



# The Center Piece

March 2023



## Vendors Wanted!

### Easter Bazaar & Family Fun Day!



**April 8**  
10am-3pm

*Free Admission!*



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

Vendors can register on the  
Homepage of our website:  
[www.thecenteronrosser.org](http://www.thecenteronrosser.org)  
**\$50 Booth Fee**

## On The Inside

Business Member Spotlight



March Activities & Events



New Dance Page!



Help Support The Center



## Coming Up

**March 10**

Mood Swing Dance

**March 17**

St. Patty's Dance

**March 18**

Ronnie's Dance Party

**April 8**

Easter Bazaar &  
Family Fun Day

**May 10**

Spring Into Wellness Fair

# From the CEO



It's probably not shocking to anyone who has seen me (with my fair skin and brunette hair) that I've got a wee bit 'o Irish in me. My married name of McFadden, really gives it away, doesn't it? After taking a DNA heritage test, it turns out that I have more Irish in me than my husband, now that was an interesting find! During the month of March, it seems as if everyone can connect with their "inner Irishman," whether they are from Ireland or not.

In honor of St. Patrick's Day, I decided to investigate the value of that highly sought-after Leprechaun's pot of gold throughout history. It turns out the Leprechaun was smart to hide it so well. When St. Patrick's Day was first celebrated in 1762, gold was worth about \$19 per ounce. If the Leprechaun had a pot of 500 pure gold coins each weighing 1-ounce, the pot would be worth \$9,500. Not bad for 1762! Today, however, gold is worth \$1,833.00 per ounce making his pot of gold worth \$916,500! Being that gold is the symbol of endurance, the symbolism fits well with The Center's efforts to keep us socially connected in our efforts to endure and to live longer, happier, healthier lives.

March is going to be another exciting month of activities and events. You may have noticed that the size of our newsletter just got larger this month. This is because the calendar is full of many new programs and opportunities. I want to shine a spotlight on a few special programs and events.

We would love for you to make time to stop in and attend our **FREE seminars** this month starting with a **Social Security Workshop** on Tuesday, March 7, and again on Wednesday, March 15, at 6:00 P.M. Also, The **Arizona Territorial Society** will now be at The Center every month: Thursday, March 16, at 1:00 P.M., they will be discussing "*The Mexican War & How It Relates to Arizona.*" On Wednesday, March 22, at 1:00 PM, stop in and join Tower Talk to see how the plants are growing in our Business Room. Also, at 2:30 P.M., **Chef Tony** will be at The Center with a *Chili-Making demonstration*. Then on Tuesday, March 28, at 1:15 P.M., join the discussion on "**Avoiding Probate and Estate Planning Strategies.**"

**Monday Bingo** has started with attendance averaging 40 players per week. We are hopeful that this number will grow! It seems that the weather has not been in our favor since we started on Mondays and we will continue to get the word out that this game is every Monday; doors open at 11:00 A.M. and games start at 12:30 P.M. Also, don't forget about our **Thursday Bingo**; attendance is large, with an average of 85 players per week and a Hotball pot of \$900! Doors open on Thursdays at 12:00 noon and games start at 1:30 P.M.

In addition, we have many new dance opportunities this month! Friday, March 10, from 6:00 to 8:00 P.M., **Mood Swing** has been rescheduled from snowy February 14; this offers a live band and a great opportunity to dance. Join us on St. Patrick's Day, Friday March 17, from 6:15 P.M. to 9:00 P.M. for a lesson and variety **Dance Party with Dawn**. Finally, let's welcome Ronnie DeBenedetta back on March 18 from 6:15 P.M. to 10:00 P.M. with a **Night Club 2 Step Lesson** followed by a Dance!

Be sure to stop in and say "Hi" to our newest teacher Victor while he teaches us **Self Defense** on Wednesdays, starting March 22 at 1:00 P.M.

Now for some exciting News! **The Center will be opening on Fridays!** We have some classes beginning in March with more being added for April. Be sure to check the schedule. For now we will be adding the following to our Friday schedule: Belly Dancing, Gentle Yoga with Nidra, Strengthening Your Balance, and Bridge!

As you can see it looks like March will be a fun month of Shenanigans and Irish Blessings. You never know what a leprechaun might bestow upon you. The staff and I would like to share an Irish blessing with all of you: "May your troubles be less and your blessings be more, And nothing but happiness come through your door."



