



Glencroft offices, the Performance Center and Transportation will be closed on **Monday, September 2nd** in honor of **Labor Day**.

THE POWER OF A HEALTHY DIET

On **Wednesday, August 28th** at **1:00pm**, Barb Cunningham, Glencroft's Registered Dietitian Nutritionist, will be offering a class in the **University Room**. Learn why the stakes are so high in regard to the importance of a healthy diet and what challenges we face as we fill our plates.

NEW ZOEFLOW CLASS

There's a new fitness class that can be done in a chair, standing, or a little of both. Using Tai Chi inspired movements along with some yoga poses that help with flexibility and balance, the class incorporates dynamic and static stretching for all levels. The class is gentle, fun and relaxing. Come and give *Zoeflow* a try on **Tuesdays at 9:00am** in the **Movement Center**.

GLENCROFT UNIVERSITY

The *2019 Fall Semester Glencroft University Catalog* is now available. Pick up a catalog at the **Performance Center** and sign up early to guarantee a spot in classes you choose. Call 623.847.2003 to register.

CARETOU

CareToU will be at Glencroft, in front of **Resident Services**, on **August 26th** and **27th** from **9:00am-3:00pm** and the **28th** from **9:00am-12:00pm**. They provide a non-surgical way to safely treat skin cancer. Call 602.639.0189 for an appointment. Walk ins are welcome, but space is limited.

PERFORMANCE CENTER HOURS

The **Performance Center** has new hours: **Monday-Friday 8:00am - 4:30pm** and **Saturday 10:00am - 2:00pm**. The **Movement Center** will only be open for walking through August 31st due to Glencroft University lectures beginning on September 3rd.

FRIDAY ENTERTAINMENT

The Priscilla Rose Band is back with toe tapping music on **Friday, August 30th** at **6:00pm** in the **Auditorium**.

On **Friday, September 6th**, *The Ken & Brenda Show* will be back in the **Auditorium** at **6:00pm**.

NATIONAL PIZZA DAY

Get a free slice of cheese pizza on **Thursday, September 5th** at **noon** in the **Activities Center**.

DINNER AND A MOVIE

Join a group from Glencroft as they go to **Harkin's Theater** to watch the movie *Steel Magnolias* after enjoying dinner at **Rubio's** on **Tuesday, September 3rd**. Sign up and pay at the **Activities Reception desk**. Bring money for your dinner. The bus will load at **4:15pm**.

WII GOLF

Would you like to play *Wii Golf*? If there is enough interest, we will start a *Wii Golf League*. Show your interest by signing up at the **Activities Reception desk**.

PINOCHLE PLAYERS

Calling *Pinochle* players! Go to the **Activities Center** on **Mondays** and the **first and third Saturdays** from **1:00-3:00pm** to play. Everyone is welcome!

GCA MEETING

Plan to attend the *Glencroft Community Association (GCA) Meeting* on **Monday, September 9th** at **3:30pm** in the **Auditorium**. Meeting the second Monday of September due to Labor Day.

VESPERS SERVICE

On **Sunday, September 8th**, the **Community of Faith** will be having a *Vespers Service* at **4:00pm** in the **Auditorium**. Everyone is invited to come for a time of music and worship.

SATURDAY 24

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

SUNDAY 25

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

MONDAY 26

8am *Women's Water Ex: IP*
9am *Lap Swimming: IP*
9am-3pm *CareToU: RS*
9am Fit & Fab Exercise: MC
10am Praying the Rosary: PSMC
10am Cribbage: VP
10am-1pm *Open Swim: IP*
12:30-2:30pm Ping Pong: VP
1pm *Arthritic Women's Water Exercise: IP*
1pm Pinochle: VP
1pm Scrabble: CL
1:15pm Bunco: VP
3pm San Francisco Rummy: VP
3-5pm *Open Swim: IP*
5pm *Women's Water Ex: IP*
6pm Mexican Train Dominoes: T2S

TUESDAY 27

8am *Women's Water Ex: IP*
9am *Lap Swimming: IP*
9am-3pm *CareToU: RS*
9am Zoeflow: MC
9:30am Bible Study: PSMC
10am *Assisted Swim: IP*
10am *Alterations: VP*
12-12:45pm *Open Swim: IP*
1pm Yoga: MC
1pm Hand & Foot: VP
1pm *Men's Open Swim: IP*
2pm Bridge: CL
2-8pm Sunset Quilters: QR
3-8pm *Open Swim: IP*
3:30pm Bible Study: TCD
5pm Mexican Train Dominoes: CL
6pm Hand & Foot: VP

