

Services in Surprise

Resource Center (CAP)

This program is funded through a partnership with Maricopa County, and will help qualifying low-income residents of the Northwest Valley with utility payments, rent and housing. Please call 623-222-HOPE (4673) to schedule an appointment.

Benefits Assistance

Need help understanding Medicare, health insurance, or want to explore programs you are eligible for? See the front desk to schedule an appointment.

Area Agency on Aging Help Line

24 hours a day/7days a week, at 602-264-4357.

AZ Department of Veteran's Services Surprise location

13985 W Grand Ave, Suite 101, Surprise or call 623-583-1025.

Weatherization Program

The Weatherization Assistance Program helps individuals decrease their home energy costs. To see if you may be eligible for assistance, please call 602-506-5911.

Emergency Home Repairs

Surprise Neighborhood Services has grant money for emergency home repairs for qualified Surprise homeowners. These repairs may include plumbing, electrical, heating, cooling, and accessibility modifications. For more information, please call: Alicia Rubio at 623-222-3240.

We Care Program

The Surprise Citizens Patrol offers a free telephone reassurance program. A daily automated call is placed to check in on your frail loved one. If you or someone you know might benefit from this program, please call Citizens Patrol at 623-222-4277.

Non-Emergency Police Department

623-222-4000

Non-Emergency Fire Department

623-222-5000

Transportation

Please call Northwest Valley Dial-a-Ride to schedule your ride: 602-266-8723

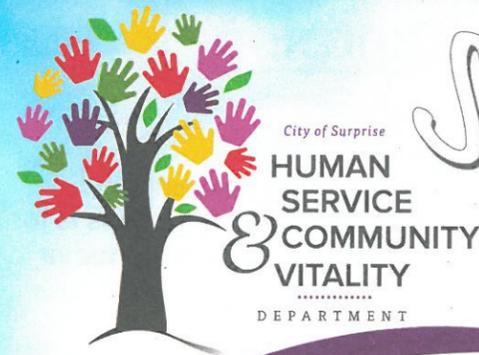
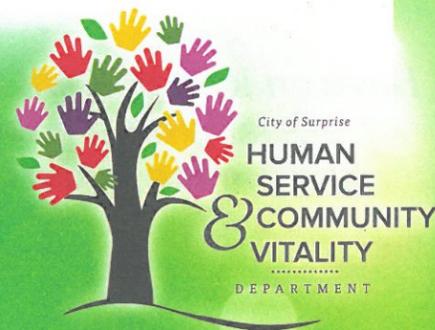
Congregate Meal Program at the Senior Center

Sponsored in part by the Area Agency on Aging, Region 1.
Suggested contribution is \$3.50 per meal for age 60+ and/or individuals of any age with a disability. For those under age 60, the meal fee is \$6.50.
Please call by **12 Noon TWO business days before** your scheduled day to reserve your lunch. We ask if you partake in this program that you fill out necessary paperwork. Please see the front desk.



www.surpriseaz.gov

Surprise Senior Center
15832 N. Hollyhock St.
Surprise, AZ 85378



Senior Center

CITY OF SURPRISE



January 2017

Mark your calendars!

The Senior Center will be closed on Monday, January 16th in observance of Martin Luther King Jr Day. Birt's Bistro will be open.

They are located at
16752 N. Greasewood St. in Surprise.
Please call 622.584.0065 for reservation.

Silver Sneakers will be held in the Senior Center Fitness Room on January 17th. The fitness center will close during this class, from 11-11:50am.

UPCOMING PROGRAMS

NEW** Card Crafting Club

Friday, January 6th and 20th at 1pm

Complete 4 cards independently by using the materials, equipment and instructions provided. No two cards will be the same!

Residents \$4/Non-Residents \$6

NEW** Origami Class

Friday, January 27th

Origami is the art of paper folding and sculpting, which is often associated with the Japanese culture. The goal is to transform a flat sheet square of paper into a finished sculpture.

