



Senior Center



Sept 2010

September Highlights

Lunchtime Guest Speakers

Sept 23 - Nutrition BINGO – with Home Instead

Sept 30 - Goodwill Ambassador Program

Mexican Independence Day - Sept 16
- lunch time fun with music, food and prizes.
Fiesta!

September Birthdays-Sept 22- lunch
time celebration of this month's birthdays with a
special cake.

Senior Celebration – September is Senior
Center Month – join us on Sept. 29 at 11am to
celebrate and appreciate our Senior Center and
all the good friends & fun we enjoy each week.
You will be invited to bring in pictures of you &
your family in the weeks preceding for a
slideshow presentation. Pictures will be
scanned and returned promptly. We'll also have
a raffle with prizes.

Chronic Disease Self -Management Program
Mondays, September 13 from 1:30-4:00
continues 6 Mondays. Developed at Stanford for
persons age 60+ . Family & caregivers may also
attend. Learn skills & tips to manage your
condition to maintain life's activities. Interactive
learning -you will practice & master self
management techniques to "positively" impact
your life. The course is free with incentives
offered for those completing the 6 weeks. Class
size is limited and pre-registration is required.
To register please visit the Surprise Senior
Center or you may call 623-222-1500.

Site Council Meeting –next meeting
September 17 at 10am – help us plan the Fall
activities.

Hearing Screening – Sept 28. Free. by
appointment. Sign up at the front desk.

Notes from Leslie

Would you like to be a part of a **Community Garden** in Surprise? Please join Benevilla (formerly Interfaith) for an informative meeting on Sept. 14 at 6pm here at Surprise Senior Center. Still in the planning stages, you will have the opportunity to give input and help the garden grow from the drawing board to your dinner plate! Please sign up at Senior Center front desk.

New! Senior Center will be issuing new **Photo ID cards with paid membership**. If you have paid already for this year...stop by the front desk to have your picture taken for your new card. As an incentive to join...when you pay your \$12/\$15* you will receive 5 bingo cards for game 5 letter X. Such a deal!

Jerzee Boyz Dance Party – Saturday
October 16 at 7:30 pm, at Sierra Montana
Recreation Center, 14861 N Spring Ln. Enjoy
dancing and partying to DJ spins of your favorite
New Jersey performers...Sinatra, Bon Jovi,
Springsteen, and of course the Four Seasons.
Tickets are \$9 and include refreshments, trivia
contest and prizes. Tickets are available at Surprise
Senior Center on Hollyhock St and Community &
Recreation Services on Bullard

Leslie

Surprise Senior Center, a Division of Community & Recreation Services, is the hub for activities & programs for adults age 50 & better. Senior Center offers a place for people to gather, learn, exercise, socialize, go on trips & enjoy a hot lunch. Annual membership fee is \$12 for residents and \$15 for non-residents. Please call or drop by for information & details.

Hours : Monday – Thursday, 8 a.m. - 5 p.m.
Friday 8 a.m. - 4 p.m.

Classes

Computer Classes--- Class size limit is 6, pre-register at the front desk. \$10 (\$12 non-residents) *All classes start at 1pm.*

Basic I - Sept 8

Basic II - Sept 13

Internet - Sept 15

E-Mail - Sept 20

Word Processing - Sept 22

File Management - Sept 27

Digital Photos* - Sept 29

*the basics of working with digital photos.

Prerequisite: take File Management first.

1:1 Computer Tutor - computer help is available from 3- 4:30 on Wednesdays with Keith Rieger, please sign up ahead at the front desk for a 30 minute session. The computer tutoring is **not** a class and does not take the place of a class. It is intended to help you when you are stuck on a computer problem. **Patrons will be limited to one 30 minute appointment per month.** Appointments will be strictly limited to 30 minutes. Have your questions ready so you'll get the most benefit from your time.

Craft Classes- Mondays at 10am

Sept 13 – Stemware I.D. Beadlet. \$2

Sept 20 – Keepsake Box \$2

Sept 27 - Sailboat Popup Cards 2/\$2

One Stroke Painting – progresses from Level 1a & b to Level II. Class size is limited. Please pre-register.

Sept 10 at 9:30am Silhouettes at 9:30am. All levels welcome \$6 for class plus \$3 for your canvas.

