



July 2026

The Center on Rosser

CONNECT • ENRICH • THRIVE



Community. Fun. Appreciation.

You Belong Here!

★ 4TH ANNUAL ★

FIRST RESPONDER

Lunch

WEDNESDAY, JULY 22

11AM - 2PM

JOIN US FOR A DELICIOUS BBQ LUNCH
for all of our local heroes!



DELIVERY AVAILABLE

For First Responders, Dispatch, etc.
Can't leave your station or workspace?
We'll bring lunch to you!

CALL TO SCHEDULE YOUR DELIVERY TODAY!

★ 928-778-3000 ★



THANK YOU
FOR YOUR SERVICE!

Last Splash SUMMER BASH

Saturday, July 25th 9am-2pm

JOIN US FOR A FUN FAMILY DAY!
SHOP, PLAY, SWEAT,
AND MAKE A SPLASH
BEFORE SUMMER ENDS!

VENDORS & CRAFTERS
SHOP LOCAL & SUPPORT ARTISANS!

FOOD & GAMES
FOOD TRUCKS, CAKE WALK, CONTESTS & MORE!

FITNESS WORKSHOPS
TRY A CLASS FROM OUR INSTRUCTORS!

FREE BACKPACKS
FOR THE FIRST 100 KIDS!

THANK YOU TO OUR SPONSORS!





From the CEO's Desk

FREEDOM ★ FAMILY ★ COMMUNITY

As we celebrate Independence Day this month, I find myself reflecting on what makes our country—and our community—so special. Freedom isn't just something we celebrate on the Fourth of July. It's found every day in neighbors helping neighbors, volunteers giving their time, and first responders who answer the call without hesitation.

At The Center, we are honored to serve a community that believes in taking care of one another. Whether someone walks through our doors looking for friendship, a meal, a class, or simply a smile, our goal is always the same—to make everyone feel like family.

This month, I hope you'll join us in celebrating the incredible men and women who serve our community at our **4th Annual First Responder Appreciation Lunch on July 22**. If you know a first responder, dispatcher, law enforcement officer, firefighter, EMS professional, or emergency staff member, please encourage them to attend—or let us deliver lunch directly to their station.

We're also collecting donations for the event, including food, drinks, snacks, and gift bag items, and as we prepare for our **Last Blast Summer Bash**, we're accepting new school supplies and backpacks to help local children start the school year with confidence. Every donation, large or small, makes a difference.

Before summer comes to an end, don't forget to RSVP for one of my favorite events of the year—our **Member Luau on August 10!** It's always an evening filled with laughter, delicious food, great friends, and wonderful memories. I hope to see many familiar faces there.

★ A Little Family Update ★

Our family took a little adventure this month, and while we made wonderful memories, I think the kids taught us far more than we taught them. They reminded us that life moves incredibly fast. That sometimes it's okay to slow down, laugh a little louder, hug a little longer, dance in the rain, and simply enjoy the people standing beside you.

Watching the world through a child's eyes has a way of changing your perspective.

I wish each of you a safe, happy, and meaningful Fourth of July.

With gratitude,

Kathy McFadden

Chief Executive Officer



Selena ♥

Selena continues to amaze us every single day. Her vocabulary seems to grow overnight, and she says some of the funniest, smartest things that leave us laughing. This month she celebrates a very special milestone—her **3rd birthday on July 19!**



Alora ♥

Alora is officially on the move! She is walking everywhere, singing throughout the house, and fills every room with joy. Her sweet personality shines brighter every day, and she's becoming quite the little entertainer.



AJ ♥

AJ has started crawling and now proudly sits up all by himself. You can see how proud he is every time he accomplishes something new, and we are loving every minute of watching him grow.

Become a GEM



One question I'm often asked is, *"How can I help The Center continue everything you do?"*

One of the easiest and most meaningful ways is by becoming a **GEM – Give Every Month** donor.



Unlike many organizations, The Center does not receive ongoing city or federal operating funding.

Every class, community event, volunteer program, and service we provide is made possible through memberships, donations, sponsors, rentals, grants, and generous people who believe in our mission.

