

A.C.E.S.

VOLUME 7
ISSUE 8

AUGUST 5, 2014



Sign Up Today - August Activities

<u>Date</u>	<u>Day</u>	<u>Activity</u>	<u>Time</u>	<u>Cost</u>
8/7	Thurs.	Trip: Casino del Sol	10:30am	\$1
8/12	Tues.	BUNCO Luncheon at Center	11:30am	\$6
8/14	Thurs.	Trip: Atria (limited space)	10:30am	\$1
8/19	Tues.	Hawaiian Luncheon at Center	11:30am	\$10
8/26	Tues.	Trip: Civano Nursery & Hotrods	9:15am	\$1
8/28	Thurs.	Bingo & Snack at Center	11:30am	\$3

Notice: Since the center will be closed on November 4th and November 11th, which are the first 2 Tuesdays of the month, our November Business Meeting will have to be held on Thursday November 6th. As usual sign ups will start at 10am and the meeting will start at 10:30am. Hopefully everyone can make arrangements to be there. Thank you for understanding.

A little more information about ACES

1. To become a member of ACES you must attend 3 business meetings, (these do not have to be consecutive). Sign the GUEST REGISTER each time, at the next meeting (#4) you will be given an application for membership. Fill this out and turn it in; at the following meeting you will receive your membership card.
2. **You do not have to be a member to sign up and attend activities.** You do, however, need to sign up in advance for all activities you wish to attend and pay the accompanying fee.
3. Sign ups are not open until the month the activity takes place (unless otherwise specified) starting at 10am on business meeting day.
4. **You may only sign up for yourself and one other person.**

Important Notes

It is ACES policy, when attending an activity, to use small bills, have correct change and pay for each activity separately. If paying by check, please pay with a separate check for each activity. When we attempt to make change from different funds there is a possibility for error. We thank you for your understanding in this matter. If this ends up being difficult on the day of the meeting you may come to the office any time during the month to sign up for activities or to pick up a newsletter. There is a risk of some activities being full.

A Club for Every Senior

Ellie Towne Flowing Wells
Community Center
1660 W. Ruthrauff Rd.
Tucson, AZ 85705

The **A.C.E.S.** Newsletter is available on-line at:

www.pima.gov/nrpr

Click on the Community Centers link, then Ellie Towne Flowing Wells Community Center. The Newsletter is under the ACES Senior Club Tab.

OFFICERS

Pres. David Ray
V.P. Mary Ann Giampoalotti
Treas. Jeannine Nunez
Sec. Sarah Williams
Hist. Marcy Remington
ExOf. Betty Culp



A.C.E.S. Director

Danielle Reed

(520) 887-9786

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A FURTHER LOOK AHEAD A list of up coming events.....

September 2014

2nd (Tues) Business Meeting. Sign up for activities at 10am. Meeting begins at 10:30am. Sign-ups continue after the meeting is over. Snack: Coffee, Cake, Ice Cream.

4th (Thurs) Trip: Miniature Golf at Golf n' Stuff. 9:30am. \$8. LOYO at the Tucson Tamale Company.

9th (Tues) Grandparent's Day Luncheon at the Center. 11:30am. \$10. Meal: El Molintos (Mild Mexican Food) includes: beef taco, mini chimichangas, calabacitas (squash casserole), refried beans, rice, guacamole, chips and salsa. Entertainment: TBA

11th (Thurs) Trip: Casino del Sol. 10:30am. \$1

16th (Tues) BUNCO Luncheon at the Center. 11:30am. \$6. Meal: All you can eat pizza and salad from National Pizza Parties.

18th (Thurs) Trip: Apple Annie's in Wilcox. 8:30am \$15. Price includes apple wood smoked burger lunch and apple pie a la mode. We will also be going to the Vegetable farm just down the road.

25th (Thurs) Bingo & Snack at the Center. 11:30am. \$3. Snack: Eggrolls, coleslaw and dessert.

**** Dates, Times, Prices and Menu are subject to change ****

October 2014

7th (Tues) Business Meeting. Sign up for activities at 10am. Meeting begins at 10:30am. Sign-ups continue after the meeting is over. Coffee, Cake and Ice Cream are served.

10th (Fri) Trip: Patagonia Fall Festival. 9:30am. \$1. This will be a long van ride, please do not sign up if you cannot ride on the van for more than an hour. LOYO with the vendors.

