



JOIN US FOR OUR PASTA DINNER FUNDRAISER FOR KIDS KLOSET, MARCH 5 FROM 5-6:30 PM AT THE CENTER, \$10 PER PERSON. WE APPRECIATE YOUR SUPPORT!



See the Easter Egg Hunt Schedule Inside!

Vendor Spots Available!
Visit Events on our homepage:
www.thecenteronrosser.org

April 19
10am-3pm

Egg Hunts | Activities | Vendors | Prizes | Face Painter | Easter Bunny Onsite!











I want to start by expressing my deepest gratitude for the incredible support we've received from this community. Every event, every donation, and every helping hand makes a difference, and together, we are making a lasting impact.

I'm thrilled to share some exciting news—our 1/4-mile walking trail is officially open!



We want to THANK THE PRESCOTT SUNRISE LIONS who have made this dream a reality. This is just the beginning of what we hope will be a beautiful space for relaxation, exercise, and connection. If you'd like to be part of the next steps for the trail's development, we invite you to attend our **March 10th meeting at 1:30 PM** to discuss how you can help support this project. More details can be found in this newsletter.

While we continue to grow and improve, one story remains in our hearts: The Story of Kids Kloset: A Community Coming Together.

It all started on an evening much like any other—except this one changed everything.

I was locking up The Center after a big family event where we had been giving away backpacks to children in need. The sun was setting, and most of the families had already left, their kids excitedly clutching their new school supplies. Just as I turned to leave, I heard hurried footsteps behind me.

A mother, breathless and holding her young daughter's hand, was rushing toward the doors. She was gently urging her little girl to walk faster, eyes filled with both hope and hesitation.

"Are there still free backpacks?" she asked, her voice wavering.

I could see the sign by the road still standing—**Free Backpacks**—and my heart squeezed in my chest. I nodded and welcomed them inside, even though everything had been packed away.

As she stood there, she opened up to me. She was a single mom with two daughters, doing everything she could to provide for them. The girls had been asking for backpacks, but between rent, food, and just trying to stay afloat in an impossible economy, there was no room for extras. Even something as simple as a school backpack was out of reach.

I led them over to the supplies, letting her daughter pick out two backpacks—one for herself and one for her sister. The mom sighed with relief, thanking me over and over. But as I looked down, I noticed something that broke me: the little girl's shoes were too small, barely holding together, holes worn straight through. Her clothes were tight, obviously hand-me-downs that had long been outgrown. (continued)

I listened as this mother, with so much love in her voice, shared the struggles they faced—how groceries were hard to afford, how every penny was stretched as far as it could go. When they left, I smiled and waved, but as soon as they were out of sight, I broke down in tears.

We had to do more.

That night, I couldn't shake the image of that little girl in her too-small clothes, clutching her new backpack like it was the most precious thing in the world. I remembered the mother's tired but grateful eyes, the weight of everything she carried alone. So, I picked up the phone.

She had mentioned that her daughter attended a summer camp, so I called the camp and asked if I described a little girl and her mom, could they pass along a message for her to call me. Hours later, my phone rang—it was her.

I told her I had sponsors who wanted to help and asked for her daughters' sizes. Without hesitation, we set out shopping—not just for clothes and shoes, but for the basics that so many take for granted. Shampoo. Toothpaste. Socks. Food. Essentials that should never feel like luxuries.

When I shared the story with our Board, they stepped up in a way that still makes me emotional to this day. They gathered fresh meat, pantry staples, and other supplies, ensuring this family didn't just receive a moment of help—but real, tangible support.

The day the mother and her daughters returned to pick up the items, I saw something that has stayed with me ever since. The little girl, eyes wide with joy, went straight for something unexpected—not the toys, not the clothes, not even the shoes. Instead, she reached for a simple hairbrush.

With trembling hands, she unbraided her hair right then and there, running the brush through her tangled strands. Her face lit up with pure happiness as she softly said, "I've never had my own hairbrush before." I had to turn away for a moment to collect myself.