Even a small monthly gift helps us continue serving thousands of community members throughout the year.



Together, we truly are building something special.

★ 4th Annual First Responder Appreciation Lunch ★

**Tuesday, July 22
11:00 AM – 2:00 PM**

Join us for BBQ lunch or call to request delivery to your station. Let us know how many lunches you need!

★ Last Blast Summer Bash ★

We're collecting NEW school supplies & backpacks for local kids. Help us send them back to school with confidence!

Accepting Donations!

BBQ items, snacks, drinks, gift bag items, and school supplies. Every donation makes a difference!





BECOME A GEM!



Give Every Month, Make a Difference.

YOU ARE THE HEART OF THE CENTER. 

Did You Know?



The Center is a
NONPROFIT ORGANIZATION.



We receive **NO CITY, STATE,
OR FEDERAL FUNDING.**



Everything we do is made possible through
**MEMBERSHIPS, CLASSES,
RENTALS, EVENTS—
AND GENEROUS DONORS
LIKE YOU!**

We Are More Than JUST CLASSES & ACTIVITIES.

The Center is a place where our community connects, friendships are built, health is improved, and lives are enriched every day.



CONNECTION



HEALTH &
WELLNESS



COMMUNITY
SUPPORT



PROGRAMS
FOR ALL AGES

Every person who walks through our doors matters—
and you help make that possible.

OUR IMPACT TOGETHER



Hundreds of individuals
served every day



Thousands more reached
through events, fairs, and
outreach programs



Ongoing support for
families, seniors, and
those in need



WHAT IS A GEM?



GEM = Give Every Month

- ✓ Provide a **STABLE, PREDICTABLE** foundation we can count on
- ✓ Help us **PLAN FOR THE FUTURE** and grow programs
- ✓ Allow us to be more **EFFICIENT, INNOVATIVE, AND IMPACTFUL**
- ✓ Receive **UPDATES** on how you're making a difference
- ✓ Join a community of members who are truly the **HEART OF THE CENTER**

Small Monthly Gifts = **BIG** Impact!

\$5

/MONTH

CONSISTENT
SUPPORT

\$10

/MONTH

EXPANDED
PROGRAMS

\$20

/MONTH

DEEPER COMMUNITY
IMPACT

Every dollar stays right here,
supporting **YOUR** community.



WHY IT MATTERS

Without funding... we can't operate.
Without support... we can't grow.
Without **YOU**...

The Center doesn't exist.

*Be Part of
Something Bigger.*



BECOME A GEM TODAY!
GIVE EVERY MONTH. MAKE A DIFFERENCE.



SIGN UP ONLINE
Visit our website and
join in just a few clicks.



STOP BY THE FRONT DESK
We're happy to help
you get started!



FILL OUT A QUICK FORM
Simple, flexible and
impactful.

Thank you for helping us strengthen our community—together! 



2026 BUSINESS MEMBERS & Community Connections

More Than a Center,
A Community!

Thank you to the businesses who support The Center
and help strengthen our community.

BUSINESS MEMBER NEWS & EVENTS



SOCIAL SECURITY SEMINARS

★
July 22 & July 28

Helping individuals and organizations
build a more financially secure future.



SENIOR
REFERRAL
NETWORK

Connecting Senior Services
& Care Providers

Next Taco Tuesday 

AUGUST 11, 2026

5:00pm – 7:00pm

at The Center

Senior Referral Network rents our space.
We are not affiliated with this event.



It's Rodeo time in Prescott!

Celebrate Independence Day week with the spirit of freedom,
indulge in mouthwatering BBQ brisket with all the trimmings,
served daily from noon to 8 p.m. at both casinos for just \$18.



On Saturday, July 4th, Table Games Fireworks Flare-Up
Hot Seats will award lucky players up to **\$150 in chips**
every hour from 3:30 p.m. to 11:30 p.m.



Slot players join the excitement with the
Pump Up the Cash drawings; winners spin the wheel
for a chance to win up to **\$2,000 in cash**.

Drawings take place on Saturdays in July,
6 p.m. at Yavapai Casino and 8 p.m. at Bucky's Casino.

