GENERATIONS

Senior Living

JFC offers two Events this month

Jewish Family & Children's Service hosts its monthly Memory Café 10 to 11:30 a.m. on Thursday, Sept. 5, at Beth El Congregation at 1118 W. Glendale Ave. Keyboardist and vocalist Hal Martin will perform big band, Broadway, 1950s and '60s rock and roll and other types of songs. The audience is encouraged to sing along. Coffee and refreshments will be provided. Admission is free; RSVP in advance to Kathy Rood at kathy.rood@jfcsaz.org or 602-452-4627.

A new Kibbitz and Kultur program for Holocaust survivors in the Valley kicks off at noon on Thursday, Sept. 12, at Beth El Congregation. The event includes lunch and an interactive dance and movement program. A JFCS clinician will be available to address any issues or concerns. Admission is free to Holocaust survivors and their spouses. Others may attend for $10 each or $18 for 2. RSVP to Kathy Rood at 602-452-4627 or kathy.rood@jfcsaz.org.

AARP offers happy hour for caregivers

AARP Arizona will hold a Caregiver Happy Hour 5-7 p.m. on Monday, Sept. 23, at O.H.S.O. Eatery & Brewery, 4900 E. Indian School Road. AARP will provide food and drinks at the event, designed to give caregivers a chance to have some "me" time, share their experiences and hear from experts and others who have had been through similar situations.

For more information, email azaarp@aarp.org, visit https://states.aarp.org/arizona/ or call 1-888-OUR-AARP (1-888-687-2277).

Devonshire Senior Center offers diverse activities

The Devonshire Senior Center, located at 2802 E. Devonshire Ave., is giving mature adults lots of ways to get in shape, socialize, have fun and learn safety techniques this month.

A safety fair is set for 9 a.m. on Friday, Sept. 6. Hear from representatives from the Phoenix police and fire departments about safe prescription disposal, fire emergency plans, identity theft and other topics. Admission is free and open and to the community.

Seniors can cool down and chat with their neighbors at an ice cream social at noon on Friday, Sept. 20. Weekly Friday activities include the Sewing Club at 8 a.m and feature-length movies at 12:15. Coloring and reading are encouraged in the conference room Mondays through Fridays and pinochle, bridge, table games and billiards are offered daily.

Devonshire Community Center is open from 8 a.m. to 8 p.m. Mondays through Thursdays; 8 a.m. to 5 p.m. Fridays and 8 a.m. to 4 p.m. Saturdays. It is closed on Sundays and holidays. For more information, call 602-256-3130 or visit www.phoenix.gov/parks/recreation-and-community-centers/centers-d/devonshire.

Meetup offers events for those over 50

Those ages 50 and older looking for ways to make new friends and visit restaurants, museums, movie theaters and other venues in the area may want to check out the Over 50 Singles of Central Phoenix Meetup group.

It is one of many groups offered

please see MEETUP on page 40

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September 8 is
National Grandparents Day

As a Grandparent, you help others!

Sometimes you may also need help – but asking isn't always easy.

Make it simple for your friends and family to lend a hand

- Create a list of simple tasks they can help with or do for you
- Just say "Yes" the next time they offer to help

Stay connected to friends and family.

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