That was the moment I knew—we weren't just helping with clothes or backpacks. We were restoring dignity. We were giving these children something far deeper: the feeling of being seen, valued, and cared for.

From that moment, Kids Kloset was born.

Today, teachers, bus drivers, churches, and local organizations nominate families in need to be part of this program. Once we receive a nomination, we reach out to learn the clothing and shoe sizes for every child in the household. Volunteers sort through donations and purchase any additional sizes needed. But Kids Kloset isn't just about giving things away—it's about giving families a moment of joy.

When a family comes in, they don't just pick up supplies. They are welcomed to a special event, complete with a pizza party, where kids get to **shop for their own clothes and shoes**, picking out what makes them feel good. Each child selects a toy, and parents receive a box of food and essential household items. It's a day that's filled with smiles, laughter, and a reminder that they are not alone.

Because no child should ever feel like they have to go without. Because no mother should have to choose between food and clothing for her child. Because we, as a community, can do more.

And because sometimes, the smallest things—like a backpack or a hairbrush—can mean everything.

Join us on March 5th at 5:00 PM for our Fundraising Event. This event will help ensure that we can continue programs like Kids Kloset and so much more. Your support, whether through donations, volunteering, or simply spreading the word, makes all the difference.

Thank you for believing in our mission and for being part of this incredible community. I look forward to seeing you at our upcoming events as we continue making a difference—together.

Kathy McFadden

### Welcome New Business Members!





We look forward to helping you promote your business!

# 2025 Business Members



### Gold

















### Bronze



















### Park Committee Needed!



### Join Us in Creating a Beautiful Community Park

**We Need Your Help!** Meals on Wheels and The Center are working on a park project, and we're looking for enthusiastic volunteers to help bring this vision to life. Whether you have a green thumb, love working outdoors, or just want to give back to your community, there's a place for you!

### Volunteer Opportunities

- Landscaping & Gardening Help plant trees, flowers, &maintain green spaces.
- \* Cleanup Crew Keep the park clean and beautiful for all to enjoy.
- \* Maintenance & Repairs Assist with benches, signage, irrigation, & more.
- \* Trail & Pathway Team Maintain and improve walking trails.
- \* Art & Design Help create park signage and beautification projects.
- **Education & Events** Organize workshops and community events.
- Join Us for a Planning Meeting!

### Pate: March 10<sup>th</sup> Location: 1280 E Rosser Street Time: 1:30 pm

Hosted by Neal with Meals on Wheels, Kathy with The Center as well as Jim and Derek with Sunrise Lions, this meeting will bring together volunteers to form committees and plan the park's development. Your input and help are vital!

Interested in Volunteering, Donating or just learning about the project? Call The Center at 928-778-3000 to sign up!

Let's work together to create a lasting space for our community to enjoy!

### Easter Bazaar & Family Fun Day Saturday - April 19, 2025



### Egg Hunt Schedule



0-4 yrs. 10:30am <u>and</u> 1:30 pm

5-9 yrs. 11:00am <u>and</u> 2:00pm

10 yrs. & Up 11:30am <u>and</u> 2:30pm



Special Needs Patio Hunt 12:00 pm



Hunters will receive colored wrist bands for start times. The Easter Bunny will be at ALL hunts to meet the hunters and to have free photos taken!

### The Center's wishlist!

### **Kids Kloset Needs**



New or gently used children's clothing (all sizes)



New shoes (kids & teens)



Hygiene products (shampoo, toothpaste, deodorant, etc.)



