

We will be
CLOSED
Monday
September 4
LABOR DAY

The Center Piece

September 2023



Open House & Ribbon Cutting

September 20, 2023

4-6 PM

Be our guest for tours of The Center and Meals on Wheels at our first joint event! Learn more about what we do for the community, have a great evening, and meet the staff!



Tours • Refreshments & Snacks • Prizes

50/50 & Grand Prize Raffles!

UPCOMING EVENTS!



Senior Referral Network



Casino Night!



Fall Family Craft Fair

From the CEO



As the leaves begin to change colors and the air turns crisper, I am delighted to welcome the months of September and October. With so many fall activities ahead, these months mark a special time of the year when we come together to celebrate the unique spirit of our community. Over the past months, our Center has offered an increasing number of engaging activities, educational workshops and fun social gatherings. Our commitment to promoting wellness, lifelong learning, and a sense of belonging remains strong.

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

This month The Center has been a blessed recipient both of a grant and of a donation from a private donor. These allow us to remain open and to work on creating new programs and activities. Our goal is to be able to offer a series of classes and activities next year at no charge to our members! It is always great to see how far even a small donation goes toward the addition of new activities.

Two Non-Profit Organizations are housed here at the community center building: The Center and Meals on Wheels. Both Non-Profit Organizations lease this space from The City of Prescott, and although the City of Prescott does not support these organizations financially, the City does help with the maintenance of the building. These two

organizations serve the same community and have been in the same building for over 20 years, yet we have not previously scheduled any events together.

I want to extend an invitation to you to attend our first co-sponsored event; a large open house hosted by The Center and Meals on Wheels on Wednesday, September 20, 2023, from 4:00 P.M. to 6:00 P.M. Come meet Neal Sneller, the new Executive Director for Meals on Wheels, and say "Hi" to me, the staff, and the Board of Directors for The Center. Take the opportunity to tour the building, enjoy a snack, and maybe even win a prize!

Our next event together will be our Fabulous Casino Night on Friday, October 6, 2023. This is a fundraiser that will support both The Center and Meals on Wheels so that we both can continue our mission of supporting the Community. Tickets are available now. We hope you will enjoy a night of fun, entertainment, and community while you support The Center and Meals on Wheels.



I want to acknowledge both the staff of The Center and the volunteers who contribute their time and energy to meet the evolving needs of our community. Thank you for making this center a vibrant and welcoming space!

Kathy McFadden



TWO GREAT UPCOMING EVENTS!

Visit our [website](#) to see how you can be a sponsor for Casino Night!



October 6th

Casino NIGHT

Buy your tickets at [Event Brite](#) today!



Brought to you by



October 18, 2023

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

RSVP by October 13
928-778-3000 - Space is limited!

You can also register online at
www.thecenteronrosser.org



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



SAVE Hoot

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

October 18th

Upcoming Workshops

For more information on workshops, visit the homepage of our website:

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

De-Stress Workshop

September 30
9am - 1pm

Reduce your stress level and find a way or two to feel better!

Joy Travers, CPT, personal trainer, yoga & fitness instructor will be leading this class. Any questions, contact Joy at 928 642-4002.

\$45

Brain Longevity Workshop

September 15
1pm - 3pm

Explore the 4 Pillars of Alzheimer's Prevention & techniques for cognitive abilities. Seated class with occasional standing and movement!



\$10

Help Support The Center!

- Shop at Fry's
- Monetary Donation
- Become a Member
- Give Gift Baskets
- Attend Events & Activities
- Volunteer

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

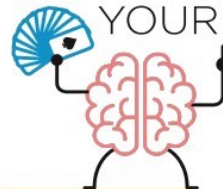
The Center is now collecting clothes, shoes and toys for children! For more information on how you can help, visit:

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

Learn Bridge in a Day

BOOST

YOUR BRAIN POWER



Challenge your mental muscles and make new friends. Learn the wonderful game of bridge!



Thursday October 26
8:30 am to 2:30 pm
1/2 hour lunch break

\$10 for members, \$20 for non-members of
The Adult Center of Prescott
(The Center)
1280 E Rosser St, Prescott
928-778-3000


Contact Darcy White (darcy838@yahoo.com)

Upcoming Events

September

Join us for the Senior Referral Network September Event!



