



# The Center Piece

APRIL 2025



## Family Fun Day

and

## Easter

## BAZAAR 2025



See the Easter Egg Hunt Schedule Inside!

Vendor Spots Available!

Visit Events on our homepage:  
[www.thecenteronrosser.org](http://www.thecenteronrosser.org)

**April 19**  
**10am-3pm**

Egg Hunts | Activities | Vendors | Prizes | Face Painter | Easter Bunny Onsite!



We are graciously accepting donations for our candy collection and plastic Easter Eggs for our family fun Day. If you have any you'd like to contribute for the event, please drop them off at the front Desk at The Center.

We appreciate your support & please join us on April 19th!

# From the CEO

Spring is in the air, and with it comes a fresh wave of energy, growth, and new beginnings. We hope this season brings sunshine, smiles, and special moments to you and your loved ones.

First, I want to say a heartfelt **thank you** for all the warm wishes and congratulations on the arrival of our little one. Your kindness means the world to me and my family! As many of you know, I've been out on maternity leave these past few weeks, and I'm incredibly grateful to **Caidie and Drew** for stepping up and keeping things going while I was away. They've done an amazing job making sure everything ran as smoothly as possible.

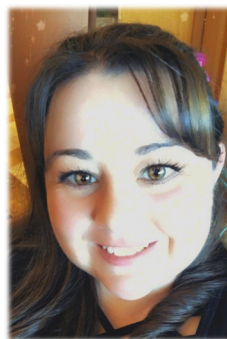
We're currently in the process of **interviewing to hire three new team members**, so thank you again for your **patience and support** as we work through this transition and continue to grow our team.

April also marks **National Volunteer Month**, and we couldn't let this time pass without giving a huge **thank you to our incredible volunteers**. Your commitment, time, and compassion are the heartbeat of The Center. Whether you're setting up tables, greeting guests, keeping Bingo rolling, or lending a helping hand behind the scenes, your efforts never go unnoticed.

You bring energy, warmth, and kindness into everything you do. Your dedication helps us create a welcoming place for everyone who walks through our doors, and we are beyond grateful for each and every one of you. From the bottom of our hearts—thank you.

And don't forget—our **Easter Family Fun Day** is just around the corner! Join us on **Friday, April 19th from 10 AM to 3 PM** for a day of celebration with **amazing crafters, vendors**, and of course, the always delicious **RJ's Food Truck**. It's going to be a fun-filled day for the whole family!

**We are also collecting plastic Easter eggs and candy** for our **big community egg hunt**, and we'd love your help! Donations can be dropped off at the front desk—thank you in advance for helping us make this event extra special for the kids in our community!



*Wishing you  
a joyful and  
refreshing April!*

*Kathy McFadden*



# Business Member News & Events



Open House at The Center  
April 30. See flyer insert  
for details.



Call Prescott Hearing for your  
Free Hearing Assessment!



**Open House!**  
Visit us for Open House on Thursdays  
from 1-3pm. Enjoy a tour & a cookie!  
1035 Scott Drive in Prescott



"Rolling in the Dough", three \$1000 winners at  
Yavapai Casino on Fridays and Bucky's Casino on  
Saturdays in April. Double the Rush!  
buckyscasino.com

Gambling problem? Call 1-800-NEXTSTEP



Reverse Mortgage Lunch & Learn  
April 22 - 11:30am-1:00pm  
Circle of Life Resource Center - 377 N. Montezuma  
RSVP: [https://www.arizonareversemortgages.net/  
events/](https://www.arizonareversemortgages.net/events/)

