

The Center Piece

November 2024



VETERAN'S LUNCH

NOVEMBER 8, 2024
11:30AM-1:00PM

To honor our servicemen and women, The Center is hosting a complimentary lunch for those who made the service sacrifice for our country.

Veterans, please join us for a buffet-style lunch for you and your guest.

RSVP appreciated by November 5 by calling The Center at 928-778-3000.

Lunch sponsored by Grand Canyon Education Academy



November 12
Senior Referral Network

November 15
Frost Moon Dinner & Dance Social

December 13 & 14
Holiday Craft Show & Visits with Santa

HAPPY
Thanksgiving

1280 E. Rosser Street | Prescott
www.thecenteronrosser.org

From the CEO

The Center: Building Community, Connection & Compassion Across Generations

Nestled in the heart of Prescott, The Center, formerly known as the Adult Center of Prescott, stands as a beacon of community, connection, and compassion. With a fresh name that reflects our inclusive spirit, The Center is more than just a place—it's a gathering spot for people from all walks of life, coming together to create a vibrant and supportive environment. As a nonprofit organization, we operate with one simple goal: to serve our community without relying on City, State, or Federal funding. Instead, we flourish through the generosity of our members, the dedication of our volunteers, and the support we receive through activities, events, and rentals.

Our doors are open to individuals 18 years and older, offering them a place to not only stay physically active but also to nurture their minds and spirits. We believe that everyone deserves a space where they can belong, be challenged, and be supported—and The Center strives to be that place. With a wide variety of activities ranging from Yoga, Zumba, Meditation and Tai Chi to Line dancing and Ballroom dancing, we ensure that every person has the opportunity to stay healthy and engaged. For those who prefer a mental challenge, games like bridge, mahjong, hand and foot offer the perfect way to sharpen the mind while enjoying the company of others. And for those who love to learn, our educational seminars on health, safety, and personal growth provide valuable insights that benefit members.

The Center is more than a fitness or learning hub—it's a space where friendships are built and laughter is shared. Our members cherish the social connections they make here, finding that the bonds they form often extend beyond The Center's walls. A highlight of the week for many is grabbing lunch next door at Meals on Wheels, where our members can share a meal, a story, or a smile, strengthening the sense of community that makes The Center so special.

Yet, at the heart of everything we do lies our commitment to giving back. We believe that every individual, no matter their age, has something valuable to offer the world. Through volunteer opportunities and community-driven programs, we encourage our members to not only take care of themselves but also to contribute to those in need. Over the years, we have created several signature programs that not only help others but also foster a sense of purpose in our members.

One of our most beloved initiatives is the Kids Kloset, where local families in need are invited to come and shop the Kloset for shoes and clothing. This shopping experience is enhanced with a pizza party, boxes of hygiene products, and groceries, turning what could be a daunting experience into one filled with joy and relief. What makes this program truly magical is that it bridges the gap between our senior members and the younger generation, bringing them together in a spirit of unity and compassion. Watching our seniors help kids pick out new outfits while sharing stories and laughter is a testament to the power of community—and it's moments like these that remind us why we do what we do.

Our annual Senior Tree program is another heartwarming tradition that we hold dear. Every holiday season, members of the community can select a card from our Senior Tree and donate gifts to seniors in

need. These gestures of kindness brighten the holidays for many who might otherwise feel forgotten, bringing light and love into their lives. It's truly inspiring to witness the generosity that pours in from our members, volunteers, and the community at large as they come together to make the season special for others.

Throughout the year, we host several health and craft fairs, not only to provide valuable resources but also to gather supplies for our community outreach programs. These fairs are filled with joy and excitement as we host events like Easter egg hunts, backpack giveaways, Halloween trick-or-treating, and our much-anticipated Christmas Fair, where children can receive free Santa photos and gifts. These events remind us of the importance of nurturing the younger generation while fostering strong connections across all ages.

The Center is always evolving, always looking for new ways to enrich the lives of our members and expand our outreach. One of our most exciting upcoming projects is the development of a 1/4 mile walking trail, the first phase of which will include beautiful trees and benches to create a peaceful space for reflection and exercise. But that's just the beginning. As we continue to fundraise through grants and donations, we plan to expand the trail to include a meditation circle and hiking trails. Our vision is to create a natural sanctuary where members and the community can come to find peace, reconnect with nature, and recharge their spirits.

