

Q SENIOR Quarterly

A SCOTTSDALE SENIOR SERVICES PUBLICATION

CITY OF 
SCOTTSDALE
SUMMER
JULY • AUG • SEPT



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SCOTTSDALE SENIOR SERVICES SPECIAL EVENTS POWERED BY



McDowell Village
MBK SENIOR LIVING

General INFORMATION

VISIT SCOTTSDALEAZ.GOV & SEARCH "SENIORS"

The Scottsdale senior centers are free and open to the public, with no membership or residency requirements. While a majority of our activities are free of charge, some programs have a resident and non-resident fee. Adults ages 18 and older are welcome, though most of our programs are geared towards the 50+ community.

Locations, Hours & Contact Information

Granite Reef Senior Center

1700 North Granite Reef Road
Scottsdale, AZ 85257
480-312-1700

Hours of Operation

Monday - Thursday - 8 a.m. - 9 p.m.
Friday - Saturday - 8 a.m. - 5 p.m.

Via Linda Senior Center

10440 East Via Linda
Scottsdale, AZ 85258
480-312-5810

Hours of Operation

Monday - Thursday - 7:30 a.m. - 8 p.m.
Friday & Saturday - 7:30 a.m. - 5 p.m.

Holiday Closures

7/4/19 • Independence Day
9/2/19 • Labor Day

Volunteer Opportunities

If you are interested in volunteering at the Granite Reef Senior Center, contact Cheryl Kerivan at 480-312-1717. If you are interested in volunteering at the Via Linda Senior Center, contact Ross Heyl at 480-312-5811. For more information, visit ScottsdaleAZ.gov and search "Volunteer".

Drop-in Use Policy

Drop-in use of the Granite Reef and Via Linda senior centers refers to the use of the facility without charge on a first come, first served basis, without having reserved the facility or space in advance. Advance reservations have priority and will displace drop-in uses.

Facility Reservations

The senior centers are great locations for a variety of private rental uses, including homeowners association meetings, family parties, public forums and club gatherings. The two facilities offer a range of rooms and outdoor spaces that accommodate anywhere from eight to 300+ people. Facility reservations are available weekdays after 4 p.m. and all day on Saturdays. For more information, visit Recreation.ScottsdaleAZ.gov and select "Facility Reservations"

Public Computers

The senior centers both offer public use computers with high speed internet and Microsoft Office applications. Via Linda's public use computers, located in the facility's lobby, are available throughout the center's hours of operation. The public computers at Granite Reef, located in the center's computer lab, are available Monday through Friday from 8 a.m. - 4 p.m. No printing is available.

Center Libraries

The Granite Reef and Via Linda senior centers each have libraries, where books, magazines and puzzles are free to borrow and return on the honor system. We accept donations of library materials.

Lunch Program

The Granite Reef Senior Center's Lunch Program, coordinated by the Tempe Community Action Agency, is held Monday through Friday beginning at 11:30 a.m. Reservations are required and can be made by calling 480-312-1724 by noon the day before you'd like to attend. Lunch is \$4 for anyone 55+ and \$6 for anyone under 55 years old. In addition to serving a delicious hot meal daily, Senior Services provides a host of other activities before and after lunch.

Social Workers

The senior centers provide social services to senior adults and their families. Master level social workers are available by appointment Monday through Friday from 8 a.m. - 5 p.m. to provide support, education and resources - free of charge.

To make an appointment, contact:

***Granite Reef at 480-312-1700 (south of Indian Bend Road) or
Via Linda at 480-312-5810 (north of Indian Bend Road)***



facebook.com/ScottsdaleSeniors



twitter.com/ScottsdaleAZgov



[@ScottsdaleAZgov](https://www.instagram.com/ScottsdaleAZgov)



nextdoor.com



Sign up for email news at eservices.ScottsdaleAZ.gov/listserve

Special EVENTS

Ice Cream Socials

Stay cool this summer at the senior centers' old-fashioned ice cream socials! Stop by to socialize and snack on a sundae with all the fixin's. The events are free but pre-registration is required.

