

quarterly

A SCOTTSDALE SENIOR SERVICES PUBLICATION



ENTERTAINMENT EXTRAUAGANZA

TABLE TENNIS
tournament

**CELEBRATE
MOTHER'S DAY
AT THE
SCOTTSDALE
SENIOR
CENTERS**



summer classes

SCOTTSDALE TROLLEY TRIPS

*arbor day
celebration*

**BEAT THE HEAT PROVIDES
SUPPORT TO HOMEBOUND SENIORS**



general information

Quarterly is a publication of the City of Scottsdale's Granite Reef and Via Linda Senior Centers. The mission of Scottsdale Senior Services is to provide an integrated system of services, resources and opportunities to help people improve their lives, neighborhoods and community through recreation, social services and health and wellness services.

LOCATIONS, HOURS & CONTACT INFORMATION

Granite Reef Senior Center

1700 North Granite Reef Road
Scottsdale, AZ 85257
P. (480) 312-1700
F. (480) 312-1701

Hours of Operation

Monday - Friday - 8 a.m. - 9 p.m.
Saturday - 8 a.m. - 5 p.m.

Via Linda Senior Center

10440 East Via Linda
Scottsdale, AZ 85258
P. (480) 312-5810
F. (480) 312-5815

Hours of Operation

Monday - Thursday - 7:30 a.m. - 9 p.m.
Friday & Saturday - 7:30 a.m. - 5 p.m.

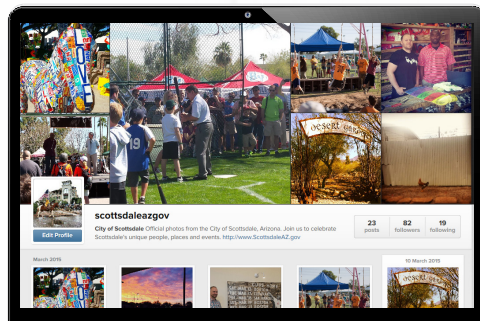
HOLIDAY CLOSURES

5/25 • Memorial Day

7/3 • Independence Day

NEW WAYS TO CONNECT WITH CITY OF SCOTTSDALE

Now's the time to get connected with the city of Scottsdale and Scottsdale Senior Services. Are you already following us on Facebook? Well, we've got new resources to provide you with up-to-the-minute news and behind-the-scenes access to Scottsdale programs, events and facilities. Scottsdale is now on both Instagram and Nextdoor.



TROLLEY TRIPS

Oh, the places you can go on the Scottsdale Trolley. City of Scottsdale Transportation staff will facilitate trips with various routes every month for the rest of the year. Each trip will have a lunch destination, in which the fee for lunch will be provided by participants. All trips will depart from the Granite Reef Senior Center. For more specific details on the routes, registration or any other questions, give the front desk a call at 480-312-1700. Registration is required.

4/22 | 10 a.m. | FREE | #113847 | GRSC

5/6 | 10 a.m. | FREE | #113848 | GRSC

6/10 | 10 a.m. | FREE | #113849 | GRSC

BEAT THE HEAT

Donations are needed! Every June, the Granite Reef and Via Linda Senior Centers provide a care package of summer goods for isolated, frail and homebound seniors. Donations are now being accepted for the following items: new reusable water bottles, nutritional supplement drinks, bottled water, small healthy snack items, unused personal hygiene items, Forever stamps and grocery store gift cards for a minimum of \$35. For additional information, contact Leslie Lory at 480-312-8465.

**HOMEBOUND
SENIORS NEED
YOUR HELP!**

SENIOR CENTER DROP-IN POLICY

Drop-in use of the Granite Reef and Via Linda Senior Centers refers to the use of the facility without charge on a first come, first served basis, without having reserved the facility or space in advance. Advance reservations have priority and will displace drop-in uses.

Please remember that the only way to reserve a room at the center is to make a reservation through our center's Facility Booking Coordinator. Placing a call and asking center staff if a room is available does not reserve that room for general public use. Center users, citizens and the general public are still able to drop-in when the room is not being used by a "reserved group." Basically, all rooms, not being used by a "reserved group" are available on a first come, first served basis. Although calling ahead of time to ask if a room is available for drop-in use is good idea, it does not hold the room for you. There is still a possibility that another person or group can drop-in to the room in the meantime, or that the Senior Center or the city of Scottsdale's Facility Booking Office can make a reservation in that particular room,

which would take precedence. In addition, non-reserved room usage that requires any equipment setup is subject to center staff availability.

If you have any questions, please see a member of the center staff. To make a room reservation, call (480) 312-1735. Private rentals are taken weekdays, after 4 p.m. and on the weekends.



facebook.com/ScottsdaleSeniors



twitter.com/ScottsdaleAZ.gov



@ScottsdaleAZGov on Instagram



nextdoor.com



sign-up for email news at eservices.scottsdaleaz.gov/listserve



ENTERTAINMENT EXTRAVAGANZA

Scottsdale Senior Services' spring classic, the Entertainment Extravaganza, is right around the corner. The annual variety show is held in the Virginia G. Piper Theatre at Scottsdale Center for the Performing Arts. Join M.C. Gil Gifford and an all-star line-up of our city's senior talent that will include singing, dancing and comedy. The event is free, but space is available on a first come, first served basis. We will be accepting canned food donations to support Vista del Camino's Food Bank

4/15 | 1 p.m. | FREE | SCPA • 7380 East 2nd Street

GRANITE REEF MOTHER'S DAY TEA

Coco Chanel said "a girl should be two things... classy and fabulous." With that in mind, the Granite Reef Senior Center is celebrating Mother's Day in style at our annual Mother's Day tea. Join us for food, refreshments and entertainment.

