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, fitness 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. Meetings are held monthly during the month of September through April. Check the Cactus Chronicle for meeting dates.

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.

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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 - 4:30 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 (Oct. - March)
Time: 7:30 - 9:30 a.m.
Fee: $4.00 (Dine In) / $4.50 (To Go)

SENIOR CINEMA THURSDAY
Join us for an afternoon movie, and enjoy free popcorn and refreshments. Movies vary each month.
When: 3rd Thursday of the month
Time: 1:00 - 3:00 p.m.

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.

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 - 4:00 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: Tuesday's
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

CASA GRANDE VALLEY HISTORICAL SOCIETY SPEAKER SERIES
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 (Oct. - April)
Time: 2:00 - 3:00 p.m.

EXTENSION FOOD & NUTRITION EDUCATION PROGRAM
Join us for a free monthly nutrition program. The program offers fun and exciting lessons on selected topics. Topics vary. The program runs for eight sessions. Participants will complete two Food Recalls. Food Recalls consist of filling out a form and recording food intake for the last 24 hours. Food Recalls will be taken at the beginning and end of the class series. After completing the series of classes participants will receive a certificate of participation from The University of Arizona Cooperative Extension EFNEP Program.
When: 2nd Tuesday of the month (Begins August 12)
Time: 1:00 - 2:00 p.m.

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.

VOLUNTEER OPPORTUNITIES

The Dorothy Powell Senior Adult Center relies on funding and volunteers to make our programs successful. If you are interested in becoming a volunteer, please contact or visit the Dorothy Powell Senior Centeer.

Positions Available:

Home Delivered Meals - Drivers & Helpers
Volunteers are responsible for delivering meal(s) to home bound residents in the Casa Grande area.

Activity Aides
Volunteers provide direct services/instruction to the participant in the form of games, computer instruction, crafts, activities, etc.

Kitchen Aides & Food Service
Volunteers provide back up support for kitchen staff. Responsibilites inlcude assiting with meal preparation, serving, and kitchen maintanance.

Clerical
Volunteers oversee and assist with the opertaion of the front desk.

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EXERCISE & FITNESS

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: 8:00 a.m. - 4:00 p.m.

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.

When: Last Thursday of the month
Time: 9:00 - 9:45 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 Fee: Varies
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.

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)

POTTERY/CLAY OPEN STUDIO Fee: Varies
Discover the rich world of hand-building with clay. Potters and Clay Artists of all skill levels are welcome to join. Tools are not supplied. Assistance will be available if you have questions. Please see the instructor for questions on costs.

When: Tuesday's & Thursday's
Time: 8:00 a.m. – Noon

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 Fee: $3.00
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.

EVENING DANCE Fee: $5.00
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.

LINE DANCE/LESSONS
All levels are welcome to attend.

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 Fee: $5.00
Those 21 and over are welcome to join. All skill levels are welcome. Entertainment is provided at each dance along with refreshments.

When: 4th Tuesday of the month
Time: 7:00 – 9:30 p.m.