Sept 24 at 9:30am Rosebuds, a level 1b class. \$6

Oct 8 at 9:30am – for beginners level 1a Daisies \$6

Guitar/Ukulele Class – learn the basics with Bob Cunningham then strum and pick along with these beginner groups. Tues. Guitar -10am & Ukulele - 11am. Free but you must provide your own instrument.

Remember Freezie Fridays! When it's too hot to cook and heat up your kitchen on the weekends...get a frozen microwave meal from our Food Service for only \$3.00 or 2 / \$5.00. Please bring a thermal bag to take your frozen meals home in. We have thermal bags for sale bearing the city logo ...especially for this purpose, only \$5.00.

CLOSINGS -Senior Center, Dial-a-Ride & City Hall will be closed Sept. 6 for Labor Day. Senior Center will be closed on Sept. 3 for floor repair, and will close at 1pm on Sept. 2. No Poker Sept. 2.

Dance/ Exercise



Feel Great Exercise

No fee, exercise designed just for seniors, you may stand or sit. Mon. & Weds. at 11:15am.

No class Sept 6.

Fitness Room

Hours 8:15 a.m. to 4:45 p.m. Monday through Friday.* First timers please bring a doctor's note & attend orientation. Initial enrollments are by appointment & include orientation to equipment. Membership Fees: \$30 - annual /\$20- winter. Non -Resident \$35 annual/\$25 winter. *Summer hours on Fridays, we close at 4pm.

Games

Bingo-Cash prizes every Thursday at 10 a.m. \$2 to play plus specials.

Bingo for Thrift Dollars-Mondays, Sept 13 & 27 at 1 p.m. FREE -win Thrift Dollars to shop our Thrift Store.

Pokeno -Tuesdays at 10 a.m for Thrift Dollars.

Mah-Jongg –Tuesdays at 1pm

Game Time – Wed. & Fri. at 10:00 am

Enjoy Bunco, Kings in the Corner or your game of choice. Game Winners from 10am – 11am will receive raffle tickets for monthly drawing for prize.

Rummy Q – Mondays at 10:00am. Game Winners from 10am – 11am will receive raffle tickets for monthly drawing for prize.

Wii Fun – Fridays at 11:00am – several Wii video games will be featured throughout the month including bowling, target shooting, fishing, billiards and the newest Just Dance. Join the fun. Wii love to play!



Cards

Texas Hold 'em Poker---Thurs at 1:00pm.

Annual updates to keep your file current on emergency numbers, medical conditions and medications. Furthermore, if you have an email address and would like to share it with us, our new software has a place for it. We do not share information with any outside sources. Your information is kept confidential.

Services/Counseling

Benefits Counseling---see what programs you are eligible for or get help to understand your Medicare, health insurance & drug cards. By appointment Friday Sept 10 & 24 For appointment please call 222-1500.

Maricopa County Human Services staffers will be at our Senior Center on Fridays to assist low income eligible homeowners to apply for the home weatherization program. Appointments must be prescheduled. To see if you may be eligible and/or for an appointment, please call 602-372-4858

Senior Help Line - 602-264-4357 - 24 hours a day/7days a week.

Veteran's Benefits Counseling is available in Sun City at 10147 W. Grand Ave. Suite C -1. Please call for info & appointment 623-583-1025.

Blood Pressure Checks ---Friday Sept 17 at 10:30 visit with our volunteer Nurse Bev.

Self Improvement with Dr. Joe – be the master of your own subconscious – learn & practice techniques in group or private sessions to make positive changes in your life. Group will meet on Tuesdays at 1pm. Appointments for private sessions can be made at the front desk.

Social

Feature Movie- Sept 24- 1pm . **Old Dogs** –PG 1:28 min. Comedy. John Travolta & Robin Williams star as two best friends who have their lives turned upside down when they're unexpectedly charged with the care of seven-year-old twins while on the verge of the biggest business deal of their lives.

Needle Craft Social---every Wed. at 1:00 pm. Bring your craft to work on or learn a new stitch from others. Idea & skill exchange make this a fun social event.

Books to Loan: Senior Center has 3 special titles for loan. Please visit the front desk to sign out & borrow "Age Proofing Your Brain" outlines strategies & practical tips to preserve brain function. Mastering your Subconscious by Dr. Joseph Moccia. The History of Surprise book and video.

VHS Movies to Loan –we have an assortment of movie videos you may borrow –check in the Thrift Shop for the list. These are VHS not DVD. Sign out a movie, showing your membership card.