7/9 | 2 p.m. | FREE | #20391 | VLSC

7/12 | 1 p.m. | FREE | #20390 | GRSC



Senior Luaus

Escape the summer heat at these Polynesian-themed events featuring authentic food and live entertainment!

9/5 | 12:30 p.m. | \$5 (R) / \$7 (NR) | #20817 | VLSC

9/6 | 12:30 p.m. | \$5 (R) / \$7 (NR) | #20816 | GRSC



SAVE THE DATE: Halloween Bash

Join us for Granite Reef's spook-tacular Halloween Bash, the annual luncheon featuring costume contests, games and live entertainment!

10/31 | Doors open at 10 a.m. | \$5 at door | #20915 | GRSC



SAVE THE DATE: 36th Annual Arts & Crafts Fair

This free all-ages event features food trucks, live music and more than 150 vendors selling handmade crafts and artwork! To learn more about the event or how to become a vendor, visit ScottsdaleAZ.gov and search 'Arts & Crafts Fair' or call 480-312-1700.

11/9 | 9 a.m. - 2 p.m. | FREE | GRSC



Special PROGRAMS

Memory Café

Join the Civic Center Library for their new Memory Café! Memory Cafés are designed for community members with Alzheimer's or dementia (along with their caregivers) to provide a public space to go and have wonderful interactive social experiences.

Please register at 480-312-7323 or online at scottsdale.libnet.info/events

Tales & Travels: France

7/12 | 1:30 p.m. | FREE | Civic Center Library

Music Therapy

7/26 | 1:30 p.m. | FREE | Civic Center Library

Vintage Hollywood Trivia

8/9 | 1:30 p.m. | FREE | Civic Center Library

Mindfulness

8/23 | 1:30 p.m. | FREE | Civic Center Library

Armchair Traveler: Egypt

9/13 | 1:30 p.m. | FREE | Civic Center Library

Sentimental Journey

9/27 | 1:30 p.m. | FREE | Civic Center Library

The Senior Quarterly newsletter is moving to the Scottsdale Life magazine starting this fall!

Scottsdale Life is your complete guide to Scottsdale's parks and recreation, libraries, senior centers, Human Services and the

Preserve. The fall edition of Scottsdale Life is available now at any City of Scottsdale facility or online at ScottsdaleAZ.gov, search 'Scottsdale Life'



Historical Tour of the Scottsdale Heritage Connection Center

Tour the Scottsdale Heritage Connection's new headquarters located in Civic Center Library! This redesigned space offers historical resources including photographs, oral histories, newspaper clippings and more. Transportation provided from Granite Reef, departing at 9:45 a.m.

10/11 | 9:45 a.m. | \$9 (R) / \$14 (NR) | GRSC

Western Dance

Mosey on up to the Via Linda Senior Center for this western-themed event featuring music, dancing and light refreshments!

10/24 | 5:30 p.m. | \$3 (R) / \$5 (NR) | #20911 | VLSC

Starz Revue

Check out our talented senior community at the 7th annual Starz Revue! This variety show will feature singers, dancers and unique talents. Admission is free with one pet food donation to support Vista del Camino PET Pantry

10/18 | 1 p.m. | FREE | GRSC



Enrichment PROGRAMS

Book Discussion Club

Free peer-led book clubs are offered at both senior centers! Contact our front desks for monthly book discussion titles.

2nd Thu | 10:30 a.m. | VLSC

1st Wed | 10 a.m. | GRSC

Silver Screeners

Come and discuss the movies you've seen or are thinking of seeing. The group will pick a movie for the group to meet at and see, then come back to the next meeting and discuss.

2nd, 4th & 5th Wed | 2 p.m. | VLSC

Movie Programs

Both the Granite Reef and Via Linda senior centers offer weekly movie programs with a mix of new releases and timeless classics. Due to our movie licensing policy, we are not able to list specific movie titles in our newsletter. Please call the individual centers to find out what's showing.