Residents \$4/Non-Residents \$6

NEW** Adelante Healthcare Talks - Infused Water

Monday, January 23rd at 1pm

You won't want to miss this monthly series! Limited to the first 12 members who sign up. Topics change each month. MUST register at the front desk prior to each class. **No Fee for members.**

Lone Butte Casino, Tuesday January 10th

Limited to the first 25. BINGO only accepts cash.

Residents \$5 Non-Residents \$7

The Walking Club sessions are
Friday, January 13th and 20th

Cold and flu season is here. Be mindful and cover your cough. We ask that you please stay home if you're not feeling well. -Thank you

Have you heard? Every time you refer a friend and they join, you are entered into a drawing! You could win a TV or a free membership for 2017/2018! Please see inside this newsletter, or the front desk for more details!

Movie Morning

Friday, January 20th at 9am

Sully PG13 1:36

On January 15, 2009, the world witnessed the "Miracle on the Hudson" when Captain "Sully" glided his disabled plane onto the frigid waters of the Hudson River, saving the lives of all 155 aboard. However, as Sully was being heralded by the public for his unprecedented feat of aviation skill, an investigation was unfolding that threatened to destroy him.

Annual Senior Center Membership
is \$12 per year

or \$15 for non-residents.

Annual Fitness Center Membership
is \$30 per year

or \$35 for non-residents.

These memberships are renewable each
July 1st.

Surprise Senior Center, a Division of Human Service & Community Vitality, is the hub for activities and programs for adults, age 50 and better. We offer a place for people to gather, learn, exercise, socialize and enjoy a hot lunch.

Monday - Friday

8 a.m. to 4 p.m.

623-222-1500

Special Interest Classes

Pre-registration and payment is required. Please see the front desk.

January Creative Crafts Class

Begins Monday, January 9th 9:30am-11am
Make your own greeting cards, gifts and decorative items. Projects will be completed in one class. Most materials will be provided.

Resident \$6/Non-Resident \$8

January Card Crafting Club

Seating is limited to the first 10 people. This is a new crafting club. Independently create 4 greeting cards using the material, equipment and basic instruction provided by Carol and Tina.

Residents \$4/Non-Residents \$6

Spanish Classes

Beginning Spanish (**8:30-10AM**) teaches the basics of how to communicate. Intermediate Spanish (**10-11:30AM**) is the second level, offered to those who want to keep up their skills or have progressed beyond the basics. Book is required with a \$15 fee. Next session will begin January 11.

Resident \$25/Non-Resident \$30

English as a Second Language (ESL)

Aprender los conceptos básicos de cómo comunicarse en inglés (Learn the basics of communicating in English). Next session will begin January 11.

Resident \$25/Non-Resident \$30

Genealogy on Computer

Are you curious about your family history? Over this six-week program you will learn the basics of researching and collecting your family history using the computer. Class runs for six consecutive Fridays. Seating is limited to six students. Next session will begin January 13.

Resident \$15/Non-Resident \$18

Adelante Healthcare talks

Monthly sessions with Adelante Healthcare will focus on topics to keep your body and mind healthy and active. No fee for members. Seating is limited, Prior registration is required.

Please see the front desk for more information, or if you would like to be added to the contact list for any upcoming special interest classes.

Let's Exercise

Fitzi with Mitzi Exercise

Monday and Wednesday at 11:00 AM.

Do you like to move? Do you enjoy laughing and having fun? If you answered yes, then this class is for you! Bring your water. **Class is held at Villanueva Recreation Center.** *No fee associated with this class*

SILVERSNEAKERS®

Tuesday and Friday at 11:00 AM.

