ADULT (50+)

MONDAY - FRIDAY
8:00 a.m. - 4:30 p.m.
(520) 421-8760

Dorothy Powell Senior Adult Center
405 E. 6th St.
Casa Grande, AZ 85122

WELCOME

Dorothy Powell Senior Adult Center provides area residents the opportunity to experience recreational, cultural and educational programming in a friendly atmosphere. Dorothy Powell Senior Adult Center is open to individuals 50 years of age or older. Tours and an explanation of our programs is available during our normal operating hours.

All Senior Center participants are required to have a Participant Information Card on file. Once on file, participants will be issued a participant usage card which will be used to scan in upon visiting. Most programs are offered free of charge unless otherwise indicated.

GENERAL

CACTUS CHRONICLE
The Cactus Chronicle is a monthly publication distributed by the Dorothy Powell Senior Adult Center and the City of Casa Grande Community Services Department. The Cactus Chronicle provides details on all activities, classes, and community events offered through the center. The Cactus Chronicle is available at the Dorothy Powell Senior Adult Center at the beginning of each month. For an annual fee of $12.00, you can be placed on our mailing list.

GIFT SHOP
The Gift Shop is located in the lobby of the Dorothy Powell Senior Adult Center. There are a variety of items that have been made or donated for purchase. All proceeds go toward funding of future Senior Center activities. Donations are always appreciated.

When: Monday - Friday Time: 9:30 – 11:30 a.m.
Fee: Varies

SENIOR COMMITTEE
The Senior Committee serves as a liaison between patrons of the Dorothy Powell Senior Adult Center and staff. The committee plans activities and fundraisers throughout the year. The meeting is open to anyone who would like to attend.

When: 1st Monday of the month (August – April)
Time: 10:00 a.m.

SENIOR MEALS

LUNCH PROGRAM
Nutritious lunches available. Menus are available at the beginning of each month. Reservations must be made in person one week in advance. Meals prepared by Isaac Davis.

When: Monday - Friday
Time: 11:30 a.m. - Noon
Fee: $4.00 (Sugg. Donation – 60+)
$6.00 (Under 60)

MEALS ON WHEELS (HOME DELIVERED MEALS)
The Senior Center provides home-delivered meals to home bound individuals. For more information on receiving meals, contact Pinal-Gila Council for Senior Citizens In Take line at (520) 424-2800.

TRANSPORTATION

MINI-BUS TRANSPORTATION
Transportation for individuals 50 years of age or older is available to and from the Dorothy Powell Senior Center. Transportation is also available for those 18 years of age or older with a disability (proof of disability required). Rides are available to and from doctor appointments, shopping trips, etc. Transportation is scheduled on a first come, first served basis. Advanced reservations are accepted and recommended. The transportation vehicle is ADA accessible. Transportation is only provided within City limits.

Age Criteria	Fee
Adults 60+	Donation Based
Adults 50-59	$3 (one way)
Disabled Adults 18+	$3 (one way)

The Senior Meals and transportation programs are a collaborative effort funded by Pinal-Gila Council for Senior Citizens – Area Agency on Aging, United Way of Pinal County, Older Americans Act, and the City of Casa Grande.

RIDER ASSISTANCE PROGRAM (RAP)
Mileage Reimbursement is a program for Casa Grande residents who are 60 years of age or older or 18 years of age or older with a disability (proof of disability required) who rely on relatives, friends, or neighbors for transportation. Mileage is paid to the RAP participant at 50 cents per mile for the purpose of reimbursing their chosen driver for providing transportation services. RAP does not provide drivers. Approved RAP travel within Casa Grande will be reimbursed with a maximum of 300 miles for individuals and 400 miles for married couples per calendar month. Out of town travel must be pre-approved and is only authorized for medical reasons.

The Rider Assistance Program is a collaborative effort funded by the State of Arizona LTAF II and the City of Casa Grande. Continuance of the program is dependent upon future funding.

