



Get ready for some racing fun! Race Week is coming to Glencroft, **October 26-30<sup>th</sup>**. There will be multiple Pinewood Derby races with Green Chile Burros, Tip Top Trivia, the movie: "Ford vs Ferrari", Main Lot Trike Races with staff drivers and Hot Dogs/Hamburgers to eat. A Staff Pinewood Derby race will air on GTV4 and three sittings of Bingo will be held in the Auditorium so that everyone can have a chance to play. Everything is free, but tickets are required. Pick up your Pinewood Derby car kit and tickets in the **Activities Center** beginning **Monday, October 5<sup>th</sup>**, from **9AM-noon**.

During the entire week there will also be a Penny Race, with the campus divided North vs South. Each penny is a lap. The winning side will receive an ice cream cart party for their area. All proceeds go to the Activities Special Project fund.

### Monday Music in Henry's

Pianist Christie Lukes will be entertaining diners in **Henry's** every **Monday**, from **12-1PM**, through the end of 2020.

### Glencroft University Lectures

Glencroft University Lectures are aired live on GTV4 and replay at 6PM the same day. To attend a live lecture in the **University Room**, please make your reservation by calling 623.930.5697. Seating is limited to 15. Lectures are listed on the inside calendar.

### Glencroft Community Association

On **October 6<sup>th</sup>**, at **3:30PM**, there will be a GCA Community Meeting in the **Auditorium**. Attendance will be limited to 50, however it will be airing live on GTV4. Residents had the opportunity to vote on several proposed amendments to the GCA Bylaws in September. The results of this voting will be announced during the October meeting.

### Calling All Writers

The Writing Group is meeting again! They welcome people to join them on **Fridays** at **10AM** in the **Crossings Lounge**. The group is for those who write for their own pleasure, or write to publish.

### Wednesday Night Movie

"Little Women" will be playing on **Wednesday, September 30<sup>th</sup>** and on **October 7<sup>th</sup>** "Downton Abbey" will be shown. Movies start at **6PM** in the **Auditorium** and seating is limited to 50 people. There will be free popcorn and soft drinks.

### Friday Night Entertainment

This **Friday, October 2<sup>nd</sup>**, pianist Christie Lukes will be performing. She is a new entertainer to Glencroft, but has been playing piano for more than 20 years. T.A. Burrows will serenade concert goers on **Friday, October 9<sup>th</sup>**. Friday Night Entertainment starts at **6PM** in the **Auditorium** and is limited to 50 people.



**October 5<sup>th</sup>** marks the beginning of Glencroft's Stroke Immersion Program (SIP). This first group is limited to 10 participants. Similar to our Parkinson's Immersion Program, participants will have a different activity offered each day of the week: speech therapy, water classes, functional movement and balance classes, virtual reality (VR) and boxing are just some of the classes.

For more information, or to sign up for this exciting new program, please call Steve Heller at 623.847.3120.

### 2<sup>nd</sup> Sunday

On **Sunday, October 11<sup>th</sup>**, there will be a 2<sup>nd</sup> Sunday service at **5PM** in the **Auditorium**. Josiah Friedman, CEO and Founder of *Voices for the Voiceless* will be sharing some powerful testimonies about the Phoenix based non profit. *Voices for the Voiceless* exists to create a world where every human life is valued and no one faces unplanned pregnancy alone.

### Needle Crafters

If you enjoy crocheting, knitting, cross stitch, needlepoint or any other needle craft, join a group that meets on **Fridays** at **1PM** in the **Crossings Lounge**.

# September 28 - October 11, 2020

## MONDAY 28

6AM-7PM Open Swim: IP  
 8AM Women's Water Exercise: IP  
 8AM-3PM Performance Center  
 8:45AM Fit & Fab Exercise: GTV4  
 9AM Fit & Fab Exercise: MC  
 1PM Arthritic Women's Water Exercise: IP  
 1PM Fit & Fab Exercise: GTV4  
 1PM *A Mindful Approach to Wellness*: GTV4  
 3PM Bingo: GTV4

## TUESDAY 29

6AM-7PM Open Swim: IP  
 8AM Women's Water Exercise: IP  
 8AM-3PM Performance Center  
 8:45AM Zoeflow: GTV4  
 10AM Zoe Fitness: GTV4  
 10AM-1PM Ping Pong: MC  
 1PM Yoga: GTV4

## WEDNESDAY 30

6AM-7PM Open Swim: IP  
 8AM Women's Water Exercise: IP  
 8AM-3PM Performance Center  
 8:45AM Fit & Fab Exercise: GTV4  
 9AM Fit & Fab Exercise: MC  
 9-11AM Craft & Ceramics: CR  
 10AM Zoe Fitness: GTV4  
 10:15am Zoe Flow: MC  
 10:30AM Live Trivia: GTV4  
 1PM Fit & Fab Exercise: GTV4  
 1PM Arthritic Women's Water Exercise: IP  
 2PM *Agility Play*: GTV4  
 1-5PM *Ascent Audiology*: WC  
 6PM *Movie: "Little Women"*: AUD

