and keep them growing throughout the year!

## Upcoming Events and How You Can Help!

### **February 28 - Spaghetti Feed Fundraiser**

**Sponsor Opening Filled!**

Thank you to Grand Canyon Education Academy!

### **March 23 - Family Fun Day & Easter Bazaar**

We need Sponsors and/or Donations for:

- \* Plastic Easter Eggs
- \* Bags of Candy to fill the Eggs
- \* Prizes for Children's Games

### **Ongoing - Kid's Kloset**

Sponsors and/or Donations needed so we can meet our goal of opening the Kid's Kloset on

**March 1st!**

## Attention Vendors:

All 2024 Craft Shows are available for registration on our website at [www.thecenteronrosser.org](http://www.thecenteronrosser.org)

These events are on our Homepage and when you register, you can also choose your location!

Thank you for your participation!

## 2024 CRAFT SHOWS

-  **March 23**  
Easter Bazaar & Family Fun Day
-  **July 20**  
Time for Teacher's Craft Fair
-  **October 18 & 19**  
Family Fall Craft Show
-  **December 13 & 14**  
Hometown Holiday Craft Fair

## VOLUNTEER



Volunteer at The Center! We are always looking for volunteers to help with events, games & activities, class instruction, seminars & even Board Members! Volunteer applications can be found on our website at [www.thecenteronrosser.org/volunteer](http://www.thecenteronrosser.org/volunteer)

## NOTIFICATIONS

### Potential Board Members



We invite you to join us on March 20, 2024 at 10:00 am for a meeting that will provide you with the opportunity to introduce yourself to the current Board members, share your perspectives, and gain a better understanding of the responsibilities and expectations associated with being a Board member. If you are interested, please send your bio to Kathy McFadden at [kmcfadden@adultcenter.org](mailto:kmcfadden@adultcenter.org) by March 1, 2024. Your submission will enable the Board to gain insights into your qualifications and enthusiasm for the role.

### Credit/Debit Cards


Due to rising processing costs, a convenience fee of 50¢ will be charged for each credit/debit card transaction for any purchase from The Center, effective March 1, 2024. We value your business and appreciate your understanding.



# UPCOMING EVENTS IN MARCH!

**Join us for the Senior Referral Network March 2024 Event!**



**Tuesday, March 12th, 2024 | 5:00pm-7:00pm**  
**The Center**  
**1280 E Rosser., Prescott, AZ 86301**

Join us for the Senior Referral Network March Event. If you are a part of the Senior Services Industry, caring for a loved one, or a care provider and want to network with like-minded individuals, you don't want to miss this!

RSVP: [seniorreferralnetwork.org/events](http://seniorreferralnetwork.org/events)

(928) 227-8788  
[seniorreferralnetworkaz@gmail.com](mailto:seniorreferralnetworkaz@gmail.com)  
[seniorreferralnetwork.org](http://seniorreferralnetwork.org)

# Family Fun Day and Easter BAZAAR



**March 23 - 9am to 2pm**  
**Free Admission!**

Free Easter Egg Hunt \* Family Activities \* Vendors  
 Prizes \* Food Trucks \* Face Painters  
 Visit with the Easter Bunny!

**VENDORS WANTED!**  
 Register online at [www.thecenteronrosser.org](http://www.thecenteronrosser.org)

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



## BRIDGE PLAYERS

*Save the Date*



## PRESCOTT SECTIONAL

**June 21-23, 2024**



## Speaker Series at The Center

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

- Feb 21 .... Sports in Prescott
- Mar 20 .... TBA
- Apr 17 .... Pauline O'Neill
- May 15 .... World's Oldest Rodeo
- Jun 19 .... AZ Cowboys Poets Gathering
- Jul 17 .... Baby on the Bar
- Aug 21 .... Who is Don Maguire
- Sep 18 .... Hauntings
- Oct 16 .... My Life at the Phantom Ranch
- Nov 20 .... Skull Valley



# 2024

## 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*

**We appreciate your business!**

# Advertisers

## 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*

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

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

631-681-6717

Serving Prescott, Arizona

Independent Living • Assisted Living • Memory Care



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

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

McFadden Dirt WURCS, has a wide range of services available to you, skilled at delivering projects thru a variety of methods, earthwork, grading, material prep and placement, demo and haul off, excavation, trenching, fence post holes, animal burial and more.

Call today for a quote  
928-379-0163 - Andrew McFadden

## HEAR WHAT OTHERS ARE SAYING

I can highly recommend Kim Kirk at Prescott Hearing center-she is in the Prescott Valley location. I've had hearing problems my entire life & started wearing a hearing aid when I was 14 years old. I am now 53. I was nervous about finding a new audiologist/hearing aid specialist after I moved here from NJ. I have very unusual and unique conditions with my ears and have very special needs. I chose the practice based on online reviews for the owner at the Prescott office. I ended up having an emergency the day before my scheduled appointment with Kim. Kim took care of me both for the emergency and the purchase of my new hearing aid. She is very kind and compassionate. She listened to my needs, previous experiences and concerns and she worked with me to get me what I needed and would feel comfortable with, not just "making a sale" of some cookie-cutter model that is a best seller or promoted by a sales rep. Hands down, Kim is the best!

- Diana Hickey



**PRESCOTT**  
**Hearing Center**  
Simply better, from the start.

928-899-8104 [www.prescotthehearing.com](http://www.prescotthehearing.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](http://www.thecenteronrosser.org)

**February 13.....6:00 pm**  
**February 21.....6:00 pm**  
**March 13.....6:00 pm**  
**March 20.....6:00 pm**

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




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

# Advertisers & Info

**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

**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**

## 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](http://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***

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  
Julia Rulla - Marketing & Communications  
Christi Carlson - Marketing, Membership & Volunteers

**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 Closures

February 19 - President's Day



### The Center

1280 E. Rosser Street  
Prescott AZ 86301 | 928-778-3000  
[www.thecenteronrosser.org](http://www.thecenteronrosser.org)