

# The Center Piece

September 2024



COMING SOON

**Pink Punkin'  
Acrylic Pour  
October 15**

**Fall Family  
Craft Fair  
October 18&19**

**Veteran's Day  
Luncheon  
November 8**

**Holiday  
Craft Fair  
December 13&14**

## Let Us Host Your Event!

Make The Center in beautiful Prescott the venue for your event! With elegant options, first class catering, and accommodations for groups up to 300, this is the perfect location for any celebration.

### SET UP OPTIONS

Theater ● Banquet ● Reception  
Half Round ● Classroom ● Card Tables

### RENTAL SELECTIONS

Ballroom ● Studio ● Activity Room  
Meeting Room ● Community Room

Call The Center and make your reservation!

928-778-3000



# From the CEO

## Become a GEM!

We are inviting our valued members to join our program called GEMs - those who **Give Every Month** in support of The Center.

### What are the benefits of becoming a monthly donor?

- ◆ You provide the stable, predictable base of support we can count on.
- ◆ You help us empower more adults to lead enriched lives than ever before.
- ◆ You make us more efficient and innovative.
- ◆ You get updates on your impact.
- ◆ It's convenient with just one form to fill out.

**Just \$5 or \$10 a month will make a huge impact!**

### Easy to donate!

Visit our website at [www.thecenteronrosser.org](http://www.thecenteronrosser.org), and you can make a gift on the Donate page, or you can download an application from the GEMs section on that page & make a gift at The Center.

**We appreciate you!**

*Kathy McFadden*



# Business Member News & Events



Choose from a variety of services-  
Drop in Visits, Meal Prep,  
Personal Care,  
Medication Reminder,  
Transportation, Pet care,  
Protective Oversight  
Two hour minimum shift required

**Angel Call**  
*A LA CARTE SERVICES*  
Meeting your specific needs  
...on your schedule



Free Social Security Seminars  
September 11 & 17  
6:00 pm at The Center

**SNP NAZ**  
strategic networking partners  
northern arizona

Lunch & Learn  
September 17  
Yavapai Title  
1235 E. Gurley St.



SENIOR  
REFERRAL  
NETWORK

Connecting Senior Service & Care Providers

**Next Meeting: November 12**

**2024 Business Members**

## Executive Platinum



## Platinum



Dignity Health.  
Yavapai Regional Medical Center

## Gold



## Silver

## Bronze



GRANITE GATE  
SENIOR LIVING



Connecting Senior Service & Care Providers

# September Art Fun at The Center



Bob Ross  
Painting Class w/Corinna  
9/13 from 10a-1p  
\$85



Acrylic Class w/Corinna  
9/14 from 10a-12p  
\$25



Acrylic Pours  
w/Julia  
9/24 from 3p-4p  
\$15



Mark your calendars for October, November & December!

**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](http://www.thecenteronrosser.org) on the Homepage under Events!

1280 E. Rosser Street | Prescott | 86301  
Questions? Call 928-778-3000 or send an email to Julia: [julia@adulthoodcenter.org](mailto:julia@adulthoodcenter.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.

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

**FREE ADMISSION!**



October is Breast Cancer Awareness Month!



# Pink Punkin' POUR

## October 15th

### 4:00-6:00pm

*RSVP by October 10. Space is limited - 928-778-3000*

*Wine & Appetizers will be served.*

## Join us at The Center!

1280 E. Rosser | Prescott, AZ | 86301

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



# \$20

All proceeds go to the National Breast  
Cancer Foundation.

# September Events & Activities

Day	Program/Activity	AM/PM	Members
<b>THE CENTER IS CLOSED FOR LABOR DAY ON 9/2 - NO CLASSES WILL BE HELD</b>			
<b>MONDAY</b>	Movin' w/June (Cancelled 9/2)	8:30 AM	\$8
	In the Middle Line Dance w/Cindy (Cancelled 9/2) (Eff. 9/23, all classes canceled)	9:30 AM	\$8
	Strength & Balance w/Joy (Cancelled 9/2)	9:30 AM	\$9
	ZUMBA w/Stacey (Cancelled 9/2)	11:00 AM	\$8
	Hand & Foot Canasta (Cancelled 9/2)	12:00 PM	\$5
	ACBL Sanctioned Bridge (Cancelled 9/2)	12:00 PM	\$7
	Non-Sanctioned Bridge (Cancelled 9/2)	12:00 PM	\$6
	Integrated Exercise Yoga/Qigong/Pilates w/Roma (Cancelled 9/2)	12:15 PM	\$8
	Raskins Jewelers - Cleaning & watch repair (9/16)	12:30 PM	Free
	Tai Chi & Qigong w/Roma (Cancelled 9/2)	1:30 PM	\$8
	Beginning Radical Rebounding w/Dr. Kimberley (Cancelled 9/2)	2:15 PM	\$25
	Intermediate Radical Rebounding w/Dr. Kimberley (Cancelled 9/2)	3:00 PM	\$25
<b>TUESDAY</b>	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
	ACBL Sanctioned Bridge	12:00 PM	\$7
	Lunch & Learn w/Desert Fin. - 'Wealth Management' (9/24)	1:15 PM	Free
	Movin' w/June	1:30 PM	\$8
	Intermediate Line Dance w/Barb	3:00 PM	\$8
	Acrylic Pours w/Julia (9/24)	3:00 PM	\$15
	Fox Trot Lesson w/Dawn (Cancelled 9/3)	5:15 PM	\$8
	Intermediate Night Club Two-Step w/Ronnie	6:30 PM	\$15/\$40
	Intermediate W. Coast Swing w/Ronnie	7:30 PM	\$15/\$40
Social Security Seminar (9/17)	6:00 PM	Free	
<b>WEDNESDAY</b>	Center Connect (9/25)	9:00 AM	Free
	Strength & Balance w/Joy (No Class 9/4)	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 (No Class 9/18)	11:00 AM	\$9
	ACBL Sanctioned Bridge	12:00 PM	\$7
	AZ Territorial Society - "Hauntings" (9/18)	1:00 PM	Free
	Zumba Toning Class w/Stacey (No Class 9/4 and 9/11)	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 (9/11)	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
THURSDAY	Strategic Network Partners	7:30 AM	Free
	Movin' W/June (Cancelled for the month of September)	8:30 AM	\$8
	All Levels Yoga w/Katy	8:40 AM	\$9
	Lower Body w/Back & Core Strengthening w/Joy - 1hr (In small room 9/26)	9:00 AM	\$9
	Balance Class w/Joy - 30 Minutes	10:00 AM	\$5
	Beginner Line Dance w/Sandi (Cancelled 9/19)	10:00 AM	\$6
	Tai Chi Chuan w/Bryan	10:30 AM	\$8
	Blood Pressure Checks (9/12)	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	Bob Ross Painting Class w/Corinna (9/13 from 10a-1p)	10:00 AM	\$85
	ZUMBA Gold w/Kay	10:15 AM	\$8
	Balance & Stretch w/Katy	11:15 AM	\$8
SA/SU	Acrylic Painting Class w/Corinna (Saturday 9/14 from 10a-12p)	10:00 AM	\$25
	Ronnie Dance (Saturday, 9/21)	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.