5/8 | 1 p.m. | \$5 (R) / \$7 (NR) | #114194 | GRSC

VIA LINDA MOTHER'S DAY FIESTA

Ariba! Celebrate Mother's Day Cinco de Mayo style. We will have Mexican food, Mariachis and much more in celebration of all of Via Linda's mothers. Space is limited and registration is required.

5/5 | 12:30 p.m. | \$5 (R) / \$7 (NR) | #111578 | VLSC



TABLE TENNIS TOURNAMENT

Calling all table tennis enthusiasts... The Via Linda Senior Center will host a summer table tennis tournament on Saturday, July 18. While plans are still under-way, we will have both recreational and competitive levels of competition. If you'd like more information about the event, contact Lily Williams at 480-312-8456 or awilliams@scottsdaleaz.gov.

ARBOR DAY EVENT

The Daughters of the American Revolution (Winfield Scott Chapter) will present Scottsdale with its 33rd consecutive Tree City USA accreditation by planting a tree at the Granite Reef Senior Center. Help us commemorate Arbor Day and Scottsdale's commitment to our natural environment.

4/17 | 10 a.m. | FREE | GRSC

GRANITE REEF FATHER'S DAY CELEBRATION

How sweet it is to be a Dad! Come out and celebrate Father's Day with fun entertainment, delicious snacks, and a sweet dessert table. We'll see you there.

6/19 | 1 p.m. | \$5 (R) / \$7 (NR) | #114195 | GRSC

VIA LINDA FATHER'S DAY PANCAKE BREAKFAST

Calling all super dads! Join us for our annual Father's Day pancake breakfast with our favorite superheros.

6/15 | 8 a.m. | \$5 (R) / \$7 (NR) | #111579 | VLSC

PATRIOTIC BRUNCH

Celebrate America the Beautiful! We will hold a patriotic brunch to celebrate Independence Day. This will include a patriotic song list by Jan Sandwich and a catered brunch.

7/1 | 10 a.m. | \$5 (R) / \$7 (NR) | #114196 | GRSC

register for the senior services special events at <https://recreation.scottsdaleaz.gov>



register for the recreation classes and fitness programs at <https://recreation.scottsdaleaz.gov>

recreation & fitness

SUMMER CLASSES

Summer Leisure Education class registration is right around the corner. All information will be available to view online at recreation.scottsdaleaz.gov on April 12.

Scottsdale resident registration | 5/4, 7 a.m.

Non-resident registration | 5/6, 7 a.m.

FITNESS CENTERS

The Granite Reef and Via Linda Senior Centers each offer state-of-the-art fitness centers that offer an extensive variety of exercise equipment that includes treadmills, ellipticals, stationary bikes, cardio equipment and free weights. The fitness centers, which are great alternatives to traditional health clubs, are equipped with flat panel TV's. Sessions are quarterly and participants may register any time within a quarterly session for a prorated fee. Daily drop-in fees provide a convenient option for visitors or those who don't want the commitment of an ongoing membership. Each facility carries it's own registraton.

April - June | \$40 (R) / \$60 (NR)

Daily Drop-in Fee | \$3 (R) / \$4.50 (NR)

WALKING PROGRAMS

Both the Granite Reef and Via Linda Senior Centers have fun and active walking groups that are always looking for new members. The groups meet at the senior centers and walk in different areas for approximately one hour. No registration or sign-up is required

Tue & Thu | 8 a.m. | GRSC

Tue & Thu | 8:30 a.m. | VLSC

* Via Linda's group takes a summer vacation starting in June.

SENIOR SOFTBALL

Scottsdale seniors have been participating in drop-in Senior Softball for decades. Batting practice and games are held on Tuesday and Friday mornings at rotating ballfields throughout the City of Scottsdale. There are various times throughout the year when games are not held due to field availability. For up-to-date information on ballfield location and start times, call the Senior Softball recording at (480) 312-BALL or pick up a schedule at either Senior Center.



like us to find out about recreation and fitness programs

BILLIARDS

Both the Granite Reef and Via Linda Senior Centers have phenomenal billiard rooms with 9-ft Gold Crown tables. Drop-in play is free and open to the public during normal hours of operation at each facility.

TABLE TENNIS

Open table tennis is available at both Granite Reef and Via Linda at various times throughout the week. There is no cost to play and all levels are welcome.

Tue | 6 - 8:30 p.m. | GRSC

Wed | 8 - 10 a.m. | GRSC

Wed | 5 - 8:30 p.m. | VLSC

Fri | 12:30 - 4:30 p.m. | VLSC

Sat | 8 - 11 a.m. | GRSC

Sat | 9:15 a.m. - 4:30 p.m. | VLSC

music & dancing

GRSC DANCES

Join us at the Granite Reef Senior Center every Thursday and Saturday afternoon for the town's longest standing ballroom dances. There is live music, refreshments and a whole lot of dancing.

Thu & Sat | 1 p.m. | \$5 | GRSC

LINE DANCING

This volunteer facilitated drop-in group is coordinated through the Tempe Community Action Agency. Line dancing is free, with no advanced registration.

Fri | 10:40 a.m. | FREE | GRSC

KARAOKE

Held on the 2nd and 4th Fridays of each month at 5:30 p.m. and the 1st and 3rd Wednesdays of each month at 1 p.m. at the Granite Reef Senior Center. There is no cost or registration for the program.

THE BEAT GOES ON

Drop-in strings group that meets twice a month at the Granite Reef Senior Center.

2nd & 4th Friday | 9 a.m. | FREE | GRSC

SCOTTSDALE STRUMMERS

Drop-in ukulele group that meets twice a month at the Granite Reef Senior Center.

1st & 3rd Friday | 9 a.m. | FREE | GRSC

AGE LESS AGE WELL

Brain G.Y.M. (Grow Your Mind)

Boost your brain health, learn about different domains of your brain such as cognition, language attention and memory and learn activities to aid in strengthening your brain function. This special edition of Age Less Age Well is presented in partnership with Banner Alzheimer's Institute. To register, call 602-230-2273.

