



The Center Piece

July 2025



****July 3- BINGO
CANCELLED FOR FLOOR
MAINTENANCE****

• CLOSED July 4th

- 1st Responders BBQ Lunch - July 11
- School Drive Drop Off- July 18
- Paw-some Pet Fair - August 1 & 2
- Wedding & Event Expo- Sept. 20
- Fall Family Craft Fair - Oct. 24 & 25

HAPPY
4th
of July

1st Annual Paw-Some Pet Fair

Join us for a tail-wagging,
feather-fluffing, purr-fectly fun
event for the whole family!

Vendor Fair

Live Demonstrations

Adoption Zone

Face Painting & Kids Activities

Pet Chaplains & Groomers

Pups on the Patio

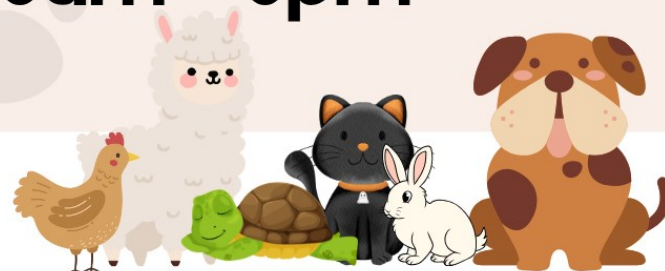
Hosted by Meals on Wheels

Pets on Parade

& Much More!

AUGUST 1 & 2

10am - 3pm



FROM THE CEO



Celebrating Our Everyday Heroes

As we celebrate the freedom of our nation this Fourth of July, we also take time to honor those who protect and serve our community every day—our first responders. These brave men and women run toward danger when others run away. Their courage, sacrifice, and selflessness deserve our gratitude, not just in moments of crisis, but every day. We are proud to host our Third Annual First Responder Appreciation Lunch on Friday, July 11th.

Join us in thanking the police, firefighters, EMTs, and all first responders who work tirelessly to keep us safe. Everyone is invited to attend! For just \$10, enjoy a grilled hamburger or hot dog, potato salad, baked beans, and chips—while our first responders and their families eat free as our honored guests. There will be raffles, giveaways, and a chance to connect with the heroes among us. Proceeds from this event go directly to support future first responder events and community outreach. If you can't attend, we welcome donations or volunteers to help serve meals or deliver lunches to those on duty. Let's come together and show our appreciation to those who serve us with courage and compassion every day.



Paws-itively Excited!

We're wagging our tails with excitement for our First Annual Pet Fair happening August 1st & 2nd! In partnership with Meals on Wheels, we're hosting "Pups on the Patio"—a sweet little ice cream party for you and your pet. Expect vendors, animal rescues, community resources, and tons of tail-wagging fun. Come support the walking trail project and celebrate our furry family members!

Ballroom Maintenance Notice

Thank you for your patience and understanding while our ballroom undergoes floor maintenance during the first week of July. We did our best to relocate classes, but unfortunately, some were canceled. Your flexibility means the world as we work to keep our facility beautiful and functional for all.

Alora's Corner – A sweet little update from the tiniest member of our Center family.



This year's Mother's Day will forever be etched in my heart. Just days before, we finalized Alora's adoption at the courthouse—and what should have been a sterile room was transformed into a space full of warmth and magic. There were handmade quilts, books, balloons, even stuffed animals and most importantly, there was love. So much love.

Even now, I can't write about it without tears in my eyes.

We filled that courtroom with hope, joy, and promises for Alora's future—a room full of people who already adore her deeply. She's almost four months old now, starting to giggle, and that beautiful, contagious smile lights up my world every single day. Thank you for all your kind words and well wishes. As I start bringing her around more, I hope you get to experience a bit of the magic she brings into every room she enters.



1ST RESPONDERS BBQ & CHILI COOK-OFF

**July 11th
11am - 2pm**

Bring your top recipe to our Ultimate Chili Cook-Off and compete for the title of Best Chili. Winners go home with a prize and serious bragging rights.

