



the Voice

Stay Active, Stay Strong, Stay Young



Follow us on Facebook!



TALENT. CREATIVITY. EXCELLENCE.

On Friday, December 14 the Via Linda Senior Center will host its annual Holiday Art Show, a celebration of the center's amazing art community. Browse hundreds of original pieces of art, enjoy live jazz music and perhaps find something spectacular for that special someone on your holiday list. The event will begin at 6 p.m. If you are an artist who has participated in classes at the Via Linda Senior Center and you are interested in displaying your art at the event, time is running out! Contact Patrick Price at (480) 312-5810 for more information.

HOLIDAY CLOSURES

Monday, December 24 • close at 3 p.m.
Tuesday, December 25 • closed
Monday, December 31 • close at 3 p.m.
Tuesday, January 1 • closed

NOTICE THE VOICE TO SEE A NEW LOOK IN 2013

Beginning next month, the Via Linda Senior Center's newsletter, the Voice, will be receiving a bit of a makeover. In an effort to provide our city's older adults with the most comprehensive information about our programs, services and events, we will be combining the Via Linda and Granite Reef Senior Center newsletters into one quarterly publication. By doing this, we hope to provide our citizens and program users with more meaningful content, in addition to eliminating the redundancy and duplication that currently exists within our communication process. We are committed to providing our seniors with the best possible communication about our programs. In fact, our success depends on our ability to most effectively deliver information to our citizens. It is our hope and intention that we will give our customers both greater lead time about our programs and provide a more comprehensive view of what Scottsdale Senior Services is offering throughout our locations. The Granite Reef Senior Center's newsletter transitioned to a different format, released less often but containing more information, in 2012. The response has been all positive and we hope to build on that success in 2013. Scottsdale Senior Services utilizes a number of communication tools that include web sites, direct email, social media and a variety of print material. We want to hear from you about what you find as the most effective tool in getting you the news you want. If you have an idea, thought, or if you would like to discuss this transition, please contact Nick Molinari at (480) 312-1733 or nmolinari@scottsdaleaz.gov.



(480) 970-6400 • www.McDowellVillage.com



Via Linda Senior Center
Special Events "Title" Sponsors

10440 East Via Linda • Scottsdale, AZ 85258 • www.ScottsdaleAZ.Gov/Seniors

STROKE/BRAIN INJURY SUPPORT GROUP

The Stroke/Brain Injury Support Group is for anyone that has suffered from a stroke or neurological event, no matter how long ago it may have been. The group will discuss all aspects of dealing with a stroke and will meet on the 1st and 3rd Wednesdays of each month at 4 p.m. in Room 7. Family members are welcome to attend and there is no fee or registration process. The group is facilitated by the Arizona Institute for Communication and Cognitive Disorders. For additional information, contact Mary Jane Trunzo at (602) 224-0202.

MEDICARE OPEN ENROLLMENT

The Medicare open enrollment period ends on December 7. Don't miss your opportunity to select the most appropriate drug and/or health plan. The Area Agency on Aging provides trained volunteers at both the Via Linda and Granite Reef Senior Centers to explain Medicare eligibility and specifics.



Exhibitor registration is in full swing for Scottsdale Senior Services' 3rd annual "All Things Senior" Expo and Tradeshow on Wednesday, February 20. Last year the event featured over 120 exhibitors and had over 3,000 attendees. You can download the exhibitor application and additional event information at www.ScottsdaleAZ.Gov/Seniors/SeniorExpo.

BLOOD PRESSURE SCREENINGS

1st Monday of each month · 9:30 - 10:30 a.m.
Wednesdays with Namsook · 1:30 - 3 p.m.
Tuesdays with Heritage Home Health · 10 - 11:30 a.m.
Thursdays with Pat · 10:30 a.m. - 12 p.m.

AGE WELL AGE LESS

The upcoming Age Well Age Less series presents The True Meaning of the Holidays. Rabbi Robert Kravitz, Deacon John Meyer and Mary Hudson will be speaking on the similarities and differences of Hanukkah, Christmas and Kwanza. The presentation will be held in Room 8 on Tuesday, December 18, from 10 to 11:30 a.m. For additional information, contact Tricia Serlin at (480) 312-8451 or pserlin@scottsdaleaz.gov.