Trips * non resident rates

Sept 21 – Sea Life Aquarium & Arizona Mills Mall \$15/\$18*
Oct. 28 – AZ State Fair \$8/\$12*
Nov 17 -42nd Street at AZ Broadway Theatre-\$55/\$58*
Dec 10 – Anthem Outlets Holiday Shopping - \$8/\$12*
Dec 15 – Miracle on 34th Street – Theater Works -\$26/\$29*

Trip Policy Notes: All passengers/participants will agree to comply with the following: The Bus will leave the Senior Center on time, delaying no longer than 5 minutes. No alcoholic beverages will be purchased or consumed. Arrive back to the bus at the designated time for departure to the Senior Center. Thank you for your cooperation.

Emergency Information Updates- remember to update your emergency info. Records are kept confidential.

Old cell phones can be recycled at Surprise Senior Center. Just drop them in the bin. Now, we also recycle the following: Old Game Systems (Play station, X-box, Nintendo, etc) iPods & MP3 players, all models, laptops, digital cameras . Drop bins are also located at the Firehouses. Please only drop the items listed.

Outgoing Mail – can be sent from the front desk. Please ask a staffer to place it in the special box to be picked up by the mail carrier.

2 Designated Smoking areas include the back patio & the bench outside SE Door. The bench by Senior Center front door is not a smoking area.

Surprise Police Citizens Patrol offers a free telephone reassurance program called **We Care**. Daily an automated call is placed to the aged resident - homebound or living alone to provide a daily check. If you or someone you know might benefit from this program, applications are at the Front Desk or call Citizens Patrol at 623-222-4277. You will be contacted to schedule the required home visit and interview.

Reminder of Contribution & Fee Schedule

Suggested contribution * for meal for age 60+ is \$3.25.
Under age 60 the meal fee is \$6.50.

Fitness Membership \$30 yr or \$20 for a winter membership Oct.-Mar. Non Residents \$35/\$25.

Senior Van Transportation to Center - \$1.00 per day

Membership to Senior Center - \$12 per year, \$15 for non-residents, renewable each July. This membership is not required to participate in the lunch program. For persons who can demonstrate that these fees are a hardship, please ask about a waiver.

*Meal contribution is not a fee.

Remember –Your contribution toward your lunch helps support the meal program. Please drop your \$3.25 in the contribution box to keep our program strong. Thank You.

Back Page News...



Warm Up to Friends

Bring a new member to the Center, when they join and pay their \$12 - you will receive a hand made lap quilt.

Packages from Home

Support our troops. Our collection barrel in the lobby is the place to drop your donations of non-perishable food snacks, games, books, playing cards, sport magazines, hand-held video games, DVD movies, music CD's, & DVDs.

Please remember to **keep your membership current** by paying your \$12* and update your emergency information every 6 months. *\$15 for non-residents

Reminders

Please call 24 hours ahead to reserve your lunch. And please call if you are not coming. 623-222-1500 **NO perishable food** may be taken home from the dining hall.

Remember to be courteous, attentive & quiet when guest speakers are sharing info with you.

Please do not save seats for persons who have not arrived yet. Seating is first come, first served. We want everyone to feel welcomed, not shooed away. Please be cordial, as you would like be treated.

Mini Scholarships are available for trips and classes for those Surprise Seniors who can document & qualify as low-income. The Site Council will sponsor all or part of the fees, up to \$75 in a one year period. Please see Leslie to apply.

Coupon File – with the help of our volunteers -we will offer a coupon file from which you may take coupons, and donate some that you won't be using. Volunteers will keep them sorted, organized and up to date.

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

Let's Go Green!

The blue containers are to **recycle clean paper**, such as puzzle pages and bingo papers. Also cans, bottles and cardboard can go in the same blue receptacles. Remember to turn the lights off in rooms not in use. Let's save energy & keep our planet green.

Surprise Fire Department invites residents who are frail or disabled to complete a registration form for the new **Emergency Preparedness** registry. In case of a city emergency rescuers will know where these special needs residents live & what type of aid they may need to remain safe. Forms are available at the front desk.

Volunteer of the Month – Jackie Wilberscheid

Jackie is our caller for Monday afternoon Bingo. She has been volunteering for over 2 years and likes the sense of feeling useful that it gives her. Originally from Chicago Jackie has a son and a daughter, 4 grandchildren and 3 great grandchildren. Jackie is a lovely, special lady who says, "Life is good". Thank you Jackie, with volunteers like you at our Center...we agree.