Lose weight. Increase your energy. Improve your overall well-being. This zero impact aerobics class is available to those individuals with the SilverSneakers® benefit through their insurance. The front desk staff will be able to verify eligibility when you bring in your health insurance or SilverSneakers® membership card. *For members who do not have SilverSneakers® - as a courtesy, we will offer participation when space is available to Senior Center Members. Please check with the front desk prior to joining.* Bring your water. **Class is held at Villanueva Recreation Center.**

Fitness Room

Hours: 8am – 3:55pm Monday through Friday. Before using our unsupervised Fitness Room, you must bring a doctor's release and attend orientation with our Fitness Coordinator. Orientation is by appointment and includes instruction on using the equipment.

Resident Fee: \$30/ Non-Resident Fee: \$35

Morning Stretch (when programming allows)

In the **dining hall**, during these 20 minutes, instruction will be given on how to stretch safely. No weights will be used. The areas of the body we will focus on will be hands, fingers, legs, arms, head and neck.

"Stepping It" Chair Exercise

(when programming allows) Friday 10:00-10:30 AM.

In the **dining hall**, this will include 20 minutes of instructed chair exercises. *No weights, no bands, zero impact.* The areas of the body we will focus on will be legs and arms.

Walking Club

Get out of your seat, out in the fresh air and walk with friends and a staff member around the block, increasing speed and length with each session.

Coed Volleyball for Seniors

Coed Senior Volleyball is available at the Villanueva Rec Center. This is a private party rental, with open play only - no leagues. Cost is \$4 per session. For more information, contact Dawn at 623-271-8511 or Ray 623-399-9664.

Games

Don't know how to play? Let our staff know and we can pair you up with one of our wonderful volunteers.

Pokeno: Tuesdays at 10 AM

Bingo: Cash prizes every Thursday at 10:00 AM. Cost is \$2 to play two shutter cards. Special paper cards are \$1 per pair. Bingo is for members age 50 and better. We begin selling cards at 9am. Please do not save seats.

Mah-Jongg: Wednesdays at 12:45 PM. Are you a beginner? See the front desk.

Rummy Q: Mondays at 10:00 AM

String-Me-Along: On select Wednesdays at 10:00 AM

Pinochle: Tuesdays & Fridays at 11 AM and Thursdays at 12:45 PM

Bridge: Wednesdays and Thursdays 12:45 PM

Hand & Foot (Canasta): Thursdays at 12:45 PM

Bunco: Wednesdays at 10:00 AM. No need to sign up...just join us when you can!

Billiard & Shuffleboard Tournament

For more information and to sign up please stop by the front desk.



We're looking for new Social Groups & Exciting new games to add to our calendar...

Have an idea or want to lead a new social group? Please put a suggestion in the box today!

Social Fun

Morning Social: Every morning members gather for puzzles and the new trend of adult coloring.

Weekly Coloring Contest

- Three pictures will be provided on Monday in the dining hall.
- Return pictures provided or, three of your own by Friday, at 12 noon, to be entered into the contest.
- Voting will occur the following Monday morning.

Quilting/Sewing Social: Tuesdays at 1:00 PM.

All skill levels are welcome and no experience necessary. Afraid quilting is too difficult? Don't worry. Those who are more experienced will help show you how it's done.

Needle Craft Social: Wednesdays at 1:00 PM.

Bring your favorite crafting work or learn something new from others. Ideas and skill exchange will make this a fun social event. Some community project opportunities are available using donated fabric and yarn.

Site Council

Get more involved with the Senior Center!
Join us for the next meeting.

January 23rd at 11am



A Grievance Procedure is posted on the bulletin board in the dining hall. Please take a few minutes to familiarize yourself with the procedure. It is available should a grievance arise here at the Senior Center that needs resolving. Grievances may also be sent directly to the Area Agency on Aging. Also note, the City of Surprise offers Mediation Services to all Surprise residents which may be another step along the way to a peaceful co-existence in our community.

The Surprise Senior Center is sponsored, in part, by the Area Agency on Aging, Region 1



AREA AGENCY ON AGING
REGION ONE, INCORPORATED