Visit buckyscasino.com for details. Must be 21 or older.
Problem Gambling? Call 1-800-NEXT STEP.

★ THANK YOU TO OUR 2026 BUSINESS MEMBERS! ★

DIAMOND



EXECUTIVE PLATINUM



GOLD



SILVER



BRONZE





The Center is a place
where our Community Connects

★ 4TH ANNUAL ★ FIRST RESPONDER APPRECIATION BBQ



Thank You for Serving Our Community!



COME JOIN US
★ FOR ★
BBQ

WEDNESDAY, JULY 22

11:00 AM – 2:00 PM

Join us for a complimentary BBQ lunch
as our way of saying

thank you for your dedication and service.

DINE WITH US OR LET US COME TO YOU!

If your department is unable to attend in person,
we are happy to deliver lunches to your location.



**CALL THE CENTER
928-778-3000**

PLEASE LET US KNOW:

- How many lunches you would like delivered
- Your department/location
- A contact person and phone number

We will schedule a delivery time
that works best for your team.

Bunco ROYALE Fundraiser

FEELING LUCKY?
PRIZES!
50/50 RAFFLE
VENDORS

Join the Fun!
SNACKS
COCKTAILS
TREATS



**ROLL THE DICE AND
GET YOUR TICKETS TODAY!**



**SATURDAY,
AUGUST 22, 2026**



1:00PM – 4:00PM



THE CENTER
1280 E ROSSER ST. STE B
PRESCOTT, AZ 86301

\$30
IN ADVANCE

\$40
AT THE DOOR

GET YOUR TICKETS NOW! WWW.THECENTERONROSSER.ORG



Opportunities for sponsorships and in-kind donations are gratefully welcomed
to help make this event successful! Call The Center at **928-778-3000**

*Thank you for
supporting our community!*



SELF-DEFENSE WORKSHOP



1ST TUESDAY OF EACH MONTH FROM 4-5:30PM



DON'T BE A VICTIM!

- ✓ Practice a state of awareness and flexible thinking
- ✓ Learn some simple self-defense techniques
- ✓ Protective personal items will be available for purchase: stun rings, pepper spray, and keychains



AWARENESS



AVOIDANCE



DE-ESCALATION



POSITION



DEFEND



ESCAPE



PRESENTED BY:

RAFAEL MERLE

— 10TH DEGREE BLACK BELT —



COST: FREE FOR STANDARD AND PREMIUM MEMBERS / BASIC MEMBERS \$3 / NON-MEMBERS \$15

Benefits of GARDENING WITH NATIVE PLANTS



FREE WORKSHOP ON
FRIDAY, JULY 17TH FROM 12-1PM



If you love to garden but don't have the time or energy, then gardening with native plants is for you!

Transform your garden into a haven for birds, bees, and butterflies, while conserving water, eliminating the use of toxins, restoring soil health, supporting native pollinators, and reducing your garden workload. There are many physical, psychological, and ecological benefits to this gardening strategy.

BENEFITS INCLUDE:



Conserves Water



Eliminates Toxins



Restores Soil Health



Supports Native Pollinators



Reduces Garden Workload



Physical, Psychological & Ecological Benefits



A deeply nourishing experience to calm the mind, open the heart, and restore energetic balance.

JOIN US FOR

SOUND HEALING & GUIDED MEDITATION

— Rest. Reset. Realign. —



WEDNESDAY
JULY 29, 2026



6:30PM – 8:00PM

Through soothing sound vibrations and guided meditation, you'll be invited to release stress, reconnect with your inner wisdom, and align with a sense of peace and clarity.



Reduce stress and anxiety



Improve sleep and relaxation



Release tension and energetic blockages



Reconnect with your inner peace and clarity

HOSTED BY

JOY TRAVERS & MARNIE KIYONAGA

(928) 642-4002

COST: \$44

BRING A YOGA MAT, PILLOW, BLANKET AND WATER.



HELD AT:
The Center
1280 E Rosser St., Ste B
Prescott, AZ 86301

SPACE IS LIMITED –
RESERVE YOUR SPOT TODAY!