Small toys & books for kids

Backpacks & school supplies



Non-perishable food items for community programs

### The Center's General Needs



Cleaning supplies (disinfectant wipes, paper towels, hand sanitizer, Kleenex)



Stamps & office supplies



Coffee, tea, & bottled water for events



Art & craft supplies for classes

### Easter Egg Hunt Needs



Plastic eggs (for stuffing)

Individually wrapped candy

### **Walking Trail Enhancements**



Trees & benches for resting areas



Fitness equipment (outdoor-friendly)

Sponsors for future expansions

### Sponsor a Table



We are still looking for sponsors for event tables—a great way to support The Center and be recognized in the community!

If you'd like to donate or help, please stop by Front Desk at The Center or contact us at <a href="mailto:kmcfadden@adultcenter.org">kmcfadden@adultcenter.org</a>.

Every contribution makes a difference—thank you for your continued support!







Day	Program/Activity	AM/PM	Members	
	Movin' w/June	8:30 AM	\$8	
	In the Middle Line Dance w/Cindy (Cancelled 3/3)	9:30 AM	\$8	
	Strength & Balance w/Joy	9:30 AM	\$9	Z
	Zumba w/Kay	11:00AM	\$8	
⋛	Hand & Foot Canasta	12:00 PM	\$5	
MONDAY	ACBL Sanctioned Bridge	12:00 PM	\$8	
β	Non-Sanctioned Bridge	12:00 PM	\$7	
	Integrated Exercise Yoga/Qigong/Pilates w/Roma (Cancelled 3/10)	12:15 PM	\$8	
	Raskins Jewelers - Cleaning & watch repair (3/10)	12:30 PM	FREE	on-N
	Tai Chi & Qigong w/Roma (Cancelled 3/10)	1:30 PM	\$8	Non-Member
	Park Committee & Interest Meeting	1:30PM	Free	ıber
	All Levels Yoga w/Katy	8:40 AM	\$9	Price
	Meditation w/Peg	9:00 AM	\$5	ce fo
	Strength & Balance w/Joy - 1 Hour	9:00 AM	\$9	for A
	Balance Tai Chi Movements w/Joy - 30 minutes	10:00 AM	\$5	Activities
	Basic Beginner Line Dance w/CindyLou	10:00 AM	\$8	ities
	Weights & Balls on Chair w/Katy Kolasa (Cancelled 3/4)	10:00 AM	\$9	\$1
>	Tai Chi Chuan w/Bryan	10:30 AM	\$8	0
DA	Chair Yoga w/Joy	11:15 AM	\$9	Nor
TUESDAY	ACBL Sanctioned Bridge	12:00 PM	\$8	Non-Member
_	The Page Turners Book Club (3/11)	1:30 PM	Free	dme
	Intermediate Line Dance w/Barb	3:00 PM	\$8	
	Tai Chi w/Larry	5:00 PM	\$8	for B
	Center Open House & Mixer (3/25)	4:00 PM	Free	Bridge
	Social Security Seminar (3/11)	6:00 PM	Free	je\$
	Beginning WC Swing w/Ronnie	6:30 PM	\$15	12 t
	Intermediate West Coast Swing w/Ronnie	7:30 PM	\$15	to \$ 1
	Strength & Balance w/Joy	9:30 AM	\$9	15
	Mat Pilates w/Denise	10:30 AM	\$8	
WEDNESDAY	All Levels Yoga w/Katy	11:00 AM	\$9	
	ACBL Sanctioned Bridge	12:00 PM	\$8	
	AZ Territorial Society - "On the Bloody Trail of Geronimo" (3/19)	1:00PM	Free	
	Chef Demo w/Las Fuentes (3/12)	2:30 PM	Free	
	Kid's Kloset Fundraiser (3/5)	5:00 PM	\$10	9

\*Activities in BLUE are our Basic Fitness Classes. All other classes are Premium.