In many ways, this walking trail project reflects what The Center stands for. It's about creating spaces where people can come together, move forward, and grow—both individually and as a community. We may not have the financial support of government funding, but we have something even more powerful: the unwavering dedication of our members, volunteers, and the Prescott community.

As we look toward the future, we are continually seeking volunteers who share our passion for helping others. Whether you want to contribute time to our Kids Kloset, help with our health and craft fairs, or lend a hand with the walking trail project, there are countless ways to get involved and make a difference. And, of course, we are always grateful for donations—whether it's clothes, hygiene products, toys for our Santa giveaway, or items for our Senior Tree. Every contribution, no matter how small, goes a long way in making The Center a place where love, support, and community thrive.



So whether you're looking to stay active, make new friends, learn something new, or give back in meaningful ways, we invite you to join us at The Center. Together, we are building something beautiful—one step, one smile, and one act of kindness at a time.

Kathy McFadden

Business Member News & Events



Open House at Las Fuentes every Tuesday and Thursday from 1-3pm. Stop in for a tour and you don't want to miss trying our signature cookies!
1035 Scott Drive in Prescott.



Join us for Resident Panel & learn about the new independent living homes. Enjoy refreshments & schedule a personal hard-hat tour to experience life at Touchmark firsthand. RSVP to 928-515-2486 by 11/7. 3150 Touchmark Blvd.



Reverse Mortgage Lunch & Learn
November 13 | 11:30 - 1pm at Cave Creek
Tatum Ranch Community Center
www.arizonareversemortgages.net/events/



Visiting Angels will be kicking off their new Ala Carte program in November. Drop-in visits, meal prep, personal care, med reminders, transportation, pet care & protective oversight. Call 928-220-4100 for more information.



Proud Sponsor for the Veteran's Lunch on 11/8 at The Center!
Free Social Security Seminar
November 6 at 6 pm at The Center



Connecting Senior Service & Care Providers

Next Meeting:
November 12, 2024
5-7pm at The Center
RSVP:
seniorreferralnetwork.org/events

2024 Business Members

Executive Platinum



Platinum



Gold



Silver

Bronze



HOLIDAY CRAFT FAIR

Art & Candles	Free Toys for Kids
Handmade Crafts	Visits with Santa
Christmas Ornaments	Free Professional Photos
Decor & Holiday Items	Holiday Performers
Woodworking Gifts	Mobile Food Vendors

December 13 & 14, 2024
9am-2pm

1280 E. Rosser Street | Prescott
928-778-3000

www.thecenteronrosser.org

FREE ADMISSION!

Tuesdays in NOVEMBER
with
Ronnie DeBenedetta
@ The Center on Rosser
Adult Center of Prescott
1280 Rosser St
Prescott AZ 86301

6:30 PM Beginning West Coast Swing
7:30 PM Intermediate West Coast Swing

\$15 per week for 4 weeks
\$40 for the month
No New students after week 2

Saturday Dance November 16th
\$15 at the door includes class
6:30 - 7:15 pm class
Open dance 7:15 - 10pm

The Center's
WISH LIST



Holiday Craft fair
Toys for Santa to give away
Raffle Items

Studio & Activity Room
Window Blinds

Classes & fitness Room
Weights that weigh 5, 8 & 20 pounds

General Need
100 Tables & 400 Chairs
Sponsor 1 New Table: \$85 Sponsor 1 New Chair: \$32

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

Holiday



TOY DRIVE

ACCEPTING DONATIONS UNTIL
DECEMBER 13th

Donate a new, unwrapped toy to
The Center to help us make the
holiday brighter for kids in 2024!

DROP-OFF LOCATION

The Center
1280 E. Rosser Street | Prescott

For more information,
call 928-778-3000 or visit
www.thecenteronrosser.org

Toys will be handed out to kids who are present at the Holiday Craft Fair on December 13 & 14



Help us make the
Holiday Merry!

