



The Center Piece

August 2024

Stay Safe in the August Heat!



ON THE INSIDE

Fall Family
Craft Fair
October 18&19

Veteran's Day
Luncheon
November 8

Holiday
Craft Fair
December 13&14



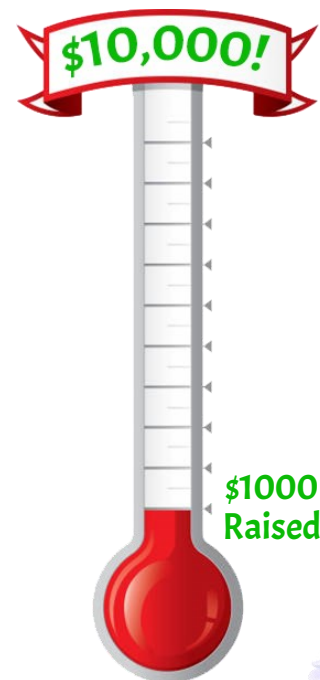
From the CEO

I hope this letter finds you well and enjoying the summer season. First and foremost, we want to extend our heartfelt gratitude for your unwavering support and dedication to The Center. Your involvement and contributions are what keep our community vibrant and thriving.

It is with a heavy heart that we must announce the cancellation of our Casino Night, originally scheduled for later this month. Despite our best efforts, ticket sales did not meet the necessary threshold to make the event feasible. We were looking forward to a night filled with fun and great fellowship, and we share in your disappointment.

While this news is unfortunate, it does not dampen our spirit or our commitment to providing enjoyable and meaningful events for our members. We are actively exploring new ideas and planning future activities that we hope will bring our community together in the spirit of joy and camaraderie.

We also want to encourage you to continue helping us meet our fundraising goal of \$10,000. Achieving this goal is crucial for maintaining our low membership fees and affordable class costs. Without the ongoing support of our memberships and classes, The Center would not be able to continue its mission. Please check in each month to see how close we are to meeting our goal, and thank you for your continued support of The Center.



We greatly appreciate your understanding and continued support. Should you have any suggestions or feedback, please do not hesitate to reach out to us. Together, we can ensure that The Center remains a place of connection, support, and growth for all.

Thank you once again for being an integral part of our community. We look forward to seeing you at our upcoming events and activities.

Kathy McFadden



Business Member News & Events



Join us at The Center on **August 14** from 10am to 2pm for our Customer Open House! Meet with an APS representative to find ways to save on your bill. No appointment needed!



Now hiring Angels! We offer flexible hours, benefits, bonuses + pay raises, and no experience needed. Become a caregiver today and earn between \$16.25 - \$21.00 per hour! Scan the QR Code to apply.



Our next event is **August 20**, from 5-7pm at The Center. Join us to learn about senior services, caregiver information and a packed evening of networking opportunities! RSVP: seniorreferralnetwork.org/events



Events at Touchmark! **August 9** at 2pm - Planning Retirement with the Experts, 3150 Touchmark Blvd. **August 15** @ 2pm - Sip & See Open House, 3198 Touchmark Blvd. **August 23** @ 11am - Health Fair, 3150 Touchmark Blvd.

2024 Business Members

Executive Platinum



Platinum



Dignity Health.
Yavapai Regional Medical Center

Gold

Silver



Bronze



Basic



Join us at The Center
on August 14th!



Customer Open House

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.

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.

Wednesday, August 14 - 10am - 2pm
The Center - 1280 E. Rosser Street
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.

CS#2407844

2024

Mark your
calendars for Fall
& Winter events at
The Center!



Family Fall Fest
CRAFT Fest
October 18 & 19
9am - 2pm

✓ Ornaments	✓ Art & Candles	✓ Jewelry
✓ Woodworking	✓ Household Items	✓ Scarves & Gloves
✓ Home Décor	✓ Items for Pets	✓ Games & Toys
✓ Soaps & Lotions	✓ Quilts & Throws	✓ Etc.

FREE ADMISSION!

The Center Vendor Registration is now open online at www.thecenteronrosser.org on the Homepage under Events!



1280 E. Rosser Street | Prescott | 86301
Questions? Call 928-778-3000 or send an email to julla@adultcenter.org

THANK YOU
for your service!

JOIN US FOR OUR 2024

**** **VETERANS DAY** ****
CEREMONY

FRIDAY, NOVEMBER 8 | 11:30 AM TO 1:00 PM
Presentation starts at Noon

Lunch is served to all in attendance.
RSVP online at www.thecenteronrosser.org/veterans
or call The Center at the number below.