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

## BOOK CLUB



**New Book Club at The Center!**  
Meetings will be held on Tuesdays at 1:30 pm, with our introductory meeting on **September 10!**

If you'd like to join "The Page Turners" let Nancy know so you can be added to the group!

## Speaker Series at The Center

Programs are Free and start at 1:00 pm



**September 18**  
"Hauntings"

**October 16**  
"My Life at Phantom Ranch"

**November 20**  
"Skull Valley"



The Center's  
**WISH LIST**

**Classes & fitness Room**

Weights that weigh 5, 8 & 20 pounds

**Studio & Activity Room**

Window Blinds

**fall Craft fair**

Candy for Trick or Treating

Prizes for Costume Contest (Adult and Children)

**Holiday Craft fair**

Toys for Santa to give away

Raffle Items

**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.



Your donations and support will help The Center continue to offer classes and programs to our members who count on us daily for activities, events and quality social time!

Thank you so much from The Center & from The Community!



## Stock up on See's Candies Before the Holidays!



Nancy keeps an amazing assortment available to our members and visitors at the Front Desk at The Center! We also take custom orders that are delivered within one week! (Credit cards or cash accepted.)



**CONNECT**

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: September 25 at 9:00 am**





# Advertisers

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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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## 8 Rousing Reasons to Put a Hearing Test at the Top of Your "To-Do" List

No matter what your age, untreated hearing loss can take its toll. The catch is hearing loss is stealthy. It's usually hard to notice at first. In fact, it tends to come on so gradually that it tricks you.

To give you an extra push, here are eight reasons why you should get a hearing test today.

**1. It may help your pocketbook.** Research shows that middle-aged people with hearing loss have about a third more in health care payments than those without hearing loss. A study by the Better Hearing Institute shows that using hearing aids reduces the risk of income loss by 90 to 100 percent for those with milder hearing loss.

**2. Your mind may benefit.** Research shows a link between hearing loss and dementia, leading experts to believe that interventions, like hearing aids, could potentially delay or prevent dementia.

**3. It could boost your job performance.** Most hearing aid users in the workforce say it has helped their performance on the job.

**4. Life's challenges may not seem so intimidating.** Research shows people with hearing loss who use hearing aids are more likely to tackle problems actively.

**5. Your zest for life might get zestier.** Most people who use hearing aids say it has a positive effect on their relationships.

**6. It could protect you against the blues.** The Better Hearing Institute research shows that people with hearing loss who use hearing aids are less likely to feel down, depressed, or hopeless.

**7. You'll probably be more likely to get the drift.** Most people who use hearing aids say it helps their overall ability to communicate effectively in most situations.

**8. Your heart and health may benefit.** Cardiovascular and hearing health are linked. Hearing loss may signal or exacerbate other health conditions as well, including depression, sleep apnea, cognitive decline, and the risk of falling and hospitalization.

Do it for your health. Do it for your happiness. Call Prescott Hearing Center for a free hearing aid assessment.



**PRESCOTT**  
**Hearing Center**  
Simply better, from the start

928-899-8104 [www.prescottheating.com](http://www.prescottheating.com)  
3108 Clearwater Drive, Ste B2, Prescott, AZ 86305  
7762 E Florentine Rd, Ste D, Prescott Valley, AZ 86314



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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:

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

**September 11....6:00 pm**  
**September 17....6:00 pm**  
**October 9.....6:00 pm**  
**October 15.....6:00 pm**

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



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




# Advertisers & Info

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**Prescott, AZ 86305**

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

- Individualized Home Care Assistance Plans
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for a loved one?”**

Call for a free consultation

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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  
Tawnie Beraudo - Admin & Events  
Nancy Barber - Admin Assistant II  
Julia Rulla - Marketing & Communications  
Drew Barbareski - 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

Follow us 😊



### Hours

Monday - Thursday: 8:30 am - 5pm  
Friday - 8:30 am - 12:00 pm  
Saturday: By Event Sunday: Closed

### Holiday Closure

**Monday, September 2  
for the Labor Day Holiday**

### The Center

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