Raffle Prizes & Gifts for 1st Responders

Free to 1st Responders & family
\$10 General Admission per person

Pups on the Patio!

Join Us for the Paw-some Pet Fair + Pups on the Patio!

Celebrate your furry friend with a day of fun, food, and fresh air at our pet-friendly patio event, hosted by Meals on Wheels.

Enjoy sweet treats for your pup and a relaxing break for you. Then stay for a delicious lunch featuring beef burgundy, mashed potatoes, mixed vegetables, and fresh fruit — the perfect midday outing for you and your four-legged companion.



Don't miss the fun finale: Pets on Parade!

**Friday - August 1
1:00pm**



Business Member News & Events



Call Prescott Hearing for your Free Hearing Assessment!

Mark your calendars for the Free Brain Bootcamp Resource event, Saturday, September 6th at Yavapai College Blvd.19th from 9:30-1:30.



Get a "Splash of Cash" in July! Win up to \$400 Hot Seats and \$750 cash drawings, Yavapai Casino on Fridays and Bucky's Casino on Saturdays! Double the Rush! buckyscasino.com

Gambling problem? Call 1-800-NEXTSTEP



Reverse Mortgage Lunch & Learn

August 19 11:30am-1:00pm

Circle of Life Resource Center - 377 N. Montezuma

RSVP: <https://www.arizonareversemortgages.net/events/>

2025 Business Members

Executive Platinum



Platinum



Dignity Health.
Yavapai Regional Medical Center



HIGHGATE
SENIOR LIVING

Gold



Silver



Bronze





Wishlist



Classes and Fitness Room:

Weights - 5lb - 8lb - 20lb

Studio & Activity Room:

Window Blinds

Fall Craft Fair:

Candy for Trick or Treating

Prizes for Costume Contest (Adult & Child)

Holiday Craft Fair

Toys for Santa to distribute

Raffle items

General Needs:

100 tables & 400 Chairs

Sponsor 1 new table:\$85 **Sponsor 1 new chair:**\$35

NEW

Kids Klostet

Kids clothes & shoes, everyday healthy essentials,
non-expired non-perishable food

If you would like to donate or sponsor for General Needs, please call Kathy at 928-778-3000

*Your donations and support will help The Center continue to offer classes and programs to our members who count on daily activities, events and quality social time.

Back to School Drive

Final day to donate
JULY 18th

- Backpacks
- Pencils/Pens
- Crayons/Markers
- Spiral Notebook
- Glue sticks
- Sharpeners
- Rulers
- Folders/Binders
- Tissues
- Copier Paper
- Lined Paper
- Clorox Wipes

All donations will be distributed by the Granite Mountain Marines

COLLECTION SITES:



The Center
Tipton Physical Therapy, Prescott Valley
Prescott Chamber of Commerce



The Center - 1280 E. Rosser St, Prescott - 928-778-3000



1ST ANNUAL PAW-SOME PET FAIR

August 1 & 2
10am - 3pm

The Center - 1280 E. Rosser St, Prescott
928-778-3000



Free Family Fun –
Indoors & Outdoors!

Adoptions • Demos • Treats •
Vendors • Live demos • Vendor Market •
Contests & more!

All ages welcome – Admission is FREE!



Upcoming Events



2025

July 11	1ST RESPONDERS BBQ 11am - 2pm
Aug 1 & 2	PAW-SOME PET FAIR 10am - 3pm
SEPT 20	DREAM DAY WEDDING & EVENTS EXPO 10am - 4pm
OCT 24 & 25	FAMILY FALL & CRAFT FAIR 10am - 3pm
NOV 10	VETERANS DAY BREAKFAST 9am - 11am
DEC 5 & 6	HOLIDAY CRAFT FAIR 9am - 2pm

1280 E. Rosser St, Prescott 928-778-3000
For more information: thecenteronrosser.org

Please contact us if you are interested in sponsoring or volunteering future events.