4/21 | 9 a.m. | FREE | VLSC

Feeling Better Through Qi Gong

Increase your vitality and improve your immune system through this ancient Chinese practice that combines breathing techniques and physical postures with Mary Schneider, Medical Qi Gong Instructor.

5/19 | 10 a.m. | FREE | #110026 | VLSC

TAKE ME BACK... SUMMER SERIES

Phyllis Kaminsky will facilitate and we will be celebrating a few home towns... This summer we will be reminiscing. Come with your memories of high school, bring yearbooks, newspaper clippings, theatre programs, restaurants and most of all, your stories.

Chicago

6/16 | 10 a.m. | FREE | #111572 | VLSC

Brooklyn Area

7/21 | 10 a.m. | FREE | #111573 | VLSC

West Coast

8/18 | 10 a.m. | FREE | #111574 | VLSC

COMMUNICATION STRATEGIES CLASS

Are daily communications challenging for you? Do you have difficulty hearing, or wear hearing aids that make it difficult to communicate? Well, there is no reason to continue to struggle to communicate! Hearing aids help you hear, but where do you go when that's not enough! Please join A.T Still University audiology staff as they provide ways to learn how to maximize your ability to communicate in this 5-week interactive program. Learn skills that help to maximize communication and the effectiveness of your hearing aid. Registration is required and space is limited. Call 480-312-1700 to RSVP.

4/21 - 5/19 | 9 a.m. | FREE | GRSC | #114197

BLOOD PRESSURE

Blood pressure readings are offered throughout the week at both the Granite Reef and Via Linda Senior Centers. Schedules fluctuate. Contact our front desks for current days and times.

FOOD BOXES

Food boxes are available to seniors who qualify based on income eligibility. For more information, contact Leslie Lory at 480-312-8465 or llory@scottsdaleaz.gov.

Drumming from the Heart

Drumming from the Heart sessions provide a rhythmical and focused space for you to de-stress your mind, body and spirit by using music and guided voice. Led by REMO certified instructor Frank Thompson and psychologist Dr. David Engstrom. No registration is required.

4/13 | 6 p.m. | FREE | VLSC

5/11 | 6 p.m. | FREE | VLSC

6/8 | 6 p.m. | FREE | VLSC

Summer Cooking Class

Chef Vince De Mar provides a cooking demonstration that features the bounty of the summer season. Learn new ways to introduce fruits and vegetables into your diet for your best possible health during and after cancer treatment. Recipes and menu tasting included. No registration is required.

5/21 | 10 a.m. | FREE | VLSC

volunteer opportunities

Are you ready to make the difference in the life of someone in your community? There are a variety of volunteer opportunities available, both with the city of Scottsdale and with non-profit organizations that serve our city's older adult community.

CITY OF SCOTTSDALE

A variety of positions are available within the Granite Reef and Via Linda Senior Centers. From intergenerational tutoring programs to blood pressure screeners, our volunteers make an impact in the lives of Scottsdale's senior community. If you are interested in volunteer opportunities at the Granite Reef Senior Center, contact Kristy Hahn-McDonald at 480-312-1717. If you are interested in opportunities at the Via Linda Senior Center, contact Leslie Lory at 480-312-8456

Additionally, the city of Scottsdale offers a wide range of volunteer opportunities in various locations and programs throughout our community. Are you interested in serving on a city board or commission? Maybe you'd like to be one of our Downtown Ambassadors? The Scottsdale Public Library utilizes volunteers for countless positions within the system. For additional information about opportunities in the city of Scottsdale, visit www.ScottsdaleAZ.Gov/volunteer.

DUET

This non-profit organization assists homebound seniors with transportation, shopping, friendly visiting and more. Call 602-274-5022.

FOOTHILLS CARING CORPS

Foothills Caring Corps assists seniors with transportation services, mobile meals, van pooling, medical transportation and grocery shopping. Please call (480) 488-1105 for additional information.

PETS ON WHEELS

Share your pet for an hour by visiting a local healthcare facility, nursing home or homebound citizen. Call 480-312-1741 for more information.

bridge

SANCTIONED BRIDGE

BridgeMix ACBL Duplicate

Game is available to players of all levels when they are ready to start competing in an unlimited field. The directors are available at 12:30 p.m. to answer questions. A partner is required. 72 is the maximum amount of players for the game. Registration will begin on the Saturday prior to the Tuesday or Wednesday games. Register at <https://recreation.scottsdaleaz.gov> or at Via Linda's front desk.

Tue & Wed | 1 p.m. | \$6 (R) / \$9 (NR) | VLSC

ACBL Bridge

ACBL sanctioned and stratified limited 0-2000 point game. Please register with director, Dean Haaser. A partner is required. Game registration (also required) can be done at <https://recreation.scottsdaleaz.gov> or at Granite Reef's front desk.

Tue | 6 p.m. | \$6 (R) / \$9 (NR) | GRSC

DUPLICATE BRIDGE

Duplicate

Game is an unsanctioned duplicate game for players of all ability levels. A partner is required. Register at <https://recreation.scottsdaleaz.gov> or at Via Linda's front desk.

Thu | 1 p.m. | \$4 (R) / \$6 (NR) | VLSC

SOCIAL BRIDGE

Advanced Bridge

The style of play is "Chicago Bridge." For more information, contact Dan or Valerie at 480-521-2423.

Sat | 12:30 p.m. | VLSC

Duplicate Bridge

Tue | 1 p.m. | GRSC

Fast Play Bridge

Style of play is "Chicago Bridge."

Mon | 12 p.m. | VLSC

Friendly Bridge

Mon | 12 p.m. | GRSC

Senior Citizens Bridge Club

A partner is required.

