Roadrunner Chronicle

CAHILL EDITION NOVEMBER 2016

CAHILL SENIOR CENTER

715 W. Fifth St.
Tempe, AZ 85281

www.tempe.gov/cahillseniorcenter

(480)858-2420
TTY: (480)350-5050

HOURS

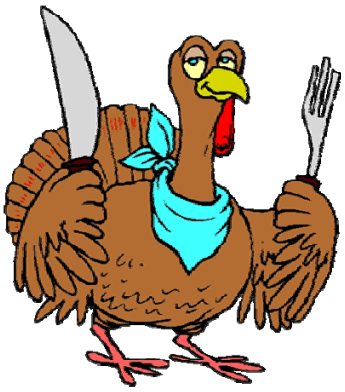
Monday-Friday
8:30am-2:30pm

Saturday Closed

Sunday Closed

Thanksgiving Luncheon

"Home on the Range"



Friday, November 18
11am-12:30pm

Gather with friends and give thanks at Cahill's Thanksgiving Day Feast! Join in and sing along with our country style entertainment.

Menu: Roast Turkey, dressing, mashed potatoes & gravy, vegetables, and pumpkin pie.

$6.50 RTA members ~ $7.50 Non members Code: 50491

Pokeno & Bagels
November 2, 10am

Pokeno is an easy game like bingo but with playing cards. Join us for bagels and coffee while playing Pokeno for grocery prizes.

Fee: $2 Code: 50509

Brunch & Bunco
November 9, 10am



Menu: Blueberry French Toast Casserole, Fresh Fruit, Sausage, Juice and Coffee.

Fee: RTA $4 Non-Members: $5

Code: 50455

Birthday Bingo
November 10, 11:30am

Bring your lunch and join us as we celebrate our November Birthdays. Cake and Ice Cream will be provided. Play bingo for grocery prizes.

Fee: RTA $1 Non-Member $2
Code: 50477

Left, Center, Right
November 23, 10am

Join us for a morning of fun and games. Learn how to play Left, Center, Right and win household and grocery prizes. Coffee and muffins will be served.

Fee: $2 Code: 50516

October Birthdays





Happy Birthday !

Stephanie Matthews

Norma Joiner

Sharon Navarre

Al Kitts



$1 Appetizers

Join us every Monday at Noon for $1 Appetizers before Bingo.

11/7	Taquitos	Code: 50467
11/14	Mini Corn Dogs	Code: 50468
11/21	Slice of Pizza	Code: 50469
11/28	Mini Eggrolls	Code: 50470

Fabulous Friday's $3 Lunch

Join us for our fresh and delicious Friday Lunches at 11:30am for only $3. Please register by the Wednesday before the event.

11/4 Philly Cheesesteak Sandwiches, Chips & Pickle Code: 50485

iPad Essentials

Tuesday, Nov 1st—15th 4pm

If you have an iPad and don't know where to start, or if you just want to improve your iPad skills, this may be the class for you. You will start with the basics and progress to more advanced features of the iPad each week. You will also review various apps and determine which ones have worked for the class and which ones have not.

Fee: None. Code: 50548

Multigenerational Crafts at Cahill

Wednesday, November 16, 2016 10am

Enjoy making a stained glass leaf while enjoying the company of one of our Preschool children. Light refreshments, coffee and juice will be served.

Fee: None Code: 50496

December Events

Pokeno	Cancelled due to Holiday Tea Set up		
Holiday Tea	12/9	Fee: $8 RTA/$9 Non Member	Code: 50492
Brunch and Bunco	12/14	Fee: $4 RTA/ $5 Non Member	Code: 50456
Birthday Bingo	12/15	Fee: $1 RTA/ $2 Non Member	Code: 50513
White Elephant	12/16	Fee: $4	Code: 50487
Holiday Luncheon	12/23	Fee: $5 RTA/$6 Non Members	Code: 50493

