

LiveWell

JANUARY/FEBRUARY ISSUE

Matters of
the Heart



Sun Health®

SUN HEALTH

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SUN HEALTH WELLNESS

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SUN HEALTH AT HOME

(623) 227-4663
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SUN HEALTH COMMUNITIES

(623) 236-3767
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SUN HEALTH FOUNDATION

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Sun Health Foundation is a 501(c)(3) Arizona nonprofit organization supporting the health and wellbeing of the West Valley. All donations to Sun Health Foundation are tax deductible. Learn more at: SunHealthFoundation.org

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Sun Health®

Empowering people to enjoy living longer.

What began more than 55 years ago as a desire of a group of individuals to improve the health and wellbeing of their community has since prospered into a legacy of passion and giving. Today, the Sun Health team champions superior health and wellbeing through philanthropy, inspired living, and wellness programs. Our commitment begins with the heartfelt generosity of people like you who support the Sun Health Foundation through your time, talent, treasure, and testimony.



A NOTE FROM *Kim*



Kim Thompson
Chief Experience Officer

At the *Heart* of Everything We Do...

"Life is not merely being alive but being well."

–Marcus Valerius Martialis

If you've spent much time around me, you've heard me emphasize the importance of living well – mentally, spiritually, physically. It's at the heart of everything I do and ingrained in the culture at Sun Health. Empowered living isn't a phrase I throw around on a whim. It means living fiercely, embodying your values, harnessing life experiences and giving with a sense of gratitude.

Each of those attributes is critical in Sun Health's vision for 2024. As we sit comfortably in the new year, I encourage you to seek out what each of those tenets means to you.

Living fiercely. There's a reason we focus on the heart in February. More than a symbol of love, kindness, and caring, our hearts are who we are – the driver of our health and wellbeing. Living fiercely means boldly making changes internally and externally to our lifestyles, relationships, thoughts, and future. It means pushing past what has always been done, doing the hard work, and facing the future with optimism and not fear.

Embodying your values. Like living fiercely, it takes courage to take your values beyond words and live them. It is to live freely, authentically, and unburdened, knowing you are steadfast in your character, beliefs, and standards. One of my core values is taking care of my health so that my mind is free to serve others.

Harnessing life experiences. No matter what stage of life I've been in, I've always been able to find a lesson to carry with me. We bring our experiences with us – good and bad. I choose to harness those experiences and use them for the good of our organization, my health, and my family. There have been times when life's experiences could have chipped away at who I am and strive to be. But that's not what empowered living means to me. I make a conscious choice to use the lessons I've learned to empower others, move Sun Health forward, and be a servant to my community.

Giving with a sense of gratitude. I would be squandering my life's experiences if I didn't recognize all the moments when someone stood by my side, supported me, or lifted me up. It is because of those moments that I give and share freely with others. For me and for Sun Health, approaching our work with a servant's heart is an utmost priority.

As the new year begins, I hope you find time to embrace the health you have and challenge yourself to live fiercely.

Be well, and stay safe!

Kim Thompson

Kim Thompson
Chief Experience Officer
Sun Health

SUN HEALTH COMMUNITIES OFFER

Another Chance at Love

by Renee Moe

Sun Health Communities are well known for offering vibrant and carefree lifestyles. But the comforts, conveniences, and opportunities for socializing also can lead to late life love.

Three couples share their happily-ever-afters found at The Colonnade, Grandview Terrace, and La Loma Village.

Jim and Gracie Greenwald – The Colonnade

The Greenwalds started off as friends of each other's spouses. Gracie and her husband Paul moved to The Colonnade in 2017 and became best friends with Jim and his wife Linda. Linda and Paul both passed away in 2020.

Jim, 85, and Gracie, 79, consoled each other. And Gracie involved Jim in supporting the Sun Health Foundation. Soon, their friendship turned into something more. They were married in May 2022 at a wedding organized by friends from the Sun Health Foundation.

Both credit Sun Health for their love story.

"The people, the atmosphere, was so conducive to our getting together," Jim says. "It's just such a close family."

Bob and Sally Morton – Grandview Terrace

Shortly after Bob moved into Grandview Terrace in 2022, he joined a Tai Chi class and met Sally and her "fabulous smile."

