



### GCA BIRTHDAY PARTY

On **Tuesday, January 22<sup>nd</sup>**, head over to the **Towers Dining Room** at **3:00pm** to celebrate all of the January and February birthdays. Everyone is invited! Enjoy birthday cake and live entertainment by Ronnie Hazelett.

### ZOE PLAN

The *Towers Heartlife Menu* has been updated with additional selections and a new name, *ZOE [Zoh] Plan*. The delicious, healthy eating menu includes nutritional information. A limited ZOE Plan is offered at Henry's during breakfast.

### DONATE BLOOD

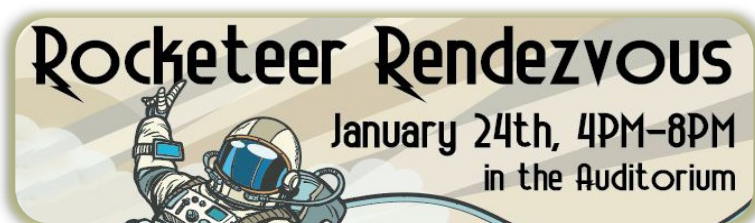
On **Thursday, January 17<sup>th</sup>**, you can make a difference by donating blood. The *Vitalant* (formerly United Blood Services) *Blood Mobile* will be in the parking lot by **Providence Place** from **8:00am-noon**. Reserve your time by calling Wendy Harrold at 602.847.3018.

### CARETOU

On **Thursday and Friday, January 17<sup>th</sup> and 18<sup>th</sup>**, *CareToUSkin* Cancer Mobile Unit will be in **front of Resident Services** from **9:00am-2:00pm**. No appointment necessary.

### TOWN HALL MEETING

On **Wednesday, January 23<sup>rd</sup>** come to a *Town Hall Meeting* at **2:00pm** in the **Auditorium** to hear the results of the annual survey conducted by Vogel LLC.



Don't miss out on the *Rocketeer Rendezvous* on **Thursday, January 24<sup>th</sup>** at **4:00pm** in the **Auditorium**. This new, annual, Science Fiction event will include games, a Sci-Fi themed costume contest, dinner and a movie. We will be showing the new movie *Solo: A Star Wars Story*. Get your ticket (\$5) now from the Activities Department and start working on your costume!



### FRIDAY ENTERTAINMENT

On **Friday, January 18<sup>th</sup>**, come hear *Almost There*. Tim & Clare Billings, a husband and wife team, with guitar, keyboard and percussion instrumentation, will sing gospel songs with uplifting and encouraging lyrics. Come and sing along with them at **6:00pm** in the **Auditorium**.

Fan favorite, *Jay Mann* will be singing on **Friday, January 25<sup>th</sup>** at **6:00pm** in the **Auditorium**.

### SATURDAY BINGO

Saturday Bingo is back on the **2<sup>nd</sup> and 4<sup>th</sup> Saturdays** from **12:30-3:30pm** in the **Villa Ponderosa**. Play 3 cards for \$1.

### MOVIE WEDNESDAY

On **January 16<sup>th</sup>** watch *Ratatouille*, about Remy, a rat who dreams of becoming a great chef and moves to Paris to follow his dream.

*The Social Network* will be playing on **January 23<sup>rd</sup>**. Based on the book "The Accidental Billionaires." Harvard undergrad and computer genius Mark Zuckerberg begins work on a new concept that eventually turns into the global social network known as Facebook.

Movies are in the **Auditorium** and start at **6:00pm**. Popcorn and beverages are available.

### MOVIE OUTING

Sign up to attend a movie at **Harkins Theater** on **Tuesday, January 15<sup>th</sup>**. *Some Like it Hot* will be showing. Buy your ticket for \$5 at the **Activities Reception** soon. The bus will load at **5:30pm**.