THE CENTER
ON ROSSER

More Than A Center, A Community

Dancing at The Center

..... ★ Join us for fun, connection, and great dances! ★



FRIDAY NIGHT BALLROOM DANCE

FRIDAY, JULY 10

Come for the lesson, stay for the dance! ♥



Salsa Lesson
6:30pm



Dance
7:30pm

\$15
PER
PERSON



BETH'S LINE DANCE

SATURDAY, JULY 11



6:30 – 9:00pm

\$12 PER PERSON

\$10 with pre-purchase at
www.thecenteronrosser.org

\$5 for 17 & under
Welcome to bring
snacks and drinks!



RONNIE'S DANCE PARTY

WITH RONNIE

SATURDAY, JULY 18

Great music, great people, great time! ♥



Lesson
6:30pm



Open Dance
7:15pm

\$15
PER
PERSON



UPCOMING DATES



FRIDAY NIGHT BALLROOM DANCE

- August 14
- September 11



BETH'S LINE DANCE

- August 8
- September 12



RONNIE'S DANCE PARTY WITH RONNIE

- August 15
- September 19



1280 E. Rosser Street
Prescott, AZ 86301



928-778-3000



www.thecenteronrosser.org





The Center JULY ACTIVITIES

★ CLOSED JULY 5TH – INDEPENDENCE DAY ★

★ MONDAY ★		
ACTIVITY	TIME	PRICE
Movin' w/June	8:30 AM	\$8
In the Middle Line Dance w/Cindy <i>Cancelled July 6</i>	9:30 AM	\$8
Strength & Balance w/Joy	9:30 AM	\$9
BINGO Doors open at Noon Games start at 1:30 PM		
Hand & Foot Canasta	12:00 PM	\$5
ACBL Bridge	12:00 PM	\$8
Non Sanctioned Bridge	12:00 PM	\$8
Integrated Exercise Yoga/ Qigong/Pilates w/Roma	12:15 PM	\$8
Raskings Jewelry 7/13	12:30 PM	Free
Tai Chi & Qigong w/Roma	1:30 PM	\$8

★ TUESDAY ★		
ACTIVITY	TIME	PRICE
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 <i>Cancelled July 7</i>	10:00 AM	\$8
Weights & Balls on Chair w/Katy Kolasa	10:00 AM	\$9
Cribbage	10:00 AM	\$5
Tai Chi Chuan w/Bryan	10:30 AM	\$8
Full Body Fitness—Latin Dance Based Exercise— w/Juana (Starts 7/14)	11:30 AM	\$7
ACBL Sanctioned Bridge	12:00 PM	\$8
Intermediate Line Dance w/Barb	3:00 PM	\$8
Self Defense Class — 7/7	4:00 PM	\$3
Beginning Cha Cha w/Ronnie	6:30 PM	\$15
Intermediate West Coast Swing w/Ronnie	7:30 PM	\$15

★ WEDNESDAY ★		
ACTIVITY	TIME	PRICE
Strength & Balance w/Joy	9:30 AM	\$9
Tai Chi w/ Larry - 42 Combination Form <i>Cancelled July 8 & 15</i>	10:15 AM	\$8
Grief Support Group	10:30 AM	Free
All Levels Yoga w/Katy	11:00 AM	\$9
Zumba with Kay	11:30 AM	\$8
ACBL Sanctioned Bridge	12:00 PM	\$8
Full Body Fitness - Latin Dance Based Exercise w/Juana	4:30 PM	\$7
Beginning Line Dancing - Beth Raber - \$10 Per Person	6:00 PM	\$10
Intermediate Line Dancing - Beth Raber - \$10 Per Person	7:00 PM	\$10
Sound Bath Healing Workshop w/Joy July 29	6:30 PM	\$44


 Activities in **BLUE** are **FREE** and part of our Fitness Program for Standard and Premium Members.
 Non-Member price for activities starts at \$15.
 