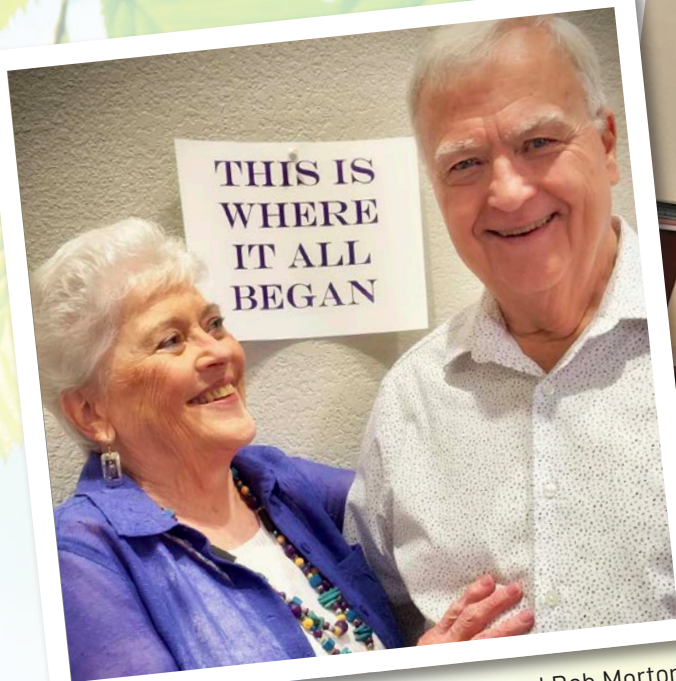
Neither was searching for love.

"At this age, I never thought I'd feel this way again," says Sally, 81. "We were in sync from the moment we met," says Bob, also 81.

Living in an active adult community like Grandview Terrace played a role in their romance. "There is loads of stuff to do here, from fitness classes, bingo, movies and clubs," Bob says. His strategy was to attend the same activities as Sally.



Gracie and Jim Greenwald



Sally and Bob Morton



Don and Susy Howell

In June 2023, Bob and Sally were married in the Fitness Center where they met.

Susy and Don Howell - La Loma Village

Dating was the furthest thing from Susy Simonsgaard's mind when she met Don Howell in June 2021.

"It was a surprise when he asked me to go to a movie," she says.

Both previously had lost spouses and felt the pull of companionship even more after the isolation brought on by COVID-19.

"La Loma is a friendly community," says Susy, 79. "It's

not hard to get acquainted with people." Together, Don and Susy were soon enjoying the many social activities, clubs, and outings that La Loma offers.

They married in April 2023, and both feel blessed and contented. "Family and friends say they've never seen me so happy," Susy says.

Learn more about all that Sun
Health Communities have to offer at
SunHealthCommunities.org



LIVING *Heart Healthy*

by Renee Moe



Approximately 80% of heart disease deaths occur in people age 65 and older. As an exercise physiologist at Banner Thunderbird Medical Center, Rhonda Zonoozi says she sees patients with a variety of risk factors for heart disease.

"Luckily, many of these unhealthy behaviors can be modified by following the American Heart Association's Life's Essential 8™ guidelines," she says.

The eight components include:



Diet — "Focus on eating whole foods, lots of fruits and vegetables, lean protein and cooking with heart-healthy fats like olive or canola oil," Rhonda says.



Physical activity — She recommends adults get 150 minutes per week of moderate intensity activity like walking, swimming or biking.



Nicotine exposure — Use of inhaled nicotine products is the leading cause of preventable death in the U.S., including a third of all deaths from heart disease.



Sleep duration — "Healthy sleep is vital for cardiovascular health," Rhonda says. "Ideally adults should aim for seven to nine hours."



Body weight — An optimal Body Mass Index should be from 18.5 to less than 25 kg/m2. The National Institutes of Health website has a helpful BMI calculator.



Blood cholesterol — High levels of non-HDL or "bad" cholesterol can lead to heart disease. An optimal level of non-HDL cholesterol in adults is less than 130 milligrams per deciliter (mg/dL). High triglycerides + low HDL (good) + high LDL (bad) increases the risk of heart attack and stroke.



Blood sugar — High levels of blood sugar can damage your heart, kidneys, eyes, and nerves. Aim to keep A1c blood sugar levels less than 5.7%.



Blood pressure — Keeping blood pressure levels less than 120/80 mm Hg is optimal.

While all components of Life's Essential 8™ are important for cardiovascular health, Rhonda says focusing on eating healthy and getting physical activity can make a substantial difference.