** Under the Americans with Disabilities Act, the City of Casa Grande must make a reasonable accommodation to allow a person with a disability to take part in any program, service or activity.*

ADULT (50+)

ACTIVITIES

BILLIARDS
The table is available on a first-come, first-served basis. Equipment is available. Please sign up at the front desk.
When: Monday - Friday
Time: 8:00 a.m. – 4:30 p.m. (2 hour per day time limit)

BINGO
Held most Fridays, immediately after lunch. Games vary. Donation of prizes always welcome!
When: Friday's Time: 12:30 - 1:30 p.m.

BRIDGE
Stop in and play of friendly game of Bridge. Everyone is welcome.
When: Monday's Time: 12:30 - 4:00 p.m.

CARD PARTY
Come on down to the center for a game of cards. Games vary from day to day including: Pinochle, Mexican Train Dominoes and more.
When: Monday's & Friday's Time: Noon - 4:30 p.m.

COFFEE HOUR
Join us each week for coffee and doughnuts. Meet others who live in the area or are here visiting. Talk about where you've been, where you're going and why you are here, as well as keep up on the latest current events both local and nationwide.
When: Tuesday's Time: 9:00 - 10:00 a.m.

COMPUTER LAB
Equipment available, sign up is required. Internet is available. Classes are offered through the season based on volunteer availability. Check the Cactus Chronicle for updated information.
When: Monday - Friday Time: 8:30 a.m. - 4:00 p.m.

FRIDAY BREAKFAST
Join us for a delicious breakfast! The menu varies each month but may include pancakes, eggs, bacon, sausage, biscuits and gravy, french toast, fried potatoes, juice and/or coffee. All proceeds benefit the Senior Meals and Transportation program.
When: 2nd & 4th Friday of the month (Sept. - March)
Time: 7:30 - 9:30 a.m.
Fee: $4.00 (Dine In) / $4.50 (To Go)

SENIOR HANDS & CARING HEARTS CRAFT CLUB
The craft group works on a variety of crafts each week. Crafts made are used for various center decorations and community outreach projects. Donation of supplies are always appreciated.
When: Tuesday's Time: 9:30 - 11:00 a.m.

SENIOR CINEMA THURSDAYS
Join us for an afternoon movie, and enjoy free popcorn and refreshments. Movies vary each month.
When: 1st & 3rd Wednesday of the month
Time: 2:00 - 4:00 p.m.

SHUFFLEBOARD
The table is available on a first-come, first-served basis. Equipment is available. Please sign up at the front desk.
When: Monday - Friday
Time: 8:00 a.m. - 4:30 p.m.

SUNDAY SOCIAL
All Casa Grande Valley Area Senior Adults are invited to join other participants for a social gathering. You must sign up in advance and bring a dish to share that will serve eight.
When: 3rd Sunday of the month
Time: 1:00 - 3:00 p.m.

YES WII CAN
Video games aren't just for the young, but for those 'young at heart.' Join us for a fun interactive bowling experience. Dress comfortably and wear walking shoes. Staff will be available upon request.
When: Wednesday's Time: 1:00 – 2:30 p.m.

EDUCATIONAL

ALZHEIMER SUPPORT GROUP
Open to caregivers of anyone suffering from dementia. The group meets to discuss immediate concerns and coping strategies; educate family members of newly diagnosed persons; provide emotional support for the caregiver; and provide a networking opportunity for local resources on Alzheimer's.
When: 4th Wednesday of the month
Time: 1:00 – 3:00 p.m.

BLOOD PRESSURE CHECKS
Blood pressure checks will be available each month on various Tuesday mornings. Please call or stop by for specific dates.
When: 1st Tuesday of the month
Time: 9:30 – 11:30 a.m.

BOOK EXCHANGE
Bring in books to share and take some from our collection/exchange.
When: 1st Tuesday of the month
Time: 9:00 a.m. - Noon

LEGAL ASSISTANCE
A paralegal from Pinal Gila Council for Senior Citizens is available once a month (days vary). Appointments are taken on a first-come, first-served basis. Please call or stop by for specific days and/or to make an appointment.

