

July/August/September 2014

Lifeprint[®] Community Center Activity Calendar

Take a break from the summer heat! Join us for a variety of classes and presentations at the Community Center.

Deer Valley



Lifeprint Community Center

Enjoy our Featured Events!

How to Grow a Lot of Food in a Little Space – Wednesday, July 9, 9:30am – 11:30am:

No matter how small of a space you have, you can grow healthy and beautiful vegetables all year long. Save money and enjoy the bounty from your very own garden! Rosemarie Cruse, local Fitness Trainer & Nutritionist will be presenting.

CPR Training – Tuesday, July 15 or Tuesday, August 5, 9:30am – 1:30pm:

Lifeprint is pleased to offer CPR training to our members and guests. Knowing how to perform CPR (cardiopulmonary resuscitation) on an adult could save a life. Each session is limited to 12 students. **RSVP's must be received by July 1st.**

Basics of Estate & Long Term Care Planning w/ David T. Eastman, Attorney At Law – Wednesday, August 6, 10am – 11am:

This is a great opportunity for you to hear very important advice from a professional in Senior Law. This will give you direction in making long term plans for yourself. Make plans now – before they are needed.

Blood Drive - Tuesday, August 12, 10am-3pm:

The Lifeprint Clinic is hosting a Red Cross blood drive. Your donation could help save a life.

Regain, Retrain & Maintain Your Brain! Introduction to BrainSavers® with Paul E Bendheim, MD - September 3, 17, or 24, 10 am – Noon:

Dr. Bendheim, a neurologist and the founder of BrainSavers®, will give an introductory presentation on the BrainSavers® Brain+Body Total Fitness Program. This program was developed to promote healthy brain and body aging while reducing the risk of Alzheimer's disease. It will get your mind and body moving while you are guided, instructed and supported to adopt healthier habits through physical and mental exercise, social engagement, stress reduction, and guidance regarding healthy eating and sleep practices. Attend one of the three presentations to learn more.

Lifeprint Hawaiian Luau - Friday, September 19,

1pm-3pm: Join us for an afternoon of music and activities with Short & Sweet Entertainment. Please RSVP by September 16.

Staying Healthy and Active After 50

"More than 70 million Americans ages 50 and older - four out of five older adults - suffer from at least one chronic condition."

Lifeprint is pleased to introduce this monthly addition to our calendar of relevant health topics presented by Lifeprint healthcare providers that will be educational, interactive and life changing.

Fall Prevention - Monday, August 11, 1pm-2:30pm:

Paulette Leguizamon will conduct an educational presentation on how to maintain balance, build strength and lower the risk of potential falls.

Congestive Heart Failure - Monday, September 8,

1pm-2:30pm: Susan Parmenter will lead a presentation on how lifestyle changes, food choices and physical activity can assist in prevention of chronic heart conditions.

Fall Classes Begin in September!

Computer Class begins September 4, 10am-11am:

This weekly class is designed to teach you how to navigate today's technology. Learn the basics of computers and other devices. Everyone is welcome. Feel free to bring your own laptop if you like.

Words of Peace begins Monday, September 8,

10am-11am: This bi-monthly class will offer a new and different approach to finding inner strength, appreciation, and hope. You will learn how to use your inner resources as tools to feel more at peace.

Nutrition Strategies & Weight Management begins Tuesday, September 9, 10am-11:30am:

Joanne Hurley will be back this Fall to give you all the tools you need to take control of your Diabetes, lose weight and feel better about yourself. New information added for returning students as well as new.



Lifeprint Community Center
20414 N 27th Avenue, 4th Flr.
Phoenix, AZ 85027

Monday – Friday 8am – 4pm
Saturday & Sunday Closed
623-707-2895 LifeprintHealth.com