TEACHER SPOTLIGHT



Hi, I'm Larry, your certified Yang Style Tai Chi Instructor. Since 2010, almost 1000 students in SoCal, Austin, TX, and Prescott has benefitted from my authentic, enjoyable, Tai Chi lessons. Several students have gone on to become Tai Chi instructors themselves. At Sun City, TX, demand was so high that we had to create "spill-over" classes, which continued on for over a year. In 2019, at the Lunar New Year Celebration, Grand Master Aiping Cheng selected me, along with eight of her best students, to perform with her at the Austin Performing Arts Center in front of an audience 1300 members strong.

For both beginning and continuing students, you will learn how to maximize the flow of Chi (energy), Tai Chi philosophy, history, and Mindfulness through the series of movements that are slow, continuous, relaxed, and focused. Like all Tai Chi Forms, my classes combine "moving meditation" with gentle revitalizing exercise as the students benefit from improved strength, conditioning, coordination, flexibility, and/or balance. Students also report experiencing increased energy, reduced stress, reduced pain, enhanced sleep, and/or feelings of well being. My emphasis will be on "moving chi" for health and wellness. Classes may include a 10 Form, the 24 Form, or the 108 Form. Teaching methods are friendly and supportive.

Larry teaches Tai Chi on **Thursdays at 4pm**

NEW CLASS Dancing with Joy & Marina

4 Week Freestyle Dance

Ready to hit the dance floor with confidence?

Join Joy Travers for a 4-week Freestyle Dance Class designed to help you feel the rhythm, move comfortably, and express yourself without fear—because when it comes to freestyle dance, there's no right or wrong way to groove!

Tuesdays at 12:30 PM — July 8, 15, 22, & 29

\$40 for all 4 Sessions



Hosted by: Joy Travers

100 Degrees Dance — Friday Night Social Dance

Friday, August 15 - Featuring DJ David Schreiber of A2Z DJ Music

We're turning up the heat for a summer night of music, food, and dancing!

This potluck-style social dance is open to all styles of dance—so bring a dish to share and get ready to move.

Instructor: Marina O'Brien

Tickets:

\$15 in advance | \$20 at the door

Schedule:

Dinner & Social | 5:00 – 6:00 PM

Salsa Dance Lesson | 6:00 – 7:00 PM

Open Dance Floor | 7:00 – 9:00 PM



Ronnie's classes are back
Tuesdays in August.

Beginners Nightclub 2-Step & Introduction to Progressive 2-Step

\$40 per class - Drop-in for \$15

Saturday Night Dance

with Ronnie DeBenedetta & Pam Ford

August 16th

6:30 - 7:15pm Class

7:15 - 10:00pm Open Dance
with DJ Butch Viola

\$15 per person



Become a *GEM!*

We appreciate you!

We are inviting our valued members to join our new program called GEMs - those who **Give Every Month** in support of The Center.

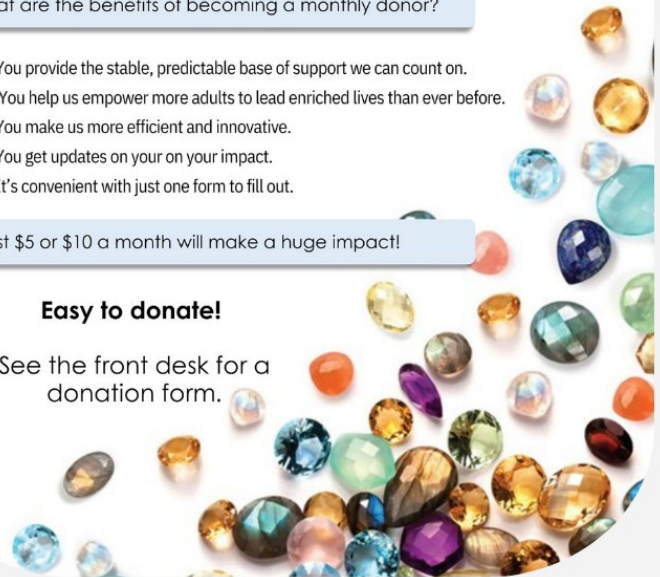
What are the benefits of becoming a monthly donor?