Day	Program/Activity	AM/PM	Member Fee
	Strategic Network Partners	7:30 AM	Free
	All Levels Yoga w/Katy	8:40 AM	\$9
	Strength & Balance w/Joy - 1hr	9:00 AM	\$9
	Vaccine Clinic (3/20)	10:00 AM	Free
	Balance Tai Chi Movements w/Joy - 30 Minutes	10:00 AM	\$5
	Beginner Line Dance w/Sandi (CindyLou sub 3/13 & 3/20)	10:00 AM	\$6
Α	Tai Chi Chuan w/Bryan	10:30 AM	\$8
THURSDAY	Blood Pressure Checks (3/13)	10:45 AM	Free
王	Chair Yoga w/Joy	11:15 AM	\$9
	BINGO - Games start at 1:30 pm, Doors open at Noon	12:00 PM	Per Game
	Hand & Foot Canasta	12:00 PM	\$5
	American Mahjongg - Beginners Welcome	1:00 PM	\$5
	Tai Chi w/Larry on Thursdays	5:00 PM	\$8
	Zumba w/Tara	5:30 PM	\$5
	Social Security Seminar (3/20)	6:00 PM	Free
	Movin' w/June	9:00AM	\$8
FRIDAY	ZUMBA Gold w/Kay	11:00 AM	\$8
짪	Balance & Stretch with Chair w/Katy	11:15 AM	\$8
	ACBL Teams Bridge	12:00 PM	\$8
S/S	Line Dance Lesson w/Ronnie (Saturday 3/15)	6:30 PM	\$15
	Union Church Services (Sundays)	10:00 AM	Free

### March Member Mixer



Attention Standard and Premium Center Members! Our March Mixer - "Ready, Set, Bloom" is just around the corner, so mark your calendars for March 12 from 10:30 - 11:30 am! Let's get together for conversation, refreshments and an awesome morning at The Center sponsored by Leslie Jacobs Realty Group. Next Mixer: June 24 - "Summer Sipper" sponsored by Las Fuentes!

### VOLUNTEERS Wanted!

### Volunteer & Make a Difference at The Center!

The Center thrives because of **amazing volunteers like you!** Whether you have a few hours a week or just want to help out occasionally, there's a perfect opportunity waiting for you.

### **Ways to Get Involved**

- **Board of Directors** Help guide The Center's future.
- **Bingo Support** Assist with setup, selling cards, or calling numbers.
- **Event Planning Committee** Help plan exciting activities and fundraisers.
- Front Desk Assistance Be the welcoming face of The Center.
- Bingo Paper Assembly A great behind-the-scenes role!
- Event Assistance Help with setup, serving, and making events run smoothly.
- Trail Master Plan Committee Get involved in shaping our walking trail. Your time and talents make a huge impact on our community. Get involved today! Stop by the front desk or call us for more details.



Thank you for helping make The Center a great place for all!





Please note that menus are subject to change without notice.

Allergy Alert: Please be advised that food prepared here may contain these ingredients or traces of these ingredients: Milk, Eggs, Wheat, Gluten, Peanuts, Soybeans, Tree Nuts, Fish and Shellfish.