BOOK DISCUSSION GROUP

The Via Linda Senior Center's Book Discussion Group gives participants an opportunity to discuss in depth topics related to monthly titles. Join the group on Thursday, December 13 at 10:30 a.m. as we discuss *Outrage* by Robert K. Tanenbaum.



WELCOME LESLIE

Please join us in welcoming Leslie Lory as the newest member of the Via Linda/Scottsdale Senior Services Family. Leslie is the Via Linda Senior Center's newest social worker. She is a Phoenix native and has lived in Scottsdale for the past 20 years. Leslie has an extensive background in healthcare management and came to Via Linda after nine years as a Case Manager with the Maricopa County's SAIL (Senior Adult Independent Living) Program. SAIL is the only resource in the county for low income seniors to receive Home Delivered Meals, personal care and housekeeping services. Leslie is married, has one dog and two cats. She practices yoga regularly and enjoys gardening. If you see Leslie, please make her feel welcome.

ADOPT-A-SENIOR NEEDS YOU!

The Adopt-A-Senior Program, which serves low income, homebound and isolated seniors in Scottsdale, needs your help. We are still accepting donations for the program, which can be monetary or personal hygiene items. All donations are tax deductible and go a long way in helping us meet the needs of Scottsdale's isolated older adult population. For more information, contact Tricia Serlin at (480) 312-8451 or pserlin@scottsdaleaz.gov.

SPRING CLASSES

The City of Scottsdale's Parks & Recreation class registration is right around the corner! Registration for the upcoming class session begins on Wednesday, December 5 at 6 a.m. for Scottsdale residents and on Wednesday, December 12 for non-residents. Spring is our busiest session, so don't hesitate!



Touch-Tone (Phone) Registration · (480) 312-2025 | Rec Link (Online) Registration · recreation.scottsdaleaz.gov

FITNESS CENTER

Get a jump start on that inevitable New Year's resolution and join the Via Linda Senior Center's Fitness Center! Registration (and renewal) is currently upon us. The cost of a quarterly, 3-month membership is \$40 for Scottsdale residents and \$60 for non-residents, which is a fraction of what you'd pay at a typical health club. If you don't like commitment, you can always drop in to the Fitness Center for \$3. Course # 99198



BRIDGEMIX

The Via Linda Senior Center's BridgeMix (sanctioned ACBL) game is held every Tuesday and Wednesday at 1 p.m. The normal cost for the game is \$5. There are a couple of changes for December, however. The games on Tuesday, December 4 and Wednesday, December 5 are both STAT games and are \$6.50. Also, there will be no game held on Tuesday, December 11. *Whether you are looking for sanctioned bridge games or social bridge, the two Scottsdale Senior Centers have you covered (and at a fraction of what you'd pay at a bridge studio.)*

DANCE SERIES

Consider the second Tuesday of each month, from 1 to 3 p.m. booked on your calendar. Our monthly Dance Series, presented by Fred Astaire Dance Studio, continues in December and beyond. With live entertainment, refreshments and a ton of groovin', what's not to get excited about? Best of all, catch a free lesson before the dance starts. Arrive 30 minutes prior to the beginning of the dance and the Fred Astaire dancers will provide free instruction (with your paid admission). The entertainment will be provided by Rich Howard. The cost to attend is \$3 for Scottsdale residents and \$5 for non-residents. Course # 96231



Fred Astaire Dance Studio is located at 10135 East Via Linda, Suite C116. Their unique teaching method includes regularly scheduled private instruction as well as group lessons and practice lessons.

HOLIDAY SING-A-LONG

Come one, come all! Our "Sing-A-Long" group Invites you to our traditional holiday songfest on Friday, December 14 at 11 a.m. in Room 7. If you have questions, please contact Wally Dauler at (480) 614-3345.

SCOTTSDALE WALKING GROUP

Join us for a leisurely walk and great conversation every Tuesday and Thursday at 8:30 a.m. We meet in the Lobby. No registration is required.

