



# Via Linda Voice

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## Thanksgiving Dinner

It is time to get together with friends and give thanks. Please join us on Tuesday, November 24<sup>th</sup>, at noon to celebrate Thanksgiving. We will provide entertainment while you enjoy the Thanksgiving feast!

**Course #:** 77199

**When:** 11/24/09

**Time:** 12PM to 2PM

**Registration:** 11/2R & 11/3NR

**Cost:** \$16R & \$24NR



## Holiday Art Show

December

We have a wonderful art program at Via Linda Senior Center and the Holiday Art is how we showcase the talented artists and their works. This is a night to dress up and come to our "gallery". Artwork will be displayed throughout the building and light refreshments will be served.

**Course #:** 77200

**When:** 12/10/09

**Time:** 6:00PM to 8:00PM

**Registration:** 11/2 (All)

**Cost:** FREE

## Cooking Workshop

Cooking for One

Do you live alone and struggle with healthy cooking for one? This workshop will address the challenges of cooking for one and making healthy food choices. Grab a friend and come together. Space is limited – register early.

**Course #:** 79120

**When:** 12/5/09

**Registration:** 11/2R & 11/3NR

**Cost:** FREE



## Via Linda Holiday Building Closures

We will be closed on the following days in observance of the Holidays.

**In November...**

Wed., Nov. 25<sup>th</sup> (close at 5PM)

Thurs., Nov. 26<sup>th</sup>

Fri., Nov. 27<sup>th</sup>

**In December...**

Thurs., Dec. 24<sup>th</sup> (close at 5PM)

Fri., Dec. 25<sup>th</sup>

Sat., Dec. 26<sup>th</sup>

Thurs., Dec. 31<sup>st</sup> (close at 5PM)

**In January...**

Fri., Jan. 1<sup>st</sup>

Sat., Jan. 2<sup>nd</sup>



Via Linda Senior Center  
10440 E. Via Linda, Scottsdale, AZ 85258  
Phone: 480.312.5810 Fax: 480.312.5815  
On-line at [www.scottsdaleaz.gov](http://www.scottsdaleaz.gov)



# Inside Recreation

## November Excursions

### Get Out and Do Something!

City staff are trained to drive a shuttle bus so all you have to do is register and enjoy. Listed below are just some of the places we will go this month. For all of our Fall Excursions please visit the service desk and pick up a brochure.

### **Dinner at Mining Camp Restaurant**

**Course #:** 79051

**When:** Tuesday November 3<sup>rd</sup> - Late Afternoon Departure

**Cost:** \$46R & \$69NR (Registration includes cost of dinner)

### **Lunch at Benihana**

**Course #:** 79052

**When:** Wednesday November 11<sup>th</sup>

**Cost:** \$11R & \$17NR



### **Fountain Hills Festival of Arts and Crafts**

**Course #:** 79053

**When:** Saturday, November 14<sup>th</sup>

**Cost:** \$16R & \$24NR

EXCURSIONS

## Duplicate Bridge

Every Thursday, 1PM - 4PM

November 5<sup>th</sup> #77055

November 12<sup>th</sup> #77056

November 19<sup>th</sup> #77507

## Billiards

Congratulation to the 2009 Billiards Champs. The Billiards room is always open during normal building hours and all are welcome!

### **Jerry Ferrara**

Champion: 8-BALL

### **Fred Carr**

Winner 8-Ball, Equalizer Div.

### **Tim Nolan**

Champion: 9-BALL

### **Maurice Upiter**

Winner 9-Ball, Equalizer Div.

## Senior Classes

Did you miss Fall Class registration? Darn! Don't worry, keep a look out for the next session to begin in January! Registration will begin in December.

## Art All Around Us

### A Program of the Phoenix Art Museum

Appreciate and learn about the Arts at Mustang Library. Every 2<sup>nd</sup> and 4<sup>th</sup> Mondays of the month at 11:00AM, a docent from the Phoenix Art Museum will show slides and share information about various artists and art topics. Check out what is featured in October and November (listed below).

### **Date**

11/9/09

11/23/09

12/14/09

### **Program**

Paris When the Lights Go On Again

Clark Brothers

Egyptian Civilization

### **Docent**

Lois Alpert

Bets Manera

Dorothy Bridges

These presentations are FREE but please arrive early, programs begin at 11:00AM. Once the presentation begins the doors are closed. Presentations are at Mustang Library, 10101 N. 90<sup>th</sup> St. Scottsdale. 480.312.6061

ART

## "Silver Steppers"

### Walking Club begins

**When:** 11/9/09

**Time:** 8:30AM - 10:15AM

Come walk with us every Monday of the week and stay fit! 2 month schedule at front desk. No walking on 11/30/09



## Nintendo Wii

### Bowling League

Come join a fun group of people for some Wii bowling. It's fun and it's free and it's for anyone!

**When:** Tuesday mornings & Friday afternoons

**Where:** Room 3

**Tournament:** 11/13/09 at Granite Reef 1PM - 4PM

FUN

# Inside Social Services



## Adopt-A-Senior 2009

Donations are Needed!