## MONDAY 5

6AM-7PM Open Swim: IP  
 8AM Women's Water Exercise: IP  
 8AM-3PM Performance Center  
 8:45AM Fit & Fab Exercise: GTV4  
 9AM Fit & Fab Exercise: MC  
 1PM Arthritic Women's Water Exercise: IP  
 1PM Fit & Fab Exercise: GTV4  
 2PM *Can You Hear Me Now?*: GTV4  
 3PM Bingo: GTV4

## TUESDAY 6

6AM-7PM Open Swim: IP  
 8AM Women's Water Exercise: IP  
 8AM-3PM Performance Center  
 8:45AM Zoeflow: GTV4  
 10AM Zoe Fitness: GTV4  
 10AM-1PM Ping Pong: MC  
 1PM Yoga: GTV4  
 1PM *Resident Reps Meeting*: AUD  
 2:30PM *Empower Yourself to Fight Against Scams*: GTV4  
 3:30PM *GCA Community Mtg*: AUD & GTV4

## WEDNESDAY 7

6AM-7PM Open Swim: IP  
 8AM Women's Water Exercise: IP  
 8AM-3PM Performance Center  
 8:45AM Fit & Fab Exercise: GTV4  
 9AM Fit & Fab Exercise: MC  
 9-11AM Craft & Ceramics: CR  
 10AM Zoe Fitness: GTV4  
 10:15am Zoe Flow: MC  
 10:30AM LIVE TRIVIA: GTV4  
 1PM Arthritic Women's Water Exercise: IP  
 1-5PM *Ascent Audiology*: WC  
 6PM *Movie: "Downton Abbey"*: AUD

**PLEASE NOTE THAT ALL ITEMS ARE SUBJECT TO CHANGE. I**

### LOCATIONS

AC Activities Center/Villa Ponderosa  
 AUD Auditorium  
 CL Crossing Lounge

CSC Community Support Center  
 CR Crossings Craft Room  
 GTV4 Channel 4  
 HR Henry's Restaurant & Grill

IP indoor Pool  
 MC Movement Center  
 PC Performance Center  
 QR Quilt Room

## THURSDAY 1

6AM-7PM Open Swim: IP  
 8AM Women's Water Exercise: IP  
 8AM-3PM Performance Center  
 8:45AM Just Dance: GTV4  
 9:30AM Women's Bible Study: UR\*\$  
 10AM Bingo: GTV4  
 1PM Yoga: GTV4  
 2:30PM *Guardianship & Conservatorship*: GTV4

## FRIDAY 2

6AM-7PM Open Swim: IP  
 8AM Women's Water Exercise: IP  
 8AM-3PM Performance Center  
 8:45AM Fit & Fab Exercise: GTV4  
 9AM Fit & Fab Exercise: MC  
 10AM Writing Group: CL  
 1PM Fit & Fab Exercise: GTV4  
 1PM Arthritic Women's Water Exercise: IP  
 1PM Needle Crafters: CL  
 2PM *Architecture - Creation of Spaces*: GTV4  
 6PM *Christie Lukes*: AUD

## SATURDAY 3

6AM-7PM Open Swim: IP  
 8:45AM Zoeflow: GTV4  
 9AM Wii Bowling: AC  
 10AM-1PM Ping Pong: MC  
 1PM Yoga: GTV4  
 5PM CoF Worship Service: GTV4

## SUNDAY 4

6AM-7PM Open Swim: IP  
 8:45AM Fit & Fab Exercise: GTV4  
 10AM *Community of Faith Worship Service*: AUD & GTV4  
 1PM Yoga: GTV4  
 5PM CoF Worship Service: GTV4

## THURSDAY 8

6AM-7PM Open Swim: IP  
 8AM Women's Water Exercise: IP  
 8AM-3PM Performance Center  
 8:45AM Just Dance: GTV4  
 9AM-3PM Thrift Shop: VP  
 1PM Yoga: GTV4

## FRIDAY 9

6AM-7PM Open Swim: IP  
 8AM Women's Water Exercise: IP  
 8AM-3PM Performance Center  
 8:45AM Fit & Fab Exercise: GTV4  
 9AM Fit & Fab Exercise: MC  
 10AM Writing Group: CL  
 1PM Fit & Fab Exercise: GTV4  
 1PM Arthritic Women's Water Exercise: IP  
 1PM Needle Crafters: CL  
 2PM *Everything You Need to Know About Health*: GTV4  
 6PM *T.A. Burrows*: AUD

## SATURDAY 10

6AM-7PM Open Swim: IP  
 8:45AM Zoeflow: GTV4  
 9AM Wii Bowling: AC  
 10AM-1PM Ping Pong: MC  
 1PM Yoga: GTV4  
 1:45PM *Nifty 50's*: AUD  
 5PM CoF Worship Service: GTV4

## SUNDAY 11

6AM-7PM Open Swim: IP  
 8:45AM Fit & Fab Exercise: GTV4  
 10AM *Community of Faith Worship Service*: AUD & GTV4  
 1PM Yoga: GTV4  
 5PM *2<sup>nd</sup> Sunday*: AUD & GTV4

Information, news and updates are available on GTV Channels 2 and 4.