Fri | 2 p.m. | GRSC • Sat | 1:30 p.m. | VLSC

Knitting Groups

Knit caps, booties and blankets for children. Knitted items are donated to different organizations. Group accepts yarn donations.

1st Mon & 3rd Wed | 1-3 p.m. | VLSC | Knit 4 Needy

1st Wed & 3rd Mon | 1:30 p.m. | VLSC • Thu | 9 a.m. | GRSC

Open Arts & Crafts

Tue | 12 - 4 p.m. | VLSC • Thu | 1 - 4 p.m. | GRSC

Art All Around Us

Senior Services partners with the Phoenix Art Museum and the Scottsdale Libraries to provide free art lectures that are open to the public with no advanced registration required. Appaloosa Library is located at 7377 E. Silverstone Drive. Please call for lecture topics.

1st Wed | 10 a.m. | GRSC

1st Tue | 10:30 a.m. | Appaloosa Library

Senior Tech Time

Need help with your computer, tablet, smart phone or social media account? Meet with one of our trained tech volunteers to have all your questions answered.

By appointment only, please call 480-312-1700.

Wed | 11 a.m. - 2 p.m. | GRSC

Coloring & Coffee

Enjoy coffee, conversation and coloring in a casual and supportive environment.

No registration required; supplies are provided.

Wed | 10 a.m. | FREE | GRSC

Art Activities

Autumn Pumpkin Painting

Create a spooky Halloween character or a beautiful autumn decoration at this annual pumpkin painting workshop. All supplies, including the pumpkin, are provided.

10/18 | 10 a.m. | \$5 (R) / \$7 (NR) | #21622 | GRSC

10/25 | 1 p.m. | \$5 (R) / \$7 (NR) | #21126 | VLSC

Empty Bowls

Decorate a bowl to be sold at the Alli Ortega Empty Bowls annual sale in December 2019. All proceeds benefit Vista del Camino, which provides a variety of assistance for Scottsdale families.

11/15 | 10 a.m. | FREE | #21623 | GRSC



Health & WELLNESS

Social GROUPS

Can We Talk?

Peer led discussion group open to men and women.
Thu | 10 a.m. | VLSC

Current Events Discussion

Discuss current events, public policy and both local and national issues in a spirited, yet respectful, environment.
Wed | 10:30 a.m. | GRSC
Fri | 12 p.m. | GRSC

Everything You Want to Know About Finances

Open discussion group for anyone interested in financial topics. Participate in lively discussion that varies based on the interests of the group. No investment advice given.
2nd & 4th Thu | 1 p.m. | VLSC

Friendship Group

Fun and light-hearted group designed to make new friends while sharing stories, jokes, information and memories.
Tue | 10 a.m. | GRSC

Guys & Dolls Club

Join the Guys & Dolls, one of our longest-running senior social clubs, for their monthly potluck and bingo games.
3rd Wed | 12:30 p.m. | GRSC

Men's Discussion

Informal peer led discussion group for men.
Wed | 2 p.m. | VLSC
1st & 3rd Mon | 1 p.m. | GRSC

What's On Your Mind?

Non-political peer led social discussion group.
2nd & 4th Tue | 1:30 p.m. | VLSC

Women's Discussion

Informal peer led discussion group for women.
1st & 3rd Fri | 10 a.m. | VLSC

Moving Forward - Plan B

Group for individuals integrating loss and their experience of grief into their lives as they move forward.
Wed | 10 a.m. | VLSC

Blood Pressure Readings

Blood pressure readings are offered throughout the week at both the Granite Reef and Via Linda senior centers. Schedules fluctuate. Please call our front desks for current days and times.

Hearing Aid Cleanings

Audiology and Hearing Aid Centers provide free hearing aid cleanings the 3rd Wednesday of every other month at the Granite Reef Senior Center. Call 480-312-1700 to schedule an appointment.

Healthy Cooking Demonstrations

Join Chef Roy from the TCAA Lunch Program for free monthly cooking demonstrations in the Granite Reef Lunch Room! Sample new recipes and receive giveaways. No registration required.
2nd Wed | 10 a.m. | GRSC

Matter of Balance

This eight-week program is designed to manage falls and increase activity levels. Set goals for increasing activity, reduce fall risks at home and promote exercise to increase strength and balance. Space is limited and registration is required.