GIVING TREE

for
Seniors



Please help The Center brighten the Holidays for our area Seniors. The Giving Tree will be available for you to stop in and select a tag with a needed item for a Senior from November 20 through December 15.



Drop off location is 1280 E. Rosser Street,
9am-4pm Monday-Thursday
& 9am-2pm on Fridays.
Thank you for your support!



CHEF DEMOS

at The Center!

We are very excited that Chef Caleb and his team from Las Fuentes Resort Village will be presenting Chef Demos the 2nd Wednesday of each month at 2:30 pm.

First Demo: November 13
Recipe: Pecan Stuffed Mushrooms

Join us to try amazing recipes and even get a cooking tip or two!

Chef Demo brought to you by Las Fuentes!



LAS FUENTES
RESORT VILLAGE
A SENIOR LIVING COMMUNITY

Chef's Demo Schedule

November 13

December 11

January 8

February 12

March 12

April 9

May 14

June 11

July 9

August 13

September 10

October 8

November Events & Activities

Day	Program/Activity	AM/PM	Members
THE CENTER IS CLOSED FOR VETERANS DAY ON 11/11 - NO CLASSES WILL BE HELD			
MONDAY	Movin' w/June (Cancelled 11/11)	8:30 AM	\$8
	In the Middle Line Dance w/Cindy (Cancelled 11/11)	9:30 AM	\$8
	Strength & Balance w/Joy (Cancelled 11/11)	9:30 AM	\$9
	ZUMBA w/Stacey (Cancelled 11/11)	11:00 AM	\$8
	Hand & Foot Canasta (Cancelled 11/11)	12:00 PM	\$5
	ACBL Sanctioned Bridge (Cancelled 11/11)	12:00 PM	\$7
	Non-Sanctioned Bridge (Cancelled 11/11)	12:00 PM	\$6
	Integrated Exercise Yoga/Qigong/Pilates w/Roma (Cancelled 11/11)	12:15 PM	\$8
	Raskins Jewelers - Cleaning & watch repair (Next Date in January of 2025)	12:30 PM	FREE
	Tai Chi & Qigong w/Roma (Cancelled 11/11)	1:30 PM	\$8
	Beginning Radical Rebounding w/Dr. Kimberley (Cancelled 11/11)	2:15 PM	\$25
Intermediate Radical Rebounding w/Dr. Kimberley (Cancelled 11/11)	3:00 PM	\$25	
TUESDAY	Harmony Flow Tai Chi w/Joy - 30 minutes (Temp Time Change: 8:30-9:30am)	8:30 AM	\$5
	All Levels Yoga w/Katy	8:40 AM	\$9
	Meditation w/Peg	9:00 AM	\$5
	Upper Body & Core Strengthening w/Joy - 1 Hour	9:00 AM	\$9
	Basic Beginner Line Dance w/CindyLou (Cancelled 11/26)	10:00 AM	\$8
	Weights w/Balls & Chair w/Katy Kolasa (Temp Change 30-Min. w/Sub Joy)	10:00 AM	\$9
	Tai Chi Chuan w/Bryan	10:30 AM	\$8
	Chair Yoga w/Joy	11:15 AM	\$9
	ACBL Sanctioned Bridge (Cancelled 11/12)	12:00 PM	\$7
	Lunch & Learn w/Desert Fin. - 'Wealth Management' (11/26)	1:15 PM	Free
	The Page Turners Book Club (11/12)	1:30 PM	Free
	Intermediate Line Dance w/Barb (*11/12 Time will be 11a-12:30p)	3:00 PM	\$8
	Senior Referral Network (11/12)	5:00 PM	Free
	Beginning W. Coast Swing w/Ronnie (in Meals on Wheels Dining Room on 11/12)	6:30 PM	\$15/\$40
Intermediate W. Coast Swing w/Ronnie (in Meals on Wheels Dining Rm. on 11/12)	7:30 PM	\$15/\$40	
WEDNESDAY	Strength & Balance w/Joy	9:30 AM	\$9
	Mat Pilates w/Denise	10:30 AM	\$8
	All Levels Yoga w/Katy	11:00 AM	\$9
	ACBL Sanctioned Bridge	12:00 PM	\$7
	AZ Territorial Society - "My Life at Phantom Ranch" (11/20)	1:00 PM	Free
	Zumba Toning Class w/Stacey (Cancelled 11/20)	1:30 PM	\$8
	Chef Demo with Chef Caleb - Pecan Stuffed Mushrooms(11/13)	2:30 PM	Free
	Acrylic Ornament Painting w/Julia (11/13)	3:00 PM	Varies
	Beginning Radical Rebounding w/Dr. Kimberly	4:45 PM	\$25
	Intermediate Radical Rebounding w/Dr. Kimberly	5:30 PM	\$25
Social Security Seminar (11/6)	6:00 PM	Free	