SMoCA FREE SENIOR TOURS

The Scottsdale Museum of Contemporary Art (SMoCA) is offering free museum tours for seniors on the 1st Wednesday of each month at 1:30 p.m. Receive a guided tour of two of SMoCA current exhibitions, followed by complimentary refreshments and mingling. Simply RSVP by calling (480) 874-4654.

Like us on Facebook • www.Facebook.com/ScottsdaleSeniorCenter

MANAGER'S CORNER

Good Morning Via Linda.

I will properly introduce myself now for those that I have not met. My name is Tim Miluk and I will be managing the two senior centers in Scottsdale. The most positive piece of this new assignment is that I get to meet a whole new wonderful bundle of friends. Thank you for making me feel so welcome. Many of you I already know and consider dear friends. It is amazing to see at Via Linda some of my original seniors from the Civic Center Senior Center when I started this journey some twenty years ago. I have met new friends at Via Linda that actually grew up a few streets away from me in Parma, Ohio. I have met a woman whose favorite priest in Cleveland, Father Costello was one of the priests that I respected and learned so much from for many years as an altar boy at Saint Charles Borromeo Church. Thank you for the gracious welcome and kindness. I am looking forward to meeting and spending more time and making more connections with more of you.

I am so extremely pleased with the excellent team that is already assembled at Via Linda. I have seen their excellent customer service and your kindness and friendly interactions with them. I believe that these types of connections are what make our journey so much more fun and what makes a community like Via Linda successful, vibrant and a great place to play and congregate.

I would like to publicly thank and greet my new team members and would like you to do the same when you can for all of their efforts and kindness. Thank you Tricia, Adrienne, Kristen, Kurt, Jessica and Patrick for keeping the Via Linda ship moving in the right direction. Thank you to our newest family members Leslie, Cassie and Mitch, who have truly hit the ground running and are fitting in so well and displaying that customer astonishment on a daily basis that I love to see. A special thanks to Nick Molinari who is now the recreation supervisor for both senior centers. A very special thanks to Zach whose dedication and compassion to our senior family members is inspirational and so greatly appreciated. Thank you Zach for all that you have done for the Via Linda community.

I am looking forward to sharing more fellowship with both the team members of Via Linda and all of you. I would also like to take this opportunity to wish you and yours the happiest, healthiest and most pleasant holiday season and upcoming New Year. We also know that holiday seasons and the end of a new year may be difficult for some of our community members. Please know that the Via Linda team and community are there for you if you need us.

Thanks again for the welcome and kindness and start making your plans about the classes that you are going to take, the groups that you are going to join and the decisions and choices that you are going to make that will make the journey of 2M13 (2013) the most adventurous, fun filled and healthiest that it can be.

Tim Miluk

Manager, Scottsdale Senior Services

MCDOWELL VILLAGE CAPTURES STERLING AWARD

McDowell Village, the "Title" Sponsor for both the Via Linda and Granite Reef Senior Center's special events, was recently presented with the Scottsdale Area Chamber of Commerce's Sterling Award, which recognizes a small company demonstrating innovation, quality, professionalism and commitment to community. The Sterling Award is one of the most coveted business awards in the Valley, with a rigorous application, judging and selection process.

Congratulations McDowell Village on an honor well deserved!

VIA LINDA SENIOR CENTER SPECIAL EVENT SPONSORS



Scottsdale's ONLY not-for-profit
life care community
www.wmvaz.com
(480) 941-2000

PUEBLO NORTE
SENIOR LIVING COMMUNITY

FIVE STAR SENIOR LIVING™

Indulge in a New Lifestyle!
www.pueblonorteretirement.com
(480) 948-3990

Lovin' Life 50 After
An Ageless Attitude Since 1979

An Ageless Attitude Since 1979
www.lovinlifeafter50.com
(480) 348-0343

Maravilla
SCOTTSDALE

RETIREMENT LIVING LIKE NO OTHER

Retirement Living Like No Other
www.srgseniorliving.com
(480) 630-3158



A Citywide Resource
for Scottsdale Seniors
sustainableseiors.org
(480) 788-6514



Non-medical
"Angels on Assignment"
in your home
www.ineedanangel.org
(480) 951-4083



The community with heart
www.themanorvillage.com
(480) 767-7646