8/30-10/18 | Fri | 1-3 p.m. | FREE | #21621 | GRSC
8/30-10/18 | Fri | 1-3 p.m. | FREE | #21180 | VLSC

Become a Dementia Friend

Dementia Friendly America is an ambitious initiative to change people's perceptions of dementia by transforming the way the community thinks, talks and acts about the disease. This session presented by Banner Health will help you understand what dementia is, how it affects people and how you can make a difference in the lives of people living with it. Registration is required and space is limited.

10/4 | 1 p.m. | FREE | #20412 | GRSC

Forever Fit

This collaborative research project with Scottsdale Community College and HonorHealth will help you gain valuable knowledge about your personal fitness level and diet. Qualified seniors will receive fitness and nutrition assessments and a six-week exercise program at the Granite Reef Senior Center, free of charge. **This program begins in October, please contact the senior centers for more information.**

Recreation & FITNESS

Billiards

Both the Granite Reef and Via Linda senior centers have phenomenal billiard rooms with 9-ft Gold Crown tables. Drop-in play is free and open to the public during normal hours of operation at each facility.

Chair Exercises

Low-impact chair exercises are offered free of charge in the Lunch Room.

Tue & Thu | 10 a.m. | GRSC

Financial Assistance

The city offers a fee assistance program to aid economically disadvantaged individuals and families residing in Scottsdale. Qualified applicants will have an opportunity to participate in approved recreational programs and classes for a decreased cost. **For program information, visit ScottsdaleAZ.Gov and search "fee assistance."**

Fitness Centers

The senior centers offer state-of-the-art fitness facilities with an extensive variety of exercise equipment that include treadmills, ellipticals, stationary bikes, cardio equipment and free weights. Free gym orientations are also available at both centers. Granite Reef orientations take place the 1st and 3rd Saturday of the month from 3:45 - 4:45 p.m. - no appointments necessary. Via Linda orientations are available by appointment during regular business hours.

Daily Drop-in | \$3 (R) / \$5 (NR)

1 Month | \$15 (R) / \$25 (NR)

3 Month | \$40 (R) / \$60 (NR)

Annual | \$130 (R) / \$195 (NR)

FUNctional Fitness

This free drop-in activity offers a total body workout using a variety of exercises designed to improve balance, increase muscular strength, range of movements, and activities for daily living.

Wed & Fri | 10 a.m. | GRSC

McDowell Village Strength & Stretch

Join us for this free weekly program for people of all activity levels, led by the fitness experts from our title sponsor McDowell Village!

Wed | 1 p.m. | GRSC

Recreation Classes

Registration for the Fall 2019 classes begins July 29. For more information, visit Recreation.ScottsdaleAZ.gov or call 480-312-7957. Pick up a copy of Scottsdale Life for a full list of programs offered! Registration Questions? Call us before July 29 so we can guide you through the process, making registration a breeze!

Resident registration starts 7/29 at 8 a.m.

Non-resident registration starts 7/30 at 8 a.m.

Senior Softball

Drop in to our free Senior Softball program! Batting practice and games are held on Tuesday and Friday mornings at rotating ballfields throughout Scottsdale.

For information on ball field locations and start times, visit ScottsdaleAZ.gov and search "senior recreation".

Table Tennis

Open table tennis is available at both Granite Reef and Via Linda at various times throughout the week.

There is no cost to play and all levels are welcome.

Tue | 1 - 5 p.m. | VLSC

Tue | 6 - 8:30 p.m. | GRSC

Wed | 8 - 10 a.m. | GRSC

Fri | 12:30 - 4:30 p.m. | VLSC

Sat | 8 - 11 a.m. | GRSC

Sat | 9:15 a.m. - 4:30 p.m. | VLSC

Music & DANCING

Granite Reef Dances

Join us at the Granite Reef Senior Center every Thursday afternoon for the town's longest standing ballroom dances. There is live music, refreshments and a whole lot of dancing. Entrance fees are accepted at the door.

