

# The Center Piece

February 2023



*Sweethearts & Friends Dinner & Dance on February 14!*

## On The Inside

Business Member

Spotlight



February Activities



New Website



Hearing Test Kiosk

The Center will be closed on  
Monday, February 20th in  
observance of President's Day.

## Coming Up

**February 14**

Sweethearts & Friends  
Dance

**February & March**

Gardening with Native  
Plants

**March 2**

Green Eggs & Ham  
Breakfast

**April 8**

Easter Bazaar &  
Family Fun Day

# WE ♥ OUR MEMBERS

Let us count the ways!



The smiles & positivity you bring daily.



The enthusiasm you show for our programs.



The kind comments you share on social media.



The dedication with your volunteer efforts.



And the list goes on!!



We appreciate you and we are so excited to bring you new activities, programs and events in 2023! We'll be offering monthly computer classes, conversational Spanish, a new event every month, free seminars and more!

If you'd like to become a member, visit our website and click on the Membership tab to fill out an application online, or you can pick one up at The Center at the Front Desk.

We'd ♥ to have you join us!

# From the CEO

## Happy Valentine's Day

Valentine's Day is here, and suggestions for doing something special for those we love are all around us. While it is important to express our appreciation for others, it is also important to think about the way we treat ourselves. When was the last time you did something for yourself?

This month, consider being kinder to yourself than you have ever been. As Lucille Ball once said, "Love yourself first and everything else falls into line." When you take time to care for yourself, you feel more equipped to care for others.

We have also heard the expression, "You can't pour from an empty cup." With that in mind, focus on those things that your body, mind and spirit need to feel good, and then notice how it gives you more energy to be a better parent, grandparent, friend, spouse, or human being. Whether you take a day to enjoy fun activities, splurge on a specialty coffee, soak up nature, or simply cook a heart-healthy dish that tastes delicious, be your own Valentine by showing yourself love in some special way, big or small.

The Center's programs, which are growing in response to changing interests and needs, offer both ongoing and new activities in February!

Consider joining one of our game groups: Mahjong, Euchre, Hand & Foot, or Cribbage. All of these game groups welcome new players with lessons on how to play. Also, if you have not been attending our fitness classes--Yoga, Zumba, Tai Chi, Meditation, and Line Dance, you might consider trying one of these classes this month.

*Even though this month is the shortest one of the year, it should still be sweet, nonetheless. As we celebrate heart month, remember that a Kind Heart always leads to Beautiful Things.*

Or, perhaps, consider attending one or more of the new classes!

- On the 2nd and 4th Mondays of the month at 9:00 A.M, you can get your creative juices flowing with a Cake Decorating Class.
- On Mondays at 5:30 P.M., KJ will be teaching East Coast Swing.
- Every Tuesday this month, Ronnie DeBenedetta IS BACK! with Beginning 2-Step at 6:30 P.M. and Intermediate West Coast Swing at 7:30 P.M.
- On the 14th, Janet VerFine will be hosting an American Heart Seminar at 1:00 P.M.
- On February 21st and 28th at 10:30 A.M. or at 1:30 P.M., Kathy Dickenson will be hosting Gardening with Native Plants.
- On the 22nd, Chef Tony will be here at 2:30 P.M., showing you how to make Egg Rolls from Scratch.

The Center is hosting a Valentine celebration! Please join us with a group of friends for a delicious dinner followed by live music from Mood Swing Band on February 14<sup>th</sup>!

One of the biggest ways that you can show your LOVE for The Center is to become a Member. Membership is only \$75 and goes a long way toward keeping The Center open. You can also consider becoming a GEM (Giving Every Month) member. If you are interested in volunteering or teaching a class, please let me know. My office door is open and I would love to chat with you if you have new ideas or new ways to help YOUR CENTER.

*Kathy McFadden*

# Business Member Spotlight



## 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

**February 8.....6pm**

**February 16.....6pm**

**March 7.....6pm**

**March 15.....6pm**

*Check the Calendar on  
The Center's Website for  
seminar times & verification  
of date.*



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



# Welcome Back!

## Ronnie DeBenedetta

### Dance Classes Start February 7!

Check the Calendar on our website: [www.thecenteronrosser.org](http://www.thecenteronrosser.org)



Did you know there are between 25 & 30 programs PER WEEK at The Center that welcome Silver Sneakers, Renew Active & Silver & Fit???



