



The Center Piece

May 2023



The Center will be closed for the Memorial Day Holiday on May 26th & 29th

On The Inside

Business Member Spotlight

May Activities

Arizona Territorial Society Speaker Series Schedule

It's a Girl!

Healthy Lifestyle EXPO



Upcoming EVENTS

Spring into WELLNESS Fair
At The Center on May 10, 2023!

2023



Craft

Shows



From the CEO



April
SHOWERS
BRING
May
FLOWERS

The weather is getting warmer and the flowers are in bloom. The sun comes out sooner to brighten our day! Take time to enjoy the outdoors and soak in the sunshine.

The Members of The Center are like family to us, and staff are dedicated and authentic at

heart. We'll always be here to assure that you receive programs that we know can enhance your lives. What are the benefits of these programs you may ask?

Physical wellness certainly becomes a priority. Our restorative health programs improve range of motion, core strength and balance. **Emotional wellness** is also paramount. Many of our programs present an opportunity to receive comfort and strength, informal circles of friends, and meaningful interactions with staff members. **Social wellness** increases engagement, reduces isolation, and improves your outlook – and there's no shortage of opportunities at The Center. **Intellectual wellness** boosts cognitive function, stimulates the brain and fuels lifelong learning. We encourage our members to share their knowledge by teaching others, building or creating something, or leading discussion groups. **Environmental wellness** reflects the importance of a warm and comfortable environment such as what we have here.

How exciting it is to be a part of such an invigorating community and at a time when we can make such a wonderful difference in the lives of our members!

What is Community?

Community is a collection of people who interact with one another and whose common interest or characteristics gives them a sense of like-minded community support. This resource is in place to help people of all ages to experience healthy living, social connectedness, and community programs that develop and improve support of one another and strengthen the community.

Who is The Center?

The Center is a rebrand of the Adult Center of Prescott. The hope is The Center is a place where you can come and engage with the community. As our activity offerings continue expanding, we look forward to bringing all community members closer and encouraging creativity and culture. Socializing is at the heart of everything we do including fun classes, emotional support courses, nutrition information, and fitness classes that are enjoyable for all. New opportunities will enable every member of the community to support one another in special ways and make friends no matter the age or background of each member. We are always accepting suggestions for inclusivity and opportunity to support every member of the community with new opportunities or experiences.

We will continue to offer Services and have added several classes designed around the needs that have been shared with us over the last month. What we have been doing for years is not sustainable and does not involve all of our community. With a \$20,000 deficit for the 1st quarter of 2023, we need to do more to bridge the gap and be more inclusive, enabling the doors to remain open for current and future activities. There are many programs that are not yet available that we desire to bring variety and generational togetherness. Every person is valued and providing opportunities for inclusivity of all demographics of the community is essential to the success of The Center. Keep an eye to the future as we expand our programming to fill our rooms and to fill the needs of our community as a whole.

With new things blooming and community support in mind be sure to CONGRATULATE Drew as he awaits the arrival of his Baby Girl! In support of Drew this month we will be having a Diaper and Gift Raffle to help provide Drew and his new baby girl with all the things they may need. Stop by The Center with Diapers, Wipes or a baby gift and be entered into a drawing for a beautiful quilt!

Thank you as always for your support, understanding and encouragement as we continue to bloom here at The Center!

Kathy McFadden





Business Member Spotlight



Touchmark at The Ranch

A full-service retirement community

A leader in independent living, assisted living, and memory care for 25 years, Touchmark recently opened a multifaceted, innovative addition designed for individuals experiencing physical decline, memory loss, and/or challenges due to Alzheimer's disease or other dementia illnesses.

Bridging Gaps in Care

Families in the Prescott area who are looking for personalized help for their loved ones will appreciate that Touchmark bridges the gap in care typically available in retirement communities.

Touchmark's Terrace Lodge features four neighborhoods that provide living options in between traditional assisted living and memory care. A higher resident-team member ratio supports residents who don't require a secured setting, but whose daily lives are made easier living in a more structured setting. The Claremont neighborhood delivers enhanced assisted living. The Pembroke neighborhood supports the early memory care stage. The first floor of the Terrace Lodge is home to the

Cedar and Juniper memory care neighborhoods for individuals benefiting from a secured yet homelike environment.

This new environment meets the varying needs of people living with memory loss while providing a comfortable, engaging, and secure setting. Touchmark's memory care services include around-the-clock staffing, the award-winning Full Life Wellness & Life Enrichment Program™, nutritious and enticing meals and snacks, as well as regular outings to local attractions.