Thu | 1 p.m. | \$6 at the door | GRSC

Line Dancing

This volunteer facilitated drop-in group is coordinated through Senior Services. Line dancing is free, with no advanced registration.

Fri | 10:40 a.m. | FREE | GRSC

Karaoke

Drop-in karaoke featuring a diverse catalogue of songs.

2nd & 4th Thu | 5:30 p.m. | FREE | GRSC

1st & 3rd Wed | 1 p.m. | FREE | GRSC

Scottsdale Strummers

Drop-in ukulele group that meets every Friday at the Granite Reef Senior Center.

Fri | 10 a.m. | FREE | GRSC

Bridge & GAMES

Sanctioned Bridge

BridgeMix ACBL Duplicate

Game is available to players of all levels competing in an unlimited field. The directors are available at 12:30 p.m. to answer questions. A partner is required. 80 is the maximum amount of players for the game. Registration begins on the Saturday prior to the games. Register at Recreation.ScottsdaleAZ.gov or at Via Linda's front desk.

Wed | 1 p.m. | \$6 (R) / \$9 (NR) | VLSC

ACBL Bridge

ACBL sanctioned and stratified open point game. A partner is required. Game registration can be done at Recreation.ScottsdaleAZ.gov or at Granite Reef's front desk.

Tue | 6 p.m. | \$6 (R) / \$9 (NR) | GRSC

Social Bridge

Advanced Bridge

The style of play is "Chicago Bridge."

Sat | 12:30 p.m. | VLSC

Duplicate Bridge

Tue | 1 p.m. | GRSC

Fast Play Bridge

Style of play is "Chicago Bridge."

Mon | 12 p.m. | VLSC

Friday Bridge Buddies

ACBL bridge, bidding boxes required (not provided)

Fri | 9:30 a.m. | GRSC

Senior Citizens Bridge Club

A partner is required.

Thu & Fri | 1 p.m. | GRSC

Open Bridge

A partner is required.

Sat | 12:30 p.m. | GRSC

Speedy Bridge

Style of play is "Chicago Bridge."

Wed | 10:30 a.m. | VLSC

Bingo!

The Granite Reef Senior Center's Guys & Dolls Club hosts a weekly bingo game every Tuesday afternoon. Cards are \$1.

Tue | 12:30 p.m. | GRSC

Open Cards & Games

The senior centers provide space on a first come, first served basis for social cards and games. Rooms are shared use, with multiple groups playing different games at once.

Drop-in Cards & Games

Bunco

2nd & 4th Thu | 1:00 p.m. | GRSC, Room 7

Canasta

Thu | 12:30 p.m. | GRSC, Room 10

Canasta Newcomers

Thu | 12 p.m. | GRSC, Room 9

Mahjong

Mon, Thu | 1 p.m. | GRSC, Room 5

Fri | 12 p.m. | GRSC, Room 9

Open Chess Club

Thu | 12 p.m. | GRSC, Room 12

Pinochle

Sat | 12 p.m. | GRSC, Room 8

Scrabble

Wed | 10 a.m. | GRSC, Room 12

Fri | 10:30 a.m. | GRSC, Room 5



Support GROUPS

Support groups at the Scottsdale senior centers are free of charge, with no advanced registration required. Groups are most often facilitated by non-profits or other organizations.

Alphazonies

Alpha 1-antitrypsin deficiency is a genetic disorder caused by defective production of alpha 1-antitrypsin.

2nd Wed | 11 a.m. | GRSC

Alzheimer's Caregivers

Designed for caregivers of any person suffering from Alzheimer's. Facilitated by the Alzheimer's Association.

For additional information, contact Martha Burrue! at 602-528-0545.

2nd & 4th Wed | 11:30 a.m. | VLSC

Alzheimer's Partners

Group for those with dementia and their care partner. Facilitated by the Alzheimer's Association.

For additional information, contact Martha Burrue! at 602-528-0545.