Cahill November 2016

Monday	Tuesday	Wednesday	Thursday	Friday
	1 11am **FREE Movie**: *2 Guns* 4 pm **iPad Essentials** Code: 50548	2 10am **Pokeno & Bagels** Code: 50509	3	4 11:30am **$3 Lunch** Menu: Philly Chees-esteak Sandwiches, Chips & Pickle Code: 50485 **1pm Bingo**
7 12pm **$1 Appetizers** Menu: Taquitos Code: 50467 **1pm Bingo**	8 11am **FREE Movie**: *Proof*	9 10am **Brunch & Bunco** Menu: Blueberry French Toast Casserole, Fresh Fruit, Sausage, Juice and Coffee. Code: 50455	10 11:30am **Birthday Bingo** Code: 50477	11 **Veteran's Day** **Cahill Closed** **NO BINGO**
14 12pm **$1 Appetizers** Menu: Mini Corn Dogs Code: 50468 **1pm Bingo**	15 11am **FREE Movie**: *The Heat*	16 10am **Multigenerational Craft** Code: 50496	17	18 11am **Thanksgiving Luncheon** Menu: Roast Turkey, dressing, mashed potatoes and gravy, vegetables, and pumpkin pie. Code: 50491 **1pm Bingo**
21 12pm **$1 Appetizers** Menu: Slice of Pizza Code: 50469 **1pm Bingo**	22 11 am **FREE Movie**: *Cake*	23	24 **Happy Thanksgiving** **Cahill Closed**	**25** **Cahill Closed**
28 12pm **$1 Appetizers** Menu: Mini Eggrolls Code: 50470 **1pm Bingo**	29 11 am **FREE Movie**: *The Equalizer*	30	**Nov. Birthdays** Jeanette Nicholas Christina Wilson	

Roadrunner Chronicle

PYLE EDITION NOVEMBER 2016

PYLE ADULT RECREATION CENTER

655 E. Southern Ave.
Tempe, AZ 85282

www.tempe.gov/pyle

(480)350-5211
TTY: (480)350-5050

HOURS
Mon-Thu 8am-9pm
Fri 8am-5pm
Sat 9am-4pm
Sun Closed

Thanksgiving Luncheon

Thursday, November 17

11:30 a.m.

Entertainment by

The Stompin' Savoys

Menu:

Roast Turkey, Dressing, Mashed Potatoes & Gravy, Vegetable, Roll & Butter, Cranberry Sauce, Pumpkin Pie

RTA members: $6; Non-members: $7

Registration Code: 51148

Registration Deadline: November 14

Happy October Birthdays!



Norma Joiner & Amy Bowman

Not pictured: Stephanie Matthews

Pyle Special Events

Thursday special events start at **11:30 a.m.** unless stated otherwise. Advance registration is required and you may register for the entire month, but payment in full is required at time of registration. Please sign up at the Front Desk.

11/3 11:30 a.m.—Birthday Bingo—Celebrate November birthdays and play BINGO for grocery & other items. RTA $1, Non-members $2. Code: 50969

11/10 11:30 a.m.—Veteran's Day Luncheon. RTA $5; Non-members $6. Code: 51147

11/17 11:30 p.m.—Thanksgiving Luncheon—see page 1 for details. Code: 51148

11/24 Pyle Closed for Thanksgiving Holiday

Tuesday $3 Lunch

On Tuesdays, join your friends for a simple, low-cost lunch and games or visiting before the Tuesday New Release Movie!

Registration is limited. Please sign up at the Pyle front desk by the Friday before. Sign-ups may also be done at the Cahill Senior Center.

PLEASE NOTE: Lunch is served at 11:30 a.m. Meals **will not** be held for latecomers past 11:45 a.m.

$3 RTA; $4 Non-member



This month's menu:

11/1 — Hamburger, Potato Chips
Code: 51206

11/8 — No lunch-Election Day

11/15— Ham & Swiss Sandwich, Fruit
Code: 51207

11/22 — Chef Salad, Dinner Roll
Code: 51208

11//29 — Penne Pasta, Salad
Code: 51209

Free Movie Every Tuesday and Friday

Subtitles will be used when available. Movies are subject to change due to availability.

Tuesday New Release Movies
Showtime: 12:30 p.m.

11/1 Money Monster, R, 98 min.

11/8 No Movie—Election Day

11/15 Hunt for the Wilderpeople, PG-13, 101 min.

11/22 Me Before You, PG-13, 110 min.

11/29 Wild Oats, PG-13, 91 min.

Friday Classics
Showtime: 12:30 p.m.

11/4 Mr. Blandings Builds His Dream House, NR, 94 min.

11/11 Pyle Closed

11/18 Sex and the Single Girl, NR, 110

11/25 Pyle Closed

Pyle will be closed November 11, 24, 25, 26 for Veteran's Day and Thanksgiving.