Thu & Fri | 1 p.m. | GRSC

Open Bridge

A partner is required.

Sat | 12:30 p.m. | GRSC

Speedy Bridge

Style of play is "Chicago Bridge."

Wed | 10 a.m. | VLSC

VITA & Friends Bridge

Registration is required to become a future substitute.

Fri | 10 a.m. | GRSC

cards

& games

BINGO!

The Granite Reef Senior Center's Guys & Dolls Club hosts a weekly bingo game every Tuesday afternoon. Cards are \$1.

Tue | 12:30 p.m. | GRSC

OPEN CARDS & GAMES

The Granite Reef and Via Linda Senior Centers prioritize open space for social cards and games. Space dedicated for Open Cards & Games is available on a first come, first served basis, consistent with the city of Scottsdale's Facility Use Policy. There may be times where spaces are unavailable due to special programming or events. Rooms are shared use, with multiple groups playing different games simultaneously.

Mon | 7:30 a.m. - 8:30 p.m. | VLSC, Room 6

Mon | 12 - 4 p.m. | GRSC, Room 12

Tue | 7:30 a.m. - 8:30 p.m. | VLSC, Room 6

Tue | 7:30 a.m. - 4 p.m. | VLSC, Room 4

Tue | 12 - 4 p.m. | GRSC, Room 12

Wed | 7:30 a.m. - 8:30 p.m. | VLSC, Room 6

Wed | 12 - 4 p.m. | GRSC, Room 12

Thu | 7:30 a.m. - 8:30 p.m. | VLSC, Room 6

Thu | 11 a.m. - 4 p.m. | VLSC, Room 4

Thu | 12 - 4 p.m. | GRSC, Room 12

Fri | 7:30 a.m. - 4 p.m. | VLSC, Room 6

Fri | 7:30 a.m. - 4 p.m. | VLSC, Room 4

Fri | 12 - 4 p.m. | GRSC, Room 12

Sat | 7:30 a.m. - 4 p.m. | VLSC, Room 4

DROP-IN CARDS & GAMES

Canasta

Thu | 12:30 p.m. | GRSC, Room 10

Mah Jongg

Mon | 12 p.m. | GRSC, Room 5

Thu | 12 p.m. | GRSC, Room 5

Mah Jongg (International)

Fri | 1 p.m. | GRSC, Room 9

Open Chess Club

Thu | 12 p.m. | GRSC, Room 12

Pinochle

Sat | 12 p.m. | GRSC, Room 8

Scrabble

Wed | 10 a.m. | GRSC, Room 12

social groups

CURRENT EVENTS DISCUSSION

Discuss current events, public policy and both local and national issues in a spirited, yet respectful, environment.

Wed | 10:30 a.m. | GRSC

FRIENDSHIP GROUP

This weekly group is a fun and light-hearted group designed to make new friends while sharing stories, jokes, information and memories.

Tue | 10 a.m. | GRSC

CAN WE TALK?

Peer led discussion group open to men and women.

Thu | 10 a.m. | VLSC

(ALMOST) EVERYTHING YOU'VE WANTED TO KNOW ABOUT FINANCES

Open discussion group for anyone interested in financial topics. Participate in lively discussion that varies based on the interests of the group. No investment advice will be given.

2nd & 4th Thu | 1 p.m. | VLSC

KNITTING FOR THE NEEDY

Join this knitting group that creates caps, booties and blankets for children. Knitted items are donated to different organizations. Group accepts yarn donations.

1st Mon & 3rd Wed | 1 p.m. | VLSC

MAD HATTERS

Social group that knits for children in need.

Thu | 9 a.m. | GRSC

MEN'S DISCUSSION

Informal peer led discussion group for men.

Wed | 2 p.m. | VLSC

1st & 3rd Mon | 1 p.m. | GRSC

WOMEN'S DISCUSSION

Informal peer led discussion group for women.

1st & 3rd Fri | 10 a.m. | VLSC

WHAT KNOTS

Social group for beginning or skilled knitters.

1st Wed & 3rd Mon | 1:30 p.m. | VLSC

2nd & 4th Wed | 1 p.m. | GRSC

technology

PUBLIC ACCESS COMPUTERS

The Granite Reef and Via Linda Senior Centers both offer public use computers, with high speed Internet and Microsoft Office applications. The Via Linda Senior Center's public use computers, which are located in the facility's lobby, are available throughout Via Linda's hours of operation. The public computers at Granite Reef, located in the center's computer lab, are available throughout the week when classes are not being held. Schedules vary seasonally. Please check with the Granite Reef Senior Center's front desk for a current schedule. No printing is available.

ASK THE EXPERT

Ask an Expert is a senior center program that provides seniors with general computer and electronics troubleshooting. Ask An Expert does not provide assistance with internet based software like Ebay, Craigslist, or Android devices. Appointments are offered the 2nd Friday of each month starting at 9 a.m. at the Via Linda Senior Center and the 4th Friday of the month at the Granite Reef Senior Center, with appointments offered between 1-4 p.m. Book your appointment today by calling 480-312-1700 (GRSC) or 480-312-5810 (VLSC).

4/10 | VLSC

4/24 | GRSC

5/8 | VLSC

5/22 | GRSC

6/12 | VLSC

6/26 | GRSC

Ask
the Expert
now offered
at GRSC!

support agencies

ADULT PROTECTIVE SERVICES

877-767-2385

CITY OF SCOTTSDALE COMMUNITY ASSISTANCE OFFICE

480-312-7647

PAIUTE NEIGHBORHOOD CENTER

480-312-2529

SENIOR HELP LINE

602-264-4357

VISTA DEL CAMINO

480-312-2323

enrichment programs

BOOK DISCUSSION CLUB

Scottsdale Senior Services' book clubs are offered in partnership with the Scottsdale Public Library. The groups are free and open to the public. Granite Reef's group meets on the first Monday of each month at 3 p.m. Via Linda's group meets on the 2nd Thursday of each month at 10:30 a.m.