Non-Member Price for Activities \$ 10 Non-Member for Bridge \$10.50 to \$12

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

Day	Program/Activity	AM/PM	Member Fee
THE CENTER IS CLOSED FOR THANKSGIVING ON 11/28 & 29 - NO CLASSES WILL BE HELD			
THURSDAY	Strategic Network Partners (Cancelled 11/28)	7:30 AM	Free
	All Levels Yoga w/Katy (Cancelled 11/28)	8:40 AM	\$9
	Lwr Body w/Back & Core Strength w/Joy - 1hr (Cancelled 11/28)	9:00 AM	\$9
	Balance Class w/Joy - 30 Minutes (Cancelled 11/28)	10:00 AM	\$5
	Beginner Line Dance w/Sandi (Cancelled 11/28)	10:00 AM	\$6
	Tai Chi Chuan w/Bryan (Cancelled 11/28)	10:30 AM	\$8
	Blood Pressure Checks (11/14)	10:45 AM	Free
	BINGO - Games start at 1:30 pm, Doors open at Noon (Cancelled 11/28)	12:00 PM	Per Game
	Chair Yoga w/Joy (Cancelled 11/28)	12:00 PM	\$9
	Hand & Foot Canasta (Cancelled 11/28)	12:00 PM	\$5
	American Mahjongg - Beginners Welcome (Cancelled 11/28)	1:00 PM	\$5
	Hot Hula Fitness NEW CLASS (Starts 11/7)	5:30 PM	\$5
	FRIDAY	Movin' w/June (Cancelled 11/8 & 11/29)	9:00AM
ZUMBA Gold w/Kay (Cancelled 11/29)		10:15 AM	\$8
Balance & Stretch w/Katy (Cancelled 11/29)		11:15 AM	\$8
Veteran's Day Lunch (11/8)		11:30 AM	Free
Frost Moon Dinner Dance & Social 5-9pm (11/15)		5:00 PM	\$10/\$15/\$30
SA/SU	Ronnie Dance - Saturday, 11/16	6:30 PM	\$15/\$40
	Union Church Services (Sundays)	10:00 AM	Free

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

Non-Member Price for Activities \$ 10 Non-Member for Bridge \$ 10.50 to \$ 12

The Page Turners Book Club



Next Club Meeting
November 12 @ 1:30 pm
"The Five Agreements"
by Don Miguel Ruiz



November 20
"My Life at
Phantom Ranch"
1:00 pm-Free

Members:

Our next **Center Connect Meeting** will be in January 2025-Date TBD. See you in the New Year!

Join us!

2024 ANNUAL MEETING

DECEMBER
18
10-11:30 AM

November & December Art Classes



Create custom ornaments for your Christmas tree with acrylics!

November 13 at 3pm

\$3 each

or 3 for \$8 (\$2.66)

or 4 for \$9 (\$2.25)

Limit: 4

RSVP Required by 11/8:

928-778-3000

Let us know # of people & # of ornaments. Thank you!

December Classes w/Corinna



Bob Ross

December 20 from 9a-12p

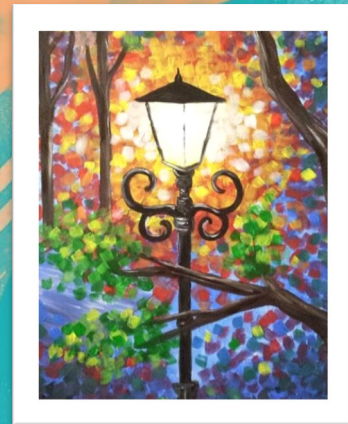
\$85 - Reservation Required

928-778-3000

Acrylics Class

December 21 from 9-10:30am

\$25





Volunteer Entertainers Needed at our



HOLIDAY CRAFT FAIR

December 13 & 14 | 10am-2pm



- Musicians
- Singers
- Dancers
- Magicians
- Jugglers
- Story Readers
- Have another talent?

