

Posada Life Community Center

January | February | March 2020



As you can see, we are presenting our Quarterly Quips information to you in a different format for the first quarter of 2020 – we're always trying to make things easier for everyone.

We will also not be mailing the Quips to everyone on the Senior Lunch Program mailing list as we will be emailing it going forward. You can enjoy this service if you provide your email address to Ellen at emarch@casagv.org or give it to Carla or Diana in person.

You may also pick up a copy of the new quarterly newssheet at the Community Center during the hours we're open.

DAY TRIPS

Friday, Jan. 10 — departing the Community Center at 9:30 a.m.
TUMACACORI MISSION WITH TORTILLA MAKING
DEMONSTRATION & LUNCH

Saturday, Jan. 18 — departing the Community Center at 8:00 a.m.
TUCSON DOWNTOWN TROLLEY TOUR & LUNCH

Friday, Jan. 31 — departing the Community Center at 9:00 a.m.
MYSTERY OUT TO BREAKFAST
(shhhhhh—don't tell where we're going!)

Sunday, Feb. 16 — meet at CPAC for 3 pm performance
of GREATEST HITS OF THE 70'S FOLLOWED BY
OPTIONAL DINNER

Friday, Feb. 21 — depart the Community Center at 9:45 a.m.
OUT TO LUNCH AT CHEDDAR'S WITH STOP AT
PURPLE PENGUIN CANDY FACTORY

Friday, Mar. 13 — depart the Community Center 9:30 a.m.
SABINO CANYON TROLLEY TOUR & LUNCH

Monday, Mar. 16 — depart the Community Center 10:00 a.m.
CASINO DEL SOL FOR FUN & LUNCH

Friday, Mar. 27 — depart the Community Center 9:00 a.m.
PAUL BOND BOOT FACTORY IN NOGALES & LUNCH

Music at the Community Center

January 2020

Thu., Jan. 2	6 PM	OPEN JAM
Tue., Jan. 7	11 AM	Roy Kinney Entertains
Wed., Jan. 8	5 PM	CASA COFFEEHOUSE
Wed., Jan. 15	10:30 AM	43 MILES NORTH
	6 p.m.	JAZZ JAM
Wed., Jan. 22	11 AM	Bill McCreery Entertains
Tue., Jan. 28	11 AM	Music by James

February 2020

Tue., Feb. 4	11 AM	Roy Kinney Entertains
Wed., Feb. 5	6 PM	OPEN JAM
Wed., Feb. 12	11 AM	Bill McCreery Entertains
	5 p.m.	CASA COFFEEHOUSE
Fri., Feb. 14	10:45 AM	Ron Wagner Entertains
Wed., Feb. 19	10:30 AM	43 MILES NORTH
	6 PM	JAZZ JAM
Tue., Feb. 25	11 AM	Music by James

March 2020

Wed., Mar. 4	6 PM	OPEN JAM
Tue., Mar 10	11 AM	Roy Kinney Entertains
Wed., Mar. 11	5 PM	CASA COFFEEHOUSE
Wed., Mar. 18	10:30 AM	43 MILES NORTH
	6 PM	JAZZ JAM
Wed., Mar. 25	11 AM	Bill McCreery Entertains

JANUARY, FEBRUARY & MARCH 2020

Health, Wellness and Fun at the Posada Life Community Center

We have tried to offer a wide assortment of topics to begin the New Year.
Programs adorned with a \$ sign have a fee involved. The others are presented at no cost.

Pima Council on Aging presents **A MATTER OF BALANCE** \$

8 session class will be offered twice this quarter:
January 7, 9, 14, 16, 21, 23, 28, 30
March 3, 5, 10, 12, 17, 19, 24, 26
1:30 p.m. – 3:30 p.m.
Pre-register at PCOA—520-305-3410

BRAIN SAVERS \$

13 session class beginning Jan. 7
Tuesday and Friday mornings at 9:15
Register with Posada Life 520-393-6800

STRONG BONES 2

Bone Strengthening Exercise Class
Every Monday morning at 9 a.m.
Call Linda T. 520-269-6326

POSADA LIFE READERS' THEATER

Every Friday afternoon at 1 p.m.
Contact Regina Ford to be a part of this fun group
520-393-6822

DESERT UKES

2nd, 3rd, 4th and 5th Monday afternoons at 2 p.m.