I Am Malala

4/6 | 3 p.m. | GRSC

All the Light We Cannot See

4/9 | 10:30 a.m. | VLSC

Tell the Wolves I'm Home

5/4 | 3 p.m. | GRSC

The Housemaid's Daughter

5/14 | 10:30 a.m. | VLSC

Sacre Bleu

6/1 | 3 p.m. | GRSC

SILVER SCREENERS

On the 2nd and 4th Wednesday of the month, from 2 - 3 p.m. in Room 7 at the Via Linda Senior Center we will be critics - movie critics. Come and discuss the movies you've seen or are thinking of seeing. We also will pick a movie for the group to meet at and see, then come back to the next meeting and discuss. For more info call Tricia at (480) 312-8451.

MOVIE PROGRAMS

Both the Granite Reef and Via Linda Senior Centers offer weekly movie programs with a mix of new releases and timeless classics. Due to our movie licensing policy, we are not able to list specific movie titles in our newsletter. Please call the individual centers to find out what's showing.

Fri | 4 p.m. & 6:15 p.m. | GRSC

Sat | 1:30 p.m. | VLSC

SCOTTSDALE PUBLIC LIBRARY COMES TO YOU!

The Scottsdale Public Library makes it easy for you to connect with the terrific services they offer to Scottsdale residents by having an information table at our two Senior Centers regularly. Sign up to get a library card, get information about upcoming adult programming and ask questions about Scottsdale Public Library programs, all at your two Senior Centers.

1st & 3rd Tue | 10 a.m. - 12 p.m. | GRSC

2nd & 4th Thu | 10 a.m. - 12 p.m. | VLSC

SENIOR CENTER LIBRARIES

The Granite Reef and Via Linda Senior Centers each have libraries, where books, magazines and puzzles are free to borrow and return on the honor system. We accept donations of library materials.

ART ALL AROUND US

Scottsdale Senior Services partners with the Phoenix Art Museum to provide terrific art education opportunities. All of the lectures are free and open to the public, with no advanced registration required. Mustang Library is located at 10101 North 90th Street.

The Ides of March, Julius Caesar & Other Notorious

4/1 | 10 a.m. | GRSC

Marc Chagall's Stained Glass Window

4/13 | 11 a.m. | Mustang Library

Americans in Paris

4/27 | 11 a.m. | Mustang Library

Marc Chagall Stained Glass Window

5/6 | 10 a.m. | GRSC

MASTER GARDENERS

Get answers to all of your gardening questions. Learn about gardening methods, use resources, and find out about upcoming workshops. Volunteers are on site every Tuesday from 9 a.m. - 4 p.m. (except in the summer) and Thursday from 9 a.m. - 4 p.m. at the Via Linda Senior Center. Call 480-312-8474 for more information. The schedule in the summer varies.

ROBYN CARR AUTHOR EVENT

#1 *New York Times* best-selling author, Robyn Carr, speaks about her latest book *Never Too Late*. Ms. Carr will be signing a limited number of copies after the program. For more information, call 480-312-READ.

4/7 | 7 p.m. | FREE | Civic Center Library

lunch program

LUNCH PROGRAM

The Granite Reef Senior Center's Lunch, which is coordinated by the Tempe Community Action Agency, is held Monday through Friday in Room 1. Reservations are required and can be made by calling 480-312-1724 by noon the day before the you'd like to attend. Lunch is \$3.50 for anyone 60+ and \$5 for anyone under 60 years old. In addition to serving a delicious hot meal daily, TCAA provides a "Coffee & Treats" hour on Monday, Wednesday and Friday at 9 a.m. and a host of other activities.

CHAIR EXERCISES

Facilitated by TCAA, low-impact chair exercises are offered free of charge.

Tue & Thu | 10 a.m. | GRSC

support groups

ALPHAZONIES

Alpha 1-antitrypsin deficiency is a genetic disorder caused by defective production of alpha 1-antitrypsin.
2nd Thu | 11 a.m. | GRSC

ALZHEIMER'S CAREGIVERS

Designed for caregivers of any person suffering from Alzheimer's. Facilitated by the Alzheimer's Association. For additional information, contact Martha Burrue! at (602) 528-0545.

2nd & 4th Wed | 11:30 a.m. | VLSC

ALZHEIMER'S PARTNERS

Group for those with Dementia and their care partner. Facilitated by the Alzheimer's Association. For additional information, contact Martha Burrue! at (602) 528-0545.

1st & 3rd Wed | 11:30 a.m. | VLSC

ALZHEIMER'S SUPPORT

Facilitated by the Alzheimer's Association. For additional information, call (602) 528-0550.

1st Mon | 1 p.m. | GRSC

BEREAVEMENT SUPPORT

Designed to help survivors understand and cope with the feelings and experiences during the first year following the death of a loved one.

2nd & 4th Mon | 1:30 p.m. | GRSC

BIPOLAR (GUIDING LIGHT)

Sponsored by the Mental Health Association. For more information, contact Jan Jones at (480) 949-7737.

Fri | 3 p.m. | VLSC

CANCER SUPPORT

Sponsored by the Cancer Support Community, the groups is for anyone impacted by cancer. Call 602-712-1006 for more information.

1st Thu | 10 a.m. | VLSC

CARING FOR A LOVED ONE CAREGIVERS SUPPORT

Group is designed to give general support for all caregivers. Facilitated by Duet: Partners in Health and Aging.

2nd Tue | 10 a.m. | VLSC

CHRONIC PAIN

Sponsored by the American Chronic Pain Association. For additional information, contact Penny Rickhoff at (480) 314-2330.