Tuesday, September 12th, 2023 | 5:00pm-7:00pm
The Center
1280 E Rosser, Prescott, AZ 86301

Join us for the Senior Referral Network September 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

(928) 227-8788
seniorreferralnetworknaz@gmail.com
seniorreferralnetwork.org

September

Open House & Ribbon Cutting

September 20, 2023
4-6 PM

Be our guest for tours of The Center and Meals on Wheels at our first joint event! Learn more about what we do for the community, have a great evening, and meet the staff!

Tours • Refreshments & Snacks • Raffle • Prizes



The Center & Meals on Wheels
1280 E. Rosser Street | Prescott, AZ 86301
www.thecenteronrosser.org & www.prescottmealsonwheels.com

October

Casino NIGHT

Brought to you by



Friday, October 6
5:00 - 9:00 pm

Tickets: \$50
1 Drink Ticket + \$100 in Chips

Mood Swing Band
Games | Silent Auction | Raffle
Appetizers | Cash Bar
Must be Age 21+

Sponsor a gaming table! For information, call 928-778-3000
For tickets and information, please visit www.thecenteronrosser.org
1280 E. Rosser Street in Prescott!

October

October 27 & 28

Fall Family Craft Fair

9am-3pm



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

HALLOWEEN COSTUMES ENCOURAGED!



1280 E. Rosser Street in Prescott
928-778-3000
www.thecenteronrosser.org

November


THANK YOU

for your service!

JOIN US FOR OUR FIRST ANNUAL
**** VETERANS DAY ****
CEREMONY



WEDNESDAY, NOVEMBER 8 | 11:30 AM TO 1:00 PM
Presentation starts at Noon

Lunch is served to all in attendance.
RSVP online at www.thecenteronrosser.org/veterans
or call The Center at the number below.



1280 E. Rosser Street | Prescott, AZ
928-778-3000 | www.thecenteronrosser.org

Thank You to our Proud Sponsors

December

HOLIDAY

Craft Fair

December 15 & 16

- ✓ Ornaments
- ✓ Woodworking
- ✓ Home Décor
- ✓ Soaps & Lotions
- ✓ Art & Candles
- ✓ Household Items
- ✓ Items for Pets
- ✓ Quilts & Throws
- ✓ Jewelry
- ✓ Scarves & Gloves
- ✓ Games & Toys
- ✓ Etc.

Registration is now open online at
www.thecenteronrosser.org
on the Homepage under Events!




1280 E. Rosser Street | Prescott | 86301
Questions? Call 928-778-3000 or send an email to Julia: julla@adultcenter.org



SPEAKER SERIES AT THE CENTER

Join Us!

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

September 21
Story of Watson Lake

October 19
Haunted Prescott
(with Diane Wilson)