- You provide the stable, predictable base of support we can count on.
- You help us empower more adults to lead enriched lives than ever before.
- You make us more efficient and innovative.
- You get updates on your on your impact.
- It's convenient with just one form to fill out.

Just \$5 or \$10 a month will make a huge impact!

Easy to donate!

See the front desk for a donation form.



Join us for the Senior Referral Network August Event!



Tuesday, August 12, 2025 | 5:00pm-7:00pm

The Center

1280 E Rosser Rd., Prescott, AZ 86301

Join us at the Senior Referral Network's August Event! Whether you're a senior looking for specialized services, a caregiver aiding a loved one, or a professional in the Senior Services Industry seeking networking opportunities, this event is essential for you!

RSVP: seniorreferralnetwork.org/events

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

Exciting Opportunities for Business Members

Join The Center on Rosser as
a Business Member and
unlock exciting benefits.

Ask us how today!



June 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
	Zumba w/Kay	11:30AM	\$8
	Hand & Foot Canasta	12:00 PM	\$5
	ACBL Sanctioned Bridge	12:00 PM	\$8
	Non-Sanctioned Bridge	12:00 PM	\$7
	Integrated Exercise Yoga/Qigong/Pilates w/Roma Cancelled for July	12:15 PM	\$8
	Raskins Jewelers - Cleaning & watch repair (7/14)	12:30 PM	FREE
	Tai Chi & Qigong w/Roma - CANCELLED FOR JULY	1:30 PM	\$8
TUESDAY	All Levels Yoga w/Katy CANCELLED 7/1	8:40 AM	\$9
	Meditation w/Peg	9:00 AM	\$5
	Strength & Balance w/Joy - 1 Hour	9:00 AM	\$9
	Balance Tai Chi Movements w/Joy - 30 minutes	10:00 AM	\$5
	Basic Beginner Line Dance w/CindyLou CANCELLED 7/1	10:00 AM	\$8
	Weights & Balls on Chair w/Katy Kolasa CANCELLED 7/1	10:00 AM	\$9
	Competitive Bridge Bidding Class 1 (7/1 & 7/8)	10:30 PM	\$10
	Tai Chi Chuan w/Bryan	10:30 AM	\$8
	Chair Yoga w/Joy	11:15 AM	\$9
	ACBL Sanctioned Bridge	12:00 PM	\$8
	Freestyle Dance w/Joy (7/8, 7/15, 7/22, 7/29) - \$40 for all sessions	12:30 PM	\$40
	Intermediate Line Dance w/Barb	3:00 PM	\$8
	Social Security Seminar (7/22)	6:00 PM	Free
	Intro Progressive Two-Step w/Ronnie - NO CLASS IN JULY - BACK IN AUGUST	6:30 PM	\$15
	Beginning Nightclub Two-Step w/Ronnie - NO CLASS IN JULY - BACK IN AUGUST	7:30 PM	\$15
WEDNESDAY	Strength & Balance w/Joy	9:30 AM	\$9
	Mat Pilates w/Denise CANCELLED 7/2 & 7/9	10:30 AM	\$8
	Competitive Bridge Bidding- Class 2	10:30 AM	\$10
	All Levels Yoga w/Katy	11:00 AM	\$9
	ACBL Sanctioned Bridge	12:00 PM	\$8
	AZ Territorial Society - "Kick off of Arizona Cowboy Poets Gathering" (7/16)	1:00 PM	Free
	Zumba with Kay	1:00 PM	\$8
	Social Security Seminar (7/16)	6:00 PM	Free

Non-Member Price for Activities \$10 Non-Member for Bridge \$12 to \$15

*Activities in BLUE are our Basic Fitness Classes. All other classes are Premium.