The **Silver Sneakers**<sup>®</sup>  
Fitness Program



**RenewActive**<sup>™</sup>  
by UnitedHealthcare

 **Silver&Fit**<sup>®</sup>

Check the Calendar on our website: [www.thecenteronrosser.org](http://www.thecenteronrosser.org)

# February Activities & Events

The Center will be closed on February 20th for President's Day

Non-Member Price for Activities \$10

Non-Member for Bridge \$10.50 to \$12

Day	Program/Activity	AM/PM	Member Fee
<b>Monday</b>	Movin' w/June	8:30 AM	\$8
	Cake Decorating Class (2nd & 4th Mondays)	9:00 AM	\$5
	In the Middle Line Dance w/Cindy	9:15 AM	\$8
	Tap Dance Group w/Goldie	10:30 AM	\$5
	BINGO - Games start at 12:30 pm	11:00 AM	Per Game
	Hand & Foot Canasta	12:00 PM	\$5
	ACBL Sanctioned Bridge	12:00 PM	\$7-\$9
	Non-Sanctioned Bridge	12:00 PM	\$7
	Yoga for Peace & Vitality w/Roma	12:00 PM	\$8
	Tai Chi & Qigong w/Roma	1:15 PM	\$8
	Mat Pilates w/Denise	3:00 PM	\$8
	East Coast Swing w/KJ	5:30 PM	\$8
	<b>Tuesday</b>	All Levels Yoga w/Katy	8:40 AM
Meditation		9:00 AM	\$5
Basic Beginner Line Dance w/Cindy Lou		10:00 AM	\$8
Yoga-Back/Sciatica w/Dinah		10:00 AM	\$9
Cribbage		10:30 AM	\$5
Tai Chi Chuan w/Bryan		10:30 AM	\$8
Gardening w/Native Plants (2/21 & 2/28)		10:30 AM	See Website
Chair Yoga w/Dinah		11:15 AM	\$9
Blood Pressure Checks by Angels Care Hospice (2/21)		11:30 AM	Free
ACBL Sanctioned Bridge		12:00 PM	\$7
Tower Garden Talk w/Dr. Kimberly		1:00 PM	Free
American Heart Month Seminar w/Janet VerFine (2/14)		1:00 PM	Free
Desert Financial-Avoiding Probate & Estate Preservation Strategies (2/28)		1:15 PM	Free
Gardening w/Native Plants (2/21 & 2/28)		1:30 PM	See Website
Intermediate Line Dance w/Barb		3:00 PM	\$8
Hustle Dance Lesson w/Dawn		5:15 PM	\$8
Beginning Excel		5:00 PM	See Website
Sweethearts & Friends Dance (Event-2/14)		4:00 PM	See Website
Beginning 2-Step w/Ronnie DeBenedetta	6:30 PM	See Website	
Intermediate W.Coast Swing w/Ronnie DeBenedetta	7:30 PM	See Website	
<b>Wednesday</b>	Yin Gentle Flow Yoga w/Janet	9:00 AM	\$7
	Strength & Balance w/Denise	9:40 AM	\$8
	Mat Pilates w/Denise	10:30 AM	\$8
	Tap Dance Group w/Goldie	10:30 AM	\$5
	Euchre	11:00 AM	\$5
	All Levels Yoga w/Katy	11:00 AM	\$9
	Laughter Yoga w/EJ (Starts 2/8)	11:00 AM	\$8
	Intermediate Line Dance w/Diane	11:45 AM	\$8
	ACBL Sanctioned Bridge	12:00 PM	\$7
	Contract Bridge	12:30 PM	\$6
	Zumba w/Kay	2:30 PM	\$7
	Chef Demo w/Tony 'Egg Rolls from Scratch (2/22)	2:30 PM	Free
	Intermediate W. Coast Swing w/Dawn	5:15 PM	\$8
	Social Security Workshop - Grand Canyon Ed. Academy (2/8)	6:00 PM	Free
	<b>Thursday</b>	Movin' W/June	8:30 AM
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		12:00 PM	Per Game
Hand & Foot Canasta		12:00 PM	\$5
Heal w/Yoga & Qigong w/Roma		12:15 PM	\$8
Social Security Workshop - Grand Canyon Ed. Academy (2/16)		6:00 PM	Free
American Mahjongg		1:00 PM	\$5
Conversational Spanish w/Profesora Maria		4:00 PM	\$8
Intermediate Excel		5:00 PM	See Website

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

# February is American Heart Month!

## What you can do to protect yourself from cardiovascular diseases?

There's a lot you can do to protect your heart.