13th (Mon) Trip: Walk: Madera Canyon. 9am. \$1. Bring your lunch, water, sunscreen, hat and wear appropriate shoes. We always stop at Dairy Queen after the walk.

14th (Tues) Trip: Modern Streetcar. 9am. \$5. Come ride the new modern streetcar and explore Downtown, 4th avenue and the U of A. You will be able to go on your own (with a partner hopefully) and explore the shops and restaurants along the route. LOYO at restaurant of your choice. Lots of walking but plenty of places to sit and rest. We will meet back at the vans to return to the Center at 2pm. Price includes your all day pass to ride the Streetcar.

16th (Thurs) Bingo & Snack at the Center. 11:30am. \$3. Snack: Mini Corndogs with chips and dessert.

21st (Tues) BUNCO Luncheon at the Center. 11:30am. \$6. Meal: Baked potato Bar with mild chili, broccoli cheese sauce and dessert.

23th (Thurs) Day Coach Trip: Sonoita Wine Tasting. 9am. \$75. Come enjoy a day of winetasting and food in beautiful Sonoita. Includes: Coach rental, Italian Lunch, Tour, Winetasting and commemorative wineglass at Sonoita Vineyards. Tour, Tasting and commemorative wineglass at Kief-Johnson Vinyards. Meet in the Community Center parking lot, coach returns at 4:30pm.

*****Sign up in September for Winetasting*****

28th (Tues) Halloween Luncheon at the Center. 11:30am. \$10. Meal: Meat and/or Vegetarian Lasagna with Salad, Bread and Dessert. Entertainment: TBA

Nov. 1st (Sat) Empire Ranch Roundup & Open House. 9am. \$2. See Cowboys, horses, watch demonstrations and much more. LOYO w/ BBQ vendors, \$5-\$10 a plate. *****Sign up in October for Empire Ranch*****

December 10th (Weds) Day Coach Trip: Barleen's Christmas Show. 10am. \$53. Includes: Admission, Lunch, Coach Ride, Driver's Tip. Park your vehicles at the Ellie Towne Flowing Wells Community Center and ride on the Coach to Apache Junction where Barleen's is located.

*****Sign up in October for Barleen's*****

Gray Line Overnight Coach Tours

Sign up now with just \$100 down payment for any one of these trips:

- Fall Colors of Colorado and New Mexico, Santa Fe and Taos Pueblo. September 24th-29th (6 days/ 5 nights) Visit the Museum of Fine Art, take a ride on the Cumbres and Toltec Railroad, see beautiful Mesa Verde National Park and much more. Pay by August 5th, 2014.
- Christmas in Flagstaff. December 5th-7th (3 days/2 nights) See the famed Riordan Mansion, visit the Grand Canyon National Park-South Rim and Cameron Trading Post on the Navajo Nation, and a special presentation at the Lowell Observatory, also get in some Christmas shopping and see the beautiful lights. Pay by November 4th, 2014.

Want to know more about a trip or sign up for an Overnight Trip?
Call: Pat Overton at 887-2037



A.C.E.S. INFO CORNER

REMINDER!!!

Please DO NOT wear perfumes, colognes or other products that contain strong odors on trips or to ACES activities. We have several members who are allergic to these products and will not be able to attend if they are worn by others. Thank you for your cooperation.

BUSINESS MEETING 50 / 50 DRAWING

Winner, **Neda McArthur Congratulations!**

REMEMBER to buy your tickets as you come in the door for the business meeting, \$1 each or 3/\$2. Winner takes Half and ACES take Half.



Happy August Birthdays



**Happy Birthday to you,
Happy Birthday to you,
Happy Birthday dear ACES,
Happy Birthday to you!**

Trips and Activities

- Please do not show up for activities before scheduled time unless otherwise instructed. With **BUNCO, Luncheons, Bingo and Day Trips** you are allowed to come in the room 30 min. before the activity starts. If you are here any earlier than that you will be asked to wait either in the lobby or the senior lounge.
- When you are called off a waiting list you must come in and pay before the scheduled time for the trip. Unless otherwise instructed.

Sock & Underwear Drive!

It's that time of year again! ACES annual Sock & Underwear drive for the Amphitheater and Flowing Wells School Districts Resource Center will be taking place from August to December. The donation boxes will be here at the center in the room we use for the Business Meeting. Thank You for your support!