****The city will be doing floor maintenance in the ballroom - 6/30-7/4. Your class may be moved or cancelled. Thank you for you patience during this time.****

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

Day	Program/Activity	AM/PM	Member Fee
THURSDAY	Movin w/June	9:00 PM	\$8
	Strategic Network Partners CANCELLED 7/3	7:30 AM	Free
	All Levels Yoga w/Katy CANCELLED 7/3	8:40 AM	\$9
	Strength & Balance w/Joy - 1hr	9:00 AM	\$9
	Balance Tai Chi Movements w/Joy - 30 Minutes	10:00 AM	\$5
	Beginner Line Dance w/Sandi CANCELLED 7/3	10:00 AM	\$6
	German Conversation w/June	10:15 AM	\$8
	Tai Chi Chuan w/Bryan	10:30 AM	\$8
	Blood Pressure Checks (7/10)	10:45 AM	Free
	Chair Yoga w/Joy	11:15 AM	\$9
	BINGO - Games start at 1:30 pm, Doors open at Noon CANCELLED 7/3	12:00 PM	Per Game
	Hand & Foot Canasta	12:00 PM	\$5
	American Mahjongg - Beginners Welcome	1:00 PM	\$5
	Tai Chi w/Larry	4:00 PM	\$8
FRI.	CLOSED JULY 4		
	1st Responders BBQ (7/11)	11:00 AM	
	Paw-Some Pet Fair (8/1)	10:00 AM	Free
S/S	Paw-Some Pet Fair (8/2)	10:00 AM	Free
	Union Church Services (Sundays)	10:00 AM	Free

*Activities in BLUE are our Basic Fitness Classes. All other classes are Premium.



Join us for
Bingo

Thursdays. Doors open at Noon

Games start at 1:30pm

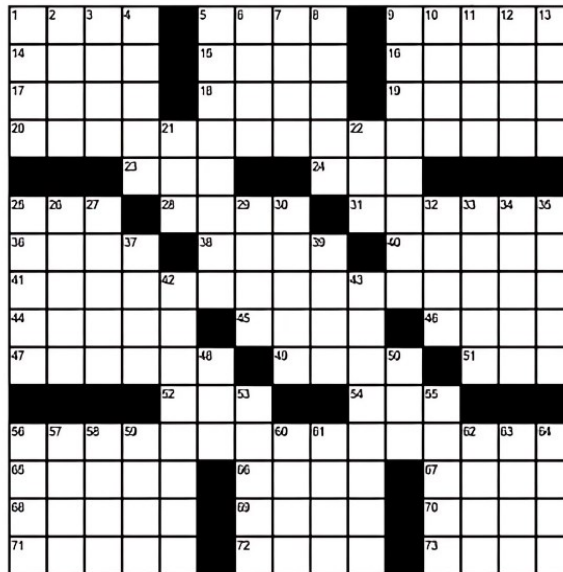
**Looking for Bingo Volunteers: Caller, Cashier,
Assistants**

See Front Desk for more information

BINGO CANCELLED - JULY 3RD

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

Puzzle 1



DOWN

- 1) Shape of the President's office
- 2) French Sudan
- 3) Cremos
- 4) Diagnostic aids
- 5) Flag position
- 6) Opera offering
- 7) Word after "box," "hot" or "bucket"
- 8) Political group
- 9) Bread from meal
- 10) Liquid that can eat through metal
- 11) Painter Magritte
- 12) Bag of diamonds?
- 13) Small bills
- 21) Not safe?
- 22) Complete a fast
- 25) Finishes a chess game
- 26) Classic dress style
- 27) Become ready to pluck
- 29) Amazed expressions
- 30) Perspiration
- 32) Brothers and sisters
- 33) Wineglass parts
- 34) Flynn of "Gentleman Jim"
- 35) Overly wet
- 37) Bull in a ring
- 39) "Oh, well" noise
- 42) First in order
- 43) Freon and antifreeze
- 48) Kind of beer
- 50) "1001 Nights" bird
- 53) Cattail's locale
- 55) "_____ were the days"
- 56) Like some church matters
- 57) It replaced the drachma
- 58) Commotions of Shakespearean proportions?
- 59) Highest single digit
- 60) Zero
- 61) Seriously injure
- 62) Heathen's figurine
- 63) "_____ the time!"
- 64) Fish-eating bird