T2SL Towers 2nd Floor South Lobby  
 TDR Towers Dining Room  
 TA Towers Amphitheater  
 UR University Room

VP Villa Ponderosa/Activities Ctr  
 WC Wellness Center

KEY:  
 \*Reservations Required  
 \$ Cost Involved



## FITNESS

**Arthritic Women's Water Exercise**  
Mon, Wed & Fri, 1PM, IP

**Fit & Fab MC**  
Mon, Wed & Fri, 9AM (LIMIT 15)

**Fit & Fab (GTV4)**  
Sun, Mon, Wed & Fri, 8:45AM  
Mon, Wed & Fri, 1PM

**Indoor Walking Path**  
Mon - Sat, 10AM-1PM, MC

**Just Dance (GTV4)**  
Thurs, 8:45AM

**Performance Center**  
Mon-Fri, 8AM-3PM  
Sat 10AM-2PM

**Swimming Pool**  
Sun - Sat, 6AM-7PM, IP

**Women's Water Exercise**  
Mon-Fri, 8-8:50AM, IP  
Mon & Thurs, 5-6PM, IP

**Yoga (GTV4)**  
Tues, Thurs, Sat & Sun 1PM

**Zoe Fitness (GTV4)**  
Tues & Wed, 10AM

**Zoe Flow MC**  
Wed 10:15AM (LIMIT 15)

**Zoe Flow (GTV4)**  
Tues & Sat, 8:45AM

## SHRED-A-THON



Glencroft's Friendship Foundation will be hosting a Shred-A-Thon for our residents on **Saturday, November 7<sup>th</sup>**, on our campus. Start collecting your items to be shredded. More information will be coming soon.



8611 N. 67<sup>th</sup> Ave., Glendale, AZ 85302  
623.939.9475  
glencroft.com

## GAMES

**Bingo (GTV4)**  
Mon, 3PM & Thurs, 10AM

**Live Trivia (GTV4)**  
Wed, 10:30AM

**Ping Pong**  
Tues & Sat, 10AM-1PM, MC

**Wii Bowling (open)**  
Saturday, 9AM, AC

## ARTS

**Ceramics & Crafts**  
Wednesday, 9-11AM, CR

**Ceramics Only**  
2nd Thursday, 1-3PM, CR

**Mat Makers**  
1<sup>st</sup>, 2<sup>nd</sup> & 4<sup>th</sup> Thursdays, 1-3PM, CL

**Needle Crafters**  
Friday, 1PM, CL

**Writing Group**  
Friday, 10AM, CL

## Alterations

Mary Jo will be offering Alterations on **October 13<sup>th</sup>** from **10-11AM** in the **Activities Center**. She will be back on the **2<sup>nd</sup>** and **4<sup>th</sup> Tuesdays**, monthly.

## Serene Mobility

Serene Mobility will be in the **Auditorium** on **Tuesday, October 13<sup>th</sup>** from **10AM-noon**. Jeff is able to service scooters, wheelchairs and walkers. He also sells and rents mobility devices. First come, first served. If you have questions for Jeff, call 623.580.8500.



## Register to Vote

If you have recently moved, or are not registered to vote in the November Presidential election, visit the **Community Support Office** or the **Concierge** and pick up a form to complete and mail in. Forms must be postmarked by **October 5<sup>th</sup>**.

## SPIRITUAL LIFE

**Community of Faith Worship**  
Reservations: 623.847.3066  
Sunday, 10-11AM, AUD & GTV4  
Replays Sat & Sun, 5PM GTV4

## GROUPS

**Keystone Klub**  
2<sup>nd</sup> Monday, 2:30PM, CL

**Nifty Fifties**  
2<sup>nd</sup> Saturday 1:45PM, AUD

## DINING SERVICES

**HENRY'S** 623-847-3111  
Mon-Sat: 7AM-6PM, Sun: 11AM-6PM  
(Closed 10-11AM weekdays.)

**BISTRO** 623-847-3085  
Mon-Fri: 7AM-3PM

**TOWERS** 623-939-9475 ext. 2038  
Morning meal: 7-9AM, Noon meal:  
11AM-1PM, Evening meal: 4:30-6PM

SHOP • EAT • SPEND • ENJOY

# LOCAL

## SHOPPING

**CERAMICS**  
Wed, 9-11AM, Craft Room  
Daily: 843.697.7044 • Villa's case

**MARKETPLACE**  
Groceries and toiletries  
Mon, Wed, Fri & Sat 9AM-1PM,

## QUICK DIAL

**Activities:** 623.847.3081  
**Chaplain:** 623.847.3115  
**Community Support Center**  
(Resident Services): 623.847.3084/3006  
**Concierge:** 623.847.3058  
**Corporate:** 623.939.9475  
**Glencroft @ Home:** 623.203.3084  
**Henry's:** 623.847.3111  
**Security:** 602.768.1659 / 6578  
**Spiritual Life:** 623.847.3066  
**Thrift Shop:** 623.847.3131  
**Towers Dining:** 623.847.3055