



# The Center Piece

March 2024

## New for You at The Center!


Monthly  
Art  
Classes 

 Personal  
Fitness  
Training

More  
Dance  
Classes 

Check our online calendar often  
for details and updates!

### 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

# 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



# From the CEO



The flowers blooming and the birds singing, it is indeed a delightful time to celebrate the season of renewal and hope.

I wanted to take a moment to share some exciting news with you regarding our recent project, "The Kids Kloset." Our dedicated team at The Center worked tirelessly to organize a successful fundraiser, and I am thrilled to announce that we were able to raise an impressive three

thousand dollars. This accomplishment is a testament to the generosity and support of our community, and I am truly grateful for everyone's contributions.

As we look forward to brighter days, both metaphorically and literally, I am reminded of the joy that comes with Easter – a time of reflection, growth, and new beginnings. The success of our fundraiser has given us the momentum to further enhance the services we provide at The Center, ensuring a positive impact on the lives of those we serve.

With the funds raised, we plan to continue improving The Kids Kloset, creating a space that fosters growth, education, and happiness for the younger members of our community. The generosity of our supporters has opened doors to countless possibilities, and we are excited about the positive changes we can bring about together.

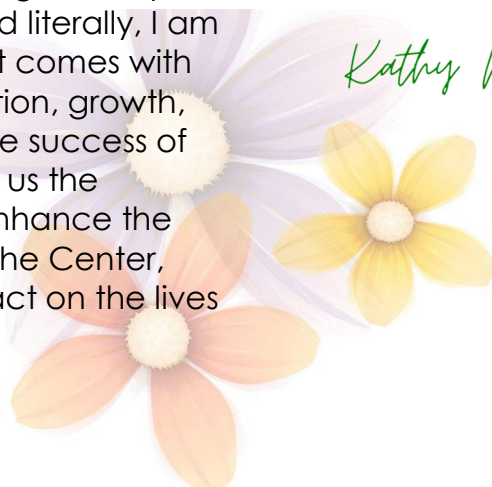
In the spirit of Easter, let us embrace the values of love, compassion, and unity. May this season of renewal inspire us to continue making a difference in the lives of those around us. I am grateful for the sense of community we have built at The Center, and I look forward to the continued success of our endeavors.

Thank you once again for your unwavering support, and here's to a season filled with hope, joy, and the promise of new beginnings.

Wishing you a wonderful Easter and a joyful spring!



*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



## Gold



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

# Business Member

## News & Events



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.



Prescott Hearing Center Specialist Doug Dunker will be at the Senior Referral Network event March 12th at the Adult Center if you want to speak to him in person at his booth. 5-7:00PM



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 Prescott Country Club - on Tuesday, March 19, 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 Center newsletter. 928-220-4100.



Free Social Security Seminars at The Center. Dates are March 13 and March 20 at 6:00 pm. We hope to see you there!



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!*

# Business Member Spotlight



# IMS

Integrated Medical Services



IMS is a physician-owned and led enterprise that is a valley-wide multi-specialty medical practice serving Arizona communities, with the recent expansion of our care to include northern Arizona in Prescott, Show Low, and Payson.

Over 70,000+ unique patients are served annually, and at more than 25 locations, we are proud to serve a diverse patient base. We take pride in our integrated multi-specialty approach, providing a comprehensive range of medical services to address all healthcare needs. Our team consists of highly skilled specialists in primary care, cardiology, gastroenterology, pain management, sports medicine, podiatry, endocrinology, and neurology.

IMS Prescott Clinic opened in October 2023 bringing the community Primary Care; with Dr Joshua Pittman DO and Lorraine Spiers, FNP. We have Debra Scott, Practice Manager and Tammy Sotzin, front office clerk, to address any medical concern you may have.

Quickly and efficiently, we added Dr Muhammad Khakwani MD, Cardiologist on-site with EKGs and Echocardiograms. We plan to have stress treadmills and nuclear medicine for the department. And I am happy to report that come May 2024, we will be welcoming Logan Nocerino PA, Neurologist who will be joining us and moving to Prescott.



Come for an appointment or stop in to see us at 2971 Willow Creek Road, Building 3&4, Prescott, AZ 86301 at the corner of Smoke Tree Ln and Willow Creek Rd for walk-ins and same day appointments. Our phone number is (928)277-8088 and choose option 3 for direct access to the Prescott front desk where Ms. Sotzin will assist you and direct your call.

RONNIE DEBENEDETTA

# March

## Tuesday Night Classes

Intermediate

Progressive Two-Step

**6:30-7:30pm**

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Intermediate

West Coast Swing

**7:30-8:30pm**

\$40 per month or \$15 per night

And....Dance Party March 16 - \$15!

*Join us at The Center!*

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

# March Arts & Crafts at The Center

## *Soap Making w/Joy*

March 14 from 2-5 pm  
Fee: \$15 + \$28 to Instructor



## *Acrylic Pours w/Julia*

March 19 @ 3:00 pm  
Fee: \$15 for supplies  
Bring an apron!