ACROSS

- 1) Skip over
- 5) Diary fastener
- 9) ____-loading (marathon prep)
- 14) Flower holder
- 15) Region
- 16) Arctic, for one
- 17) "_____ for the poor!"
- 18) One with pants on fire?
- 19) "Lather, ____, repeat"
- 20) Kind of roll
- 23) Addition total
- 24) Kennel sound
- 25) Put a scuff on, e.g.
- 28) Artsy New Mexico town
- 31) Lobs softly
- 36) Came back to earth
- 38) Boars' mates
- 40) "Glycerine" opener
- 41) Arctic tern's landing spot?
- 44) A month in Madrid
- 45) Kind of pudding
- 46) Polluted air
- 47) Yucatan female
- 49) Mythical god of thunder
- 51) Cunning
- 52) Furniture wood
- 54) Auction grouping
- 56) Super-fit fighter, figuratively
- 65) Video's complement
- 66) Equine shade
- 67) What skunks are known for
- 68) "Reversal of Fortune" Oscar-winner Jeremy
- 69) Agitated mood
- 70) Planted, as grass
- 71) Mathematical subgroup
- 72) Alters a skirt
- 73) Ominous alternative

Solution on page 13

Volunteers Needed



The Center thrives because of amazing volunteers like you! Whether you have a few hours a week or just want to help out occasionally there's a perfect opportunity waiting for you.

Open Volunteer Positions

Board of Directors - Bingo Support - Event Planning Committee-
Front Desk Assistance- Bingo Paper Assembly - Event Assistance

Get involved today! Stop by the front desk or call us for more details!

A PRESCOTT AUTHOR'S JOURNEY TOWARD IMPACT AND INSPIRATION



B Y G A R Y F R E T W E L L
B O A R D P R E S I D E N T
O F M E A L S O N W H E E L S



Not long ago, someone asked me what led me to become a writer. I smiled and said, "It wasn't a decision. It was more of a calling that showed up quietly, asking me to listen." I didn't begin my career intending to write books. My life's work has been rooted in education, leadership, and service—guiding others through moments of transition, discovery, and growth. For over four decades, I have worked with colleges and universities worldwide, helping institutions evolve and empowering individuals to harness the power of change. Along the way, I found my greatest satisfaction came from helping people live more fully—more intentionally—and with a greater sense of meaning. Eventually, I wanted to capture those conversations, those lessons, and those heartbeats of insight in a more permanent way. That's when the idea for *The Magic of a Moment* was born.

Capturing the Power of Presence

My first book, *The Magic of a Moment*, #1 International Best Seller, was written during a time when I felt especially reflective. The world had slowed down. Like many others, I found myself reevaluating priorities. What truly matters? Where do we find joy? How do we stay grounded in a world that moves too fast? I've always believed that life is not a series of grand events but a mosaic of small, meaningful moments—if we're awake enough to notice them. This book became my love letter to presence, gratitude, and intentional living. Each short chapter shares a story, a reflection, or a simple reminder that magic doesn't arrive with fireworks. It shows up quietly—in a kind word, a sunrise, a shared laugh. The heart of the book is this: we don't have to wait for a perfect future. We can meet meaning right where we are.

The Next Chapter: Embracing Retirement

After publishing *The Magic of a Moment*, I found myself drawn to another topic that's often misunderstood—retirement. Culturally, we treat retirement like a finish line or, worse, a slow fade. But I see it as a bold invitation to reimagine, reinvent, and re-engage.