September Activities & Events

Day	Program/Activity	AM/PM	Member Fee	
The Center will be CLOSED on Monday, 9/4, for Labor Day - NO CLASSES				
MONDAY	Movin' w/June	8:30 AM	\$8	
	In the Middle Line Dance w/Cindy (SUB Robert 9/18)	9:15 AM	\$8	
	Gentle Strength Yoga w/Donna	10:30 AM	\$8	
	ZUMBA w/Stacey (Cancelled 9/18)	11:00 AM	\$8	
	Hand & Foot Canasta	12:00 PM	\$5	
	ACBL Sanctioned Bridge	12:00 PM	\$7	
	Non-Sanctioned Bridge	12:00 PM	\$7	
	Yoga for Peace & Vitality w/Roma	12:00 PM	\$8	
	Tai Chi & Qigong w/Roma	1:15 PM	\$8	
TUESDAY	All Levels Yoga w/Katy	8:40 AM	\$9	
	Meditation w/Peg	9:00 AM	\$5	
	Basic Beginner Line Dance w/Cindy (Cancelled 9/5)	10:00 AM	\$8	
	Yoga-Back/Sciatica w/Dinah (Cancelled 9/12, 19 & 26)	10:00 AM	\$9	
	Weights w/Balls & Chair w/Katy Kolasa	10:00 AM	\$9	
	Tai Chi Chuan w/Bryan	10:30 AM	\$8	
	Chair Yoga w/Dinah	11:15 AM	\$9	
	ACBL Sanctioned Bridge	12:00 PM	\$7	
	Asset Preservation Strategies - Desert Financial (9/26)	1:15 PM	Free	
	Intermediate Line Dance w/Barb	3:00 PM	\$8	
	Senior Networking Event (9/12 - See The Center's Calendar to register online)	5:00 PM	Free	
	Country Waltz Dance Lesson w/Dawn (Country Waltz Cancelled 9/26)	5:15 PM	\$8	
	Social Security Workshop-Grand Canyon Education Academy (9/19)	6:00 PM	Free	
	Beg. W. Coast Swing w/Ronnie (No Drop-ins after Week 2)	6:30 PM	4/\$40	
	Int. W. Coast Swing w/Ronnie (No Drop-ins after Week 2)	7:30 PM	4/\$40	
	WEDNESDAY	Yin Gentle Flow Yoga w/Janet	9:00 AM	\$7
		Strength & Balance w/Denise (Cancelled 9/20 & 9/27)	9:40 AM	\$8
Mat Pilates w/Denise (Cancelled 9/20 & 9/27)		10:30 AM	\$8	
Jewelry Cleaning by Raskins Jewelers (9/13)		11:00 AM	Free	
All Levels Yoga w/Katy		11:00 AM	\$9	
Intermediate Line Dance w/Diane		11:45 AM	\$8	
ACBL Sanctioned Bridge		12:00 PM	\$7	
Introduction to Gut Health (9/6 & 9/27)		1:00 PM	\$8	
Financial Literacy/Safe Banking Practices Seminar (9/20)		1:00 PM	Free	
Chef Demo - Fish Tacos (9/27)		2:30 PM	Free	
Zumba w/Kay (In Studio 9/6 & 9/20)		2:30 PM	\$7	
Wednesday's Open Dance w/Dawn Wilson (\$7 Non-Members)		3:45 PM	\$5	
OPEN HOUSE EVENT - The Center & Meals on Wheels (9/20)		4:00 PM	Free	
Creative West Coast Swing w/Dawn (Cancelled 9/27)		5:15 PM	\$8	
Beginning West Coast Swing w/Dawn		6:00 PM	\$8	
Social Security Workshop-Grand Canyon Education Academy (9/13)	6:00 PM	Free		

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

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

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

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

Day	Program/Activity	AM/PM	Member Fee
THURSDAY	Strategic Network Partners	7:30 AM	Free
	Movin' W/June	8:30 AM	\$8
	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
	Free Blood Pressure Clinic provided by Angels Care Home Hospice (9/21)	11:00 AM	Free
	BINGO - Games start at 1:30 pm, Doors open at Noon	12:00 PM	Per Game
	Hand & Foot Canasta	12:00 PM	\$5
	AZ Territorial Society-"The Story of Watson Lake" (9/21)	1:00 PM	Free
	American Mahjonnig - Beginners Welcome	1:00 PM	\$5
	Beginning Spanish w/Maria Colby	3:00 PM	\$8
	Conversational Spanish	4:00 PM	\$8
	Musicality Bootcamp w/Robert (No Class 9/28)	6:00 PM	\$30
	Zumba w/Kay in Studio (Cancelled 9/22)	10:00 AM	\$7
FRIDAY	ACBL Sanctioned Bridge (Cancelled 9/22)	10:00 AM	\$7
	Gentle Strength Yoga w/Donna (Cancelled 9/22)	10:30 AM	\$8
	Balance & Stretch w/Katy (Cancelled 9/22)	11:15 AM	\$8
	Intermediate Line Dance w/Diane (Cancelled 9/22)	11:45 AM	\$8
	Brain Longevity w/Donna (9/15)	1:00 PM	\$10
Ronnie DeBenedetta Dance Party (9/15) NO LESSON	7:00 PM	\$15	
SAT/SUN	De-Stress Workshop (9/30)	9:30 AM	\$45
	Ronnie Dance (9/30)	6:30 PM	\$15
	Union Church Services (Sundays)	10:00 AM	Free

No Classes 9/22 due to Private Rental

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!



Let's **DANCE**

Day of Dance - December 2

**Dance Party w/Ronnie - September 15 ● September 30
November 18 ● December 16**

Our Business Members

Welcome new Business Member!

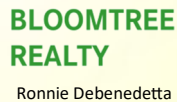
Ed McMahan Medicare Insurance - Bronze Level

Our goal is to provide benefits such as discounts on room rentals for your events, advertising, a dedicated space for your meetings, priority status to Center events and an opportunity for you to connect with the community and grow your referral sources. We're here for you!