## SATURDAY 12

9:00am *Wii Bowling – Open Bowling*: VP  
8am-8pm *Open Swim*: IP  
12:30pm Bingo  
1-3pm Ping Pong: VP  
6:00pm Hand & Foot: VP

## SUNDAY 13

8am-8pm *Open Swim*: IP  
9:00am Sunday School: CL  
9:00am Catholic Service & Communion: T2S  
9:30am Bus: Our Lady of Perpetual Help Catholic Church  
10:00am Community of Faith Worship Service: AUD  
2pm San Francisco Rummy: VP  
2:00pm Worship Service: PDR  
6:00pm Hand & Foot: VP

## MONDAY 14

8:00am *Women's Water Ex*: IP  
9:00am *Lap Swimming*: IP  
9:00am Fit & Fab Exercise: VP  
10:00am Praying the Rosary: PSMC  
10am-1pm *Open Swim*: IP  
12:30-2:30pm Ping Pong: VP  
1:00pm *Arthritic Women's Water Exercise*: IP  
1:00pm Scrabble: CL  
1:15pm Bunco: VP  
3:00pm Glencroft Singers: AUD  
3-5pm *Open Swim*: IP  
5:00pm *Women's Water Ex*: IP  
6:00pm Mexican Train Dominoes: T2S

## TUESDAY 15

8:00am *Women's Water Ex*: IP  
9:00am *Lap Swimming*: IP  
9:00am Line Dancing: VP  
9:30am Bible Study: PSMC  
10:00am *Assisted Swim*: IP  
12:00-12:45pm *Open Swim*: IP  
1:00pm Yoga: VP  
1:00pm Hand & Foot: VP  
1:00pm *Men's Open Swim*: IP  
2:00pm Bridge: CL  
3-8pm *Open Swim*: IP  
3:30pm Bible Study: TCD  
5:00pm Mexican Train Dominoes: CL

## SATURDAY 19

9:00am *Wii Bowling – Open Bowling*: VP  
8am-8pm *Open Swim*: IP  
1-3 pm Ping Pong: VP  
6:00pm Hand & Foot: VP

## SUNDAY 20

8am-8pm *Open Swim*: IP  
9:00am Sunday School: CL  
9:00am Catholic Service & Communion: T2S  
9:30am Bus: Our Lady of Perpetual Help Catholic Church  
10:00am Community of Faith Worship Service: AUD  
2pm San Francisco Rummy: VP  
2:00pm Worship Service: PDR  
6:00pm Hand & Foot: VP

## MONDAY 21

8:00am *Women's Water Ex*: IP  
9:00am *Lap Swimming*: IP  
9:00am Fit & Fab Exercise: VP  
10:00am Praying the Rosary: PSMC  
10am-1pm *Open Swim*: IP  
12:30-2:30pm Ping Pong: VP  
1:00pm *Arthritic Women's Water Exercise*: IP  
1:00pm Scrabble: CL  
1:15pm Bunco: VP  
3:00pm Glencroft Singers: AUD  
3-5pm *Open Swim*: IP  
5:00pm *Women's Water Ex*: IP  
6:00pm Mexican Train Dominoes: T2S

## TUESDAY 22

8:00am *Women's Water Ex*: IP  
9:00am *Lap Swimming*: IP  
9:00am Line Dancing: VP  
9:30am Bible Study: PSMC  
10:00am *Assisted Swim*: IP  
12:00-12:45pm *Open Swim*: IP  
1:00pm Yoga: VP  
1:00pm Hand & Foot: VP  
1:00pm *Men's Open Swim*: IP  
2:00pm Bridge: CL  
**3:00pm GCA Birthday: TDR**  
3-8pm *Open Swim*: IP  
3:30pm Bible Study: TCD  
5:00pm Mexican Train Dominoes: CL

### LOCATIONS:

AUD Auditorium  
CL Crossings Lounge  
CR Crossings Craft Room

HC Henry's Café  
IP Indoor Pool  
PDR Providence Dining Room  
PSMC Prov. Skinner Memorial Chapel

QR Quilt Room  
RS Resident Services  
SP Sarah's Place  
T2S Towers 2nd Floor South

## WEDNESDAY 16

8:00am *Women's Water Ex: IP*  
9:00am *Lap Swimming: IP*  
9:00am *Fit & Fab Exercise: VP*  
9:00am *Craft & Ceramics: CR*  
10am *10/40 Prayer Group: CL*  
10am-1pm *Open Swim: IP*  
1-3pm *Ping Pong: VP*  
1-5pm **Ascent Audiology:**  
CT 6-58  
1:00pm *Arthritic Women's  
Water Exercise: IP*  
1:00pm *Rummikub: T2S*  
3-8pm *Open Swim: IP*  
6:00pm **Movie: Ratatouille:**  
AUD