Let us know if you would like to share your talent!
Call The Center today! 928-778-3000



You're invited



Call a licensed independent sales agent



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glennberkley1@gmail.com
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Join any of our enrollment seminars

Learn about Humana Medicare Advantage plans—with no obligation to enroll.

PRESCOTT ADULT CENTER
1280 E ROSSER STREET PRESCOTT, AZ. 86301
WEDNESDAY: 11/13, & 11/27 at 9a.m.

PRESCOTT GOLF CLUB
1030 N PRESCOTT COUNTRY CLUB
BLVD DEWEY, AZ. 86327
WEDNESDAY: 11/13, & 11/27 at 1p.m.

PRESCOTT VALLEY ELKS LODGE
6245 E 2ND STREET PRESCOTT VALLEY, AZ. 86314
THURSDAY: 11/14 at 9a.m.

CHINO VALLEY SENIOR CENTER
1021 W BUTTERFILED RD, CHINO VALLEY 86323
WEDNESDAY: 11/27 at 4p.m.



Discover Your Medicare Options!

Yavapai County has more Medicare plans than ever, which is **GREAT NEWS!** However, determining which option fits might be challenging. SHARP can help you understand the plans and select the right one for you.

SHARP agents are independent Medicare plan consultants. We have decades of experience in the Medicare industry, and we know the Yavapai county plans inside and out. Call or come see us at any meeting below, *we're here to help!*

Office: 928-642-9336 TTY 711

MEETING SCHEDULE: October 15th - November 21st

Prescott, AZ

The Center on Rosser

1280 E Rosser St.

TUESDAYS

10 AM, 12PM & 2 PM

OCT: 15th, 22nd & 29th NOV: 12th & 19th

Prescott Valley, AZ

Hampton Inn

2901 N Glassford Hill Rd.

WEDNESDAYS

10 AM, 12PM & 2 PM

OCT: 16th, 23rd & 30th + NOV: 13th, & 20th

THURSDAYS

10 AM & 12 PM

OCT: 17th, 24th, 31st + NOV: 7th, 14th & 21st



SHARP, LLC

www.sharp4medicare.com

Office: (928) 642-9336 TTY: 711



Natalie

602-339-6380



Brian

602-821-4250



Carlos

602-510-8819

*We do not offer every plan available in your area. Currently, we represent 11 organizations, which offer 118 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) to get information on all of your options.

MacDougal Street West presents

A very special Peter, Paul & Mary
Christmas Experience

Monday December 16, 2024



The CENTER on Rosser
1280 E. Rosser St.
Prescott, AZ 86301
928-778-3000



Two Shows in One Day!
2:30pm (Doors open at 2pm)
6:30pm (Doors open at 6pm)



TICKETS:
MacDougal St. West Christmas
www.brownpapertickets.com



Featured Artist
Alicia Previn!!
www.aliciaprevin.com

Tickets at the door will be \$30 each, CASH only. Tickets are less if purchased online.

Frost Moon Dinner Dance & Social
Friday, November 15th



Spaghetti Dinner
5-6pm
East Coast Swing Dance Lesson
6-7pm
Open Dance - 7-9pm

Dance Only:
\$10 advance/\$15 @ the Door
Dinner & Dance:
\$30 - Reservations Required
928-778-3000



Join us for the Senior Referral Network November 2024 Event!



