



Physical



Spiritual



Emotional



Intellectual



Social



Vocational



Environmental



Health Services

Life is Great

When You Participate



EQUAL HOUSING OPPORTUNITY

Friendship Village

TEMPE

ACTIVITIES & PROGRAM

GUIDE TO:

**Living Well Through Our
Eight Dimensions of Wellness**



Eight Dimensions of Wellness



Physical

1. Physical (MOVE) - Choosing life-style habits that maintain or improve health and functional ability.



Spiritual

2. Spiritual (TRUST) - Living with a purpose in life; exploring beliefs and values that create personal peace.



Emotional

3. Emotional (FEEL) - Coping with challenges and behaving in trustworthy and respectful ways.



Intellectual

4. Intellectual (THINK) - Engaging in creative pursuits and intellectually stimulating activities.



Vocational

5. Vocational (DO) - Improving skills & abilities that help oneself or others stay productive.



Social

6. Social (BOND) - Interacting with others for mutual benefit and awareness of the larger community.



Environmental

7. Environmental (RESPECT)- Maintenance of the land, services, processes & designs which contribute to a healthier and sustainable world.



Health Services

8. Health Services (CARE) - Being proactive in our health care.

- Tai Chi: Mon., Wed., 3:00 PM Rec Center
- Water Aerobics: Mon., Wed., Fri., 10:00 AM (all year)
- Yoga For Health (chair): Tue., Thur., 2:00 PM Rec Center
- Yoga Flow (mat) Tues. Rec Center

Health and Wellness



- Social Services Director Anne Ahland (3155)
Audiologist
Hearing Aid Service and Repairs
Low Vision Group
Reading Room
Scooter Service-1st Tuesday of the Month
Talking Books

Religious Services and Programs



- Chaplain: Jed Anderson & Tara Bartholomew (3390)
Bible Study (Fall and Spring)
Episcopal Eucharist
Health Center Worship
Nunnenkamp Worship
Village Vespers

Support Groups



- Social Services Director Anne Ahland (3155)
Aural Rehabilitation
Bereavement Support Group
Caregivers Support Group
Concerned Friends (3255)
Diabetes Support Group (3165)
Men Who Care Group
Neuropathy Support Group

Village Kats Harmonica Group

- Clyde Hostetter (4319)

Village Putters

- Betty Voyles (3571); 10:00 AM Mondays Rec Center

Village (Gift) Shop

- Barbara Hall (4336); Gift Shop (8109)

Weaving

- Richard Peel (3106)

Welcome Coffee and Newcomers

- Ron & Joanie Newth (3642)

Woodshop and Repairs

- Bob Stanley (3711)

Administrative Services

- Executive Assistant Teresa Bauer (3152)

New Resident Orientation 2nd Wednesday

Village Meeting 1st Thursday every month

Health and Fitness Department

- Acupuncture:
- Aqua Flow: Tues., Thurs. 10:00 AM (warmer months)
- Chiropractor: Dr. Michael Peuse; (480) 221-9314 for appt.
- Group Exercise: (3160) or (3165)
- Kelly Family Fitness Center: (3160) open 24hrs/7 days
- Massage Therapy: call (3160) or (3165) for details
- Morning Stretch: Tues., Thurs., 7:30 AM SA
- Outpatient Physical Therapy: Medicare Part B (3295)
- Personal Training: Senior Fitness Testing, Orientation to Equipment by appointment (3165) or (3160)
- Pool: open 5:00 AM to 9:00 PM 7 days a week
- Safe & Strong: Mon., Wed., Fri., 8:15 AM Rec Center

Art Room and Classes

- Oriental Brush Painting-Bev Weeber (4367)
& Paula Helmbold (3611)
- Oil/Acrylic Painting-Janet Fagan (3301)

Beading Group

- Dian Meder (3469); Gaylee Fretz (3389)

Billiards and Women's Pool

- Bob Ellis (4365) and Norma Misener (3580)

Bingo

- Activities (3303) Saturdays, 7:00 PM (SA)

Bocce/Putting Green

- Activities (3303) Daily 9:00 AM-Dusk

Book Club

- Marjory Maud (3709)

Bridge

- Duplicate-Rose Frankfort (3567); Jan Wise (3781)
- Progressive-Carl and Marlene Taibl (4343)

Carefree Climbers

- Kristin Valentine (3748) and Phil Anderson (4359)

Chorus and Bells

- Danielle Fuchs, Chorus Director (480) 221-1679;
Chorus meets 9:00 AM Saturdays Rec Center;
- Matt Wright, Bells Director (480) 363-1352;
Bells Meet Mondays 4:30 PM Rec Center

Computer Lab and Copying

- Luther Williams (3792) (Across from A-322)

Computer Services

- Call Environmental Services at #8114 to request service

Current Events

- Richard Edelstein (3574)

Engineers, Scientists, Etc. Group

Meets first Thursday in PDR

- Stan Settles (3520)

Game Night

- Activities (3303)

iPad Classes

- Announced in The Villager. Tim Crowley (3138)

Kaffee Klatch

Larry Lathom (3766)


Kiwanis Club

Dorothy Larson (3673); Appointments, Readers for low vision, Tutoring and assisting teachers at Roosevelt School, Dolls

Knit Pickers

Donna Moody (4304); Pat Crouse (3227)

Andes Library (3280)

- Library Board-Georgia Dillard (3346)
- Paperback Library-Library Annex*
- Religion Library- Library Annex* 
- Healthcare Center Library*-Located on HCC First Floor

*Honor system checkout

Life-Long Learning

Ed Kearns (3351)

Line Dancing

Velma Finnern (3608), Thursdays 8:30 AM Rec Center

Movies

Activities (3303)

Pancake Breakfast

- First Tuesday in the Rec Center (Sept-May)

Paper Boys and Girls

- Ruth Kearns (3351)

Pottery Room

- Pottery classes available-Jan Wise (3781)

Quilters

- Lynn Busenbark (3205)

Readers Theater

Marjory Maud (3709)

Residents Council

- 2017-Resident Council President Jay Adler (3565)
- 2018-Resident Council President Shirley Abbott (3533)

School Retirees

- Meets Sept.-May, See Villager for time and date

Sewing

- Machines available in the Rec Center

Site Seekers

- Selma Edelstein (3574)

Silversmith and Lapidary Repairs

- Jim Koenig (3736)

Spanish Language & English Tutoring

- Ruth Kearns (3351)

Trivia Challenge

- Ann Bergin (3697)