*RSVPs Required Please!*

### **REGISTRATION:**

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

# March Events & Activities

| Day                                  | Program/Activity                                                                 | AM/PM     | Members   |
|--------------------------------------|----------------------------------------------------------------------------------|-----------|-----------|
| MONDAY                               | Movin' w/June                                                                    | 8:30 AM   | \$8       |
|                                      | In the Middle Line Dance w/Cindy                                                 | 9:30 AM   | \$8       |
|                                      | Strength & Balance w/Joy                                                         | 9:30 AM   | \$9       |
|                                      | Jewelry Cleaning & Watch Repair w/Raskins Jewelers (3/11)                        | 11:00 am  | Free      |
|                                      | ZUMBA w/Stacey <b>(Cancelled 3/18)</b>                                           | 11:00 AM  | \$8       |
|                                      | Hand & Foot Canasta                                                              | 12:00 PM  | \$5       |
|                                      | ACBL Sanctioned Bridge                                                           | 12:00 PM  | \$7       |
|                                      | Non-Sanctioned Bridge                                                            | 12:00 PM  | \$6       |
|                                      | Yoga for Peace & Vitality w/Roma                                                 | 12:15 PM  | \$8       |
|                                      | Beginning Radical Rebounding w/Dr. Kimberley <b>(3/25-Time will be 2:15pm)</b>   | 1:00 PM   | \$25      |
|                                      | Tai Chi & Qigong w/Roma                                                          | 1:30 PM   | \$8       |
|                                      | Intermediate Radical Rebounding w/Dr. Kimberley <b>(3/25-Time will be 3pm)</b>   | 1:45 PM   | \$25      |
|                                      | Belly Dance Class w/Kirsten                                                      | 3:00 PM   | \$9       |
| TUESDAY                              | All Levels Yoga w/Katy                                                           | 8:40 AM   | \$9       |
|                                      | Meditation w/Peg                                                                 | 9:00 AM   | \$5       |
|                                      | Basic Beginner Line Dance w/CindyLou                                             | 10:00 AM  | \$8       |
|                                      | Weights w/Balls & Chair w/Katy Kolasa                                            | 10:00 AM  | \$9       |
|                                      | Tai Chi Chuan w/Bryan                                                            | 10:30 AM  | \$8       |
|                                      | Chair Yoga w/Joy                                                                 | 11:15 AM  | \$9       |
|                                      | ACBL Sanctioned Bridge <b>(Cancelled 3/12)</b>                                   | 12:00 PM  | \$7       |
|                                      | Lunch & Learn w/Desert Fin. - Creating a Definitive Last Will & Testament (3/26) | 1:15 PM   | Free      |
|                                      | Intermediate Line Dance w/Barb <b>(3/12-Time will be 12:00 pm)</b>               | 3:00 PM   | \$8       |
|                                      | Acrylic Pour Class w/Julia (3/19)                                                | 3:00 PM   | \$15      |
|                                      | Cha Cha Lesson w/Dawn (For Month of March)                                       | 5:15 PM   | \$8       |
|                                      | Senior Referral Network (3/12)                                                   | 5:00 PM   | Free      |
|                                      | Intermediate Prog. 2-Step w/Ronnie                                               | 6:30 PM   | \$15/\$40 |
| Intermediate W. Coast Swing w/Ronnie | 7:30 PM                                                                          | \$15/\$40 |           |
| WEDNESDAY                            | 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                                                           | 12:00 PM  | \$7       |
|                                      | AZ Territorial Society - "TBA" (3/20)                                            | 1:00 PM   | Free      |
|                                      | <b>NEW! Zumba Toning Class (Cancelled 3/20 &amp; 3/27)</b>                       | 1:30 PM   | \$8       |
|                                      | Chef Demo - 'St. Paddy's Day Items' (3/27)                                       | 2:30 PM   | Free      |
|                                      | Radical Rebounding OPEN HOUSE w/Dr. Kimberly (3/20)                              | 4:30 PM   | Free      |
|                                      | Beginning Radical Rebounding w/Dr. Kimberly (Starts 3/28)                        | 4:45 PM   | \$25      |
|                                      | West Coast Swing w/Dawn                                                          | 5:15 PM   | \$8       |
|                                      | Intermediate Radical Rebounding w/Dr. Kimberly (Starts 3/28)                     | 5:30 PM   | \$25      |
|                                      | Social Security Seminar (3/13 & 3/20)                                            | 6:00 PM   | Free      |

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



**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 (3/14)                               | 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         |
|          | Soap Making Class w/Joy (3/14)                             | 2:00 PM        | \$15+\$28   |
| 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    | Ronnie Dance (Saturday, 3/16)                              | 6:30 PM        | \$15        |
|          | <b>Family Fun Day &amp; Easter Bazaar (Saturday, 3/23)</b> | <b>9:00 AM</b> | <b>Free</b> |
|          | Union Church Services (Sundays)                            | 10:00 AM       | Free        |

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

**Subject to cancellations-Check our website for updates.**

**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!

### 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 Klokset

We need Sponsors and/or Donations for:

- ✿ New/gently used clothing for 0-12 years old
- ✿ School supplies, educational toys
- ✿ Join the Planning Committee

# 2024 CRAFT SHOWS

## 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!

-  **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

### On The Radar!



June  
26  
2024

August  
23  
2024



Check The Center's website often for updates!

### 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!



**S R N** SENIOR REFERRAL NETWORK  
Connecting Senior Service & Care Providers

 *RSVP Here*

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  
[seniorreferralnetworkknaz@gmail.com](mailto:seniorreferralnetworkknaz@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



Hope Health Healing Presents  
Radical Rebounding Prescott





**OPEN HOUSE!**

**Monday**  
**March 20th**  
**4:30 - 6pm**

**Join US!**



## Speaker Series at The Center

Programs are Free and start at 1:00 pm

- 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)

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



## Have Ringing in the ears? Is it Tinnitus?

The noise you hear when you have tinnitus isn't caused by an external sound, and other people usually can't hear it. Tinnitus is more common than you think.

Make an appointment to see how we can help.



## PRESCOTT Hearing Center

Simply better, from the start.

928-899-8104 [www.prescottheating.com](http://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!



**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)

**March 13.....6:00 pm**  
**March 20.....6:00 pm**  
**April 9.....6:00 pm**  
**April 17.....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



## The Center

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