GREEN VALLEY MEDITATION GROUP

Every Sunday morning at 10:30

WEIGHT WATCHERS \$

Every Wednesday and Thursday morning at 8 a.m.
Call Carol 520-625-9298 or Brent at 520-661-2028

ALCOHOLICS ANONYMOUS

Every Monday and Saturday at 7 p.m.

AARP DRIVER SAFETY CLASS \$

8:30 a.m.—12:30 pm
Saturdays; Jan. 25, Feb. 22 and Mar 28
Pre-register with Posada Life 520-393-6800

PARKINSON'S DISEASE EDUCATION

2nd Friday of month at 3 p.m.
Jan. 10, Feb. 14, Mar. 13
Charlene 520-777-4847

LA FRONTERA CORRAL OF WESTERNERS INTERNATIONAL

1st Monday of the month at 3:30 p.m.
Jan. 6 - *The Antiquity of Irrigation in
the Southwest* - Al Dart
Feb. 3 - *Empire Ranch History* - Robin Pinto
Mar. 2 - *The Battle of Frisco and the Legend of
Elfego Baca* - Bruce Dean

ARIZONA BLOOD AND CANCER SPECIALISTS SERIES

Monthly Saturday mornings at 10 a.m.
Jan. 11 - *Grief and Loss in Aging Adults* -
Kathy Kennel, MSN, FNP-BC, ACHPN
Feb. 8 - *Dementia vs. Delirium; What's the Difference?* -
Sherri Porterfield, RS, MSN
Mar. 7 - *Aging Safely at Home* -
Sherri Porterfield, RN, MSN

CONCERTS FOR A BETTER COMMUNITY

Saturdays, 12:00 noon Posada Java Courtyard
Feb. 8, 15, 22, 29, Mar. 7, 14

ELDER CIRCLE

Held at Joyner-Green Valley Library, 1:30 p.m.
Jan. 28, Feb. 25, Mar. 24 Call Ellen 520-393-6840

SINGLE SESSION EVENTS

Tuesday, Jan. 14 — 10:30 a.m.
Video Tour of Italy – Sony Vilanueva

Monday, Jan. 20 — 9:30 a.m.
Paint with Cindy – (rsvp needed)

Wednesday, Jan. 29 — 10:30 a.m.
PCOA presents **BeMedSmart**

Tuesday, Feb. 4 — 1:30 p.m. **The Benefits of
Massage** - Laura Peters of Holistic Therapies

Thursday, Feb. 6 — 1:30 p.m. **Shared Living**
Deborah Knox and Sharon Kha

Tuesday, Feb. 11 — 11 a.m.
Cancun Vacation – Claudia Ortega

1:30 p.m. **Meditation and Stress Relief**
Linda Caravello, LCSW

Wednesday, Feb. 12 — 1:30 p.m. **Bereavement
and Resiliency** — Dan Peterson of Valor Health
Services and Dr. Chris Amoroso

THE GOOD COOK SERIES

Tues. Feb. 18 — 1:30 p.m. **The Good Cook
Gardens** GV Community Garden

Wed., Feb. 19 — 1:30 pm **Harvesting the
Bounty** Ellen March

Thurs. Feb. 20 — 1:30 p.m. **The Good Cook
Entertains** Barbara Salazar and Ellen March

Friday, Feb. 28 — 4:00 p.m.—**Parkinsons
Alliance Event**

Tuesday, Mar. 3 — 11 a.m. — **The Scam Squad**

Saturday, Mar. 7 — 9:00 a.m.—
A Taste of Tai Chi and Qi Gong
La Posada Central Park

Tuesday, Mar. 17— **St. Patrick's Day**
Cornhole Class and Tournament

Wed., Mar. 18 — 2:00 p.m. — **Travels to
Geriatrics** Dr. Marilyn Heins

Mar. 24—10:45 am — **Border Patrol Update**

Wednesday, Mar. 25 — 2:00 p.m.
Making Good Decisions About Hearing Aids
Tom Muller, UA Audiology Department

*Circumstance beyond our control may result in a class
or event being cancelled or changed—please call a
few days before to be sure events are still as scheduled.
520-393-6840*