My second book, *Embracing Retirement: Discovering Your Fulfilling Second Act*, Best Seller, is my response to this outdated view. Retirement, to me, isn't about stepping away—it's about stepping into something new. It's about finding purpose beyond profession and impact beyond titles. I've spoken with hundreds of retirees who are starting nonprofits, learning instruments, mentoring young people, and discovering parts of themselves they never had time to explore. They're not winding down; they're waking up.

In this book, I explore the emotional, social, and practical dimensions of this phase of life. There are exercises, questions, and stories—each designed to help readers rediscover their voice and agency. My hope? That no one feels "retired from," but rather "called to."

Who I Am—and Why This Matters

I've lived in Prescott, Arizona, for the past five years, and this community holds significant meaning for me. I currently serve as President of the Board for Prescott Meals on Wheels, and I'm deeply invested in causes that lift people up and strengthen our shared sense of humanity. I'm also a husband, a friend, a dog lover (golden retrievers are my weakness), and someone who still believes in handwritten notes and morning walks.

I. I've worked in every corner of the country and met people from every imaginable background. Still, one truth rises above them all: we are all looking for connection, purpose, and a sense that our lives matter. That's why I write. My books are not how-to guides or self-help manuals. They are quiet companions—offering encouragement, storytelling, and hope. They're written with the belief that no matter our age or stage, we're all still becoming.

An Invitation to You

If you're reading this and wondering what's next in your own story, I invite you to pause—and reflect. What brings you alive? What's something you've always wanted to explore? What moment might you savor today?

We don't need grand plans. We need presence. And maybe a nudge from someone who believes in what's possible for us all.

That's why I write. That's why I serve. That's why I'm grateful to be part of the Prescott community—a place filled with people who care, who give, and who continually strive to become better.

If you'd like to connect, explore my books, or start a conversation, I invite you to visit my website at garyfretwell.com. I also share reflections and tools for intentional living through my mailing list and blog.

Let's keep learning, laughing, and living—together.

Other contact information:

Facebook:

<https://www.facebook.com/gfretwell/>

LinkedIn:

<https://www.linkedin.com/in/gary-fretwell-36691b6/>

X: <https://x.com/fretwgl>

Website: <http://garyfretwell.com>



July Menu

Phone: 928-445-7630
 PrescottMealsOnWheels.org
 See our menu online!
 Serving lunch
 Mon-Fri 11:15am - 12:45 pm

Please note that menus are subject to change without notice.

Allergy Alert: Please be advised that food prepared here may contain these ingredients or traces of these ingredients: Milk, Eggs, Wheat, Gluten, Peanuts, Soybeans, Tree Nuts, Fish and Shellfish.