*Kathy McFadden*



# Business Member Spotlight

BRONZE BUSINESS MEMBER

## Juice PLUS<sup>+</sup>

**Build a solid nutritional foundation for yourself and your family.**



Juice Plus+ Essentials help you bridge the gap between what you should eat, and what you do eat, every day. Complement your diet with added nutrition from 30 different fruits, vegetables, and berries, PLUS a blend of omega fatty acids sourced from plants, seeds, and algae. It supports cardiovascular health, the function of the immune system, brain health & healthy skin.



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#### **Bountiful Harvests:**

- Grows plants 3x faster than traditional gardening
- Increases yields by an average of 30%



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- Cuts down on grocery bills (pays for itself in about 6-12 months)



#### **Food, Nutrition & Learning:**

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- Educational resource tool



#### **Contact Information**

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**[cabweed3@hotmail.com](mailto:cabweed3@hotmail.com)**

**Join us for Free Tower Talk at The Center on 3/22 at 1:00 pm!**



# Spring into WELLNESS Fair

1280 E. Rosser Street | Prescott, AZ 86301

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



Accepting Vendor  
Registrations through  
May 1, 2023!

Register at  
[www.adultcenter.org](http://www.adultcenter.org)

928-778-3000

[jrilla@adultcenter.org](mailto: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

# MOOD SWING

Jazz Swing Band

Sax | Piano | Percussion | Vocals

Friday, March 10th

6:00 - 8:00 PM

Dance Tickets: \$10

No RSVP Required

DANCE

DANCE

DANCE

*Mood  
Swing*

March 10  
May 5  
October 6



*Friday  
Night  
Variety  
Dance*

June 2  
August 4  
September 1  
November 3

*with  
Dawn*

*Dance  
Party  
with Ronnie*

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



*Dance  
Workshops*

April 1  
July 1  
December 2





**\$12**



Happy St. Patrick's Day

**Dance with Dawn!**

**6:15 pm**

**Arizona 2-Step Lesson**

**7:00 pm**

**Dance until 9 pm!**



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

*Ronnie DeBenedetta*

# DANCE

*Party*

*March 18, 2023*

*Tickets: \$15*

**LESSONS**

**6:30-7:15pm**

**DANCE**

**7:15-10:00pm**

*Upcoming Dances with Ronnie*

**April 22 • May 20 • June 17 • July 22 • August 19**

**September 15 • November 18 • December 16**



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

**March Activities & Events**

Day	Program/Activity	AM/PM	Member Fee
MONDAY	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
	Gentle Strength Yoga w/Donna (starts 3/20)	10:00 AM	\$8
	Tap Dance Group	10:30 AM	\$5
	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
	Tai Chi & Qigong w/Roma	12:00 PM	\$8
	Mat Pilates w/Denise	3:00 PM	\$8
	Cha-Cha w/KJ	5:15 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	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
	Chair Yoga w/Dinah	11:15 AM	\$9
	Avoiding Probate & Estate Preservation Strategies' Seminar (3/28)	1:15 PM	Free
	ACBL Sanctioned Bridge	12:00 PM	\$7
	Intermediate Line Dance w/Barb	3:00 PM	\$8
	East Coast Swing Dance Lesson w/Dawn	5:15 PM	\$8
	Beginning PowerPoint	5:00 PM	\$15
	Senior Referral Network Networking Event (3/14)	5:30 PM	Free
	Social Security Workshop-Grand Canyon Education Academy (3/7)	6:00 PM	Free
	Beginning 2-Step w/Ronnie	6:30 PM	\$15
Intermediate West Coast Swing w/Ronnie	7:30 PM	\$15	
WEDNESDAY	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 (Cancelled 3/8)	11:00 AM	\$9
	Laughter Yoga w/EJ	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	\$7
	Tower Garden Talk (3/22)	1:00 PM	Free
	Self-Defense Series w/Victor (4-weeks starting 3/22)	1:00 PM	4/\$40
	Chef Tony - Homestyle Green Chilis (3/22)	2:30 PM	Free
	Zumba w/Kay	2:30 PM	\$7
	Intermediate W. Coast Swing w/Dawn	5:15 PM	\$8
Social Security Workshop-Grand Canyon Ed. Academy (3/15)	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	Movin' W/June (Cancelled 3/16)	8:30 AM	\$8
	All Levels Yoga w/Katy	8:40 AM	\$9
	Charitable Giving & Tax Efficient Planning (3/16 & 3/30)	10:00 AM	Free
	Beginner Line Dance w/Sandi	10:00 AM	\$6
	Shayla (the CGC Certified Dog!) & Chelly (3/23)	10:00 AM	Free
	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-"The Mexican War & How it Relates to Arizona" (3/16)	1:00 PM	Free
	American Mahjongg	1:00 PM	\$5
	Conversational Spanish	4:00 PM	\$8
	Intermediate PowerPoint	5:00 PM	\$15
	FRI/SAT	Belly Dance Class w/Natalia (starts 3/24-Friday)	9:00 AM
Balance & Stretch w/Kathy (starts 3/24 - Friday)		11:15 AM	\$8
Intermediate Line Dance w/Diane (starting 3/24-Friday)		11:45 AM	\$8
Gentle Yoga to Nidra w/Donna (starts 3/24-Friday)		10:30 AM	\$8
Mood Swing Dance (3/10-Friday) <i>Next Mood Swing Dance 5/5</i>		6:00 PM	\$10
St. Patrick's Day Dance w/Dawn - Lesson at 6:15/Dance 7-9 pm (3/17-Friday)		6:15 PM	\$12
Ronnie DeBenedetta Dance Lesson & Party (3/18 - Saturday)		6:30 PM	\$15