WHOLE WHEAT BREAD & SALAD INCLUDED WITH EACH CAFÉ ON ROSSER LUNCH

Monday Mar 3 BEEF TACO CASSEROLE Beans, Lettuce, Corn Medley, Salsa, Tropical Fruit	Tuesday Mar 4 CHICKEN AND RICE CASSEROLE Broccoli, Carrots, Whole Grain Biscuit, Oranges	Wednesday Mar 5 BEEF BAKED ZITI Spinach and Squash, Garlic Bread, Spiced Apples	Thursday Mar 6 TERIYAKI CHICKEN Rice, Cabbage, Stir Fried Veggies, Mandarin Oranges	Friday Mar 7 CHEESE ENCHILADAS Refried Beans, Tomatoes, Peppers, Onions, Apricots
Monday Mar 10 GARLIC HERB CHICKEN Couscous, Mixed Veggies, Melon	Tuesday Mar I I BEEF BURGUNDY Egg Noodles, Snap Pea Medley, Pineapple	Wednesday Mar 12 CHEESE RAVIOLI Zucchini Medley, WW Garlic Bread, Mixed Fruit	Thursday Mar 13 HONEY HAM Sweet Potatoes, Carrots, Onions, Spiced Pears	Friday Mar 14 TUNA SALAD Pita Bread, Kale Cabbage Slaw, Sweet Potato Chips, Pears
Monday Mar 17 SALISBURY STEAK Mashed Potatoes, Peas and Carrots, Strawberries	Tuesday Mar 18 SAUSAGE BISCUIT & GRAVY Scrambled Eggs, Stewed Tomatoes, Onions, Peppers, Fruit Salad	Wednesday Mar 19 CHICKEN MARSALA Herb Pasta, Squash, Spinach, Applesauce	Thursday Mar 20 BEEF POT ROAST Parsley Potatoes, Onions, Carrots, Celery, Pineapple	Friday Mar 21 SMOTHERED PORK LOIN Rice Blend, California Veggies, Biscuit, Peaches
Monday Mar 24 ORANGE CHICKEN Sticky Rice, Asian Style Veggies, Mandarin Oranges, Fortune Cookies	Tuesday Mar 25 CHICKEN AND BEAN BURRITO Enchilada Style, Mexican Rice, Black Beans, Lettuce, Tomato, Tropical Fruit	Wednesday Mar 26 HAM AND CHEESE SANDWICH Tomato Soup, Broccoli and Cauliflower, Pears	Thursday Mar 27 SWEDISH MEATBALLS Egg Noodles, Peas and Peppers, Whole Wheat Roll, Bananas	Friday Mar 28 CHICKEN STRIPS Mashed Potatoes, Gravy, Honey Carrots, Onions, Applesauce
Manday May 21				

### Monday Mar 31

CHICKEN PARMESAN Pasta, Squash, Garlic Bread, Peaches



Phone: 928-445-7630 PrescottMealsOnWheels.org

See our menu online!

Serving lunch Mon-Fri 11:15am - 12:45 pm

### Building the future of the Northern Arizona Memory Study Together with The Center!





One year later, learn how we are working together to promote brain health in our community! Plus...

- Learn about new ways to participate in research studies
- · Refreshments will be provided

Date: Tuesday, April 8, 2025

**Time:** 11:30 – 12:30 (Presentation/Discussion)

\*\*After the presentation, sign-up for free memory screening and opportunities for research participation!

Location: The Center on Rosser

Address: 1280 E. Rosser Street | Prescott, AZ 86301

### <u>Speakers</u>





Eric Cerino, PhD

Megan McCoy, PhD





College of Social and Behavioral Sciences

### **Speaker Series at The Center**



Join us!

March 19 - 1:00 pm

'My Life at Phantom Ranch'

### 2025 Schedule Here:

thecenteronrosser.org/az-terr-series

### **COMPUTER CLASSES**

Next Class: March 26 from 4-6 pm.
Bring your laptops!
\$15 per class











March: Beginning & Intermediate Excel April: Beginning & Intermediate PowerPoint



Chef Demos are on the 2nd Wednesday of each month at 2:30 p.m.

Next Demo: March 12 Homemade Salsa & Guacamole

Join us to try amazing recipes and even get a cooking tip or two!

Chef Demo brought to you by Las Fuentes!



Chef's 2025 Demo Schedule

January 8

February 12

March 12

April 9

May 14

June 11

July 9

August 13

September 10

October 8

iubject to change, please check the Center's online calendar at www.thecenteronrosser.org

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Community Outreach Specialist 928.830.4744 vicki.holmes@devoted.com www.devoted.com

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824 Valley Street Prescott, AZ 86305

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### Max Turned 17, and He's Hard of Hearing Too Many of you who have visited the office

Many of you who have visited the office of Prescott Hearing Center have had the joy of meeting Max, the office greeter. Max is a long-haired, mini dachshund. We have had Max since he was a puppy and went through the joys of each year as he developed into the sweet dog that he is today. He has always enjoyed hikes, walks, and going for rides and the exuberance he shows when anticipating these adventures could bring cheer to anyone's heart.