The Center JULY ACTIVITIES SCHEDULE



★ CLOSED JULY 5TH — INDEPENDENCE DAY ★

★ THURSDAY ★

Program/Activity	AM/PM	Members
Movin' w/June	9:00 AM	\$8
All Levels Yoga w/Katy	8:40 AM	Free
Strength & Balance w/Joy - 1hr	9:00 AM	Free
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
Hand & Foot Canasta	12:00 PM	\$5
Bingo <i>Doors open at Noon</i>	12:00 PM	per card
American Mahjongg — Beginners Welcome	1:00 PM	\$5
Tai Chi w/Larry - Yang Style— Form or 42 Combination Form <i>Cancelled July 9 & 16</i>	4:00 PM	\$8

★ FRIDAY & SPECIAL EVENTS ★

Program/Activity	AM/PM	Members
Mind-Body Reset Walk—Meet at Front Desk (Free to Standard and Premium)	9:30 AM	\$3
Gentle Chair Stretch — (Free to Standard and Premium)	11:00 AM	\$3
Zumba with Kay	11:30 AM	\$8
Creative Doodling— (Free to Standard and Premium)	12:00 PM	\$3
Grief Support Group <i>Starting July 17</i>	12:30 PM	Free
Benefits of Gardening with Native Plants	12:00 PM	Free
Friday Night Ballroom Dance w/Paul Jack — 7/10	6:30 PM	\$15

★ SATURDAY SPECIAL EVENTS ★

Program/Activity	AM/PM	Members
Line Dance Social with Beth Raber— 7/11	6:30 PM	\$10
Saturday Night Dance with Ronnie - 7/18	6:30 PM	\$15

★ SUNDAY ★

Program/Activity	AM/PM	Members
Union Church Services (Sundays)	10:00 AM	Free



Activities in **BLUE** are **FREE** and part of our Fitness Program
for Standard and Premium Members.
Non-Member price for activities starts at \$15.



B I N G O

MONDAYS & THURSDAYS

DOORS OPEN AT NOON

GAMES START AT 1:30 PM

LAST SPLASH Summer Bash!

FUN • COMMUNITY • HEALTH • CONNECTION

WORKSHOPS YOU WON'T WANT TO MISS!

9:15 AM –
9:45 AM



Ten Strategies for Healthy Longevity
with June Mann

10:00 AM –
10:30 AM



Intro to Tai Chi for Health & Wellness
with Larry Bates

11:30 AM –
12:00 PM



Intro to Gentle Chair Stretch
with Janice

12:15 PM –
12:45 PM



Creative Calm & Doodle Destress
with Janice

1:00 PM –
1:30 PM



The Benefits of Grief Support Groups
with Barbara

*Learn,
Connect &
Feel Good!*

Member Luau!

JOIN US FOR A TROPICAL CELEBRATION!

SUNDAY, AUGUST 10TH

4:00 PM – 7:00 PM

FREE
to Members of The Center
with donation of:



Item for Kids Closet



Candy for Fall Fair



Money Donation

\$15
for Non-Members
Cash Bar

The Center
ON ROSSER

1280 E. Rosser St., Ste. B
Prescott, AZ 86301



928-778-3000



thecenteronrosser.org



Prescott Bridge in the Pines

NLM REGIONAL & OPEN SECTIONAL

August 28-30, 2026

Sanction# 2608334 • 2608121 Unit# 355 District# 17



The Center

1280 E. Rosser Street | Prescott, AZ 86301
928.778.3000 | www.thecenteronrosser.org



Friday, August 28

- 10 am & 3:00 pmNLM Gold Rush stratified pairs (Gold/Red) Two Sessions
- 10 am & 3:00 pmSectional stratified open pairs (Silver) Single Session
- 10 am & 3:00 pmSwiss Teams (Silver) Two Sessions

Saturday, August 29

- 10 am & 3:00 pmNLM Gold Rush stratified pairs (Gold/Red) Two Sessions
- 10 am & 3:00 pmSectional stratified open pairs (Silver) Single Session
- 10 am & 3:00 pmSwiss Teams (Silver) Two Sessions

Sunday, August 30

- 10 am & TBANLM Gold Rush Swiss Teams (Gold/Red) Two Sessions
- A=500-750; B=300-500; C=0-300
- Sectional Swiss Teams (Silver) Two Sessions
- A=2,500+; B=750-2,500; C=0-750