Groups at Pyle

The Pyle Center has many groups who call it home. If you are interested in joining any group, stop by the Pyle Front Desk for more information.

BOOK CLUB:
This month's meeting is on November 18, 9-11 a.m.
The book is: *Finding Jake* by Bryan Reardon

CURRENT EVENTS DISCUSSION GROUP:
Thursdays, 1-3 p.m. Discuss current events, books, events, movies, etc.

GOOD NEWS DISCUSSION GROUP:
Mondays, 1-2:30 p.m.
Discussion related to positive, personal experiences.

BUNCH FOR LUNCH:
A fun group who enjoys food and good company. This month's lunch date: Friday, Nov. 11, at 11:30 a.m. **Please sign up** at the Pyle Front Desk or call 480-350-5211.



Casa Ramos
1526 East Main Street
Mesa ~ 480-398-4561

LOONEY TOONERS KITCHEN BAND:
The band meets every Monday, 9:30-11:30 a.m. - September through May.

SENIOR SONGBIRDS:
The Senior Songbirds meet every Wednesday, 9:30-11:30 a.m. - September through May.

NEEDLEWIELDERS:
Tuesdays & Thursdays, 9 a.m.-1 p.m. Create handcrafted items for charity in a fun, social environment.

Home Alone for the Holidays?

If you find yourself *without someone to spend the holidays with* this year, spend part of them with us! City of Tempe employees want to make your holidays a bit brighter this year with a special brunch and entertainment.

Thursday
December 8
10:00 a.m.
Pyle Adult Center

Please sign up for this special annual event at the Pyle Front Desk **November 1—22**.

Sponsored by

Tempe Professional Development Network
and the
City of Tempe Pyle Adult Recreation Center
Code: 52011

Optimal Brain Health

Join Natalie Filkins of Brookdale Senior Living to learn about improving your brain health. This lecture will include information on preventing Alzheimer's disease and dementia.

Monday, November 21
10:00 — 11:00 a.m.
Code: 52005

AARP Live Tek iPhone Classes

AARP will offer classes about iPhone use at Pyle on **Wed., Nov. 16:**

Intro to the iPhone: Beginner Workshop, 10:30 a.m.—12 p.m.
For those new to mobile technology and ready to discover the power of apps.

Books, News & Music, 1:00—2:00 p.m.
Take you Daily News, Didigal Book collection and Favorite Songs with you wherever you go. Explore digital media on smartphones in this hands-on workshop.

Staying Safe Online, 3:00—4:00 p.m.
Stay safe online by learning ways to identify and avoid some of the most common online scams.

Job Search in the Digital Age, 5:00—6:00 p.m.
Looking for a new job but not sure where to start? This hands-on workshop will provide tips and online resources that can help you to find a job and to develop the skills needed in today's workplace.

Register at: **http://aarptek.aarp.org/workshops/**

Banner Memory Screening November 18

Pyle will host FREE memory screening on

Friday, November 18
9am-12pm

Banner Alzheimer's Institute will be at Pyle to screen for potential memory concerns and provide direction to prevention studies, clinical trials and memory clinics.

Registration is required. Please call **602-839-6850** or go online: www.baiinfo@bannerhealth.com to register.

Eight Dimensions of Wellness

Pam Williams of Friendship Village will visit Pyle and talk about how to achieve your optimal health.

Learn what the eight dimensions of wellness are and how they contribute to your personal fitness.

Monday, November 14

10:00 a.m.

Code: 51233

Drop-in Option for 50+ Classes at Pyle

Drop in to any of the following classes for $5 per class:

Aerobic Dance: Monday—Friday, 8:05-9am

Line Dance: Tuesday, Beginning, 1:30-2:30pm and 2:30-3:30pm

Zumba: Tuesday, 11:10am-12:05pm; Friday, 10:35-11:30am

Tai Chi Body Balance I: Monday11:45am-12:45pm

Please see the Tempe Opportunities Brochure for **Session dates and "No Class" dates.**

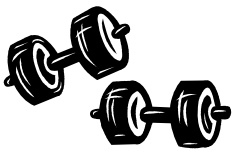
Check in at the Front Desk before entering classroom.

Pyle Fitness Center

Take advantage of a facility fully equipped for you!

The Pyle Fitness Center is open during the following hours:

Mon.-Thurs., 8 a.m.-8:30 p.m.; Fri., 8 a.m.-4:30 p.m.; Sat. 9 a.m.-3:30 p.m.
Closed on City holidays.