1280 E. Rosser Street | Prescott, AZ
928-778-3000 | www.thecenteronrosser.org



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
Plants, Jewelry & More	Drinks & Snacks Available

December 13 & 14, 2024
9am - 2pm

The Center
1280 E. Rosser Street | Prescott
928-778-3000
www.thecenteronrosser.org

FREE ADMISSION!

August 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
	Summer Art Class w/Corinna (Tentative)	10:00 AM	\$25
	ZUMBA w/Stacey	11:00 AM	\$8
	Hand & Foot Canasta	12:00 PM	\$5
	ACBL Sanctioned Bridge	12:00 PM	\$7
	Non-Sanctioned Bridge	12:00 PM	\$6
	Integrated Exercise Yoga/Qigong/Pilates w/Roma (Cancelled 8/12)	12:15 PM	\$8
	Raskins Jewelers - Cleaning & watch repair (8/19)	12:30 PM	Free
	Tai Chi & Qigong w/Roma (Cancelled 8/12)	1:30 PM	\$8
	Beginning Radical Rebounding w/Dr. Kimberley	2:15 PM	\$25
Intermediate Radical Rebounding w/Dr. Kimberley	3:00 PM	\$25	
TUESDAY	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
	Harmony Flow Tai Chi w/Joy - 30 minutes	10:00 AM	\$5
	Basic Beginner Line Dance w/CindyLou	10:00 AM	\$8
	Weights w/Balls & 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
	Center Connect (8/20)	11:30 AM	Free
	ACBL Sanctioned Bridge	12:00 PM	\$7
	Lunch & Learn w/Desert Fin. - 'Wealth Management' (8/27)	1:15 PM	Free
	Movin' w/June	1:30 PM	\$8
	Intermediate Line Dance w/Barb	3:00 PM	\$8
	Acrylic Pours w/Julia (8/27)	3:00 PM	\$15
	Senior Referral Network (8/20)	5:00 PM	Free
	Fox Trot Lesson w/Dawn	5:15 PM	\$8
	Swing w/Ronnie - Night Club Two-Step Basics & Beyond	6:30 PM	\$15/\$40
Intermediate W. Coast Swing w/Ronnie	7:30 PM	\$15/\$40	
Social Security Seminar (8/13)	6:00 PM	Free	
WEDNESDAY	Strength & Balance w/Joy	9:30 AM	\$9
	Zumba Gold w/Kay	10:15 AM	\$8
	Mat Pilates w/Denise	10:30 AM	\$8
	All Levels Yoga w/Katy	11:00 AM	\$9
	Intermediate Line Dance w/Diane	11:45 AM	\$8
	ACBL Sanctioned Bridge	12:00 PM	\$7
	AZ Territorial Society - "Who is Don Maguire?" (8/21)	1:00 PM	Free
	Zumba Toning Class w/Stacey	1:30 PM	\$8
	Beginning Radical Rebounding w/Dr. Kimberly	4:45 PM	\$25
	Intermediate Radical Rebounding w/Dr. Kimberly	5:30 PM	\$25
Social Security Seminar (8/21)	6:00 PM	Free	

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

Activities in BLUE are eligible for Silver Sneakers, Renew Active & Silver & Fit!

Activities in BLUE are eligible for Silver Sneakers, Renew Active & Silver & Fit!

Day	Program/Activity	AM/PM	Member Fee
THURSDAY	***Video Filming in The Center*** (8/1)		
	Strategic Network Partners	7:30 AM	Free
	Movin' W/June (Cancelled for August)	8:30 AM	\$8
	All Levels Yoga w/Katy	8:40 AM	\$9
	Lower Body w/Back & Core Strengthening w/Joy - 1hr	9:00 AM	\$9
	Balance Class 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 (8/8)	10:45 AM	Free
	BINGO - Games start at 1:30 pm, Doors open at Noon	12:00 PM	Per Game
	Chair Yoga w/Joy	12:00 PM	\$9
	Hand & Foot Canasta	12:00 PM	\$5
	American Mahjongg - Beginners Welcome	1:00 PM	\$5
	FRIDAY	ZUMBA Gold w/Kay (Center Closed on 8/30 - No Class)	10:15 AM
Intermediate Line Dance w/Diane (Center Closed on 8/30 - No Class)		10:30 AM	\$8
Balance & Stretch w/Katy (Center Closed on 8/30 - No Class)		11:15 AM	\$8
CASINO NIGHT from 5-9pm (8/23)		5:00 PM	\$50
SA/SU	Ronnie Dance (Saturday, 8/17)	6:30 PM	\$15
	Union Church Services (Sundays)	10:00 AM	Free

Attention Center Members!