We are still in need of your help for the holiday season. We are looking for donations for our holiday program. There are multiple ways to donate. If you would like to make a monetary or grocery gift card (minimum \$35) donation, they can be dropped off or mailed to the Via Linda Senior Center. Please make checks payable to "Concerned Citizens for Community Health." Monetary donations need to be received by November 30<sup>th</sup>.

You can also donate by adopting a senior. If you choose to do this, you agree to purchase items from a senior's wish list (minimum \$35) as well as a grocery gift card (minimum \$35). If you will like to adopt a senior, please call to sign up as soon as possible. Please contact Zach Matz with the Via Linda Senior Center at **480.312.8455** for more information on Adopt-A-Senior.

**Mail Donations to:**  
**Via Linda Senior Center**  
**10440 E. Via Linda**  
**Scottsdale, AZ 85258**



## Age Less, Age Well

Presents....

What is Dementia Anyway?

Are you forgetting where you put your keys, names? Are you having trouble with finances, judgment? Have you had changes in your mood or behaviors?

Come hear about the differences between Dementia and Alzheimer's. Sign up at the front desk or call

**480.312-5810**

Resources will be available.

**Course #:** 77610

**When:** 11/17/09

**Time:** 10AM - 11:30AM

## Peer Support Program

Are You Looking for a Rewarding and Meaningful Volunteer Experience?

If so, the Senior Peer Support Program needs You!

Volunteers must be age 55 years and older with good communication skills. There are no educational or experiential requirements. To learn more about how you can make a positive difference in Scottsdale...

Please contact Jennifer Murphy at **480.312.1718**.

## Here To Help!

Via Linda Senior Center staffs two full time social work specialists to help you with your needs and questions. They are always available for questions or you may make appointments to speak with them privately. Just ask for Trish or Molly!

## Thank You!

Join us on Saturday, November 21<sup>st</sup> for the Granite Reef Senior Center's 26<sup>th</sup> annual Arts and Crafts Fair. The event will be held from 8:30AM to 3PM. With over 120 vendors, there's definitely something for everyone! If you'd like additional information contact us at **480.312.1700**.

## Drug Destruction Event

With the Scottsdale Police Department

Bring your Over the Counter and Prescription Drugs to the Via Linda Senior Center and the Police will dispose of them properly.

Don't let them sit around, get in the wrong hands or hurt the environment!!! One day only.

**When:** 12/2/09

**Time:** 8AM - 10AM



## The Multiple Sclerosis

Support Group "Living Well with MS"

Presenter Sue Kelly

**When:** 11/10/2009

**Time:** 4:30PM - 6:30PM

Adopt A Senior

Social Services



**McDOWELL**  
**VILLAGE**

1% Retirement. 99% Fun.



GRANITE REEF SENIOR CENTER  
**ARTS & CRAFTS**  
F A I R

# Food For Thought

Economic times have made what was the norm and new paradigm. Many of the local food banks have reported an unprecedented increase in need, some as high as 54% over the same time last year. Options if you are in need are listed below, if you need further assistance please contact the service desk and they will put you in contact with one of our social workers.

## Food Programs

### Scottsdale Brown Bag Gleaners

Provides participants with one sack of groceries each week except during the months of July and August of each year. Bags are available after 8:30 AM on Thursday mornings. The membership fee is \$30 per year. Call 480.312.1700 for more information and to register.

### Scottsdale Congregate Meals

Tempe Community Action Agency provides a hot nutritious meal at the Granite Reef Senior Center Monday through Friday. All participants must reserve their meal in advance by calling 480.312.1724. Suggested contribution for meals is \$3.50 for persons age 60 and over.

### Home Delivered Meals

A hot nutritious meal for homebound seniors can be provided five days a week. Please call the Area Agency on Aging at 602.264.4357 for more information and registration.

### Paz de Cristo

Meal service for the homeless and working poor 5:30-6:45. Food boxes 2<sup>nd</sup> Tuesday and 4<sup>th</sup> Saturday.

424 W. Broadway Rd. Mesa, Az 85210

Office Hours:

Monday - Friday 10AM - 3PM

Phones answered M-F 9AM - 5PM

Phone: 480.464.2370

email: pazchristineo@qwestoffice.net



## Places to Volunteer

### St. Vincent DePaul

The Society of St. Vincent de Paul is an international non-profit organization dedicated to serving the poor and providing others with the opportunity to serve. The Phoenix Diocesan Council has been assisting central and northern Arizona families since 1946. Programs include services for the homeless, medical and dental care for the working poor, charity dining rooms, thrift stores, a transitional housing shelter and general assistance for individuals in need. For more info about volunteering, please call 602.261.6886 or visit [www.stvincentdepaul.net](http://www.stvincentdepaul.net)

### Andre House of Arizona

213 S 11<sup>th</sup> Ave Phoenix, AZ 85007 602.255.0580

André House is perhaps best known for its evening meal which is served six times a week to all who are hungry. Approximately 550 to 650 meals are served every night, Saturday through Thursday. A large dining room accommodates most visitors, and a smaller room is available for families and guests with special needs. (Supper: Saturday through Thursday, 5:30PM – 6:30PM)