Executive Platinum



Platinum



Silver



Bronze



ED McMAHAN MEDICARE INSURANCE



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

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

What Do You Mean I Can't Hear? You're Just Mumbling!

One of the most common challenges for people is not being able to hear well or discern conversations well, such that it sounds like people are mumbling. Many people that come to our office are not sure if they have a hearing loss. They were often nudged by a spouse or friend to get a hearing test.

How Many People Are Affected by Hearing Loss?

Approximately **466 million people** throughout the world suffer hearing loss. This includes about 432 million adults and 34 million children. Here is a breakdown of percentages of adults who endure problems with their hearing:

- 30% of those over age 65
- 50% of those over age 75

"What Did You Say?"

One common factor is the inability to discern exactly what people are saying in conversations. The percentage of those who feel as though most people mumble is around the same as listed above.

Types of Hearing Loss

Medical research has discovered the following three different forms of hearing loss:

- Conductive loss concerns the outer or middle ear.
- Sensorineural loss involves the inner ear.

- Mixed loss is a combination of both conductive and sensorineural hearing loss.

More Symptoms of Hearing Impairment

The feeling that most people mumble has been discussed. Here are more indicators of possible hearing loss:

- Often requesting that people talk louder
- The need to turn up the volume of the radio or TV
- Problems discerning consonants
- Frequently asking people to repeat what they said
- Avoiding conversations
- Avoiding social events

Solutions for Hearing Problems

Simply removing blockage of wax buildup will sometimes reverse hearing difficulties. At times, surgery might be needed. The most common resolution for hearing loss and the feeling that people mumble is the use of hearing aids.

Let Hearing Specialist's Doug Dunker and Kim Kirk discuss with you the benefits of hearing aids. There are so many small and discreet hearing aids available today. Doug and Kim will apply the solution that fits both your hearing challenges and your style!

Call Prescott Hearing Center today at 928-460-4035

PRESCOTT
Hearing Center
Simply better, from the start

www.prescottheating.com

3108 Clearwater Drive, Ste B2, Prescott, AZ 86305
7762 E Florentine Rd, Ste D, Prescott Valley, AZ 86314



DOUG



PAULA



KIM



If you would like to advertise with us & help support the community, call 928-778-3000 for rates!



ED MCMAHAN MEDICARE INSURANCE

Medicare Annual Enrollment Period

OCTOBER 15th - DECEMBER 7th, 2023



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



MEDICARE ADVANTAGE PLAN

Learn more about benefits available than just Original Medicare.



PRESCRIPTION DRUG COVERAGE

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

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

CALL ED TODAY!
928-370-2748

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



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



BRONZE BUSINESS MEMBER

The Grand Canyon Education Academy provides financial education programs for companies and organizations that want their people to enjoy a more financially secure future. When employees and members are more sure of their future and working toward their goals through a sound game plan, they are more productive in the workplace.

Our Financial Literacy workshops cover a wide variety of informative, inspiring and enjoyable topics for one and all, including, but not limited to:

- Social Security Explained
- Social Security Claiming Strategies
- Women Approaching Retirement and Beyond
- Social Security for Divorced Women
- Retirement Basics for Women
- Strategies for a Lifetime Income in Retirement
- Exploring Your Options for a Quality Retirement
- Understanding 401K Rollovers
- Financial Blunders – Lessons We Never Learn
- I.D Theft
- Preparing for Long Term Care
- Taking Control of Your Cash – Eliminating Debt Tax Planning

Upcoming Social Security Seminars at The Center

www.thecenteronrosser.org

September 13.....6pm
September 19.....6pm
October 4.....6pm
October 10.....6pm

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




www.grandcanyonedu.com

Advertisers & Info

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CHRIS A. INMAN
Attorney at Law

Chris@InmanLawAZ.com



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

SCHOTT FINANCIAL
MANAGEMENT

Steve Schott
Registered Representative
CA Insurance Lic. #0H23992

824 Valley Street
Prescott, AZ 86305

928.776.1031 Phone
928.778.6584 Fax

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Dave Hummel
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Prescott (928) 642-4683
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Email: dave@cardinalhomecare.com

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



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

Holiday Closure
September 4 - Labor Day

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