*Sunday Lunch Provided With Team Entry**



STRATIFICATIONS

Open Pairs:
A=2,500+; B=750-2,500;
C=0-750

Gold Rush Pairs:
0-750 (NLM): A=500-750;
B=300-500; C=0-300



AMPLE FREE PARKING

FREE COFFEE & SNACKS DAILY
FREE LECTURES FRIDAY



DIRECTOR IN CHARGE:

Ken Horwedel

TOURNAMENT CHAIR:

Mike Fogel
watfoa@outlook.com



PARTNERSHIP:

Bob MacNeal
silverlin20158@gmail.com

TOURNAMENT COORDINATOR:

Kathy McFadden
kmcfadden@adulcenter.org
I/N REPRESENTATIVE: Bill Phillips
sphergs0000@gmail.com

ZERO TOLERANCE • SMOKE AND FRAGRANCE FREE



ONE DAY EVENT ALL THINGS PET!

PETAPALOOZA

A FAMILY FRIENDLY DAY FOR THE COMMUNITY!



SEPTEMBER 12TH
10:00 AM - 3:00 PM



Join us for a tail-wagging good time!
Visit vendors, watch demos,
enjoy delicious treats, and
have fun with all things
pet related!!



PET PARADE
Show off your
furry friend!



VENDORS
Shop products &
services for
your pets!



DELICIOUS TREATS
Food, treats &
refreshments!



DEMOS & ACTIVITIES
Fun for pets and
people of all ages!



PET ADOPTIONS
Find your new
best friend!



VENDOR SPOTS AVAILABLE!

Reserve your spot today and be
part of this amazing community event!

**ACTIVITY ROOM SPOTS WILL BE OPENED
WHEN STUDIO SPOTS ARE FULL.**

Monday	Tuesday	Wednesday	Thursday	Friday
	MEALS on WHEELS PRESCOTT	<u>Wednesday July 1</u> CANDIED HAM Butternut Squash, Rice Pilaf, Sauteed Greens, Apricots	<u>Thursday July 2</u> ALL BEEF HOTDOGS Whole Wheat Bun, Baked Beans, Corn Medley, Slaw, Fruit Salad, Apple Pie	<u>Friday July 3</u> CLOSED INDEPENDENCE DAY WEEKEND
<u>Monday July 6</u> ROASTED CHICKEN BREAST Bacon Chutney, Garlic Mashed Potatoes, Broccoli Florets, Sliced Apples	<u>Tuesday July 7</u> BRAISED BEEF Roasted Potatoes, Carrots, Celery, Onion, Whole Grain Biscuit, Tropical Fruit	<u>Wednesday July 8</u> TURKEY POTATO CASSEROLE Peas, Carrots, Herbed Stuffing, Strawberries	<u>Thursday July 9</u> ITALIAN MELT Sliced Ham, Salami, Cheese, Whole Grain Bread, Broccoli Salad, Balsamic Tomatoes, Grapes	<u>Friday July 10</u> CHICKEN SALAD SANDWICH Celery, Onion, Whole Wheat Pita Bread, Three Bean Salad, Sweet Potato Chips, Melon
<u>Monday July 13</u> SAUSAGE AND PEPPERS Pork Sausage, Onions, Mushrooms, Whole Grain Bun, Oven Fries, Peaches	<u>Tuesday July 14</u> TACO CASSEROLE Ground Beef, Corn Tortillas, Cheese, Pinto Beans, Stewed Tomatoes, Grapes and Oranges	<u>Wednesday July 15</u> VEGGIE ALFREDO LASAGNA Stewed Balsamic Tomatoes, Garlic Bread, Pears	<u>Thursday July 16</u> CURRIED CHICKEN Stir Fried Veggies, Whole Wheat Couscous, Pita Bread, Pineapple	<u>Friday July 17</u> HERB CRUSTED FISH Broccoli and Cauliflower Medley, Carrot and Celery Sticks with Ranch, Mixed Berries
<u>Monday July 20</u> CHICKEN STRIPS Roasted Sweet Potatoes, Green Bean Medley, Applesauce	<u>Tuesday July 21</u> TURKEY BURGERS Lettuce, Tomato, Onion, Cheese, Whole Grain Bun, Oven Fries, Sliced Apples	<u>Wednesday July 22</u> ROASTED VEGETABLE GNOCCHI Tomatoes, Zucchini, Red Onion, Basil, Garlic Toast, Fruit Salad	<u>Thursday July 23</u> BEEF TACOS Flour Tortillas, Lettuce, Tomato, Cheese, Salsa, Mexican Rice, Cilantro Veggies, Bananas	<u>Friday July 24</u> ASIAN CHICKEN SALAD Mixed Greens, Cabbage, Green Onion, Mandarin Oranges, Sesame Dressing, Marinated Cucumber Salad, Pears
<u>Monday July 27</u> PASTA AND MEATBALLS Marinara, Parmesan, Zucchini Medley, Garlic Breadsticks, Strawberries and Cream	<u>Tuesday July 28</u> BONELESS PORK CHOPS Herbed Gravy, Roasted Potatoes, Peas and Carrots, Peaches and Oranges	<u>Wednesday July 29</u> BEEF AND BROCCOLI Steamed Rice, Asian Style Veggies, Fruit Salad	<u>Thursday July 30</u> RED CHILI CHEESE ENCHILADAS Black Beans, Lettuce, Tomatoes, Zucchini and Corn Medley, Sliced Oranges	<u>Friday July 31</u> CLUB SANDWICH Turkey, Ham, Cheese, Lettuce, Tomato, Whole Wheat Bread, Cabbage and Kale Slaw, Mixed Berries