- Ask your doctor about your **blood pressure, cholesterol, and A1C.**
- **Reduce the sodium**, and increase the fruits, vegetables, and whole grains in your diet.
- **Be physically active.**
- **Maintain a healthy weight.**
- **Don't smoke.**
- **Manage stress.**
- **Keep your diabetes under control.**



## Heart Disease

A type of cardiovascular disease

"Heart disease" is a catch-all phrase for a variety of conditions that affect the heart's structure and function.

Keep in mind—all heart diseases are cardiovascular diseases, but not all cardiovascular diseases are heart disease.

The most common type of heart disease is coronary heart disease. In fact, when people talk about "heart disease" they often mean coronary heart disease.



**Nearly 650,000 Americans** die from heart diseases each year.

**About 11% of American adults** (that's more than 1 of every 9) have been diagnosed with heart disease.

American Heart Month - Free Seminar at The Center - February 14 at 1:00 PM

## 28 Days Toward a Healthy Heart

Try one of these tips each day for a month, then keep up the momentum and make your favorites part of your regular routine.

#OurHearts  
are healthier together

### Day 1

Call a friend and join the #OurHearts movement.



### Day 2

Make a heart-healthy snack.

### Day 3

Schedule your annual physical. Discuss your heart health goals with your doctor.



### Day 4

Sport red today for National Wear Red Day.

### Day 5

Squat it out. Do 1 minute of squats.



### Day 6

Make today a salt-free day. Use herbs for flavor instead of salt.



### Day 7

Visit [Smokefree.gov](http://Smokefree.gov) to take the first step to quitting smoking.



### Day 8

Get your blood pressure checked.



### Day 9

Walk an extra 15 minutes today.



### Day 10

Aim for 30 minutes of physical activity today.



### Day 11

Plan your menu for the week with [heart-healthy recipes](#).



### Day 12

Reduce stress using [relaxation techniques](#).



### Day 13

Give the elevator a day off and take the stairs.

### Day 14

Protect your sweetheart's heart: Plan a heart-healthy date.



### Day 15

Swap the sweets for a piece of fruit for dessert.



### Day 16

Stress less. Practice mindful meditation for 10 minutes.

### Day 17

Head to bed with enough time to get a full 7-8 hours of sleep.



### Day 18

Add a stretch break to your calendar to increase your flexibility.



### Day 19

Eat vegetarian for a day.



### Day 20

Share a funny video or joke that makes you laugh.

### Day 21

Dance for 15 minutes to your favorite music.



### Day 22

Call a relative and ask about your family health history.



### Day 23

March in place during commercial breaks to get your heart going.



### Day 24

Get a tape measure and find out the size of your waist.



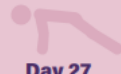
### Day 25

Ask a family member or neighbor to join you for a walk.



### Day 26

Fill half of your lunch and dinner plates with vegetables.



### Day 27

See how many push-ups you can do in 1 minute.

### Day 28

Pay it forward and tell a friend about [The Heart Truth](#).