2nd Wed | 6:30 p.m. | VLSC

COMPASS

Support group for people of all ages with disabilities. For additional information, contact Pauline Staples at (480) 628-3028.

3rd Fri | 1 p.m. | GRSC

GRIEF & LOSS SUPPORT

Group for men or women who have lost a spouse, significant other or friend.

Wed | 10 a.m. | VLSC

HEALTHY AGING

Learn about all aspects of healthy aging. We discuss a variety of topics that help you be the best you can be.

1st Mon | 1 p.m. | VLSC

LOW VISION SUPPORT

Support and education for visually impaired individuals. VLSC Low Vision does not meet May - August.

Mon | 9:30 a.m. | GRSC

Last Mon | 1 p.m. | VLSC

LYME DISEASE

Sponsored by the Arizona Lyme Disease Association. Friends and family are always welcome to attend. For more information, contact Larry Levy at (480) 614-4408. *Does not meet May - August.

3rd Sat | 1 p.m. | VLSC

MENDED HEARTS

Group is for those who are heart patients and/or family members of heart patients. For additional information, contact Jean Fulton at (480) 314-0838.

2nd Tue | 6:30 p.m. | VLSC

MULTIPLE SCLEROSIS

Group is facilitated and sponsored by the Multiple Sclerosis Society. For additional information, contact Lisa James at (480) 860-2367.

2nd Tue | 4:30 p.m. | VLSC

PERIPHERAL NEUROPATHY SUPPORT

For additional information, contact Donna Brower at (480) 312-1720.

2nd Fri | 1:30 p.m. | GRSC

PULMONARY FIBROSIS

Group for patients and families. Facilitated by the Coalition for Pulmonary Fibrosis.

2nd Sat | 11 a.m. | VLSC

OCD SUPPORT

2nd & 4th Tue | 6:45 p.m. | GRSC

STROKE/BRAIN INJURY SUPPORT

Group is for anyone that has suffered from a stroke/neurological event. Family members are welcome. Come with questions and/or concerns. Group is facilitated by the Arizona Institute for Communication and Cognitive Disorders. For additional information, contact Mary Jane Trunzo at (602) 224-0202.

3rd Wed | 4 p.m. | VLSC

TREMBLE CLEFS SINGING GROUP

Singing group facilitated for those suffering from Parkinson's.

Thu | 4 p.m. | GRSC

SOME GROUPS DO NOT MEET DURING THE SUMMER MONTHS. BE SURE TO CHECK THE NEXT NEWSLETTER FOR A LIST OF GROUPS THAT TAKE SUMMER VACATIONS.

a look back

By Joan Fudala, community historian



CELEBRATE 60 YEARS OF SCOTTSDALE LIBRARY HISTORY

Reading rocks! The Scottsdale Public Library System marks its 60th year during 2015, and we library wonks love a good milestone! Started by a group of volunteers during the summer of 1955, the Scottsdale Public Library System has expanded and evolved to meet the ever-changing tastes of the community and constantly advancing technology. Whether we access our local library in person or on-line, there's so much to learn, enjoy and expand our horizons.

Consider these bits of Scottsdale library history:

- Scottsdale's first lending library opened in the early 1920s in a back room of the Farmer's & Merchant's Bank on Main Street (now the Rusty Spur Saloon). Operated by volunteers, it offered books as well as pamphlets and information from the County Agricultural Extension Service on farming and home economics. When the bank closed in 1933, so did the library.
- Several all-volunteer libraries started and stopped in late 1940s Scottsdale. One was located in the recreation building of Thunderbird Homes, a war housing project at Marshall Way and 2nd Street, now the location of Scottsdale's Museum of the West. Another library, operated by ladies of the Parent Teachers Association, briefly served Scottsdale readers at the Scottsdale Methodist Church annex on Indian School road. A stationery store in the Village Patio Shops on Main Street offered books for rent during the late 1940s.
- In 1952, the Civic Coordinating Council - an umbrella group of representatives from most of Scottsdale's civic organizations - purchased the 1896-vintage Adobe House and its out-buildings and operated it as a non-profit community center. In 1955, members of the Scottsdale Woman's Club began operating the Scottsdale Public Library in the Adobe House, coincidentally located where the Civic Center Library parking garage is today.

• By the end of its first year, the library's shelves held over 1,000 books and 350 residents had library cards. The Woman's Club held annual used book sales to raise money to fund the library and its growing collection.

- The Friends of the Scottsdale Public Library formed in 1959, also geared for raising funds for the all-volunteer library.
- The Town of Scottsdale assumed responsibility for the Scottsdale Public Library in 1960, at which time, according to the Scottsdale Progress, the library



boasted over 10,000 books and 6,500 cardholders. Nellene Smith was hired as the first full-time librarian.

- Needing more space, the library moved out of the dilapidated and inadequate Adobe House in 1963 and into the Little Red Schoolhouse at Brown and Main, which had just been vacated as Scottsdale's City Hall.
- Local architect Bennie Gonzales designed both Scottsdale City Hall and Civic Center Library, anchors of the east side of the then-new Civic Center Mall. The library moved into its brand new digs in November 1968. A 1989 bond funded a major expansion of Civic Center Library.
- During the 1960s and 1970s, the library operated a bookmobile in order to serve newly-annexed neighborhoods throughout Scottsdale. One of its stops was the GovWay store parking lot at Hayden and McDowell roads. During

one of her frequent visits to the Scottsdale area, former First Lady Mamie Eisenhower donated books to the mobile library on behalf of the Scottsdale Federation of Republican Women.