## THURSDAY 17

8:00am *Women's Water Ex: IP*  
8am-12pm **Blood Drive \***  
9:00am *Lap Swimming: IP*  
9:00am *Slow Latin Dance: VP*  
9am-2pm **CareToU: RS**  
10:00am *Line Dancing: VP*  
11:00am *Assisted Swim: IP*  
12:00-12:45pm *Open Swim: IP*  
1:00pm *Methodists & Friends:*  
T2S  
1-3pm *Mat Makers: CL*  
1:00pm *Yoga: VP*  
1:00pm *Men's Open Swim: IP*  
2:00pm *Checkers: VP*  
2-4pm *Ping Pong: VP*  
2:30pm *Alzheimer's Support: SP*  
3-5pm *Open Swim: IP*  
5:00pm *Women's Water Ex: IP*  
5:00pm *Mexican Train  
Dominoes: CL*

## FRIDAY 18

8:00am *Women's Water Ex: IP*  
8:00am *Wood Carvers: CR*  
9:00am *Lap Swimming: IP*  
9:00am *Fit & Fab Exercise: VP*  
9am-2pm **CareToU: RS**  
10:00am *Twigger Writing  
Club: CL*  
10am-1pm *Open Swim: IP*  
10am-2pm *Quilters: QR*  
1:00pm *Arthritic Women's  
Water Exercise: IP*  
1:00pm *Hand & Foot: VP*  
1:00pm *Needle Crafters: CL*  
3-8pm *Open Swim: IP*  
6:00pm **Almost There: AUD**

## WEDNESDAY 23

8:00am *Women's Water Ex: IP*  
9:00am *Lap Swimming: IP*  
9:00am *Fit & Fab Exercise: VP*  
9:00am *Craft & Ceramics: CR*  
10am *10/40 Prayer Group: CL*  
10am-1pm *Open Swim: IP*  
1-3pm *Ping Pong: VP*  
1-5pm **Ascent Audiology:**  
CT 6-58  
1:00pm *Arthritic Women's  
Water Exercise: IP*  
1:00pm *Rummikub: T2S*  
2:00pm **Town Hall Meeting:**  
AUD  
3-8pm *Open Swim: IP*  
6:00pm **Movie: Social Network:**  
AUD

## THURSDAY 24

8:00am *Women's Water Ex: IP*  
9:00am *Painting Club: CL*  
9:00am *Lap Swimming: IP*  
9:00am *Slow Latin Dance: VP*  
10:00am *Line Dancing: VP*  
11:00am *Assisted Swim: IP*  
12:00-12:45pm *Open Swim: IP*  
1:00pm *Methodists & Friends: T2S*  
1-3pm *Mat Makers: CL*  
1-3pm *Ceramics only: CR*  
1:00pm *Yoga: VP*  
1:00pm *Men's Open Swim: IP*  
2:00pm *Checkers: VP*  
2-4pm *Ping Pong: VP*  
2:30pm *Alzheimer's Support: SP*  
3-5pm *Open Swim: IP*  
4-8pm **Rocketeer Rendezvous:**  
AUD  
5:00pm *Women's Water Ex: IP*  
5:00pm *Mexican Train  
Dominoes: CL*

## FRIDAY 25

8:00am *Women's Water Ex: IP*  
8:00am *Wood Carvers: CR*  
9:00am *Lap Swimming: IP*  
9:00am *Fit & Fab Exercise: VP*  
10:00am *Twigger Writing  
Club: CL*  
10am-1pm *Open Swim: IP*  
10am-2pm *Quilters: QR*  
1:00pm *Arthritic Women's  
Water Exercise: IP*  
1:00pm *Hand & Foot: VP*  
1:00pm *Needle Crafters: CL*  
3-8pm *Open Swim: IP*  
6:00pm **Jay Mann: AUD**

TCD Towers Coyote Den  
TDR Towers Dining Room  
TP Towers Patio  
VP Villa Ponderosa