WHOLE WHEAT BREAD & SALAD INCLUDED WITH EACH CAFE ON ROSSER LUNCH

	<u>Tuesday July 1</u> BEEF MARSALA Mushroom, Pearled Barley, Peas, Onions, Pears	<u>Wednesday July 2</u> CHICKEN RICE CASSEROLE Broccoli, Carrots, Whole Wheat Roll, Oranges	<u>Thursday July 3</u> BREADED FISH Wild Rice, Mixed Greens, Cucumbers, Pineapple	<u>Friday July 4</u> <u>CLOSED FOR INDEPENDENCE DAY</u>
<u>Monday July 7</u> CHICKEN ENCHILADAS Refried Beans, Stewed Tomatoes, Apricots	<u>Tuesday July 8</u> CHEESE RAVIOLI Italian Sausage, Spinach, Onions, Peppers, Garlic Bread, Mixed Fruit	<u>Wednesday July 9</u> WESTERN STEAK Onions, Lima Beans Spiced Apples, Oranges	<u>Thursday July 10</u> GREEN CHILI PORK Green Beans, Carrots, Corn Bread, Melon	<u>Friday July 11</u> ITALIAN SUB Mortadella, Pepperoni, Salami, Provolone, Kale Cabbage Slaw, Berries
<u>Monday July 14</u> FOREST CHICKEN Mushroom, Bacon, Pearled Barley, Broccoli, Carrots, Melon Medley	<u>Tuesday July 15</u> PORK CHOPS Apple Gravy, Sweet Potatoes, Bean Medley, Pineapple	<u>Wednesday July 16</u> ZITI CHICKEN ALFREDO Squash Medley, Garlic Toast, Berries and Cream	<u>Thursday July 17</u> MEATLOAF Gravy, Mashed Potatoes, Peas, Carrots, Pears	<u>Friday July 18</u> TURKEY CASSEROLE Egg Noodles, Corn, Peppers, Whole Wheat Biscuit, Oranges
<u>Monday July 21</u> HUNGARIAN GOULASH Cauliflower, Parsley Carrots, Whole Wheat Roll, Peaches	<u>Tuesday July 22</u> CALZONE Cheese or Pepperoni, Italian Style Veggies, Garlic Bread, Grapes	<u>Wednesday July 23</u> HAM AND CHEESE CASSEROLE Elbow Pasta, California Style Veggies, Spiced Pears	<u>Thursday July 24</u> MEATBALLS AND PARMESAN Orzo Pasta, Brussels Sprouts, Breadsticks, Bananas	<u>Friday July 25</u> COBB SALAD Boiled Egg, Bacon, Kale Coleslaw, Pita Bread, Applesauce
<u>Monday July 28</u> BEEF AND BROCCOLI Stir Fried Rice, Asian Style Veggies, Mandarin Oranges	<u>Tuesday July 29</u> PORK STEW Diced Potatoes, Celery, Onions, Carrots, Apricots	<u>Wednesday July 30</u> ITALIAN SAUSAGE Peppers, Onions, Herbed Pasta, Stewed Tomatoes, Tropical Fruit	<u>Thursday July 31</u> HAM AND CHICKEN Dumplings, Steamed Rice, Mixed Veggies, Whole Wheat Roll, Apples	

Speaker Series at The Center



Join us!

July 16 - 1:00 pm

Kick off of Arizona Cowboy
Poets Gathering

2025 Schedule Here:

thecenteronrosser.org

Crossword Solution

1	O	M	I	T		5	H	A	S	P		9	C	A	R	B	O
14	V	A	S	E		15	A	R	E	A		16	O	C	E	A	N
17	A	L	M	S		18	L	I	A	R		19	R	I	N	S	E
20	L	I	S	T		21	F	A	T	T		22	E	N	D	E	E
					23	S	U	M			24	Y	A	P			
25	M	A	R		26	T	A	O	S		27	T	O	S	S	E	S
36	A	L	I	T		37	S	O	W	S		38	N	I	T	R	O
41	T	I	P	O	F	42	T	H	E	I	C	E	B	E	R	G	
44	E	N	E	R	O		45	S	A	G	O		46	S	M	O	G
47	S	E	N	O	R	48	A		49	T	H	O	R		50	S	L
					51	E	L	M			52	L	O	T			
56	L	E	A	N	M	E	A	N	M	A	C	H	I	N	E		
65	A	U	D	I	O		66	R	O	A	N		67	O	D	O	R
68	I	R	O	N	S		69	S	N	I	T		70	S	O	W	N
71	C	O	S	E	T		72	H	E	M	S		73	E	L	S	E

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Drew Barbaresi - Sr. Facilities & Events
Caidie Edington - Admin Assistant
Morgan Swift - Community Engagement
Jesus Parada - Facilities & Events
Ariana Seim - Admin. Assistant

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Hours

Monday - Thursday: 8:30 am - 4pm
Friday & Saturday: By Event
Sunday: Closed

*Extended hours based on events

Monthly Board Meetings 3rd Tuesday at 10:00 am Board of Directors

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



The Center

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