- When Vista Del Camino Neighborhood Center opened on Roosevelt in 1973, it contained a branch library. The city also opened a branch library in an old building at the McCormick Railroad Park in 1975, but closed it shortly after due to a budget crisis affecting city services.
- Mustang Library on 90th Street opened in 1987 as the first built-from-scratch branch library.
- In partnership with the Scottsdale Unified School District, the Scottsdale Public Library System opened two joint-use libraries. Palomino Library opened in 1995 at Desert Mountain High School, and Arabian Library opened at Desert Canyon Middle School in 1996. In 2007, a stand-alone Arabian Library replaced the joint-use facility in McDowell Mountain Ranch.
- The Appaloosa Library opened in November 2009 at the site of the former Rawhide Western Town at Pinnacle Peak and Scottsdale roads.

• Today, according to www.scottsdalelibrary.org/60years, the Scottsdale Public Library System has over 500,000 physical items and 3.1 million items including digital eBooks and music. Over 1.3 million customers visit the five libraries annually, and online customers have downloaded over 2.7 million books, movies and music items from the library's website. Library volunteers have donated over 38,000 hours of service. Kathleen Wade is the new library director, as of February 2015.

• Interested in historic photos of Scottsdale? Browse through thousands of digital images on the library's website.

Thanks to our libraries, their friendly professional staff and volunteers and our supportive City officials, Scottsdale is blessed to have a great library system that continues to build on its 60-plus-year history.

WALKING HISTORY BOOKS ORAL HISTORY PROGRAM

We're shaped by our history - our community, our families, our lives and our stories are intrinsically bound together by who we are and our unique experiences. Our stories weave the maps of the past that led us to today, and they will serve as mementos for tomorrow. We're searching for Scottsdale residents who have a story to tell and now is your time. We want to hear from the members of Scottsdale's senior community who can help us preserve the memories of our city, forever capturing the one-of-a-kind experiences of the people who call Scottsdale home. If you are interested in sharing your story, contact Nick Molinari at nmolinari@scottsdaleaz.gov.



community resources

BENEFITS ASSISTANCE

The Benefits Assistance Program, a state health insurance assistance program (SHIP), provides objective information regarding original Medicare, Medicare Advantage plans (HMOs, PPOs, etc.), Medicare Supplement plans (Medigap) and options under Medicare. Trained Area Agency on Aging volunteers provide free personalized assistance with the preparation of Medicare and supplemental claims forms, appeals, applying for Medicare and more. To schedule a free appointment, please call the Granite Reef or Via Linda Senior Centers.

MEDILOAN PROGRAM

The Granite Reef Senior Center's Mediloan Program provides Scottsdale residents with medical equipment such as canes, walkers, wheelchairs and shower benches. The program is available Monday-Friday, from 8 a.m.-4 p.m. Please call (480) 312-1700 for equipment availability.

LOCKBOXES FOR SENIORS

The Scottsdale Area Association of REALTORS, the Scottsdale Police Department and the Maricopa County Sheriff's Office offer free emergency lockboxes to seniors whose annual income is less than \$25,000 and at a charge of \$25 for all others. The service is available to Scottsdale and Fountain Hills residents only. For additional information or to arrange delivery, please call 877- 229-5042 (toll free).

HOME SAFE HOME

Trained Scottsdale Fire Department volunteers visit seniors in their homes and point out potential tripping and falling hazards. Volunteers can replace smoke alarm batteries or install a new alarm and give free nightlights to ensure you can see well at night. Call 480-312-1817 to request your free visit.

REDUCED BUS FARE CARD

Seniors and people with disabilities can ride the bus for approximately half the fare. For additional information, please call (602) 253-5000 or visit www.valleymetro.org. Cards are processed at the Granite Reef Senior Center.

EAST VALLEY DIAL-A-RIDE

Provides door-to-door, shared ride service for seniors and people with disabilities. Service is available to residents of Scottsdale, Mesa, Chandler, Gilbert and Tempe. Advanced notice is required to schedule a trip. For additional information, please call (602) 633-0101.

CITY OF SCOTTSDALE "CAB CONNECTION"

Taxi voucher subsidy program for city of Scottsdale residents who are disabled or senior citizens (65+). Program serves full city limits. Voucher pays 80% of the fare or up to \$10, whichever comes first. Participants may request up to 16 one-way vouchers per month. Please call the Cab Connection office at (480) 312-8747 for additional information.

FOOTHILLS CARING CORPS

Volunteers serve homebound and/or disabled individuals, 18 years of age and older. There is no financial eligibility. Service area includes Scottsdale city limits north of Bell Road and the towns of Carefree and Cave Creek. Transportation services include mobile meals, van pooling, medical transportation and grocery shopping. Please call 480-488-1105 for additional information.

AARP SMART DRIVER PROGRAM

AARP offers a 4-hour defensive driving course at the Via Linda Senior Centers once a month. The cost is \$15 for AARP members and \$20 for non-members. Payment must be in the form of a personal check and must be given to the AARP representative prior to the start of the class.

1st Sat | 8 a.m. | VLSC

Give your gift of time...



*"Bobbie gets the benefit...
but I get the blessing."*

— Patricia, Duet Volunteer

Duet pairs caring volunteers with isolated people living right here in Scottsdale who need help to stay living in their own homes.

Spend 1-2 hours per week or month providing grocery shopping, rides to medical appointments, paperwork or computer assistance, minor home repairs, visiting, phoning or respite.

To volunteer, simply sign up for a Duet volunteer orientation (Duet serves south of Frank Lloyd Wright Blvd.). Visit www.duetaz.org or call (602) 274-5022 to register or request assistance.



Duet
Partners In Health & Aging

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SCOTTSDALE RELEASES PROPOSED 2015/16 BUDGET

The city of Scottsdale's proposed fiscal year 2015/16 budget balances modest projected increases in revenue with additional expenses in priority areas.

The proposed budget is a starting point for additional conversations with the city council and the community prior to final budget adoption June 2 (the city's fiscal year runs from July 1 through June 30).

