

JAN 2025



**EMPOWERED
ADULT
SERVICES**

CONTACT US

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PROGRAM LINE

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Monday	Tuesday	Wednesday	Thursday	Friday
		1 Closed to Observe New Years Day!	2 Journals! Speeches! Punch Board! Walking Club!	3 Fun Friday! Karaoke! Jeopardy!
6 Journals! Speeches! Culinary Shopping Group: B	7 Kenzie's! Culinary: Turkey Chili Tempe Market Place Group: A	8 Vision Board! All About Me! Sealife Aquarium Group: B	9 Group Walk! Goal Ladder! Riparian Preserve Group: C	10 Fun Friday! Culinary: Baked Potato Bar Thrift Store Group: A
13 Journals! Speeches! Culinary Shopping Group: C	14 Kenzie's! Culinary: Grilled Cheese Tempe Market Place Group: B	15 What would you do? Team Brain Games! Sealife Aquarium Group: C	16 Group Walk! Escape Room! Riparian Preserve Group: A	17 Fun Friday! Karaoke! Culinary: Pinwheels Thrift Store Group: B
20 Journals! Speeches! Culinary Shopping Group: A	21 Kenzie's! Culinary: Burrito Bowls Tempe Market Place Group: C	22 Dream Tree! Step-by-Step Plan Poster! Sealife Aquarium Group: A	23 Group Walk! Ballon Volleyball! Riparian Preserve Group: B	24 Fun Friday! Jeopardy! Culinary: Enchilada Stacks Thrift Store Group: C
27 Journals! Speeches! Culinary Shopping Group: B	28 Kenzie's! Culinary: Chicken Soup Desert Breeze Group: A	29 Goal Ladder! Name that Tune! Desert Breeze Group: B	30 Group Walk! Stretching/Yoga! Desert Breeze Group: C	31 Fun Friday! Culinary: Waffle Bar Thrift Store Group: A

GROUP:

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EAS FOR YOUR INFORMATION:

Tempe Market Place (Dates: 1/7, 1/14, 1/21) [\$2.00]

2000 E Rio Salado Pkwy, Tempe, AZ 85288

The group has chosen to mingle at Tempe Market Place, this is a great chance to spend some of that Christmas money, have lunch at their place of choice and enjoy some nice weather while we have it!

Sealife Aquarium (Dates: 1/8, 1/15, 1/22) [\$25.00]

5000 S Arizona Mills Cir Suite 145, Tempe, AZ 85282

As decided by our group, they have chosen to visit Arizona's first aquarium!

***ACTIVITY FEE IS FOR ENTRY ONLY**

Riparian Preserve (Dates: 1/9, 1/16, 1/23, [\$2.00])

2757 E Guadalupe Rd, Gilbert, AZ 85234

In January we are introducing "Walking Club" where each group will discover a new place in Arizona while our weather permits. At the Preserve there is also a library and plenty of spots to enjoy a cold lunch with our friends.

January's Ideologies:

January is the perfect time for a fresh start and a chance to dream big! This month, everyone will have fun setting goals in creative workshops, making colorful vision boards, and sharing thoughts in reflection journals. We'll learn simple ways to build daily routines, use easy tools to track habits, and practice speaking confidently in group activities. These sessions are all about building good habits, supporting each other, and working together to make this year the best one yet!

GROUP: