

The Center will be closed on 11/10 in observance of Veteran's Day & on 11/23&24 for the Thanksgiving Holiday.



The Center Piece

NOVEMBER 2023



*Best Wishes
from
The Center
to you and
your family
for a
beautiful
Thanksgiving
Holiday!*

The Center is SO grateful for...



Our Center Members



Our Business Members



Our Instructors & Students



Our Staff & Volunteers



Our Guests & Visitors



Our Sponsors & Donators



Our Community Support



Our Wonderful Events

Thank YOU for helping us make our list!

ON THE INSIDE

UPCOMING
EVENTS

NEW
PROGRAMS

NEW
BUSINESS
MEMBERS

PRESCOTT
SECTIONAL

From the CEO

? DID YOU KNOW

That the simple act of recognizing what you are grateful for can help to improve your mood and outlook on life?

Gratitude is linked to increases in happiness and resilience in addition to reduced feelings of loneliness (something which many adults face). If you struggle to name things you are grateful for, you are not alone. Finding thanks can be difficult, especially when you are navigating life's challenges. Celebrating your accomplishments (both big and small) and the places you find joy can help to reframe your struggles and appreciate how far you've come! Practicing gratitude can allow you to identify meaningfulness in your life while you honor the importance of yourself and loved ones.

Here are a few activities to help you get started:

- **Write a list of things you are grateful for:** Think through and write down who/what you are thankful for and your reason why. The act of naming and ruminating on what you are thankful for can be beneficial, even if you only do it occasionally.
- **Focus on savoring enjoyable moments:** By concentrating on special moments both from your present and your past –like a fond memory from your childhood, talking to your grandkids, eating a delicious meal, or smelling the autumn leaves in the air – you can positively impact your mood.

- **Keep a gratitude journal:** Record 3-5 things per day that you thankful for and why. Did you have a particularly good breakfast? Are you really invested in a book? Have you talked on the phone with friends and/or family recently? Incorporating the practice of gratitude into your daily routine can help to reduce feelings of depression and encourage positive emotions.
- **Write a letter to yourself or someone else expressing thanks:** Writing letters of thanks is associated with boosted life satisfaction and feelings of fulfillment. Sharing your gratitude with a loved one can be a positive experience for both of you! If you prefer keeping your letter private, try writing a gratitude letter to your past or future self.



I hope everyone has a wonderful Thanksgiving! Enjoy time with your family and this time of year. It can be very hectic but also a lot of fun. Remember to take care of yourself!

Kathy McFadden

"When we give cheerfully and accept gratefully, everyone is blessed." Maya Angelou

Upcoming Events, Classes & Seminars

New Classes & Activities in *Red*!

- 11/1 Social Security Seminar
- 11/1 **Chinese Mahjong for Beginners (New)**
- 11/6 **Senior Beginner & Intermediate Rebounding Class (New)**
- 11/7 **English Country Dance w/Archie (New)**
- 11/8 Veteran's Day Luncheon
- 11/9 Doctors & Donuts: Patient Blood Management
- 11/10 CLOSED for Veteran's Day
- 11/14 Senior Referral Network
- 11/15 **Trivia Night w/Randi (New)**
- 11/16 Arizona Territorial Society
- 11/16 Fraud Awareness & Protection
- 11/18 Dance Party w/Ronnie Debenedetta
- 11/22 Chef Demo - Christmas Party Appetizers
- 11/23 CLOSED for Thanksgiving
- 11/24 CLOSED for Thanksgiving
- 11/28 Planning In-Depth Education on Wills & Trusts
- 12/2 Day of Dance
- 12/15 Holiday Craft Fair
- 12/16 Holiday Craft Fair
- 12/16 Dance Party w/Ronnie
- 12/21 Bingo Christmas Party
- 12/22 CLOSED until January 2, 2024

See Website Calendar for schedule & details!

The Business Member's WHITEBOARD



Business Members: If you have something you'd like to share in our newsletter, please send your news or ad to us at jrulla@adultcenter.org to make sure it gets published in the next issue (monthly deadline is the 20th). We would love to help you get the word out!

 **Dignity Health.**
Yavapai Regional Medical Center

November 9 from 10:30-11:30 am

A Doctors & Donuts presentation

**Patient Blood
Management**



**ATTENTION
BRIDGE PLAYERS**

Save the Date

PRESCOTT SECTIONAL

June 21-23, 2024

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



BLOOMTREE
REALTY

Ronnie Debenedetta



Gold



Silver

Bronze



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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

Holiday



TOY DRIVE

ACCEPTING DONATIONS UNTIL

DECEMBER 13th

Donate a new, unwrapped toy to
The Center to help us make the
holiday brighter for kids in 2023!

DROP-OFF LOCATION

The Center
1280 E. Rosser Street | Prescott

For more information,
call 928-778-3000 or visit
www.thecenteronrosser.org

Toys will be handed out at the Holiday Craft Fair on December 15 & 16





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



1280 E. Rosser Street | Prescott, AZ

928-778-3000 | www.thecenteronrosser.org

Thank You to our Proud Sponsors



November Events & Activities

Day	Program/Activity	AM/PM	Members
MONDAY	Movin' w/June	8:30 AM	\$8
	In the Middle Line Dance w/Cindy	9:15 AM	\$8
	Gentle Strength Yoga w/Donna	10:30 AM	\$8
	ZUMBA w/Stacey (No class 11/27)	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
	Sr. Beginning Rebounding Class w/Dr. Kimberley	1:00 PM	\$25
	Tai Chi & Qigong w/Roma	1:30 PM	\$8
TUESDAY	Beginning Intermediate Rebounding Class w/Dr. Kimberley	1:45 PM	\$25
	All Levels Yoga w/Katy (11/21&11/28 SUB Scott)	8:40 AM	\$9
	Meditation w/Peg	9:00 AM	\$5
	Basic Beginner Line Dance w/Cindy (No Class 11/21)	10:00 AM	\$8
	Weights w/Balls & Chair w/Katy Kolasa (11/21 SUB Darlene, 11/28 SUB Donna)	10:00 AM	\$9
	Tai Chi Chuan w/Bryan	10:30 AM	\$8
	Chair Yoga w/Joy	11:15 AM	\$9
	ACBL Sanctioned Bridge (In Activity Room 11/14)	12:00 PM	\$7
	Asset Preservation Strategies w/Desert Financial (11/28)	1:15 PM	Free
	Intermediate Line Dance w/Barb (In Meals on Wheels 11/14)	3:00 PM	\$8
WEDNESDAY	English Country Dance w/Archie (Starts 11/7 - No Class 11/14)	4:30 PM	\$8
	Senior Referral Networking Meeting (11/14)	5:00 PM	Free
	East Coast Swing Lesson w/Dawn (In Meals on Wheels 11/14)	5:30 PM	\$8
	Beg. Cha Cha w/Ronnie - In Meals on Wheels 11/14 (No Drop-ins after Week 2)	6:30 PM	4/\$40
	Int. W. Coast Swing w/Ronnie - In Meals on Wheels 11/14 (No Drop-ins after Week 2)	7:30 PM	4/\$40
	Strength & Balance w/Denise	9:40 AM	\$8
	Mat Pilates w/Denise	10:30 AM	\$8
	Jewelry Cleaning & Watch Battery Replacement by Raskins Jewelers (11/8)	11:00 AM	Free
	All Levels Yoga w/Katy (11/15 SUB Joy-11/22 & 11/29 SUB Donna)	11:00 AM	\$9
	Intermediate Line Dance w/Diane (11/15 Late Start 12:10 pm)	11:45 AM	\$8
WEDNESDAY	ACBL Sanctioned Bridge (In Activity & Studio all month)	12:00 PM	\$7
	Chinese Mahjong for BEGINNERS	1:00 PM	\$5
	Chef Demo - Christmas Party Appetizers (11/22)	2:30 PM	Free
	Zumba w/Kay (11/8 & 11/15 CANCELLED)	2:30 PM	\$7
	Wednesday's Open Dance w/Dawn Wilson (\$7 Non-Members)	3:45 PM	\$5
	Creative West Coast Swing w/Dawn	5:15 PM	\$8
	Tivia Night w/Randi	5:30 PM	\$5
	Beginning West Coast Swing w/Dawn	6:00 PM	\$8
	Social Security Workshop-Grand Canyon Education Academy (11/1)	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
The Center will be closed Thursday, 11/23 for Thanksgiving - No Classes or Activities			
THURSDAY	Strategic Network Partners	7:30 AM	Free
	Movin' W/June	8:30 AM	\$8
	All Levels Yoga w/Katy (11/16 & 11/30 SUB Terri)	8:40 AM	\$9
	Fraud Awareness & Protection (11/16)	9:30 AM	Free
	Beginner Line Dance w/Sandi	10:00 AM	\$6
	Tai Chi Chuan w/Bryan	10:30 AM	\$8
	Doctors & Donuts - Presentation by Dignity Health (11/9)	10:30 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
	American Mahjonnig - Beginners Welcome	1:00 PM	\$5
The Center will be closed Friday, 11/10 & 11/23&24 for Thanksgiving - No Classes or Activities			
FRIDAY	Zumba w/Kay in Studio	10:00 AM	\$7
	ACBL Sanctioned Bridge	10:00 AM	\$7
	Balance & Stretch w/Katy (11/15 SUB Darlene)	11:15 AM	\$8
	Intermediate Line Dance w/Diane	11:45 AM	\$8
SA/SU	Union Church Services (Sundays)	10:00 AM	Free
	Dance Party w/Ronnie (Saturday, 11/18)	6:30 PM	\$15

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!**



Try Out Our Newly-Remodeled 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

A Day of Dance

Saturday-December 2, 2023

2:30pm - 9pm

Hourly Dance Lessons 2:30pm - 6pm

IN THE STUDIO

2:30pm: Chair Line Dance w/Randi Henk - \$8/\$10

3:45pm: In the Middle Basic Line Dancing w/CindyLou Seefeld - \$8/\$10

IN THE BALLROOMS

Front w/Pam Robles

2:30pm: Cha-Cha/Line Couple Dance - \$15

3:45pm: Spins, Turns, Technique for any dance-Intermediate - \$15

Back w/Monique & Michael McConnell

2:30pm: Lindy Hop - \$15

Full Ballroom w/Pam Robles

5:00pm: Intermediate West Coast Swing - \$15

\$15

6-9pm PIZZA PARTY & Dance

Please register early at www.thecenteronrosser.org!
You'll find the Day of Dance on the Homepage in the Events section.

1280 E. Rosser St., Prescott | 928-778-3000

www.thecenteronrosser.org

HOLIDAY Craft Fair

December 15 & 16

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

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

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

All toys collected from the Toy Drive will be handed out to kids at the Holiday Craft Fair on December 15 & 16, where we'll have **FREE** professional photos w/Santa, musical performances & more!



The Kid's Kloset at The Center!

This will be a place 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' Kloset, either through direct donations or by hosting a collection drive at home or at work. You can donate online at:

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

Our target date to have the Kid's Kloset stocked and ready to go is January 15, 2024! **Thank you for your support!**



Connecting Senior Service & Care Providers



Join us for the Senior Referral Network November Event!