The budget will be discussed at several public meetings held in the City Hall Kiva Forum (3939 N. Drinkwater Blvd). These meetings will be televised on Scottsdale Channel 11 and live streamed.

4/14 | 5 p.m. | Overview, discussion and possible council direction

4/28 | 5 p.m. | (if needed): Overview, discussion and possible council direction

5/12 | 5 p.m. | Public hearing and tentative budget adoption

6/2 | 5 p.m. | Public hearing and final budget adoption; truth and taxation hearing

6/16 | 5 p.m. | Final adoption of tax levies

For additional information contact Kelly Corsette, communications & public affairs director, at 480-312-2336.

GET INVOLVED!

COMMUNITY SERVICES MASTER PLAN PUBLIC MEETINGS

Scottsdale's Community Services Division is hosting a series of public meetings to engage residents in our ongoing master plan development. If you are interested in helping shape the direction of our city's senior centers, parks, trails, libraries, sports fields and/or youth programming, we invite you to participate in these upcoming meetings.

4/22 | 3:30 p.m. | Mustang Library (10101 N. 90th St.)

4/22 | 5:30 p.m. | Boys & Girls Club (20199 N. 78th St.)

4/27 | 5:30 p.m. | Granite Reef Senior Center

4/29 | 5 p.m. | Via Linda Senior Center

VOLUNTEERS SOUGHT TO SERVE ON CITY BOARDS

Scottsdale residents are invited to apply for volunteer positions on 12 city boards and commissions. Openings are available on the Board of Adjustment, Building Advisory Board of Appeals, Environmental Quality Advisory Board, Historic Preservation Commission, Library Board, Loss Trust Fund Board, McDowell Sonoran Preserve Commission, Neighborhood Advisory Commission, Parks & Recreation Commission, Planning Commission, Tourism Development Commission and Transportation Commission. Information about the functions of these boards and commissions, as well as applications, can be found at www.ScottsdaleAZ.Gov/boards. For additional information, contact Kevin McKee at kmckee@scottsdaleaz.gov.

visit www.ScottsdaleAZ.Gov for information about city programs and services

Doctor's Orders... **Keep Moving!**

The benefits of recreation classes



- maintain your independence
- strengthen muscles and improve balance
- reduce chance of illness
- slow down bone diseases like osteoporosis

Leisure Education
480-312-7957
<https://recreation.scottsdaleaz.gov>



last call

By Tim Miluk

This is going to be the year that the Cleveland Indians and Arizona Diamondbacks make it to the World Series. You have to have the passion and belief to make things possible and your life the best that it can be.

Our great friend, super social worker and proud Coronado High School Alumna Jennifer, gave me a super article from Caring News. The article speaks of the great importance in keeping seniors passionate about staying active. Please remember the senior centers mottoes: "Use it or you are going to lose it" and "The more that you use it the better and longer it will last". We need to help each other and ourselves "find ways to become passionate about an old hobby or a new interest". Why is it so important?

It lights you up and creates a spark. It promotes an active mind. It creates enthusiasm. The article indicated the need to create this spark and find new passions. One great way is to reconnect with an old interest. Many of these old interests can be found at our great senior centers. Come do a crossword puzzle, take a class, play bingo, dance, have lunch, paint, sing and/or explore thousands of other great avenues for fun and fellowship. You can also create new connections and hobbies like karaoke, cards, scrabble, knitting, table tennis, and more. One great new passion could be that you join the Strummers group, they meet to play Ukuleles and have a blast.

One of the best ways to find this passion is to connect and make new friends. The senior centers and your neighborhoods are ideal places to make this happen. You can make a new friend in our great fitness centers, the lunchroom, the dance room, walking club or one of the many groups that we have like the friendship group or one of our fantastic support groups.

We have tons of classes and special events that can help you get that passion back and keep you active. If you want to see passion in action then come to a special event like our Entertainment Extravaganza where folks are singing, dancing, telling jokes and living with passion.

It was a PBS documentary which followed five competitors who sprint, leap, and swim for gold at the Senior Olympics. One of the competitors was a 100 year old tennis champion, an 86 year old pole vaulter and rough and tumble basketball grandmothers who all triumph over the limitations of age. We have our own Frank to look to for inspiration and passion. Frank is 103 and still comes regularly to exercise class and the dances on Thursday and Saturdays. I truly believe that the reason Frank is still active and still passionate is because he practices daily our motto of "Use it or you are going to lose it". Something in motion tends to stay in motion.



Passion is increased by embracing the moment and participating and connecting with people and activities. There are no better places to make this happen than at our great senior centers, parks and super facilities like Club SAR. Club SAR is the City of Scottsdale's gym at Camelback and Hayden. Go in there some morning, afternoon or evening and watch the folks feeding the passion for life and connecting with each other. You can feel the passion and fellowship the moment that you walk in the place.

We are also blessed to have such a phenomenal Arts scene and sports scene here in our lovely Scottsdale. Talk

about passion; check out the passion in the paintings, dancing and hundreds of other avenues for arts and entertainment. Go and feel the passion in the sports fan cheering for their favorite team to win.

Whether it is an old hobby or a new interest, make the choice to be passionate and stay active.

Another great activity and super way to connect and keep your body and mind in shape is to simply take a walk. You can walk around the senior centers, walk through the phenomenal park system that Scottsdale possesses or walk in the extraordinary preserve and trails that we are blessed with.

We showed a movie at the senior center called "Age of Champions".

Find out what **SENIOR LIVING** is meant to be



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Volunteers Needed!

Are you able to deliver meals to home-bound seniors in the Scottsdale/Paradise Valley area? This easy and rewarding service only takes a couple of hours one day a week. Volunteers are the heart of our program. Their caring dedication helps seniors maintain their independence and stay in their home for as long as possible.

North Scottsdale Home Delivered Meals Needs Your Assistance.

Contact Diane at 602-241-6196 for more information.