Starting on Monday's in April, look for "Let's Talk About Caregiving".

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



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

Subject to cancellations-Check our website for updates-[www.thecenteronrosser.org](http://www.thecenteronrosser.org)

# Meet Shayla & Hear Her Story!

Shayla grew up as a scared and lonely shepherd puppy on the streets of Ukraine, shunned and abandoned as a stray. One day she befriends a young orphan and goes to live at a Christian orphanage (Father's House) near Kiev. Together with her new friends, she finds her inner courage and learns to trust and love people, especially kids.



**March 23 - 10:00 AM**  
**Free Presentation at The Center!**





## Speaker Series at The Center

*please  
join us*

**March 16** ... Mexican War & How it Relates to Arizona

**April 20** ... The Time Machine in Local History

**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](http://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](http://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](http://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.**





# What's New



with our Business Members?



Prescott Hearing Center is now offering free Cognivue testing (a 5–10-minute brain game) along with a free hearing assessment. For more information and to schedule your assessments, call us at 928-899-8104.



Member since 2022



Social Security Workshops at The Center on March 7 & 15. 6:00 pm.  
RSVPs to Gerry at 928-327-1477.



Tower Talk meeting on March 22 at 1:00 pm at The Center. FREE!



Reverse Mortgage Lunch & Learn April 11<sup>th</sup> 11:30am-1:00pm  
FREE Event & Lunch is included! Register at:  
[arizonareversemortgages.net](http://arizonareversemortgages.net) | Traci Ranic 928-202-4270



Member since 2022



Member since 2022



New Member 2023



New Member 2023

# 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!



## PLATINUM \$2500

- Online listing in our business directory
- 20% discount on member events
- 40% discount on member advertising (Newsletter/Web)
- 20% discount on room rentals for your events
- Priority status to sponsor events at The Center
- Tickets to 8 member events per year
- 1-2 Hours per month member dedicated room time
- 1 Complimentary seminar per month

## GOLD \$2000

- Online listing in our business directory
- 15% discount on member events
- 25% discount on member advertising (Newsletter/Web)
- 15% discount on room rentals for your events
- Priority status to sponsor events at The Center
- Tickets to 4 member events per year
- 1-2 Hours per month member dedicated room time
- 1-2 Complimentary seminars per year

## SILVER \$1500

- Online listing in our business directory
- 10% discount on member events
- 15% discount on member advertising (Newsletter/Web)
- 10% discount on room rentals for your events
- Priority status to sponsor events at The Center
- Tickets to 2 member events per year
- 1 Hour per month member dedicated room time

## BRONZE \$500

- Online listing in our business directory
- Priority status to sponsor events at The Center
- Your business information placed in member room for one year.
- Information exchanges or updates are allowed as needed

## NON-PROFIT MEMBERSHIP - \$400

Call for Details

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)





### 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 7.....6pm**  
**March 15.....6pm**  
**April 11.....6pm**  
**April 19.....6pm**

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



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


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



Prescott Hearing is now offering free Cognivue testing along with a free hearing assessment. The Cognivue is a screening assessment based on the FDA-cleared technology and used by clinicians to screen for cognitive impairment. It is a 5-10-minute brain game to measure your motor speed, visual acuity, word memory, shape perception and memory and word perception. Not only is good hearing necessary for good cognition, but good cognition is needed for good hearing, particularly in complex listening environments.

Please call Prescott Hearing Center at one of our convenient locations for more information or to schedule your cognivue and hearing assessment today at 928-460-4035.

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

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





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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
- Joe Gomez - 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



**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 - 3:30 pm  
 Saturday: By Event Sunday: Closed

**Now Open on Fridays!**