Using the Best Friends™ Approach

Residents in memory care are surrounded by team members trained in the internationally recognized Best Friends Approach, a person-centered philosophy grounded in the understanding that relationships are essential to quality care and should reflect the essential elements of friendship.

Prioritizing Customized Comfort, Care

Touchmark's new memory care neighborhoods feature resident-accessible kitchens that provide opportunities for activities, conversation, and snacks as desired.

Each home's individual heat controls allow personalized settings to keep each person comfortable since body temperatures vary.

Drawing on research, warm colors and mindful art decorate the spaces. Studies have shown that warm and soothing colors help to create a

healing and healthy environment. In addition, art is carefully selected for wayfinding to help residents orient themselves in their neighborhood. The entry at each resident's home features a storyboard highlighting the person's life story. This display aids residents in finding their homes and helps team members and residents get to know one another better. Open floor plans in each neighborhood provide a walking loop, allowing staff sightlines throughout the neighborhood and garden courtyard.

Specialized gardens and courtyards surround the memory care neighborhood, giving residents opportunities to experience the changing weather, fresh air, and plants. Having access to the outdoors within a controlled, secure setting is restful. Many residents enjoy gardening, and all plants and fixtures add to the homelike environment.

Throughout Touchmark at The Ranch's memory care neighborhoods, comfort, and care are at the forefront. Homes can be customized to residents' personal tastes, needs, and preferences.

For more information on Touchmark, visit TouchmarkPrescott.com. Call 928-515-2486 to schedule a private tour!





What's New

with our Business Members?



Member since 2023



Member since 2023



Member since 2023



We care about your hearing! Prescott Hearing Center offers ear wax cleaning and electronic shooter plugs for ear protection!



Member since 2022



Upcoming Social Security Seminars at The Center. All Seminars at 6:00 pm
May 9, May 17, June 13 and June 21



Presenting at the Spotlight Breakfast at The Center on May 16.



Don't miss the BEST senior resource event on Tuesday May 9th from 5 pm to 7:30 pm at the Gateway Mall at Espire Sports. The event is FREE but you must RSVP: <https://seniorreferralnetwork.org/events/>



Member since 2023



Reverse Mortgage Lunch & Learn - May 16 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



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

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

May Activities & Events

Day	Program/Activity	AM/PM	Member Fee
MONDAY	Movin' w/June	8:30 AM	\$8
	Mommy & Me Dance w/Natalia	9:00 AM	\$7
	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	\$7
	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	1:00 PM	\$8
	Tai Chi & Qigong w/Roma	1:15 PM	\$8
	The Center will be closed Monday, May 29 for the Memorial Day Holiday		
TUESDAY	Aerobics w/Natalia	7:30 AM	\$8
	All Levels Yoga w/Katy	8:40 AM	\$9
	Meditation w/Peg (Cancelled 5/30)	9:00 AM	\$5
	Gardening with Native Plants (4 Sessions - May 9/16/23/30)	9:00 AM	\$40
	Basic Beginner Line Dance w/Cindy	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	11:30 AM	Free
	Reverse Mortgage Lunch & Learn 5/16 (See website calendar to register.)	11:30 AM	Free
	ACBL Sanctioned Bridge	12:00 PM	\$7
	Cribbage	1:00 PM	\$5
	Intermediate Line Dance w/Barb	3:00 PM	\$8
	Rumba Dance Lesson w/Dawn	5:15 PM	\$8
	Gmail & Outlook Class	5:00 PM	\$15
	Social Security Workshop-Grand Canyon Education Academy (5/9)	6:00 PM	Free
	Beginning/Intermediate Night Club 2-Step w/Ronnie (No Class 5/30)	6:30 PM	4/\$40
Intermediate West Coast Swing w/Ronnie (No Class 5/30)	7:30 PM	4/\$40	
WEDNESDAY	Yin Gentle Flow Yoga w/Janet	9:00 AM	\$7
	Beginning Bridge (April 5 thru May 10)	9:30 AM	M\$20/N\$30
	Strength & Balance w/Denise	9:40 AM	\$8
	Spring Into Wellness Fair Event!	10:00 AM	Free
	Mat Pilates w/Denise	10:30 AM	\$8
	All Levels Yoga w/Katy	11:00 AM	\$9
	Laughter Yoga w/EJ (No Classes in May)	11:00 AM	\$8
	Intermediate Line Dance w/Diane	11:45 AM	\$8
	ACBL Sanctioned Bridge	12:00 PM	\$7
	Chef Demo - Beverages for Summer Parties (5/24)	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 Education Academy (5/17)	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	Aerobics w/Natalia	7:30 AM	\$8
	Movin' W/June	8:30 AM	\$8
	All Levels Yoga w/Katy	8:40 AM	\$9
	Belly Dance Class w/Natalia	10:00 AM	\$8
	Health & Tower Talk (5/25)	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-"Filming in Prescott" (5/18)	1:00 PM	Free
	American Mahjongg	1:00 PM	\$5
	'Demystifying Life Settlements' w/Bill Hezzelwood (5/25)	2:00 PM	Free
	Conversational Spanish	4:00 PM	\$8
	Gmail & Outlook Class	5:00 PM	\$15
FRI/SAT	Belly Dance Class w/Natalia	9:00 AM	\$8
	ACBL Sanctioned Bridge	10:00 AM	\$7
	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
	Ronnie DeBenedetta Dance Lesson & Party (5/20)	6:30 PM	\$15
The Center will be closed Friday, May 26 for the Memorial Day Holiday			