***RSVP to 623-707-2895**



Monday	Tuesday	Wednesday	Thursday	Friday
	1 <ul style="list-style-type: none"> • Medical QiGong Chair Yoga 8:30am – 9:30am • Art Workshop, 2pm – 4pm 	2 <ul style="list-style-type: none"> • Wii Sports, 10am – Noon • Quilting, Crocheting, & Knitting Club, Noon – 3:30pm • No. Phoenix Deaf Senior Citizens Monthly Social, 1pm - 4pm 	3 <ul style="list-style-type: none"> • Latin Dance Fitness with a Twist Join "Short & Sweet" for a fun form of exercise to great music perfect for all levels, 8:30am - 9:30 am • Movie & Popcorn Afternoon - Call for Title, 1pm – 3pm 	4 <p>LIFEPRINT CLOSED FOR HOLIDAY</p>
7 <ul style="list-style-type: none"> • Pilates Plus 8:30am – 9:30am • Wii Sports, 10am – Noon 	8 <ul style="list-style-type: none"> • Medical QiGong – Chair Yoga, 8:30am – 9:30am • Book Club, 10am - Noon • Origami w/ Willie Mae Tang, 10am-Noon • Art Workshop, 2pm – 4pm 	9 <ul style="list-style-type: none"> • How to Grow A Lot of Food in A Little Space - Even you can have a garden., *RSVP 9:30am-11:30am • Wii Sports, 10am – Noon • Quilting, Crocheting, & Knitting Club, Noon – 3:30pm 	10 <ul style="list-style-type: none"> • Latin Dance Fitness With A Twist 8:30am - 9:30am • Movie & Popcorn Afternoon - Call for Title, 1pm – 3pm 	11 <ul style="list-style-type: none"> • Tai Chi 8:30am – 9:30am • Meditation To Reduce Stress, 9:30am -10:30am • Pilates Plus 11:30am – 12:30pm • Line Dance Beginners to Pros, 1pm - 3pm
14 <ul style="list-style-type: none"> • Pilates Plus 8:30am – 9:30am • Wii Sports, 10am – Noon 	15 <ul style="list-style-type: none"> • Medical QiGong – Chair Yoga, 8:30am – 9:30am • CPR Training *RSVP by July 1 Space Limited, 9:30am -1:30pm • Art Workshop, 2pm – 4pm 	16 <ul style="list-style-type: none"> • Wii Sports 10am – Noon • Quilting, Crocheting, & Knitting Club, Noon – 3:30pm 	17 <ul style="list-style-type: none"> • Latin Dance Fitness With A Twist 8:30am - 9:30am • Movie & Popcorn Afternoon - Call for Title, 1pm – 3pm 	18 <ul style="list-style-type: none"> • Tai Chi 8:30am – 9:30am • Pilates Plus 11:30am – 12:30pm • Line Dance Beginners to Pros, 1pm - 3pm
21 <ul style="list-style-type: none"> • Pilates Plus 8:30am – 9:30am • Wii Sports, 10am – Noon 	22 <ul style="list-style-type: none"> • Medical QiGong Chair Yoga 8:30am – 9:30am • doTerra Oils "Everyday Living w/ Essential Oil" – Summertime w/ Oils *RSVP, 10am-Noon • Scrabble in the Great Room 10am - 12:30pm • Art Workshop, 2pm – 4pm 	23 <ul style="list-style-type: none"> • Wii Sports 10am – Noon • Quilting, Crocheting, & Knitting, Noon – 3:30pm 	24 <ul style="list-style-type: none"> • Latin Dance Fitness With A Twist 8:30am - 9:30am • Movie & Popcorn Afternoon - Call for Title, 1pm – 3pm 	25 <ul style="list-style-type: none"> • Tai Chi 8:30am – 9:30am • Meditation To Reduce Stress, 9:30am -10:30am • Pilates Plus 11:30am – 12:30pm • Line Dance Beginners to Pros, 1pm - 3pm
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August 2014

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11 <ul style="list-style-type: none"> • Pilates Plus 8:30am – 9:30am • Wii Sports, 10am – Noon • Fall Prevention Presentation *RSVP, 1pm - 2:30pm 	12 <ul style="list-style-type: none"> • Medical QiGong – Chair Yoga, 8:30am – 9:30am • Art Workshop, 2pm – 4pm • Blood Drive, 10am-3pm 	13 <ul style="list-style-type: none"> • Wii Sports, 10am – Noon • David T. Eastman, Attorney At Law Basics of Estate & Long Term Care Planning *RSVP, 10am-11am • Quilting, Crocheting, & Knitting Club, Noon – 3:30pm 	14 <ul style="list-style-type: none"> • Latin Dance Fitness With A Twist 8:30am - 9:30am • Movie & Popcorn Afternoon - Call for Title, 1pm – 3pm	15 <ul style="list-style-type: none"> • Tai Chi 8:30am – 9:30am • Pilates Plus 11:30am – 12:30pm • Line Dance Beginners to Pros, 1pm - 3pm
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RSVP to 623-707-2895 - For Lifestrip members, all classes and events are included as part of your membership and there is no additional fee. All events are open to the general public at no cost. This excludes the AARP Safe Driver Course, which has a fee for all attendees.

September 2014

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RSVP to 623-707-2895



N 35th Ave

Adobe Dam
Recreational Area



W Deer Valley Rd



Phoenix – Deer Valley
Municipal Airport



Lifeprint

N 27th Ave

Exit
#215A

N 23rd Ave

W Rose Garden Ln

Exit
#23A

101

Exit
#23

H

W Yorkshire Dr

Exit
#214B



Lifeprint

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Phoenix, AZ 85027

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and greatest at the Lifeprint Community Center.