Underwear Sizes:

Any size from boys and girls small (4) to x-large (16) and adult men's and women's sizes small to x-large except boys size 8-10.



Sock Sizes:

No small sizes! They need larger children sizes or preferably adult sized socks. (they also serve the high school)



CANCELLATION POLICY:

If you cancel an activity and wish to get your money back you need to do so before certain deadlines, as follows:

- With the Luncheons, BUNCO and Bingo if you cancel after the food has been ordered (anywhere from a few days to a week before the event) you will not get your money back unless you find someone to take your spot.
- With trips, If you cancel and there is no one on the waiting list, you will not get your money back.

If you are entitled to a refund, it will be given to you in cash at the next Business Meeting.

Other Activities at the Center:

Embroiders' Guild of America: Meets 1st Thursday of every month from 10am-2:30pm. Beading Group meets 2nd Thursday of the month in the senior lounge from 9:30am-1:30pm. Please contact Linda Kanora at 398-7268 for more info.

Senior Games & Cards: Every Mon, Weds. & Fri from 12:30-3:30pm in the senior lounge. Call 887-9786 for more information.

Free Computer Lab:

Intro to computer, internet and more. 6 week sessions. Call 888-0918 for more info.

Senior Nutrition Program: Offers nutritious meals for older adults. Registration is required. For information please contact Sue Denter at 887-9786.

Ta'i Chi with Susan Cooper: Tai Chi for Arthritis– Beginners tai chi for Diabetes for more information please visit the front desk or call 887-9786

Oldies but Goodies: Free Exercise Class with Kitt. Meet every Mon, Weds. & Fri from 9:30-10:30am in the dance room.

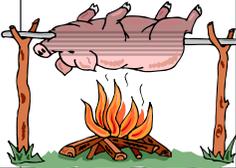
Enhance Fitness: Rosanda Diaz, Danielle Reed and Diana Kelley instruct this exercise class that takes place every Mon, Weds & Fri from 1:30pm-2:30pm. See the front desk for more info.

There are a whole variety of things that take place each month. Feel free to look at all the flyers placed around the front desk for information on upcoming events.



August 2014



Sun	Mon	Tues	Weds	Thurs	Fri	Sat	
The team responsible for serving is listed on the date.						1	2
3	4	5 Business Meeting 10am TEAM D	6	7 Trip: Casino del Sol 10:30am \$1	8 	9	
10	11	12 BUNCO Luncheon @ Center 11:30am \$6 	13	14 Trip: Atria (FULL) 10:30am \$1 	15	16	
17	18 	19 Hawaiian Luncheon @ Center 11:30am \$10 TEAM D	20	21	22	23	
24	25 Board & Committee Meeting 	26 Trip: Civano Nursery & Hotrods 9:15am \$1 	27	28 Bingo & Snack @ Center 11:30am \$3	29	30	

Schedule of Events

- 8/5 (Tues) Business Meeting. 10am.
- 8/7 (Thurs) Trip:Casino. 10:30am. \$1.
- 8/12 (Tues) BUNCO Luncheon @ Center. 11:30am. \$6. Sandwich, chips and cookie from the Sausage Shop. Choice of: Corned beef & Swiss, Pastrami and Swiss, Roast beef & Cheddar or Turkey Club.
- 8/14 (Thurs) Trip: Atria. 10:30am. \$1. There is room for a few more to go on this trip after we asked those from waiting list from last time.
- 8/19 (Tues) Hawaiian Luncheon @ Center. 11:30am. \$10. Lunch: Slow roasted Kahlua Pork with rice, macaroni salad from Mama's Hawaiian BBQ and cheesecake. Entertainment: Nani Loa Kupuna Hula Halua-Dancers
- 8/26 (Tues) Trip: Civano Nursery & Hot Rods. 9:15am. \$1. At Civano Nursery we will get a tour and be given an opportunity to shop. At Hot Rods we will get a tour then Lunch is on your own in their restaurant.
- 8/28 (Thurs) Bingo & Snack @ Center. 11:30am. \$3. Snack: Mini Corn-dogs, Chips and Dessert

SUGGESTIONS???

Have an idea on how we can make A.C.E.S. even better?? Maybe a trip you've been interested in, or a great restaurant we can try?? **Put your ideas and suggestions in our comment box, located at the front desk.**

If you have any information about an illness or death of an **A.C.E.S.** member or family member **PLEASE CALL** : Janice Bottorff at 888-7293