## 2025 Business Members

### Executive Platinum



### Platinum



### Gold



### Silver



### Bronze



# April Events & Activities

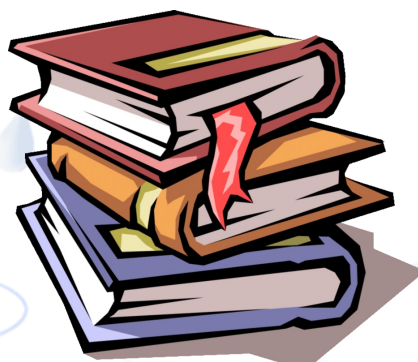
Day	Program/Activity	AM/PM	Members
MONDAY	Movin' w/June	8:30 AM	\$8
	In the Middle Line Dance w/Cindy	9:30 AM	\$8
	Strength & Balance w/Joy	9:30 AM	\$9
	Zumba w/Kay - NEW TIME!	11:30AM	\$8
	Hand & Foot Canasta	12:00 PM	\$5
	ACBL Sanctioned Bridge	12:00 PM	\$8
	Non-Sanctioned Bridge	12:00 PM	\$7
	Integrated Exercise Yoga/Qigong/Pilates w/Roma	12:15 PM	\$8
	Raskins Jewelers - Cleaning & watch repair (4/14)	12:30 PM	FREE
	Tai Chi & Qigong w/Roma	1:30 PM	\$8
TUESDAY	All Levels Yoga w/Katy	8:40 AM	\$9
	Meditation w/Peg	9:00 AM	\$5
	Strength & Balance w/Joy - 1 Hour	9:00 AM	\$9
	Balance Tai Chi Movements w/Joy - 30 minutes	10:00 AM	\$5
	Basic Beginner Line Dance w/CindyLou	10:00 AM	\$8
	Weights & Balls on Chair w/Katy Kolasa	10:00 AM	\$9
	Tai Chi Chuan w/Bryan	10:30 AM	\$8
	Chair Yoga w/Joy	11:15 AM	\$9
	NAU Brain Workshop (4/8)	11:30 AM	Free
	ACBL Sanctioned Bridge	12:00 PM	\$8
	The Page Turners Book Club (4/8)	1:30 PM	Free
	Intermediate Line Dance w/Barb	3:00 PM	\$8
	Tai Chi w/Larry	4:00 PM	\$8
	Computer Class (4/29)	4:00 PM	\$15
	Social Security Seminar (4/1)	6:00 PM	Free
Basics & Beyond Dance w/Ronnie	6:30 PM	\$15	
Intermediate West Coast Swing w/Ronnie	7:30 PM	\$15	
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	\$8
	Zumba Gold (Starts 4/16)	1:00 PM	\$8
	AZ Territorial Society - "AZ Parks and Monuments" (4/16)	1:00PM	Free
	Highgate Virtual Dementia Tour - Registration Required - See Flyer in Newsletter	1:30 PM	Free
	Chef Demo w/Las Fuentes (4/9)	2:30 PM	Free
	Social Security Seminar (4/9)	6:00 PM	Free

Non-Member Price for Activities \$ 10 Non-Member for Bridge \$ 12 to \$ 15

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

Day	Program/Activity	AM/PM	Member Fee
THURSDAY	Strategic Network Partners	7:30 AM	Free
	All Levels Yoga w/Katy	8:40 AM	\$9
	Strength & Balance w/Joy - 1hr	9:00 AM	\$9
	Balance Tai Chi Movements w/Joy - 30 Minutes	10:00 AM	\$5
	Beginner Line Dance w/Sandi	10:00 AM	\$6
	Tai Chi Chuan w/Bryan	10:30 AM	\$8
	Blood Pressure Checks (4/10)	10:45 AM	Free
	Chair Yoga w/Joy	11:15 AM	\$9
	BINGO - Games start at 1:30 pm, Doors open at Noon	12:00 PM	Per Game
	Hand & Foot Canasta	12:00 PM	\$5
	American Mahjongg - Beginners Welcome	1:00 PM	\$5
	Tai Chi w/Larry on Thursdays	4:00 PM	\$8
<b>As of April 18th, The Center will be closed on Fridays</b>			
FRIDAY	Movin' w/June (No Class 4/18 & 4/25)	9:00AM	\$8
	ZUMBA Gold w/Kay (No Class 4/18 & 4/25, Moved to Wed @ 1pm eff. 4/16)	11:00 AM	\$8
	Balance & Stretch with Chair w/Katy (No Class 4/18 & 4/25)	11:15 AM	\$8
S/S	<b>Easter Bazaar &amp; Family Fun Day (Saturday, 4/19)</b>	<b>10:00 AM</b>	<b>Free</b>
	Workshop & Dance w/Ronnie (Sat. 4/26) Spring Social-Wear your best floral!	6:30 PM	\$15
	Union Church Services (Sundays)	10:00 AM	Free

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



## Page Turner's Book Club

April 8 @1:30 pm

This month's discussion:  
Isabel Allende and her books.

# Easter Bazaar & Family Fun Day

## Saturday - April 19, 2025 - Easter Egg Hunt Schedule



0-4 yrs.  
10:30am and 1:30 pm

10 yrs. & Up  
11:30am and 2:30pm

5-9 yrs.  
11:00am and 2:00pm

Special Needs Patio Hunt  
12:00 pm

*Hunters will receive colored wrist bands for start times. The Easter Bunny will be at ALL hunts to meet the hunters and to have free photos taken!*

# VOLUNTEERS Wanted!

The Center thrives because of **amazing volunteers like you!** Whether you have a few hours a week or just want to help out occasionally, there's a perfect opportunity waiting for you.

### **Open Volunteer Positions**

**Board of Directors ● Bingo Support ● Event Planning Committee Front Desk Assistance ● Bingo Paper Assembly ● Event Assistance Trail Master Plan Committee**

Get involved today! Stop by the front desk or call us for more details.