Membership Fees

One month — $15
Three months — $35
Six months — $55
Drop-in — $2

RTA News



2016 RTA Board: Don Woodley, Lorna Scooler, Don Galen & Linda Williams

The Retirees of Tempe Advisory group meets usually the first Thursday of each month at 10:00 am to discuss the activities and programs at the Pyle Center and to advise and help the staff with planning. All RTA members are welcome to join the discussion and become more involved in senior activities at Pyle.

Membership in the RTA is only $5 per calendar year. The membership fees help to defray the cost to the city's taxpayers for the free senior activities at the Pyle Center. If you play cards, Scrabble, Mah Jongg, Billiards, or participate in any of Pyle's free programs such as discussion groups, Bluegrass Jams, lectures and classes, etc., please join!

RTA members receive a discount on Thursday special events and $3 Lunches at Pyle. If you haven't yet joined the RTA for 2016, you can do so at the Pyle front desk.

If you would like to run or nominate someone for our 2017 board, please see the Front Desk. Members will elect new officers in December.

Our next meeting will be November 3, 10:00 a.m. in the Conference Room. Join us!

Estate Planning 101

Join Travis Campbell, Esq. of Butler Law Office for a **free** presentation that will outline the basics of a healthy Estate Plan. Common mistakes and how to avoid them will also be discussed.

Tuesday, November 29

10:30 a.m.

Code: 51238

Benefits Assistance Program

Offered by the Area Agency on Aging, this program provides objective information about insurance and benefits to seniors, the disabled, and caregivers. A trained Benefits volunteer will be available on the following Tuesdays:

Nov. 1, 9:30–11:30 am
Nov. 15, 9:30–11:30 am

Services include:

- Assistance with organizing Medicare and Supplemental claims information to ensure all benefits are paid and obligations to providers are satisfied.
- Basic information on applying for Social Security, Medicare and SSI.
- Up-to-date information and assistance on Medicare Part D prescription drug coverage.
- Information regarding HMOs, managed care, Medicare Supplement plans (Medigap), and options under Medicare.
- Assistance with Medicare appeals & resolving problems.

Walk-ins only - no appointment necessary!



Veteran's Day Luncheon

Thursday, November 10, 11:30 a.m.

Join us as we celebrate and thank our veterans for their service to our country.

Entertainment by **Two Under Par**

Menu: Texas Pulled Pork Sandwich, Napa Cabbage & Sweet Pepper Slaw, Dessert

$5 RTA; $6 Non-members

Registration Code: 51147

Medicare & Marketplace Open Enrollment Event

The Pyle Center will host a combined Medicare and Health Insurance Marketplace event to help anyone with questions about these programs during open enrollment periods.

Saturday,
November 19, 2016
9:00 a.m.—2:00 p.m.

Pyle Multi-purpose Room

Counselors will be on hand to assist all ages with Medicare, Medicaid (AHCCCS) and Marketplace new coverage or renewals. Get valuable information and individual assistance with enrollment. Learn about changes in these programs that may affect you.

Medicare Open Enrollment:

October 15 to December 7, 2016

Health Insurance Marketplace Open Enrollment:

November 1, 2015 to January 31, 2016

Call if you have any questions about Medicare at 602-264-4357; or AHCCCS or Marketplace at 1-884-790-4946

Presented by Area Agency on Aging, Arizona Alliance for Community Health Centers and Navigator Partners, Arizona Department of Economic Security, Centers for Medicare and Medicaid Services (CMS)

Sponsored by City of Tempe, Tempe Community Council, Tempe Community Action Agency, Tempe Neighbors Helping Neighbors

Medicare

Health Insurance Marketplace

iPad Photo Walks

Exercising my Brain: iPad Photo Walks

Get some exercise while taking pictures with an iPad. A sense of creativity can be boosted by movement and exposure to changing scenery. We will challenge ourselves to use both a photographic eye and iPad skills in different ways. We will be walking both inside and outside, so wear comfortable shoes.

50545 50+ W 11/2-11/16 9:30-11 a.m.

For more computer and technology classes, check out www.tempe.gov/library

50+ Activities

BINGO: (for 18+)
Wed., 1pm; Card sales begin at 12:15pm;
50¢ per card; 10 card limit.

BLUEGRASS JAM SESSION:
Fri., 9:30-11:45am
Wed., 12-2:30pm

CHESS
Thurs., 2:30 p.m.