Services are funded by the Older Americans Act, SSBG funds and the State of Arizona. Funding is allocated on a regional basis from the Arizona Department of Economic Security, Division of Aging and Adult Services (DAAS) to Area Assistance and alternate forms of communication are available upon request under Titles VI and VII of the Civil Rights Act of 1964 (Title VI and VII) and the Americans with Disabilities Act of 1990 (ADA) Section 504 of the Rehabilitation Act of 1973 and the Age Discrimination Act of 1975. NACOG Aging prohibits discrimination in admission programs, services, activities or employment based on race, color, accommodation to allow a person with a disability to take part in Agencies on Aging. Eligibility for programs: Seniors or adults with disabilities. Additional requirements may vary by program. Client contributions are encouraged and are vital for continuation of the programs.

JULY 2026



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

All Seminars at 6:00 pm

**July 22 & 28
August 12 & 18**



www.grandcanyonedu.com



Glenn Berkley

14747 Northsight Blvd
Ste. 111-404
Scottsdale, AZ 85260

Berkley Medicare
Insurance, LLC

Cell(602) 451-0266
glennberkley1@gmail.com
facebook.com/gberkleyagentaz

MISS KITTY'S CAT HOUSE

"New and Used Kittens and Cats
For Loving, Forever Homes"



928-445-5411

misskittyscathouse.com

302 North Alarcon Street - Prescott, AZ 86301



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

LOCALLY OWNED

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



Assisteeo Hospice

Your Hometown Hospice Care



Marla Stiles

Director of Transitional Care

928.277.1345



assisteeohealth.com



facebook.com/AssisteeoHealth



We're in your corner.

People today can spend nearly half their lives over the age of 50. That's a lot of living. So, it helps to have a wise friend and fierce defender like AARP in your community.

Find us at aarp.org/az.

f /aarparizona

t @AZ_AARP



Vicki Holmes
Community Outreach Specialist
928.830.4744
vicki.holmes@devoted.com
www.devoted.com

Susan Drysdale, PhD

Specializing in Grief, Transition, and Loss Issues

Other areas of expertise:

*Depression, Anxiety, Relationship problems, Medical issues,
Addictions, Senior Citizen issues, Stress-related symptoms*

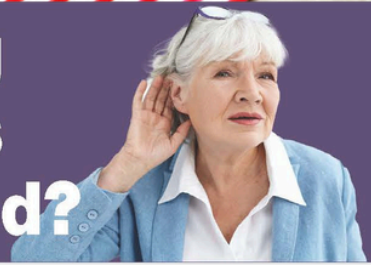
drsusandrysdale@gmail.com

www.drsusandrysdale.com

631-681-6717

Serving Prescott, Arizona

Can Hearing Loss Always Be Prevented?