SPEAKER SERIES
CASA GRANDE VALLEY HISTORICAL SOCIETY
Join us as we welcome the Casa Grande Valley Historical Society. Each month a different topic will be chosen and topics are focused on the history of Casa Grande.
When: 3rd Wednesday of the month (Dec. - April)
Time: 2:00 - 3:00 p.m.

FITNESS & WELLNESS

FITNESS EQUIPMENT
Treadmills, free weights, exercise bicycles, ellipticals, and a universal strength training machine are available. Sign in and proper shoes are required. If you are a first time user and would like an orientation, please see the front desk staff upon arrival. For additional times, please call or stop by to ensure equipment is available for use.
When: Monday/Wednesday/Friday
Time: 10:00 a.m. - Noon
When: Tuesday and Thursday
Time: 9:00 a.m. - Noon & 1:00 - 4:00 p.m.

FITNESS & WELLNESS (CONT.)

LAUGHTER YOGA
Come laugh with us for no reason! We don't use jokes or comedy. We laugh in a group as a form of exercise, and with eye contact, the laughter quickly becomes contagious! Laughter Yoga combines laughter exercises with the deep breathing and deep relaxation of yoga. Laughter Yoga is led by Theresa Wheeding from At Home Solutions.
When: Last Thursday of the month
Time: 10:00 - 10:45 a.m.

NUTRITION PRESENTATION
Join us for a free monthly nutrition presentation on the first Thursday of every month. Each month a different topic is chosen and topics are focused on nutrition for seniors. Presenter: Theresa Wheeding from At Home Solutions.
When: Last Thursday of the month
Time: 11:30 a.m. - Noon

BODY MASS INDEX
Screenings offer particiapnts the opportunity to check their body fat and water retention — two very important factors in maintaining a good health.
When: 1st Wednesday of the month
Time: 9:00 a.m. - 10:00 a.m.

SENIOR CHAIR EXERCISE
This program is for seniors of all physical ability levels. It involves exercises that increase flexibility (stretching), muscle strength (light weights), and vascular conditioning (movement).
When: Monday's, Wednesday's, Friday's
Time: 9:00 – 10:00 a.m.

SPECIAL INTEREST CLASSES

CERAMICS
We offer an ongoing open ceramics program in the Peart Center Activity Room. Our Ceramics program has a variety of molds to pour at a reasonable cost. The public, if experienced in pouring procedures, are invited to use the facilities during open ceramic hours. All ceramic hobbyists are welcome. Assistance will be available if you have questions. Please see the instructor for questions on costs.
When: Tuesday's, Wednesday's, Thursday's
Time: 8:00 a.m. – 2:00 p.m. Fee: Varies

INFORMAL ART GROUP
Artists, beginner or intermediate levels are welcome to stop by and meet other artists and exchange ideas. Work on your own personal projects or learn something new. This is a great way to meet others that share your hobby as well as broaden your knowledge. Supplies not provided.
When: Monday's Time: 1:30 - 4:00 p.m.

LAPIDARY & SILVERSMITHING
We offer an ongoing open lapidary program in the Peart Center Activity Room. The public is welcome to come and use the facility. The Lapidary/ Silversmith Instructor is on hand to answer your questions and help out with the equipment.
When: Monday's, Wednesday's, Friday's (Oct. – April)
Time: 8:00 a.m. – 3:00 p.m. (Monday's)
8:00 a.m. – Noon (Wednesday's & Friday's)
Fee: $5.00/$6.00 per day usage fee
$50.00 punch card (good for 11 visits)

WOOD CARVERS
Wood carvers are welcome to come meet other carvers in the area and exchange ideas. Work on your own personal projects or learn something new. This is a great way to meet others that share your hobby as well as broaden your knowledge about carving. Supplies not provided.
When: Monday's Time: 1:30 – 4:00 p.m.

DANCE

AFTERNOON DANCE
Entertainment is provided at each dance along with refreshments. Monthly dances are co-sponsored by our Senior Committee.
When: 3rd Tuesday of the month
Time: 2:00 – 4:00 p.m. Fee: $3.00

EVENING DANCE
Entertainment is provided at each dance along with refreshments. Monthly dances are co-sponsored by our Senior Committee.
When: 2nd Tuesday of the month
Time: 7:00 – 9:30 p.m. Fee: $5.00

LINE DANCE/LESSONS
All levels are welcome to attend. Lessons will be held at Len Colla Gymnasium.
When: Thursday's Time: 10:00 a.m.– 12:00 p.m.