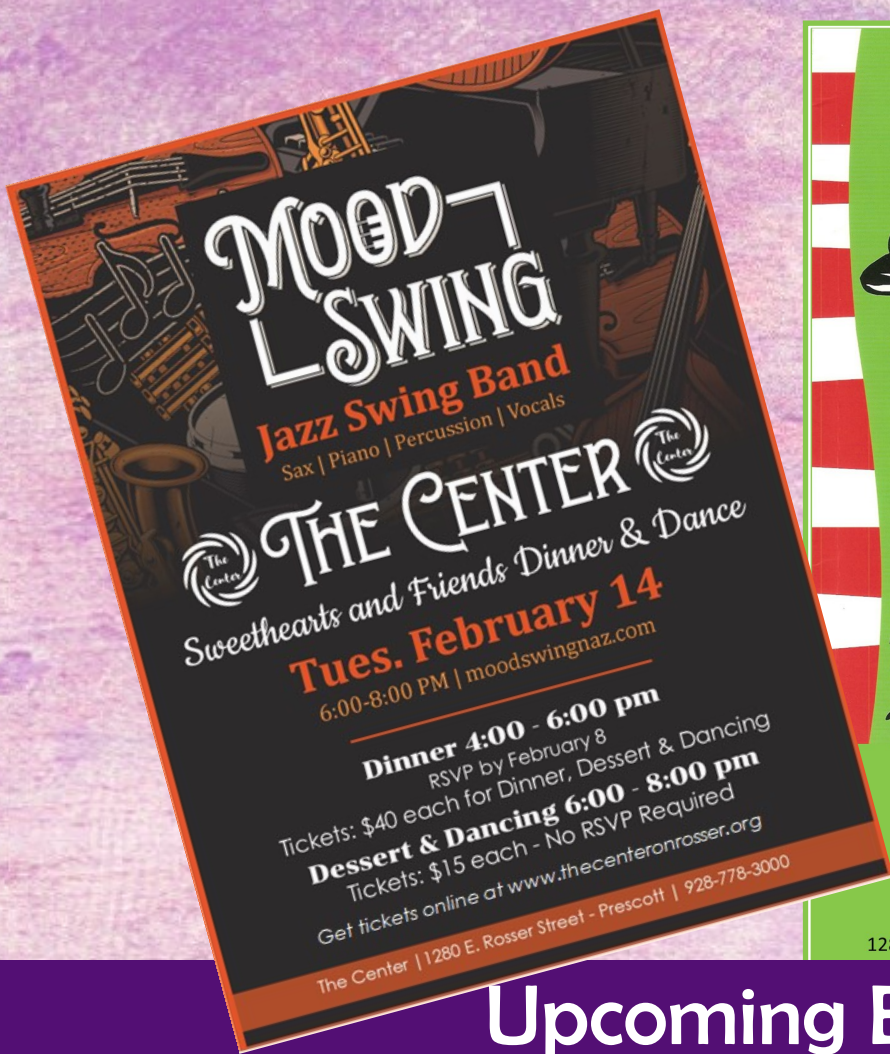
[nhlbi.nih.gov/heartmonth](http://nhlbi.nih.gov/heartmonth)



NIH National Heart, Lung, and Blood Institute



\*This information was taken from the NIH (National Heart, Lung & Blood Institute.)



**MOOD SWING**  
Jazz Swing Band  
Sax | Piano | Percussion | Vocals

**THE CENTER**  
Sweethearts and Friends Dinner & Dance  
**Tues. February 14**  
6:00-8:00 PM | moodswingnaz.com

**Dinner 4:00 - 6:00 pm**  
RSVP by February 8  
Tickets: \$40 each for Dinner, Dessert & Dancing  
**Dessert & Dancing 6:00 - 8:00 pm**  
Tickets: \$15 each - No RSVP Required  
Get tickets online at [www.thecenteronrosser.org](http://www.thecenteronrosser.org)

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



**GREEN EGGS AND HAM**

**\$10**  
per person

You could not, would not, want to miss, a birthday breakfast such as this!

We're celebrating Dr. Seuss's Birthday on March 2, 2023. 8AM - 10AM. Join us for Green Eggs & Ham!

The Center

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

## Upcoming Events



**Gardening with Native Plants**

You can transform your garden into a haven for birds, bees and butterflies, while conserving water, ending dependence on fertilizers, and reducing your gardening workload. There are hundreds of gorgeous native plants that also provide food, nesting material and shelter for many species of wildlife.

Students will assess and map their garden space, learn the basics of planting, and maintaining a native plant garden, and learn to replicate nature's gardening strategies.

**Series of Four 1-Hour Sessions - \$40**

**February 21 & 28**  
Session Options: 10:30-11:30 am or 12:30-1:30pm

**March 7 & 14**  
Session Options: 10:30-11:30am or 12:30-1:30 pm

**The Center**  
To register, call The Center at 928-778-3000, or visit our website at [www.adultcenter.org](http://www.adultcenter.org)

1280 E. Rosser Street  
Prescott, AZ 86301

Kathy Dickinson has training as a Master Gardener and National Wildlife Federation Habitat Steward. She has worked for 22 years to restore native plants and wildlife habitat in her yard, both in the Texas Hill Country and Prescott. She has 5 years experience as a college instructor, an M.A. in Anthropology, and an Ed.D. in Adult Education.