Tuesday, November 12th, 2024 | 5:00pm-7:00pm
The Center
1280 E Rosser., Prescott, AZ 86301

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

RSVP: seniorreferralnetwork.org/events



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drsusandrysdale@gmail.com

www.drsusandrysdale.com

631-681-6717

Serving Prescott, Arizona

WEEKLY PROMOTIONS



VETERANS
★ APPRECIATION DAY ★

TUESDAYS

Bonus Rewards
Food Comps
3X Points
Complimentary
Drawing Entries



WEDNESDAYS

Bonus Rewards
Hot Seat Drawings
Food Specials

FOR OUR GUESTS
AGES 55+



928.776.5695
BUCKEYSCASINO.COM



Please play responsibly. Gambling problem? Call 1-800-NEXT-STEP.
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Check Your Hearing with this Two Minute Test

✓ Check all the hearing difficulties that you have:

- When I'm in a restaurant, I have difficulty hearing my friends and family because of the noise.
- I withdraw at times when I have to join in a conversation
- I'm not interested in movies or productions because I miss the plot
- Women & children are hard to understand
- My family and friends say I misunderstand them
- The volume of my TV is too loud for others
- I can't hear phone conversations
- I'm always asking others to repeat
- I get exhausted because of straining to hear

If you checked one or more of these boxes, it may be time to get a hearing test. Prescott Hearing Center is here to help you with all your hearing needs and services. Hearing is such an essential part of your life. *Don't miss another sound.*

Call us today and schedule your free hearing evaluation!



PRESCOTT
Hearing Center
Simply better, from the start.

www.prescottheating.com

3108 Clearwater Drive, Ste B2, Prescott, AZ 86305
7762 E Florentine Rd, Ste D, Prescott Valley, AZ 86314



DOUG



PAULA



If you would like to advertise with us & help support the community, call 928-778-3000 for rates!



BRONZE BUSINESS MEMBER

The Grand Canyon Education Academy provides financial education programs for companies and organizations that want their people to enjoy a more financially secure future. When employees and members are more sure of their future and working toward their goals through a sound game plan, they are more productive in the workplace.

Our Financial Literacy workshops cover a wide variety of informative, inspiring and enjoyable topics for one and all, including, but not limited to:

- Social Security Explained
- Social Security Claiming Strategies
- Women Approaching Retirement and Beyond
- Social Security for Divorced Women
- Retirement Basics for Women
- Strategies for a Lifetime Income in Retirement
- Exploring Your Options for a Quality Retirement
- Understanding 401K Rollovers
- Financial Blunders – Lessons We Never Learn
- I.D Theft
- Preparing for Long Term Care
- Taking Control of Your Cash – Eliminating Debt Tax Planning

Upcoming Social Security Seminars at The Center

www.thecenteronrosser.org

November 6.....6:00 pm

**Seminars will return
in January of 2025**

*Check the Calendar on The
Center's Website to verify
times and dates.*



www.grandcanyonedu.com



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- Game Room with Billiards & Poker Tables
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CHRIS A. INMAN
Attorney at Law

Chris@InmanLawAZ.com



phone (928) 445-1514 | 923 East Gurley Street, Suite 202
fax (928) 492-1099 | Prescott, Arizona 86301

SCHOTT FINANCIAL
MANAGEMENT

Steve Schott
Registered Representative
CA Insurance Lic. #0H23992

824 Valley Street
Prescott, AZ 86305

928.776.1031 Phone
928.778.6584 Fax

Cardinal Home Care

Individualized Care Plans

Dave Hummel
Director of Care

Prescott (928) 642-4683
Mobile (480) 390-7305

Email: dave@cardinalhomecare.com
www.CardinalHomeCare.com

- Individualized Home Care Assistance Plans
- We provide Non-Medical Caregivers

“Are you looking for a caregiver for a loved one?”

Call for a free consultation

Mention this ad & receive a 10% discount off services

If you would like to advertise with us & help support the community, call 928-778-3000 for rates!

The Center Staff

Kathy McFadden - CEO
Tawnie Beraudo - Admin & Events
Paige Sanderson - Evening Receptionist
Julia Rulla - Marketing & Communications
Drew Barbaresi- Facilities & Events
Cole Guffey - Facilities & Events

Board Meetings: Monthly - 3rd Wednesday - 10:00 am
Board of Directors

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



Hours

Monday - Thursday: 8:30 am - 5pm
Friday - 8:30 am - 2:00 pm
Saturday: By Event Sunday: Closed

Holiday Closures

November 11 (Veteran's Day)
November 28 & 29 (Thanksgiving)

The Center

1280 E. Rosser Street
Prescott AZ 86301 | 928-778-3000