## Customer Open House Wednesday, April 30

Learn more about assistance programs, rate plan options and other money-saving tips.

**Meet with an APS representative one-on-one to find ways to save on your bill.**

### Learn about bill-assistance options.

The Energy Support program offers a monthly discount up to 25% or 60% based on income. Bring income documents, such as one month of pay stubs, W-2s or last year's tax returns, for each adult in your household to see what programs you may be eligible for. Learn more at [aps.com/assistance](https://aps.com/assistance).

### Review your bill and rate plan options.

Together, we can explore your rate plan options and find out which plan would have saved you the most money. Plus, we'll talk about energy-saving tips, rebates and programs to help you save on your bill. Find more ways to save at [aps.com/save](https://aps.com/save).

### Wednesday, April 30

10 a.m. - 2 p.m.

The Center

1280 E. Rosser St.

Prescott, AZ 86301

**No appointment needed. Customers will be met with on a first-come, first-served basis.**

Can't make it to the Open House? No problem. We're here to help anytime.

Call us at **(602) 371-7171** or **(800) 253-9405**.



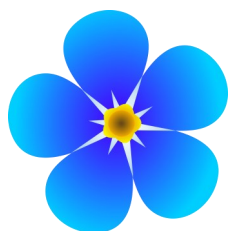
Customers must have a gross monthly household income at or below 200% of the federal poverty guidelines to qualify for the Energy Support Program or Energy Support with Medical Program. The discount applies to a customer's cost for electricity only, and does not apply to the regulatory assessment, franchise fee, taxes or charges found in Service Schedule 1. Individual results may vary and are dependent on a number of factors including usage. Programs are subject to change. Other restrictions may apply. Funds for Utility Bill Assistance are subject to availability. Please apply as soon as possible if you think you may qualify.



# April Menu

Please note that menus are subject to change without notice. Allergy Alert: Please be advised that food prepared here may contain these ingredients or traces of these ingredients: Milk, Eggs, Wheat, Gluten, Peanuts, Soybeans, Tree Nuts, Fish and Shellfish.

**WHOLE WHEAT BREAD & SALAD INCLUDED WITH EACH CAFÉ ON ROSSER LUNCH**



## Tuesday Apr 1

CHICKEN ALA KING  
Broccoli and Cauliflower Medley  
Whole Wheat Roll  
Mixed Fruit

## Wednesday Apr 2

BEEF & VEGETABLE RAGOUT  
Whole Wheat Biscuit, Spinach, Berries

## Thursday Apr 3

HAM & SPINACH FRITATTA  
Roasted Potatoes, Stewed Tomatoes, Bananas

## Friday Apr 4

BAKED COD  
Rice Pilaf, California Veggies, Coleslaw, Pineapple

## Monday Apr 7

BATTERED FISH  
Oven Fries, Honey Carrots, Coleslaw, Peaches

## Tuesday Apr 8

BEEF STROGANOFF  
Egg Noodles, California Vegetables, Pears

## Wednesday Apr 9

CHICKEN CACCIATORE  
Orzo Pasta, Squash Medley, Mixed Fruit

## Thursday Apr 10

HAM & SPINACH QUICHE  
Roasted Red Potatoes, Stewed Tomatoes, Applesauce

## Friday Apr 11

CHEF'S SALAD  
Ham, Turkey, Cheese, Ranch, Whole Wheat Roll, Pineapple

## Monday Apr 14

RAVIOLI  
Italian Sausage, Spinach, Kale, Peppers, Onions, Whole Grain Garlic Bread, Plums

## Tuesday Apr 15

CHICKEN & CHEESE ENCHILADAS  
Beans, Corn, Onions, Tomatoes, Peppers, Romaine, Apricots

## Wednesday Apr 16

BRAISED BEEF & GRAVY  
Mashed Potatoes, Broccoli, Carrots, Fruit Cocktail

## Thursday Apr 17

TERIYAKI CHICKEN  
Steamed Rice, Cabbage, Stir Fried Vegetables, Mandarin Oranges

## Friday Apr 18

GLAZED HAM  
Potatoes Au Gratin, Green Beans, Bell Peppers, Fried Onions, Mixed Fruit

## Monday Apr 21

HERBED CHICKEN BREAST  
Couscous, Peas, Carrots, Melon Medley

## Tuesday Apr 22

TURKEY BOLOGNESE  
Penne Pasta, Zucchini Medley, Garlic Bread, Tropical Fruit

## Wednesday Apr 23

SAVORY MEATBALLS  
Gravy, Cauliflower, Scalloped Potatoes, Bananas

## Thursday Apr 24

HAM STEAK  
New Potatoes, Butternut Squash Medley, Pineapple

## Friday Apr 25

CLOSED  
Volunteer Appreciation

## Monday Apr 28

CHILI CHEESE POTATO  
Roasted Corn, Greens, Whole Wheat Roll, Carrots, Fruit Salad

## Tuesday Apr 29

BBQ CHICKEN BREAST  
Sweet Potatoes, Squash Medley, Oranges

## Wednesday Apr 30

BEEF TACO CASSEROLE  
Black Beans, Tomatoes, Pearl Onions, Tortilla Chips, Lettuce, Salsa, Applesauce

Phone: 928-445-7630  
PrescottMealsOnWheels.org  
See our menu online!