OPEN DANCE
Participants are invited to join us on the dance floor for our open dance hour. A variety of music is played.
When: Tuesday's Time: 10:00 – 11:00 a.m.

SATIN SLIPPERS - BALLROOM DANCE
Those 21 and over are welcome to join. All skill levels are welcome. Entertainment is provided at each dance along with refreshments.
When: 2nd Tuesday of the month
Time: 7:00 – 9:30 p.m. Fee: $5.00

SPECIAL EVENTS

HOLIDAY FIESTA
The Holiday Fiesta will feature a live performance by the Santa Cruz High School Mariachi group and choir, pictures with Santa, and your choice of menudo or pancakes.
When: Thursday, Dec. 12 Time: 9:00 – 10:30 a.m.
Fee: Free (Must RSVP by Dec. 6) / $3.00 (Day of)

ICE CREAM SOCIAL
Join us for ice cream sundaes and live entertainment. This event is open to the community and free of charge.
When: Saturday, Jan. 25 Time: 10:00 – 11:00 a.m.

LIL' SWEETHEARTS FASHION SHOW
Children ages 2 to 6 years old will be modeling clothes from local department stores. This is a free event and too cute to miss!
When: Tuesday, Feb. 11 Time: 10:00 a.m.

SENIOR FOLLIES
Grab your guitar, dust off that old saxophone, start warming up your vocals and tapping your feet...it's time for the City of Casa Grande Senior Follies: A Senior Talent Showcase. The 3rd annual Senior Follies will provide an eclectic combination of talent over the age of 50. I

Open Auditions
When: Tuesday, Jan. 14 & Wednesday, Jan. 15
Time: 4:00-6:00 p.m.

Public Performance
When: Thursday, Feb. 27
Time: 6:00 p.m. (Doors open at 5:30 p..m.)
Fee: $7.00 pre-sale / $10.00 door price

CINCO DE MAYO
The Cinco de Mayo celebration will feature a live performance by the Santa Cruz High School Mariachi group, Latin music and dancing, and a nacho buffet. Limited space available. Tickets can be purchased at the Dorothy Powell Senior Center.
When: Friday, May 2 Time: 2:00 – 4:00 p.m.
Fee: $3.00 (pre-sale) / $5.00

DOROTHY POWELL SENIOR ADULT CENTER

Special Events

Holiday Fiesta

Thursday, Dec. 12
9:00 - 10:30 a.m.
Dorothy Powell Senior Center
Free (pre-event) / $2.00 (day of)

ice cream social

Saturday, Jan. 25
1:00 - 3:00 p.m.
Dorothy Powell Senior Center
Free Event

Ice Cream | Desert Country Musicians

"Lil' Sweethearts fashion show

Tuesday, Feb. 11
10:00 a.m.
Dorothy Powell Senior Center
Free Event

Registration begins on January 6.
Only 15 models will be accepted.
(first come, first served)

Casa Grande Senior Follies

Thursday, Feb. 27
6:00 p.m.
Central Arizona College
$7.00 pre-sale)/ $10.00 day of

OPEN AUDITIONS
Tuesday, Jan. 14 or Wednesday, Jan. 15
4:00 - 6:00 p.m.
Dorothy Powell Senior Center

Senior Prom PARADISE AWAITS

Friday, Mar. 28
6:00 - 9:00 p.m.
Dorothy Powell Senior Center
$12.00 per person (In Advance)
Dinner & Dance

Cinco De Mayo

Friday, May 2
2:00 - 4:00 p.m.
Dorothy Powell Senior Center
$3.00 pre-sale / $5.00 day of
Mariachis, Dancing, Nacho Buffet

For More Information or to Purchase Tickets:
Dorothy Powell Senior Center
(520) 421-8760