CRIBBAGE
Mon., 8:30am-12pm

MAH JONGG
Tues. & Thurs., 1-4:30 pm
(intermediate / advanced)

PAINTING OPEN STUDIO
Wed., 9am-1pm;
Fri., 12:30-4:30pm. **(Not on 3rd Fridays)**
A program for current and past participants of Pyle art classes.

PARTY BRIDGE
Tues. & Thurs., 8:30am-3pm
Wed., 11am-3pm

PING PONG
Mon., 3-5pm; Tues., 3-5pm;
Fri. 3-4:30pm

PINOCHLE & GAMES
Tues. & Thurs, 8:30am-3pm

EUCHRE
Tues., 1-4pm

OPEN SEWING
Fri., 12:30-4:30pm
Quilting group; also knitting, crochet and sewing.

SOCIAL SCRABBLE
Mon., 12:30-5pm
Players of all levels are welcome!

Wii
Tues., 8:30-11am

Pyle Closed
11/11, 11/24 & 11/25

Winter Instructional Classes Start in January

ART

Acrylic and Oil Painting

51515	Beg.	M	1/9-2/27	9 a.m.-Noon	$39
51516	Int.	W	1/11-3/1	1-4 p.m.	$52
51517	Adv.	Th	1/12-3/2	9 a.m.-Noon	$52

Drawing; Color/B&W

51521	M	1/9-2/27	12:30-3:30 p.m.	$39

Pastel Painting

51525	Th	1/12-3/2	1-3:30p.m.	$44

Watercolor Painting

51537	T	1/10-2/28	1-4 p.m.	$52
51828	Beginning T	1/10-2/28	9:30 a.m.– 12 p.m.	$51

DANCE

Line Dance; Beginning

51523	T	1/10-2/28	1:30-2:30 p.m.	$32

Line Dance; Intermediate

51524	T	1/10-2/28	2:30-3:30 p.m.	$32

Tap Dance; Beginning

51533	M/Th	1/9-3/2	M 10:30-11:25 a.m. Th 11:15 a.m.-12:10 p.m.	$42

Tap Dance; Intermediate

51534	T/Th	1/10-3/2	9:10-10:05 a.m.	$48

Tap Dance; Performance

51535	T/Th	1/10-3/2	10:10-11:05 a.m.	$48

FITNESS

Aerobic Dance

51518	M/W/F	1/9-3/3	8:05-9 a.m.	$57
51519	T/Th	1/10-3/2	8:05-9 a.m.	$40

Chair Yoga

51520	W/F	1/11-3/3	9-10 a.m.	$48

Gentle Yoga

51522	T	1/10-2/28	12:15-1:15 p.m.	$32

Seated Strength Training

51527	M	1/9-2/27	9-9:45 a.m.	$18
51528	Th	1/12-3/2	10:15-11 a.m.	$24

Stretch & Tone

51529	M/W	1/9-3/1	10:30-11:15 a.m.	$33
51530	T/Th	1/10-3/2	9:15-10 a.m.	$35

Tai Chi / Body Balance I

51531	M	1/9-2/27	11:45 a.m.-12:45 p.m.	$26

Tai Chi / Body Balance II (Prerequisite: Body Balance I)

51532	M	1/9-2/27	12:50-1:50 p.m.	$26

Toners & Shapers

51536	M/W/F	1/9-3/3	9:05-10:20 a.m.	$63

Zumba for 50+

51538	T	1/10-2/28	11:10 a.m.-12:05 p.m.	$32
51539	F	1/13-3/3	10:35-11:30 a.m.	$32

Online registration:
https://pkreconline.tempe.gov/InternetRegistration/Start/Start.asp

Registration

Registration for Winter 2017 classes starts Dec. 5 for Tempe residents; Dec. 12 for non-residents.

Please see the Tempe Opportunities brochure for "no class" days.

New Class Registration System Starts with Winter Session

The City of Tempe will launch a new computer program for class registrations starting with registration for the **Winter 2017 Session**. Staff is busy learning the new system, which will require creating new accounts for all patrons. If you register for classes online, please be aware that you will be seeing a whole new look and feel online and you will be required to create a new account with a new user name and password. If you need help with the new system, please don't hesitate to ask at the Pyle front desk.