Serving lunch  
Mon-Fri 11:15am - 12:45 pm



Northern Arizona Memory Study

April  
8

**NAU** NORTHERN ARIZONA  
UNIVERSITY

College of Social and Behavioral Sciences

- ❖ Learn about new ways to participate in research studies
- ❖ Refreshments will be provided

### Speakers

**Date:** Tuesday, April 8, 2025

**Time:** 11:30 – 12:30 (Presentation/Discussion)

*\*\*After the presentation, sign-up for free memory screening and opportunities for research participation!*

**Location:** The Center on Rosser

**Address:** 1280 E. Rosser Street | Prescott, AZ 86301



Eric Cerino, PhD



Megan McCoy, PhD

April  
9

## VIRTUAL DEMENTIA TOUR® YOUR WINDOW INTO THEIR WORLD

\*This is an in-person event hosted at The Center by Highgate Senior Living

### About the Virtual Dementia Tour ®

The Virtual Dementia Tour ® is a patented program of nonprofit organization Second Wind Dreams®, which uses patented sensory tools and training based on research conducted by P.K. Beville, M.S., a specialist in geriatrics and the founder of Second Wind Dreams® makes it possible for participants to experience the physical and mental challenges associated with dementia. This training is ideal for professional and family caregivers, healthcare workers, and community members, who have routine interactions with people living with Alzheimer's disease, dementia, or other cognitive impairments.

**Pre-registration is required as space for each session is limited.**

To reserve your spot, please contact Stephanie Kirkwood at Highgate Senior Living.

(928) 541-1400 or [prescott.crc2@highgateseniorliving.com](mailto:prescott.crc2@highgateseniorliving.com)

*Time slots are in 30-minute increments at  
2:00, 2:30, and 3:00, – Wednesday, April 9th*





## Speaker Series at The Center

*Join us!*

**April 16 - 1:00 pm**

'Arizona National Parks & Monuments'

**2025 Schedule Here:**

[thecenteronrosser.org/az-terr-series](http://thecenteronrosser.org/az-terr-series)



### COMPUTER CLASSES

Next Class: April 29 from 4-6 pm.  
Bring your laptops!  
\$15 per class



April: Beginning & Intermediate PowerPoint  
May: Beginning & Intermediate Publisher



## CHEF DEMOS

at The Center!

**Chef Demos are on the 2nd  
Wednesday of each month  
at 2:30 p.m.**

**Next Demo: April 9  
Queso Dip & Pico de Gallo**

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

Chef Demo brought to  
you by Las Fuentes!



### Chef's 2025 Demo Schedule

January 8  
February 12  
March 12  
April 9  
May 14  
June 11  
July 9  
August 13  
September 10  
October 8

Subject to change, please check  
the Center's online calendar at  
[www.thecenteronrosser.org](http://www.thecenteronrosser.org)

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The noise you hear when you have tinnitus isn't caused by an external sound, and other people usually can't hear it. Tinnitus is more common than you think.

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## 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:

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- 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](http://www.thecenteronrosser.org)

**All Seminars at 6:00 pm**

**April 1 & April 9**

**May 6 & May 14**

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




[www.grandcanyonedu.com](http://www.grandcanyonedu.com)

# Advertisers & Info

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### The Center Staff

Kathy McFadden - CEO

Drew Barbaresi - Sr. Facilities & Events

Julia Rulla - Marketing & Communications

Caidie Edington - Admin Assistant

Follow us 😊



### Hours

Monday - Thursday: 8:30 am - 5pm

Closed on Fridays starting April 18

Saturday: By Event Sunday: Closed

**Monthly Board Meetings 3rd Tuesday at 10:00 am**

### Board of Directors

Ana Maria Fraijo - President

Becky Cochell - Vice President

Irene Winter - Treasurer

Helene Schaffer - Secretary

Mary Ann Suttles - Member

Irene Beitz - Member



### The Center

1280 E. Rosser Street

Prescott AZ 86301 | 928-778-3000

[www.thecenteronrosser.org](http://www.thecenteronrosser.org)