SATURDAY 31

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

SUNDAY 1

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

MONDAY 2

Labor Day
Shops & Offices Closed
8am *Women's Water Ex: IP*
9am *Lap Swimming: IP*
10am Praying the Rosary: PSMC
10am Cribbage: VP
10am-1pm *Open Swim: IP*
12:30-2:30pm Ping Pong: VP
1pm *Arthritic Women's Water Exercise: IP*
1pm Pinochle: VP
1pm Scrabble: CL
1:15pm Bunco: VP
3pm San Francisco Rummy: VP
3-5pm *Open Swim: IP*
5pm *Women's Water Ex: IP*
6pm Mexican Train Dominoes: T2S
6pm Hand & Foot: VP
6pm 5 Crowns: VP

TUESDAY 3

8am *Women's Water Ex: IP*
9am *Lap Swimming: IP*
9am Zoeflow: MC
9:30am Bible Study: PSMC
10am *Assisted Swim: IP*
12-12:45pm *Open Swim: IP*
1pm Yoga: MC
1pm Hand & Foot: VP
1pm *Men's Open Swim: IP*
2pm Bridge: CL
3-8pm *Open Swim: IP*
3:30pm Bible Study: TCD
4:15pm *Dinner & a Movie \$**
5pm Mexican Train Dominoes: CL
6pm Hand & Foot: VP

LOCATIONS:

AUD Auditorium
CL Crossings Lounge
CR Crossings Craft Room

HC Henry's Café
IP Indoor Pool
MC Movement Center
PC Performance Center

PDR Providence Dining Room
PSMC Prov. Skinner Memorial Chapel
QR Quilt Room
RS Resident Services

WEDNESDAY 28

8am *Women's Water Ex: IP*
 9am *Lap Swimming: IP*
 9am-12pm *CareToU: RS*
 9am *Fit & Fab Exercise: MC*
 9-11am *Craft & Ceramics: CR*
 10am *10/40 Prayer Group: CL*
 10am-1pm *Open Swim: IP*
 1-3pm *Ping Pong: VP*
 1pm *Power of a Healthy Diet: UR*
 1-5pm *Ascent Audiology: WC*
 1pm *Arthritic Women's Water Exercise: IP*
 1pm *5 Crowns: VP*
 3-8pm *Open Swim: IP*
 6pm *Movie & Popcorn: AUD*
 6pm *Hand & Foot: VP*

THURSDAY 29

8am *Women's Water Ex: IP*
 9am *Lap Swimming: IP*
 9am *Let's Dance: MC*
 11am *Assisted Swim: IP*
 12-12:45pm *Open Swim: IP*
 1pm *Methodists & Friends: T2S*
 1pm *Yoga: MC*
 1pm *Men's Open Swim: IP*
 2pm *Checkers: VP*
 2-4pm *Ping Pong: VP*
 2:30pm *Alzheimer's Support: SP*
 3-5pm *Open Swim: IP*
 5pm *Women's Water Ex: IP*
 5pm *Mexican Train: CL*
 6pm *Hand & Foot: VP*

FRIDAY 30

8am *Women's Water Ex: IP*
 8am *Wood Carvers: CR*
 9am *Lap Swimming: IP*
 10am *Twigger Writing Club: CL*
 10am-1pm *Open Swim: IP*
 10am *Cribbage: VP*
 10am *Sign Language: VP*
 1pm *Arthritic Women's Water Exercise: IP*
 1pm *Hand & Foot: VP*
 1pm *Needle Crafters: CL*
 3-8pm *Open Swim: IP*
 6pm *Priscilla Rose Band: AUD*

WEDNESDAY 4

8am *Women's Water Ex: IP*
 9am *Lap Swimming: IP*
 9am *Fit & Fab Exercise: MC*
 9-11am *Craft & Ceramics: CR*
 10am *10/40 Prayer Group: CL*
 10am-1pm *Open Swim: IP*
 1-3pm *Ping Pong: VP*
 1-5pm *Ascent Audiology: WC*
 1pm *Arthritic Women's Water Exercise: IP*
 1pm *5 Crowns: VP*
 3-8pm *Open Swim: IP*
 6pm *Movie & Popcorn: AUD*
 6pm *Hand & Foot: VP*