The simple answer is no. Hearing loss cannot always be prevented because there are different reasons why a person may lose some of their hearing. Sometimes it just comes with the aging process and sometimes there are other factors that cause hearing loss.

If you want to be pro-active with your hearing health, there are things you can do to help ensure you are taking the best precautionary measures against losing your hearing.

- Limit your exposure to loud noises. Using ear protection is a MUST if you work in a noisy environment or plan on attending a loud event, like a concert. Remember to give your ears a break and walk away from loud noises.

- Living a healthy lifestyle. Diet and exercise can play a key role with your hearing. As with any recommended healthy diet, stay away from the high fatty foods, excess sugars, sodium,

etc. and get yourself on a regular exercise plan. Yes, Diabetes is known to contribute to hearing loss.

- It's time to kick the smoking habit. Smoking and exposure to secondhand smoke can have a big impact on a person's hearing health. Smoking is known to not only contribute to poor health, but also hearing loss.

Just like getting an annual physical from your doctor is an important safeguard for your overall health, getting an annual hearing test will help you monitor any changes with your hearing. Give Prescott Hearing Center a call to schedule your next hearing exam. We are here to help you with all your hearing healthcare needs.



PRESCOTT
Hearing Center
Simply better, from the start.

928-899-8104 www.prescotthe hearing.com

3108 Clearwater Drive, Ste B2, Prescott, AZ 86305

7762 E Florentine Rd, Ste D, Prescott Valley, AZ 86314



DOUG



PAULA



Host Your Next Event

AT THE CENTER!

Our beautiful, flexible spaces are perfect for any occasion.

WEDDINGS ★ RECEPTIONS ★ MEETINGS ★ BIRTHDAY PARTIES
CLASSES ★ SEMINARS ★ AND MORE!



More Than A Center,
A Community ♥



CELEBRATIONS & RECEPTIONS



MEETINGS & SEMINARS



CLASSES & SOCIAL GATHERINGS



AFFORDABLE RATES ★ FLEXIBLE SETUPS ★ FRIENDLY STAFF

Whether it's an intimate gathering or a large celebration,
The Center has the perfect space to make your event memorable.

Book Your Date
TODAY!



Call **928-778-3000** or visit www.thecenteronrosser.org
to check availability and schedule a tour!

THE CENTER STAFF

- ★ Kathy McFadden – CEO
- ★ Drew Barbaresi – Sr. Facilities & Events
- ★ Michelle Brien – Program and Volunteer Coordinator
- ★ Ariana Seim – Admin. Assistant
- ★ Julie Holler – Development and Programs Assistant

★ **MONTHLY BOARD MEETINGS** ★
3rd Wednesday 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
- ★ Sharon Tom – Member
- ★ Kathy Henry – Member

HOURS

- ★ Monday – Thursday:
8:30 am – 4:00 pm
- ★ Friday: 8:30 am – 2:00 pm
- ★ Saturday: By Event
- ★ Sunday: Closed

The Center

1280 E. Rosser Street
Prescott, AZ 86301

928-778-3000

www.thecenteronrosser.org

★ FOLLOW US! ★



@thecenteronrosser

★ SCHOOL SUPPLY DRIVE ★

HELP LOCAL STUDENTS START THE YEAR READY TO LEARN!

We are collecting new school supplies for children in need in our community.
All donations will be distributed to local students before the start of the school year.

MOST NEEDED ITEMS:

- ★ Backpacks
- ★ Notebooks
- ★ Pencils
- ★ Pens
- ★ Crayons
- ★ Colored Pencils
- ★ Markers
- ★ Highlighters
- ★ Glue Sticks
- ★ Scissors
- ★ Folders w/ Pockets
- ★ Erasers
- ★ Pencil Boxes/Pouches
- ★ Loose Leaf Paper
- ★ Hand Sanitizer
- ★ Kleenex

★ ♥ ★
WAYS TO DONATE:
Drop off donations
at The Center
now through
August 8, 2026

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