We have had recent requests for the following activities:

- A Book Club Group
- A Model Car/Airplane Group
- A Pinochle Group
- A Writer's Club

If you're interested in joining, you can let Nancy know at the Front Desk, or give us a call at 928-778-3000.



Speaker Series at The Center

Programs are Free and start at 1:00 pm

Aug 21Who is Don Maguire

Sep 18Hauntings

Oct 16My Life at the Phantom Ranch

Nov 20Skull Valley

Monthly Advertising Rates for The Center's Newsletter

Small to Medium Ads

Business Card Size (2" x 3 1/2")\$50

Quarter Page (3 1/2" W x 4 1/4" H)\$75

Larger Ads

Half Page Vertical (3 1/2" x 8 1/4").....\$140

Half-Horizontal (7 1/4" x 4 1/4")\$140

Full Page Vertical (7 1/4" x 8 1/4")\$175

Flyer Insert Full Page (8 1/2" x 11") \$250

- Customer provides 700 copies to be inserted
- No cardstock, photo or heavy paper
- May be color or black & White
- May be one or two-sided
- Copies must be delivered to The Center by the 20th of each month



Join us for The Center Connect, an informative and engaging event where you can learn all about The Center! Whether you're a current member or considering joining, this is a perfect opportunity to discover more about our membership options, programs, and activities. Our team will be available to answer any questions you may have and provide insights into how you can get the most out of your experience with us. Don't miss this chance to connect with our community and explore everything The Center has to offer!

**Next Meeting:
August 20 at 11:30 AM**



Join us for the Senior Referral Network August 2024 Event!



Tuesday, August 20th, 2024 | 5:00pm-7:00pm

**The Center
1280 E Rosser Rd., Prescott, AZ 86301**

**Join us at the Senior Referral Network's August 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

(928) 227-8788
seniorreferralnetworknaz@gmail.com
seniorreferralnetwork.org

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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+



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What Do You Mean I Can't Hear? You're Just Mumbling!

One of the most common challenges for people is not being able to hear well or discern conversations well, such that it sounds like people are mumbling. Many people that come to our office are not sure if they have a hearing loss. They were often nudged by a spouse or friend to get a hearing test.

How Many People Are Affected by Hearing Loss?

Approximately **466 million people** throughout the world suffer hearing loss. This includes about 432 million adults and 34 million children. Here is a breakdown of percentages of adults who endure problems with their hearing:

- 30% of those over age 65
- 50% of those over age 75

"What Did You Say?"

One common factor is the inability to discern exactly what people are saying in conversations. The percentage of those who feel as though most people mumble is around the same as listed above.

Types of Hearing Loss

Medical research has discovered the following three different forms of hearing loss:

- Conductive loss concerns the outer or middle ear.
- Sensorineural loss involves the inner ear.

- Mixed loss is a combination of both conductive and sensorineural hearing loss.

More Symptoms of Hearing Impairment

The feeling that most people mumble has been discussed. Here are more indicators of possible hearing loss:

- Often requesting that people talk louder
- The need to turn up the volume of the radio or TV
- Problems discerning consonants
- Frequently asking people to repeat what they said
- Avoiding conversations
- Avoiding social events

Solutions for Hearing Problems

Simply removing blockage of wax buildup will sometimes reverse hearing difficulties. At times, surgery might be needed. The most common resolution for hearing loss and the feeling that people mumble is the use of hearing aids.

Let Hearing Specialist's Doug Dunker and Kim Kirk discuss with you the benefits of hearing aids. There are so many small and discreet hearing aids available today. Doug and Kim will apply the solution that fits both your hearing challenges and your style!

Call Prescott Hearing Center today at 928-460-4035

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



KIM



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

August 13.....6:00 pm
August 21.....6:00 pm
September 11....6:00 pm
September 17....6:00 pm

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




www.grandcanyonedu.com

Advertisers & Info

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CHRIS A. INMAN
Attorney at Law

Chris@InmanLawAZ.com



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fax (928) 492-1099 | Prescott, Arizona 86301

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

The Center Staff

Kathy McFadden - CEO
Nancy Barber - Admin Assistant II
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 - 12:00 pm
Saturday: By Event Sunday: Closed

Holiday Closure

**August 30 & September 3
for the Labor Day Holiday**

The Center

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