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

More Good Stuff.....

GMAIL & Outlook Classes in May!

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

Healthy LIFESTYLE EXPO

PHYSICAL | EMOTIONAL | SOCIAL | SPIRITUAL | INTELLECTUAL

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

Health & Fitness Seminars and Workshops

Yoga, Tai Chi & Meditation

Juice Bar



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



Spring into WELLNESS Fair

1280 E. Rosser Street | Prescott, AZ 86301

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



The Center
1280 E. Rosser Street
Prescott, AZ 86301
www.thecenteronrosser.org

928-778-3000
For Questions:
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



Let's DANCE

*Mood
Swing*

October 6



*Friday
Night
Variety
Dance*

June 2
August 4
September 1
November 3

*with
Dawn*

*Dance
Party
with Ronnie*

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



*Dance
Workshops*

July 8
December 2

*Just
DANCE*



Diaper & Gift Raffle!

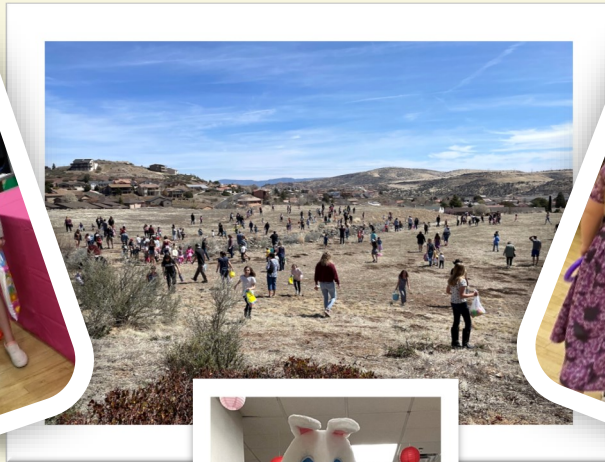
During the Month of May, we'll be collecting Diapers, Baby Clothes, Baby Toys & Gifts for our staff member, Drew! He's having a Baby Girl in July and The Center wants to 'shower' her with everything she needs.

Visit The Center to drop off your gift, and get a free raffle ticket for a beautiful, handmade quilt!

To see photos, visit our website at www.thecenteronrosser.org and click on the Quilt tab!



Easter Bazaar & Family Fun Day!



*please
join us*



SPEAKER SERIES
AT
THE CENTER

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

October 19 .. Haunted Prescott (with Diane Wilson)



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. 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.

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.

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.



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

May 9.....6pm
May 17.....6pm
June 13.....6pm
June 21.....6pm

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



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928-379-0163 - Andrew McFadden

May is Better Hearing Month!

Healthy hearing means not waiting to check your hearing until hearing loss is so significant it's impacting your ability to participate in your work, social events you enjoy, or conversations with loved ones. Subtle changes in hearing may not be immediately noticeable but can make a big difference in quality of life. Prescott Hearing Center can check your hearing and make recommendations for improving hearing health and function and can offer tips for protecting your hearing to make sure it can serve you well for a lifetime.

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

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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: May 25 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

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 - 2:00 pm

Saturday: By Event Sunday: Closed

**Closed for Memorial Day Holiday
May 26 & 29**

www.thecenteronrosser.org