1st & 3rd Wed | 11:30 a.m. | VLSC

Alzheimer's Support

Facilitated by the Alzheimer's Association.

For additional information, call 602-528-0550.

1st Mon | 1 p.m. | GRSC

Bereavement Support

Designed to help survivors understand and cope with the feelings and experiences during the first year following the death of a loved one.

2nd & 4th Mon | 1:30 p.m. | GRSC

Bipolar Guiding Light

Sponsored by the Mental Health Association.

Fri | 3 p.m. | VLSC

Caring for a Loved One Caregivers Support

Group is designed to give general support for all caregivers. Facilitated by Duet: Partners in Health and Aging.

2nd & 4th Tue | 10 a.m. | VLSC

Compass

Support group for people of all ages with disabilities.

For additional information, contact Pauline Staples at 480-628-3028.

3rd Fri | 1 p.m. | GRSC

Drumming from the Heart

Sponsored by the Cancer Support Community, this group provides a rhythmical and focused space to de-stress your mind, body, and spirit by using music and guided voice.

2nd Mon | 6 p.m. | VLSC

Impaired Vision Support

Gives encouragement, hope and fellowship to those persons who are visually challenged.

For additional information, contact Kelly Van Wave at GRSC at 480-312-1720 or Jennifer Murphy at VLSC at 480-312-1718

Mon | 10 a.m. | GRSC

Last Mon | 1 p.m. | VLSC

Lymphoma Support

Peer support and guest presentations for those with Non-Hodgkin Lymphoma. Family and friends welcome.

For additional information, call 480-596-1401.

2nd Thu | 4:30 p.m. | GRSC

Mended Hearts

Group is for those who are heart patients and/or family members of heart patients.

For additional information, contact Jean Fulton at 480-314-0838.

2nd Tue | 6:30 p.m. | VLSC

Multiple Sclerosis

Group is facilitated and sponsored by the Multiple Sclerosis Society.

For additional information, contact Lisa James at 480-860-2367.

2nd Tue | 4:30 p.m. | VLSC

OCD Support

2nd & 4th Tue | 6:45 p.m. | GRSC

Stroke/Brain Injury Support

Group is for anyone that has suffered from a stroke/neurological event. Family members are welcome. Come with questions and/or concerns. Group is facilitated by the Arizona Institute for Communication and Cognitive Disorders.

For additional information, contact Mary Jane Trunzo at 602-224-0202.

3rd Wed | 4 p.m. | VLSC

Tremble Clefs Singing Group

Singing group facilitated for those suffering from Parkinson's.

Thu | 4 p.m. | GRSC

Some support groups do not meet during the summer months. Please call the senior centers for more information.

Support AGENCIES

Adaptive Services | 480-312-2234

Adult Protective Services | 877-767-2385

Area Agency on Aging Senior Help Line
602-264-4357

Community Assistance Office | 480-312-7647

Paiute Neighborhood Center | 480-312-2529

Vista del Camino | 480-312-2323

Youth & Family Services | 480-312-7922

Community RESOURCES

Brown Bag Program

The Brown Bag program offers qualified seniors and people with disabilities a weekly food bag consisting of fresh vegetables, canned goods, drinks and bakery items at the Granite Reef Senior Center. ***If you are interested in learning more about the program, please call 480-312-1700.***

Benefits Assistance

The state health insurance assistance program provides objective information regarding original Medicare. Trained Area Agency on Aging volunteers provide free personalized assistance with the preparation of Medicare and supplemental claims forms, appeals, applying for Medicare and more. ***To schedule a free appointment, please call the Granite Reef or Via Linda senior centers.***

Cab Connection

This taxi voucher subsidy program is available to city of Scottsdale residents who are disabled or senior citizens (65+). The program serves full city limits. Vouchers pay 80% of the fare (up to \$10). Participants may request up to 16 one-way vouchers per month.

Please call the Cab Connection office at 480-312-8747 for additional information.

