

Spring/Summer 2009 Classes

Paradise Valley Community Center

17402 N. 40th St., Phoenix, AZ 85032

602-534-2011 Human Services



Phoenix Perks Café Now Open - A cozy hideaway where you can grab a latte, espresso, fresh pastries, salads, sandwiches, soup, smoothies and more. Operating hours are 8 a.m. to 4 p.m. Monday to Friday; and 10 a.m. to 3 p.m. Saturday.

The Real Meaning of Cinco de Mayo

Instructor: Stella Pope Duarte

More than fiestas, 'happy hour' and piñatas, the celebration of 5 de mayo is a link to the rich heritage of Mexico and its famous hero, Benito Juárez. What happened in the dusty town of Puebla, México, 145 years ago affects our world to this day. Shouts of freedom rang out on 5 de mayo: Viva México! Viva Juárez! Viva el 5 de mayo! These words were cries of freedom that fueled the resistance against enemy forces by the people of Puebla as they fought bravely for their right to be a free nation. Their valor is celebrated to this day in story, song and dance.

In her talk, "The Real Meaning of Cinco de Mayo," award-winning author and community activist Stella Pope Duarte will uncover the truth behind the myth about this misunderstood celebration. Spurred on by the famous words of Benito Juárez, this presentation will lift the spirit and give new meaning to our struggle for peace.

"Between two people, as between two nations, respect for the rights of others is the meaning of peace." – Benito

Course #	Day	Date	Time	Room	Fee
55529	Saturday	5/2	10 a.m. - 1 p.m.	D3	\$35

Register Today!

Simply sign up online at phoenix.gov/parks, select Classes and Programs and click start to create an account or log-in to an existing account. Search by course title, course number or location. Need a little extra help when registering online? Call 602-534-2011 for assistance. Or, you can sign up in person at any city of Phoenix community center. Registration starts April 4 and ends the day prior to each class start date. A \$5 annual fee is required for participation at all city of Phoenix community centers.

Grandma, Grandpa and Me

Facilitator: Phillip Moreno

This two-hour gathering will include a seasonal arts and crafts project that grandparent and grandchild will both enjoy! Snack included. Please note: All children must be accompanied by an adult. Children are required to be 5 years or older.

Course #	Day	Date	Time	Room	Fee
55704	Saturday	5/2	10 a.m. - noon	D2	\$8 per person
55790	Saturday	6/7	10 a.m. - noon	D2	\$8 per person

Laughter Club

Facilitator: Dr. Jerry M. Eisen

Laughter has many benefits, which in turn have positive effects on the human body. Laughing can boost immunity, strengthen the heart and improve lung function. Come join your friends and others in a fun-filled laughter session as we relax, play, giggle and laugh away stress and tension.

Course #	Day	Date	Time	Room	Fee
55524	Wednesday	5/13	6:30 - 7:15 p.m.	D1	\$2
55788	Wednesday	6/10	6:30 - 7:15 p.m.	D1	\$2
55789	Wednesday	7/15	6:30 - 7:15 p.m.	D1	\$2

To learn more about Phoenix Perks café and programs, visit phoenix.gov/phoenixperks.



City of Phoenix
HUMAN SERVICES DEPARTMENT



Organize Every Area of Your Life

Instructor: Renee Belisle

Is your home or office space disorganized and you just don't know where to start? Learn how to escape the chaos in this interactive, hands-on, two-week course! Renee Belisle of Clutter Rehab, LLC will help you understand the emotional effects of clutter and how it impacts your life. You also will learn specific steps to organize any space in your home by following a MAGIC Formula, which will allow you to establish a comprehensive paper management and file system that works for you. This class also will help you learn to organize and manage your time and your finances more effectively. Course fee includes supplies, handouts and handbook.



Course #	Day	Date	Time	Room	Fee
55526	Tuesday	5/12, 5/19	6:30 - 8:30 p.m.	D1	\$49
55814	Tuesday	8/18, 8/25	6:30 - 8:30 p.m.	D1	\$49

CPR/First Aid

Do you need certification? Is your card expiring? Heart Savers of Arizona will provide instruction in adult, child and infant CPR and Emergency First Aid for certification. Please register online; no fee will be assessed upon registration. Course fees (exact change, check or money order) will be collected on site by the instructor at the beginning of the class. Make check/money order payable to Heart Savers.

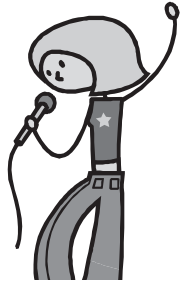


Course #	Day	Date	Time	Room	Fee
55740	Saturday	5/30	10 a.m. - 4:30 p.m.	A 41 & A 42	\$25 per person

Power of Music

Instructor: Tess Nelson

Bring your love of music and join the choir. This five-week class will revive your joy of music. Topics include basic choral reading, reading music and the opportunity to sing as a trio, quartet, quintet or larger groups.



Course #	Day	Date	Time	Room	Fee
56006	Tuesday	6/2 - 30	6:30 - 8 p.m.	D1	\$35 per person
56007	Wednesday	6/3 - 7/1	6:30 - 8 p.m.	D2	\$35 per person
56008	Thursday	6/4 - 7/2	6:30 - 8 p.m.	D3	\$35 per person

Coffee and Conversation

Facilitator: Donna Heppermann, MSW

Are you caring for an aging parent or loved one? Are you primarily responsible for raising your grandchildren? Do you need emotional support or just someone to talk to? Join us to discuss the joys and challenges of care giving, to make new friends, share ideas and relax over coffee and conversation.



Course #	Day	Date	Time	Room	Fee
55785	Tuesday	6/16	7 - 8 p.m.	Café	\$0
55786	Tuesday	7/21	7 - 8 p.m.	Café	\$0
55787	Tuesday	8/18	7 - 8 p.m.	Café	\$0

Great Food and Drink!

Comfortable Seating

Books!

FREE Wi-Fi!!

Now Serving Monday to Saturday

Visit the Phoenix Perks Café

To learn more about Phoenix Perks café and programs, visit phoenix.gov/phoenixperks

Iced/Hot Coffee

Hot Dogs

Nachos

Pastries

Sandwiches

Salads

Fruit Smoothies

Bottled Beverages

Breakfast