Tuesday, November 14, 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

Our plans could help you and your pocket

How it adds up

Which plan you choose can make all the difference. The Humana Gold Plus H0028-062 (HMO) is a Medicare Advantage plan made to get you all the right benefits for your budget. It includes:



Over-the-counter allowance

\$60 over-the-counter allowance every three months*



Routine dental coverage

\$2,000 allowance to spend per year on preventive dental care, fillings and more



No referral for specialists

No referral required to see in-network specialists



Travel network coverage

When traveling, coast-to-coast coverage with a nationwide HMO network of doctors and emergency facilities



Specialist coverage

\$20 copay for a specialist visit



**Call a licensed
independent
sales agent**

Glenn Berkley
480-213-0642 (TTY: 711)
8 a.m. – 8 p.m.
Monday - Sunday
glennberkley1@gmail.com

Please join us to learn more about 2024 Humana Medicare plans:

Prescott Adult Center

1280 E. Rosser Street, Prescott 86301

**Wednesday : Oct 11th, Oct 18th, Nov 1st, Nov 8th, Nov 22nd, Nov 29th, & Dec 6th
at 9:00 AM**

Prescott Golf Club

1030 N. Prescott Country Club Blvd, Dewey 86327

**Wednesday : Oct 11th, Nov 8th, Nov 22nd,
Nov 29th
at 1:00 PM**

Days Inn Chino Valley

688 Fletcher Court, Chino Valley 86323

**Wednesday : Oct 11th, Oct 18th, Nov 8th,
Nov 29th
at 4:00 PM**

Prescott Valley Elks Lodge

6245 E. 2nd Street, Prescott Valley 86314

**Thursday : Oct 12th, Oct 19th, Nov 2nd, Nov 30th, Dec 7th
at 9:00 AM**

Humana. A more human way
to healthcare™



Discover Your Medicare Options!

Yavapai County has more Medicare plans than ever, which is **GREAT NEWS!** However, determining which option fits might be challenging. SHARP can help you understand the plans and select the right one for you.

SHARP agents are independent Medicare plan consultants. We have decades of experience in the Medicare industry, and we know the Yavapai county plans inside and out. Call or come see us at any meeting below, *we're here to help!*

Office: 928-642-9336 TTY 711

MEETING SCHEDULE: October 17th - November 16th

Prescott, AZ

The Center on Rosser

1280 E Rosser St.

TUESDAYS

10/17, 10/24, 10/31, 11/07, 11/14 and 11/21
9 AM, 11:30 AM, and 2 PM each day

Prescott Valley, AZ

Hampton Inn

2901 N Glassford Hill Rd.

WEDNESDAYS

10/25, 11/01, 11/08, 11/15 and 11/22
THURSDAYS

10/19, 10/26, 11/02, 11/09 and 11/16
9 AM, 11:30 AM, and 2 PM each day



SHARP, LLC

www.sharp4medicare.com

Office: (928) 642-9336 TTY: 711



Natalie

602-339-6380

Brian

602-821-4250

Carlos

602-510-8819

*We do not offer every plan available in your area. Currently, we represent 11 organizations, which offer 118 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) to get information on all of your options.

Our plans could help you and your pocket

How it adds up

Which plan you choose can make all the difference. The Humana Gold Plus H0028-062 (HMO) is a Medicare Advantage plan made to get you all the right benefits for your budget. It includes:



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\$2,000 allowance to spend per year on preventive dental care, fillings and more



No referral for specialists

No referral required to see in-network specialists



Travel network coverage

When traveling, coast-to-coast coverage with a nationwide HMO network of doctors and emergency facilities



Specialist coverage

\$20 copay for a specialist visit



Call a licensed independent sales agent

Donna Trocino
480-677-9564 (TTY: 711)
8 a.m. – 8 p.m.
dtrocino@humana.com

Please join us to learn more about 2024 Humana Medicare plans:

Prescott Adult Center
1280 E. Rosser Street, Prescott 86301
Fridays : Oct 20th, Oct 27th, Nov 3rd,
Nov 10th, Nov 17th, & Dec 1st
at 1:30 PM

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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

November 1.....6pm

**Next Classes will be in
January 2024**

*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

Cardinal Home Care

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Dave Hummel
Director of Care

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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

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

Follow us 



Hours

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

Holiday Closures

November 10 - Veteran's Day
November 23 & 24 - Thanksgiving



The Center

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