Duet

Volunteers serve homebound and/or disabled individuals, 18 years of age and older. There is no financial eligibility. Service area includes Scottsdale city limits south of Frank Lloyd Wright Blvd. Services include grocery shopping, rides to medical appointments, paperwork or computer assistance, minor home repairs, visiting, phoning or respite. ***Please call 602-274-5022 to register or request assistance.***

Foothills Caring Corps

Volunteers serve homebound and/or disabled individuals, 18 years of age and older. There is no financial eligibility. Service area includes Scottsdale city limits north of Bell Road and the towns of Carefree and Cave Creek. Transportation services include mobile meals, van pooling, medical transportation and grocery shopping.

Please call 480-488-1105 for additional information.

Home Delivered Meals

The City of Scottsdale partners with local non-profits to provide nutritious, hot meals to qualified homebound seniors. The service also provides a daily check on the individual's condition and safety.

For more information on programs in your area, please call the Area Agency on Aging at 602-264-4357.

Housing Rehabilitation Programs

Scottsdale's Housing Rehabilitation Programs assist eligible residents with financial aid to keep their properties safe, efficient and up to code. Programs offered include the Green Housing Rehabilitation Program (up to \$65,000), Emergency Repair Program (up to \$6,000/year) and the Roof Repair and Replacement Program (up to \$10,000).

Please visit ScottsdaleAZ.gov and search "Housing Rehabilitation" for more information.

Home Safe Home

Trained Scottsdale Fire Department volunteers visit seniors in their homes and point out potential tripping and falling hazards. Volunteers can replace smoke alarm batteries or install a new alarm and give free night lights to ensure you can see well at night.

Please call 480-312-1817 to request your free visit.

Lockboxes for Seniors

The Scottsdale Area Association of Realtors, Scottsdale Police and Fire Departments and Maricopa County Sheriff's Office offer free emergency lockboxes to seniors whose annual income is less than \$25,000 and a requested donation of \$25 to all others. This service is available to Scottsdale residents only.

For additional information or to arrange delivery, please call 1-877-229-5042 (toll free).

Mediloan Program

The senior centers provide Scottsdale residents with medical equipment such as canes, walkers, wheelchairs and shower benches.

Please call 480-312-1700 for equipment availability at Granite Reef or 480-312-5810 for Via Linda.

Operation Fix It

Operation Fix It provides assistance to Scottsdale home owners with exterior improvements to their properties when they are unable due to financial/physical constraints. Common types of assistance include landscape maintenance and enhancements, installation of low water usage landscape, house painting, handyman repairs, fence repairs and more.

To apply for the program or learn about volunteer opportunities, please call 480-312-8703 or visit ScottsdaleAZ.gov and search "Operation Fix It".

Valley Metro Paratransit

East Valley Dial-a-Ride has a new name: Valley Metro Paratransit. A fleet of brand new accessible vans and minivans will now service you with Valley Metro signage and colors. They have also partnered with AAA Transportation (Yellow Cab) to provide additional service to the east valley. ***Request a trip, check on an existing trip, or make changes to one by calling 602-716-2200 or via TTY at 602-716-2118.***

SENIOR SERVICES Sponsors



McDowell Village

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Inspired Aging... It's What We Live For!

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SanteCares.com



Scottsdale Memory Care Community

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SilveradoCare.com/Scottsdale