KEY: \* Reservations Required  
\$ Cost Involved

## SPIRITUAL LIFE

### Bible Study

Tuesday, 9:30am, PSMC

**Bus to: Our Lady of Perpetual Help**  
Sunday, 9:30am

**Catholic Service (TV) & Communion**  
Sunday, 9:00-10:00am, T2S

### Catholic Mass

1<sup>st</sup> Wednesday, 10:00am, PSMC

### Catholic Bible Study

First Fridays, 2:00pm, T2S

### Community of Faith Worship

Sunday, 10:00-11:00am, AUD

### 10/40 Prayer Group

Wednesday, 10:00am, CL

### Methodists & Friends

Thursday, 1:00pm, T2S

### Praying the Rosary

Monday, 10:00am, PSMC

### Sunday School

Sunday, 9:00-9:45am, CL

### Towers Prayer & Bible Study

Tuesday, 3:30pm, TCD

### Worship Service

Sunday, 2:00pm, PDR



## CERAMICS

Wed, 9:00-11:00am, Craft Room

Daily: 623.873.2211 Villas glass case

## MARKETPLACE

Groceries and toiletries

Mon-Thurs 8am-4pm, Fri 9am-

2pm, Sat 10am-2pm Villa

## THRIFT SHOP

Gently used clothing, shoes, linens, kitchen items, small electronics, crafts, jewelry. Mon, Wed & Fri, 9am-3pm VP

## TULIP PATCH

Cards, candy, flowers, & gift items for men, women and children. Mon-Fri, 9:30am -3:30pm, Saturday, 11:00am-2:00pm, PL

Center for Modern Aging at Glencroft  
8611 N. 67th Avenue  
Glendale, AZ 85302  
Glencroftliving.com

## ARTS

### Ceramics & Crafts

Wednesday, 9:00-11:00am, CR

### Ceramics Only

2<sup>nd</sup> Thursday, 1:00-3:00pm, CR

### Mat Makers

1<sup>st</sup>, 2<sup>nd</sup> & 4<sup>th</sup> Thursdays, 1-3pm, CL

### Glencroft Quilters

1<sup>st</sup>, 3<sup>rd</sup> & 4<sup>th</sup> Fridays, 10am-2pm, QR

### Needle Crafters

Friday, 1:00pm, CL

### Painting Club

1<sup>st</sup>, 4<sup>th</sup> Thursday, 9:00am, CL

### Sunset Quilters

2<sup>nd</sup> Tuesday, 2-8pm, QR

### Wood Carvers

Friday, 8:00-11:00am, CR

### Twigger Writing Club

Friday, 10:00am, CL

## GAMES

### Bingo \$ (3 cards for \$1)

2<sup>nd</sup> & 4<sup>th</sup> Saturdays, 12:30, VP

### Bridge

Tuesday, 2:00pm, CL

### Bunco

Monday, 1:15pm, VP

### Checkers

Thursday, 2:00pm, VP

### Dominoes (Mexican Train)

Monday, 6:00pm, T2S

Tuesday & Thursday, 5:00pm, CL

### Hand & Foot

Tuesday & Friday, 1:00pm, VP

Saturday & Sunday, 6:00pm, VP

### Ping Pong

Monday, 12:30-2:30pm,

Wed & Sat, 1:00-3:00pm

Thursday, 2:00-4:00pm, VP

### Rummikub

Wednesday, 1:00pm, T2S

### San Francisco Rummy

Sunday, 2:00pm, VP

### Scrabble

Monday, 1:00pm, CL

### Wii Bowling (open)

Saturday, 9:00am, VP

## FITNESS

### Arthritic Women's Water Exercise

Mon, Wed & Fri, 1:00-3:00pm, IP

### Assisted Swimming

Tuesday, 10:00-11:00am, IP

Thursday, 11:00am-12:00pm, IP

### Fit & Fab Exercise Class

Mon, Wed & Fri, 9-9:45am, VP

### Lap Swimming Only

Mon-Fri, 9:00-10:00am, IP

### Line Dancing

Tues, 9:00am & Thurs, 10:00am, VP

### Men's Open Swim

Tues & Thurs, 1:00-3:00pm, IP

### Open Swim

Mon, 10am-1pm & 3-5pm

Wed, Fri, 10am-1pm & 3-8pm

Tues, 12-12:45pm & 3-8pm

Thurs, 12-12:45pm & 3-5pm

Sat. & Sun. 8:00am-8:00pm

### Ping Pong

See Games on left

### Soft-n-Slow Latin Dance

Thursday, 9:00-9:45am, VP

### Women's Water Exercise

Mon-Fri, 8:00-8:50am, IP

Mon & Thurs, 5:00-6:00pm, IP

### Work Out Machines

Sunday-Saturday, all day, VP

### Yoga

Tues & Thurs, 1:00-2:00pm, VP

## QUICK DIAL

### Activities Department:

623.847.3009

### Chaplain:

623.847.3115

### Concierge:

623.847.3058

### Glencroft @ Home

623.847.3086

### Resident Services:

623.847.3084

### Security:

602.768.1659

602.768.6578

### Spiritual Life:

623.847.3066