Max turned 17 and unfortunately, the changes we see each year of his life are becoming increasingly apparent, but the

most apparent change is that he cannot hear so well anymore. In fact, he can barely hear at all. What once was a gleeful and energetic response to "wanna take a walk?" is now seemingly ignored until his attention is redirected via a gentle nudge by his walking partner. Going "potty" used to happen upon his human's command but is now done at his leisure, like an adolescent on a road trip. Even the word "treat" has no meaning anymore.

### How We Help Max with His Hearing Issues

Just for fun one day, we put hearing aids with some low-level gain into Max's ears. When we asked him if he would like a treat, he immediately responded by running to the drawer where his treats are stored. After chomping down his favorite munchie, he vigorously shook his head, as you would expect, to dislodge his new hearing aids making them useless as they lay on the floor.

Obviously, a dog conforming to using hearing aids is not a realistic expectation, but that moment of joy we experienced seeing Max so excited was worth every effort we had taken, even if only for a fleeting moment. It was joyous enough that I had to put them into his ears again, simply to tell him, "I love you." His eyes told me that he heard me.

What I would not do to be able to have Max hear me say those words every day. I know it would improve the quality of his life as well as filling our hearts with more joy. Unfortunately, Max does not have much chance of conforming to hearing aid use. Humans, on the other hand, have a choice.

Call us to find out how we can help you or a loved one with hearing loss.



928-899-8104 www.prescotthearing.com 3108 Clearwater Drive, Ste B2, Prescott, AZ 86305 7762 E Florentine Rd, Ste D, Prescott Valley, AZ 86314







# Grand Canyon Education Academy

### **BRONZE BUSINESS MEMBER**

The Grand Canyon Education Academy provides financial education programs for companies and organizations that want their people to enjoy a more financially secure future. When employees and members are more sure of their future and working toward their goals through a sound game plan, they are more productive in the workplace.

Our Financial Literacy workshops cover a wide variety of informative, inspiring and enjoyable topics for one and all, including, but not limited to:

- Social Security Explained
- Social Security Claiming Strategies
- Women Approaching Retirement and Beyond
- Social Security for Divorced Women
- Retirement Basics for Women
- Strategies for a Lifetime Income in Retirement

- Exploring Your Options for a Quality Retirement
- Understanding 401K Rollovers
- Financial Blunders Lessons We Never Learn
- I.D Theft
- Preparing for Long Term Care
- Taking Control of Your Cash Eliminating Debt Tax Planning

Upcoming
Social Security Seminars
at The Center

All Classes at 6:00 pm

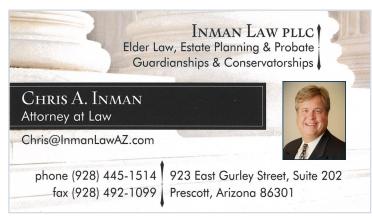
March 11 March 20 April 1 April 9

Check the Center's Website Calendar to verify times and dates.



www.grandcanyonedu.com

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### **The Center Staff**

Kathy McFadden - CEO
Drew Barbaresi - Sr. Facilities & Events
Julia Rulla - Marketing & Communications
Caidie Edington - Admin Assistant



### Hours

Monday - Thursday: 8:30 am - 5pm Friday - 9:00 am - 2:00 pm Saturday: By Event Sunday: Closed

### Monthly Board Meetings 3rd Tuesday at 10:00 am Board of Directors

Ana Maria Fraijo - President Becky Cochell - Vice President Irene Winter - Treasurer Helene Schaffer - Secretary Mary Ann Suttles - Member Irene Beitz - Member



### **The Center**

1280 E. Rosser Street
Prescott AZ 86301 | 928-778-3000
www.thecenteronrosser.org