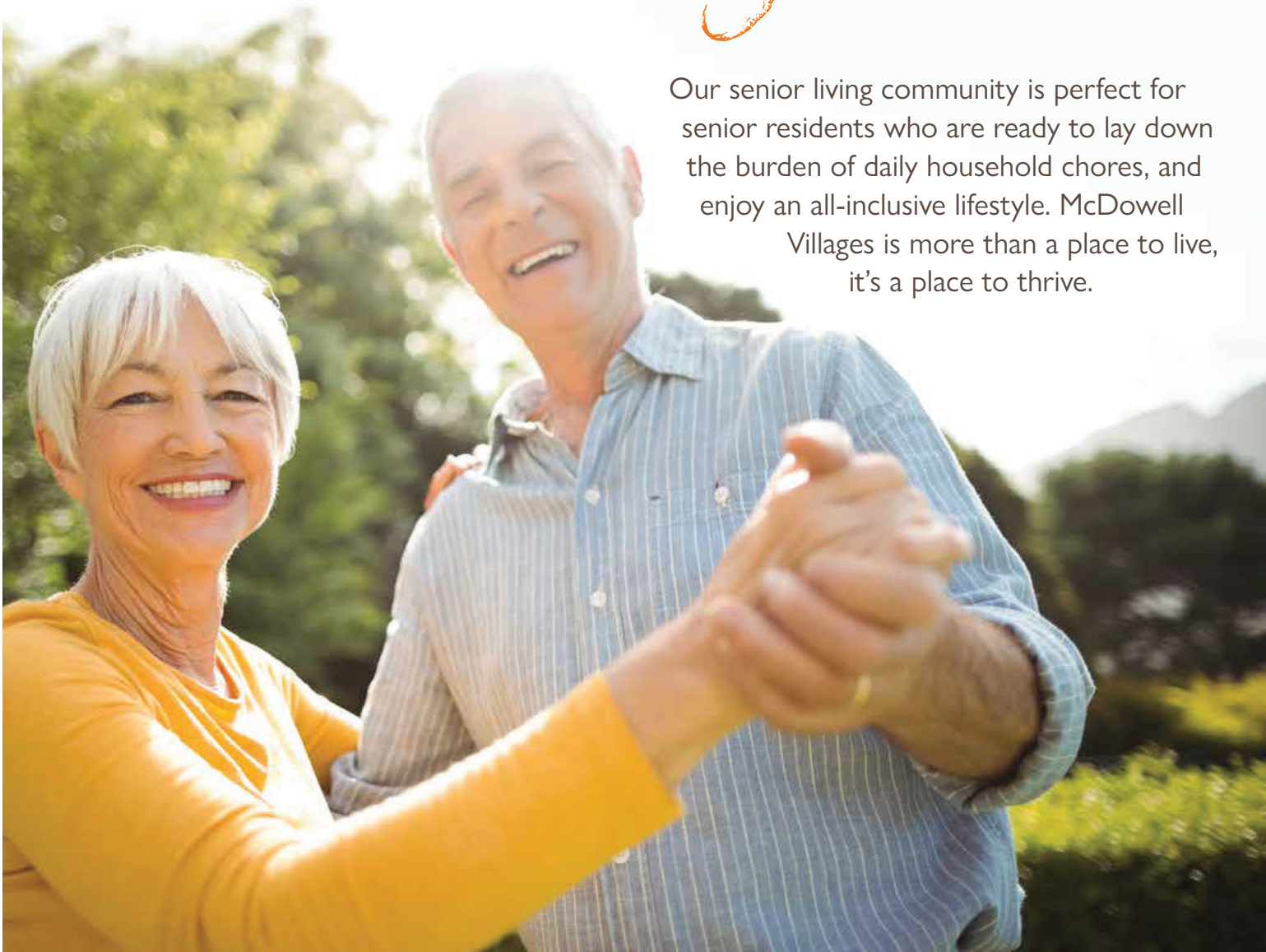
We are currently accepting applications for 2020 special event sponsors!

Our partners benefit from a wide variety of exposure through print media, online/direct email marketing and social media.

*For more information, contact Kevin McKee at 480-312-1733 or
KeMckee@ScottsdaleAZ.gov*

A FRESH NEW

Rhythm



Our senior living community is perfect for senior residents who are ready to lay down the burden of daily household chores, and enjoy an all-inclusive lifestyle. McDowell Villages is more than a place to live, it's a place to thrive.

Tour our community today and receive a complimentary lunch for two in our Four Peaks Restaurant.



McDowell Village
MBK SENIOR LIVING

Contact us at
McDowellVillage@mbk.com
or (480) 400-8510

INDEPENDENT & ASSISTED LIVING

8300 East McDowell Road, Scottsdale, AZ 85257 • MBKSeniorLiving.com