**Easter Bazaar & Family Fun Day!**

**The Center**  
**April 8**  
10am-3pm  
Free Admission!

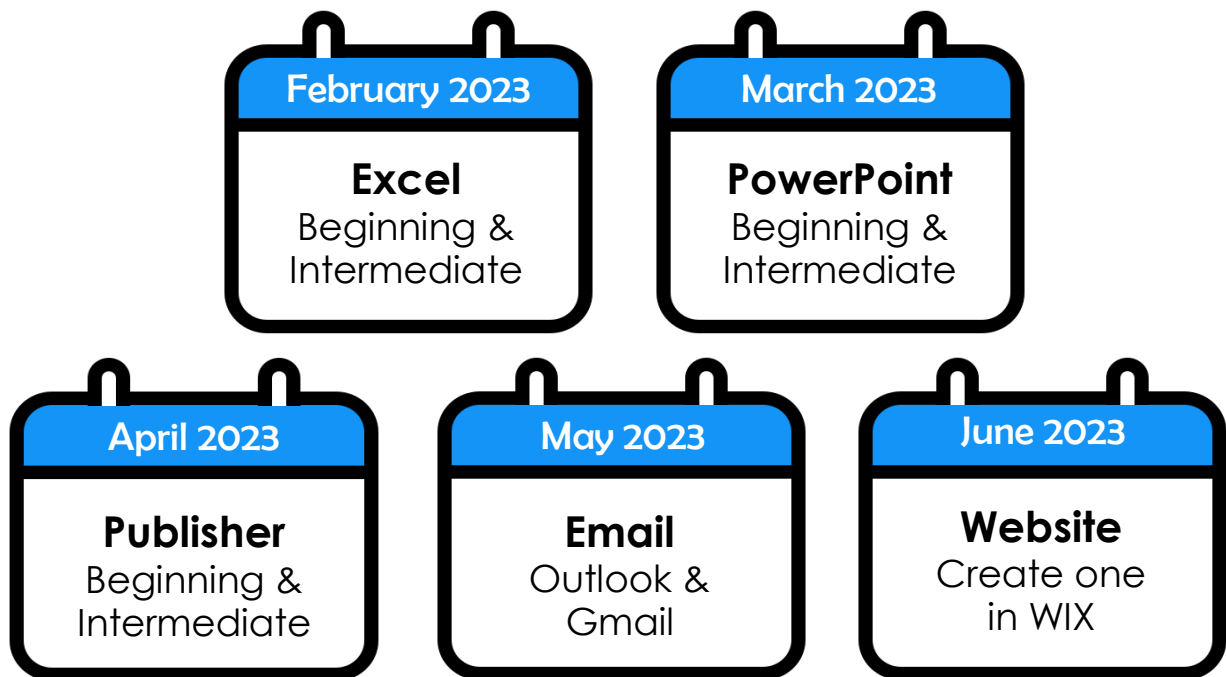
**EASTER EGG HUNT | FAMILY ACTIVITIES | VENDORS PRIZES | SNACKS | KIDS EAT FREE | FACE PAINTERS VISIT WITH THE EASTER BUNNY!!**

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

For more information and to register for events visit [www.thecenteronrosser.org](http://www.thecenteronrosser.org)

# Computer Classes in 2023!

Word • Excel • PowerPoint • Publisher  
Outlook • Gmail • Create a Website



*Bring your laptops and learn something new or just brush up on your skills!*

Classes are \$15 each or \$50/4 and will be held from 5 - 6:00 pm on Tuesdays and Thursdays. Visit our website for class schedules and to register at [www.thecenteronrosser.org](http://www.thecenteronrosser.org)





## **Shop at Fry's & Help Support The Center!**

In addition to the great discounts and rewards that you receive when you shop at Fry's, you can now help The Center without spending any additional money. All you need to do is link your Fry's card to our organization. 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](http://www.thecenteronrosser.org). Go to the About tab, Donate section, and click on the Fry's logo!

**Thank you all so very much for your continued help and support.**

**Register today and enter your name into our FRY's Drawing for a chance to win a gift basket in the month that you signed up!!**

# What's New!



Check out our new website, complete with new address!

**[www.thecenteronrosser.org](http://www.thecenteronrosser.org)**

We now have a full calendar with complete information on activities, and you can register or RSVP online for events held at The Center.



Prescott Hearing Center has installed a hearing kiosk at The Center. We encourage you to get your hearing checked at no charge by visiting The Center for a test with their easy access kiosk located in the Membership Room.



Twice the fun with Bingo now on Mondays (11am-3pm) AND Thursdays (12pm-4:30pm)!

# Become a Business Member

Our goal is to provide benefits such as discounts on room rentals for your events, advertising with The Center, 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!