THURSDAY 5

8am *Women's Water Ex: IP*
 9am *Lap Swimming: IP*
 9am *Painting Club: CL*
 9am *Let's Dance: MC*
 10am *Line Dancing: MC*
 11am *Assisted Swim: IP*
 12pm *Cheese Pizza: VP*
 12-12:45pm *Open Swim: IP*
 1pm *Methodists & Friends: T2S*
 1-3pm *Mat Makers: CL*
 1pm *Yoga: MC*
 1pm *Men's Open Swim: IP*
 2pm *Checkers: VP*
 2-4pm *Ping Pong: VP*
 2:30pm *Alzheimer's Support: SP*
 3-5pm *Open Swim: IP*
 5pm *Women's Water Ex: IP*
 5pm *Mexican Train: CL*

FRIDAY 6

8am *Women's Water Ex: IP*
 8am *Wood Carvers: CR*
 9am *Lap Swimming: IP*
 10am *Twigger Writing Club: CL*
 10am-1pm *Open Swim: IP*
 10am *Cribbage: VP*
 10am *Sign Language: VP*
 10a-2p *Glencroft Quilters: QR*
 1pm *Arthritic Women's Water Exercise: IP*
 1pm *Hand & Foot: VP*
 1pm *Needle Crafters: CL*
 3-8pm *Open Swim: IP*
 6pm *Ken & Brenda Show: AUD*

SP Sarah's Place
 T2S Towers 2nd Floor South
 TCD Towers Coyote Den
 TDR Towers Dining Room

TP Towers Patio
 UR University Room
 VP Villa Ponderosa
 WC Wellness Center

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, 9-10am, T2S

Catholic Mass

1st Wednesday, 10am, PSMC

Community of Faith Worship
Sunday, 10-11am, AUD

10/40 Prayer Group
Wednesday, 10am, CL

Methodists & Friends
Thursday, 1pm, T2S

Praying the Rosary
Monday, 10am, PSMC

Sunday School
Sunday, 9-9:45am, UR

Towers Prayer & Bible Study
Tuesday, 3:30pm, TCD

Worship Service
Sunday, 2pm, PDR



CERAMICS

Mon & Wed, 9:00-11:00am, CR

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, 11am-2pm, PL

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

ARTS

Ceramics & Crafts

Wednesday, 9-11am, CR

Ceramics Only

2nd Thursday, 1-3pm, CR

Mat Makers

1st, 2nd & 4th Thursdays, 1-3pm,

Glencroft Quilters

1st, 3rd & 4th Fridays, 10am-2pm, QR

Needle Crafters

Friday, 1pm, CL

Painting Club

1st, 4th Thursday, 9am, CL

Sunset Quilters

2nd Tuesday, 2-8pm, QR

Wood Carvers

Friday, 8-11am, CR

Twigger Writing Club

Friday, 10am, CL

GAMES

Bingo \$ (3 cards for \$1)
2nd & 4th Saturdays, 12:30, VP

Bridge

Tuesday, 2pm, CL

Bunco

Monday, 1:15pm, VP

Checkers

Thursday, 2pm, VP

Cribbage

Monday & Friday, 10am, VP

Dominoes (Mexican Train)

Monday, 6:00pm, T2S

Tuesday & Thursday, 5pm, CL

Five Crowns

Monday, 6pm, VP

Wednesday, 1pm, VP

Hand & Foot

Tuesday & Friday, 1pm, VP

Daily, 6pm, VP

Ping Pong

Monday, 12:30-2:30pm, VP

Wed & Sat, 1-3pm, VP

Thursday, 2-4pm, VP

Pinochle

Monday, 1-3pm, VP

1st & 3rd Saturdays, 1-3pm, VP

San Francisco Rummy

Monday, 3pm, VP

Scrabble

Monday, 1pm, CL

Wii Bowling (open)

Saturday, 9am, VP

FITNESS

Arthritic Women's Water Exercise

Mon, Wed & Fri, 1-2pm, IP

Assisted Swimming

Tuesday, 10-11am, IP

Thursday, 11am-12pm, IP

Fit & Fab Exercise Class

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

Lap Swimming Only

Mon-Fri, 9-10am, IP

Let's Dance

Thursday, 9am, MC

Men's Open Swim

Tues & Thurs, 1-3pm, 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 8am-8pm

Performance Center

Mon-Fri, 8am-4:30pm

Saturday 10am-2pm

Women's Water Exercise

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

Mon & Thurs, 5-6pm, IP

Yoga

Tues & Thurs, 1-2pm, MC

Zoeflow

Tuesday 9am

QUICK DIAL

Activities Department:

623.847.3009

Beauty Shop:

623.915.6678

Chaplain:

623.847.3115

Concierge:

623.847.3058

Glencroft @ Home

623.847.3086

Resident Services:

623.847.3084

Security:

602.768.1659 / 6578

Spiritual Life:

623.847.3066