Pyle  November 2016

Monday	Tuesday	Wednesday	Thursday	Friday
	1 8:30-11am Wii/Ping Pong 8:30am-3pm Party Bridge 8:30am-3pm Pinochle 9am-1pm Needlewielders 9:30-11:30am Benefits Assistance Program 11:30am $3 Lunch (pg.2) 1-4pm Euchre 12:30pm Movie (pg. 3) 1-4:30pm Mah Jongg 3-5pm Ping Pong	2 9am-1pm Painting Open Studio 11am–3pm Party Bridge 12-2:30pm Bluegrass Jam Session **1pm BINGO**	3 8:30am-3pm Party Bridge 8:30am-3pm Pinochle 9am-1pm Needlewielders **11:30am Birthday Bingo** 1-3pm Current Events Discussion Group 1-4:30pm Mah Jongg 2:30pm Chess	4 9:30-12pm Bluegrass Jam Session 12:30-4:30pm Open Sewing 12:30pm Classic Movie 12:30pm Painting Open Studio 3-4:30 Ping Pong
7 8:30am-12pm Cribbage 12:30-5pm Scrabble 1-2:30pm Good News Discussion Group 3-5pm Ping Pong	8 **ELECTION DAY** 8:30am-3pm Party Bridge 8:30am-3pm Pinochle 9am-1pm Needlewielders 1-4pm Euchre 1-4:30pm Mah Jongg NO $3 LUNCH NO MOVIE	9 9am-1pm Painting Open Studio 11am–3pm Party Bridge 12-2:30pm Bluegrass Jam Session **1pm BINGO**	10 8:30am-3pm Party Bridge 8:30am-3pm Pinochle 9am-1pm Needlewielders **11:30am Veteran's Day Luncheon** 1-3pm Current Events Discussion Group 1-4:30pm Mah Jongg 2:30pm Chess	11 **Pyle Closed For** 
14 8:30am-12pm Cribbage 12:30-5pm Scrabble 1-2:30pm Good News Discussion Group 3-5pm Ping Pong	15 8:30-11am Wii/Ping Pong 8:30am-3pm Party Bridge 8:30am-3pm Pinochle 9am-1pm Needlewielders 9:30-11:30am Benefits Assistance Program 11:30am $3 Lunch (pg.2) 12:30pm Movie (pg. 3) 1-4pm Euchre 1-4:30pm Mah Jongg 3-5pm Ping Pong	16 9am-1pm Painting Open Studio 11am–3pm Party Bridge 12-2:30pm Bluegrass Jam Session **1pm BINGO**	17 8:30am-3pm Party Bridge 8:30am-3pm Pinochle 9am-1pm Needlewielders **11:30am Thanksgiving Luncheon** 1-3pm Current Events Discussion Group 1-4:30pm Mah Jongg 2:30pm Chess	18 9:30-12pm Bluegrass Jam Session 12:30-4:30pm Open Sewing 12:30pm Classic Movie 3-4:30 Ping Pong
21 8:30am-12pm Cribbage 12:30-5pm Scrabble 1-2:30pm Good News Discussion Group 3-5pm Ping Pong	22 8:30-11am Wii/Ping Pong 8:30am-3pm Party Bridge 8:30am-3pm Pinochle 9am-1pm Needlewielders 11:30am $3 Lunch (pg.2) 12:30pm Movie (pg. 3) 1-4pm Euchre 1-4:30pm Mah Jongg 3-5pm Ping Pong	23 9am-1pm Painting Open Studio 11am–3pm Party Bridge 12-2:30pm Bluegrass Jam Session **1pm BINGO**	24  *Pyle Closed*	25
28 8:30am-12pm Cribbage 12:30-5pm Scrabble 1-2:30pm Good News Discussion Group 3-5pm Ping Pong	29 8:30-11am Wii/Ping Pong 8:30am-3pm Party Bridge 8:30am-3pm Pinochle 9am-1pm Needlewielders 11:30am $3 Lunch (pg.2) 12:30pm Movie (pg. 3) 1-4pm Euchre 1-4:30pm Mah Jongg 3-5pm Ping Pong	30 9am-1pm Painting Open Studio 11am–3pm Party Bridge 12-2:30pm Bluegrass Jam Session **1pm BINGO**	**Looking ahead to December ~** • **12/1 Birthday Bingo** • **12/8 Home Alone for the Holidays Brunch** • **12/15 Christmas Luncheon** • **12/22 TBD** • **12/26 Pyle closed for Christmas Holiday**	