<b>Platinum</b> <b>\$2500</b>	<b>Gold</b> <b>\$2000</b>	<b>Silver</b> <b>\$1500</b>	<b>Bronze</b> <b>\$500</b>
<ul style="list-style-type: none"> <li>• Online listing in our business directory</li> <li>• 20% discount on member events</li> <li>• 40% discount on member advertising (Newsletter/Web)</li> <li>• 20% discount on room rentals for your events</li> <li>• Priority status to sponsor events at The Center</li> <li>• Tickets to 8 member events per year</li> <li>• 1-2 Hours per month member dedicated room time</li> <li>• 1 Complimentary seminar per month</li> </ul>	<ul style="list-style-type: none"> <li>• Online listing in our business directory</li> <li>• 15% discount on member events</li> <li>• 25% discount on member advertising (Newsletter/Web)</li> <li>• 15% discount on room rentals for your events</li> <li>• Priority status to sponsor events at The Center</li> <li>• Tickets to 4 member events per year</li> <li>• 1-2 Hours per month member dedicated room time</li> <li>• 1-2 Complimentary seminars per year</li> </ul>	<ul style="list-style-type: none"> <li>• Online listing in our business directory</li> <li>• 10% discount on member events</li> <li>• 15% discount on member advertising (Newsletter/Web)</li> <li>• 10% discount on room rentals for your events</li> <li>• Priority status to sponsor events at The Center</li> <li>• Tickets to 2 member events per year</li> <li>• 1 Hour per month member dedicated room time</li> </ul>	<ul style="list-style-type: none"> <li>• Online listing in our business directory</li> <li>• Priority status to sponsor events at The Center</li> <li>• Your business information placed in member room for one year.</li> <li>• Information exchanges or updates are allowed as needed</li> </ul> <p style="text-align: center;"><b>Basic</b> <b>\$250</b></p> <ul style="list-style-type: none"> <li>• Online listing in our business directory</li> <li>• Business cards displayed in member room</li> </ul>

*The Center invites you to join our Business Membership Program.*

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


# Advertisers & Info



**McFadden Dirt WURCS, LLC**  
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.

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Serving Prescott, Arizona

**INMAN LAW PLLC**  
Elder Law, Estate Planning & Probate  
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**CHRIS A. INMAN**  
Attorney at Law  
[Chris@InmanLawAZ.com](mailto:Chris@InmanLawAZ.com)

phone (928) 445-1514 | 923 East Gurley Street, Suite 202  
fax (928) 492-1099 | Prescott, Arizona 86301

**Prescott Hearing**




Prescott Hearing Center is pleased to announce that we have now opened a new hearing office in Prescott Valley. The new location is located at 7762 E Florentine Rd. Ste D in Prescott Valley. This office will be open Monday-Thursday 9am-5pm and Friday 9am-2pm.

Doug Dunker, owner, and Hearing Aid Specialist for over 20 years and Paula Whitley, our Patient Care Coordinator with seven years of experience in hearing healthcare and over 15 years in office management are looking forward to the growth and development of Prescott Hearing Center.

Patients will have the opportunity to choose either the Prescott or Prescott Valley location when they call in to make an appointment. We are looking forward to the opportunity to help more people with their hearing needs!

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

**928-899-8104**  
3108 Clearwater Drive, Ste B2  
Prescott, AZ 86305

7762 E Florentine Rd, Ste D  
Prescott Valley, AZ 86314



**DOUG**



**PAULA**

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**Cardinal Home Care**



*Individualized Care Plans*

**Dave Hummel**  
Director of Care

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

Email: [dave@cardinalhomecare.com](mailto:dave@cardinalhomecare.com)  
[www.CardinalHomeCare.com](http://www.CardinalHomeCare.com)

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- 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*

**Hezzelwood Insurance Services**


Need Cash to Deal With Inflation?  
Thinking About Selling Your Life Insurance Policy in a Life Settlement transaction?

This can be a very good idea, but PLEASE learn the facts before you proceed. You need to know:

- why many people decide to sell their policies
- why people can get 3-4 times their policy's cash value
- how the life settlement process works
- how to get maximum value for your policy

... it will cost you nothing to find out if this is right for YOU.

We are licensed, independent insurance agents, based right here in Prescott.  
Give us a call at 928-642-0867  
William L. 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!

**Upcoming Holiday Closures**  
February 20 (President's Day)

**Staff**  
Kathy McFadden - CEO  
Brian Sebring - Sr. Facilities & Events  
Drew Barbaresi - Facilities & Events  
Nancy Barber - Administrative Assistant II  
Christi Carlson - Marketing & Events  
Julia Rulla - Marketing & Communications

**Hours**  
Mon - Thurs: 8:30 am - 4pm  
Fri/Sat/Sun: Closed

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