"By changing those two, you can improve your heart health and reduce other risk factors like high blood sugar and elevated blood pressure," she says.

To learn more about cardiovascular health, please register for the upcoming class listed on page 13.

Visit SunHealthWellness.org/Classes or call (623) 471-9355.



Love's Last Act:

EMBRACING MORTALITY

by Renee Moe

When it comes to matters of the heart, planning for death doesn't necessarily come to mind. But preparing for death can be an act of love and one of the most selfless things we can do for our loved ones.

"It's natural to resist an end to life," says Cameron Svendsen, LCSW, chief strategy officer for Faith Hospice. "But thinking about mortality can have a positive impact. We can avoid being victims of mortality if we discuss it in advance and share what we want, providing us with some control and easing the burden for our loved ones."

He suggests gaining more control by taking the following steps.

Advance care planning — Have conversations with loved ones and physicians about your wishes regarding health choices. An advance directive is a legal form that tells your family and medical

team what care you want when you are too ill to express yourself.

A power of attorney for healthcare designates a person to make decisions for you if you're unable.

"Ask yourself how you define quality of life," Cameron says. "Consider what people can do to support you and provide comfort during this time."

Out-of-life planning — "Consider your bucket list and the things you want to accomplish before you die," Cameron "Work on relationships and address regrets. Talk openly about death and dying and your desires."

Explore spirituality — Spirituality can provide a framework for understanding and accepting mortality.

"Spiritual people believe there is a higher purpose and something

beyond," he says. "Discover what resonates with you. Talk with others who are no longer afraid of mortality because they have found their pathway."

Planning for death is the ultimate last act of love for you and your family.

"Look at mortality as less of a villain and more of an ally," Cameron says. "Aim to have the best life while you are here, talk openly with loved ones, and search for ways that make you feel peaceful about life beyond this mortal one."

Find peace and empowerment by planning ahead. Register for the upcoming class on page 13.





BRAIN & MEMORY HEALTH

Dementia Caregiver Support Group **Wednesdays, Jan. 3 & Jan. 17; Feb. 7 & Feb. 21 | 3-4 p.m.**

Caring for a loved one with dementia can be challenging, but you don't have to face it alone. Join Sun Health Director of Assisted Living and Memory Support, Jill Parsons, to learn about resources and get some extra support.

Location: Grandview Terrace Health & Rehab

Memory Café

Tuesdays, Jan. 9, Feb. 13 | 10-11:30 a.m.

Memory Cafés provide a social and resource place for people living with memory loss and their care partners. Caregivers participate in an educational and/or support session while people with memory loss actively participate in a cognitive engagement program. Registration is not required.

Location: Zoom

The 10 Warning Signs of Alzheimer's **Wednesday, Jan. 10 | 10-11 a.m.**

Join Sun Health Memory Care Navigator, Marty Finley to learn some of the most common signs of Alzheimer's. This class is for anyone concerned about memory and cognitive changes they are noticing in themselves or a loved one. Find out what may be reasons for further action.

Location: American Lutheran Church and Zoom

Caregiver Support Group **Thursdays, Jan. 11 & Jan. 25; Feb. 8 & Feb. 22 | 10-11 a.m.**

Being a friend or family member who is caring for someone with dementia can be very stressful. We are constantly adapting and learning new ways to do things to help them be as successful as possible and that can be overwhelming at times. Joining a caregiver support group can help.

Location: Faith Presbyterian Church

Memory Café

Tuesdays, Jan. 23, Feb. 27 | 10-11:30 a.m.

Memory Cafés provide a social and resource place for people living with memory loss and their care partners. Caregivers participate in an educational and/or support session while people with memory loss actively participate in a cognitive engagement program. Registration is not required.

Location: Salvation Army

Evaluate Safety of an Elder with Possible Dementia

Wednesday, Feb. 7 | 10:30-11:30 a.m.

Join Sun Health Memory Care Navigator, Marty Finley on what clues to look for and how to observe changes that may be a cause for concern about a friend's or family member's ability to safely be in their own home.

Location: Surprise Senior Center and Zoom

Ambiguous Loss & Dementia **Monday, Feb. 12 | 2-3 p.m.**

Caregiver stress and burden may sometimes be misunderstood, with the real culprit being ambiguous loss — when the person is physically present but psychologically different from who they once were. Learn definitions and concrete strategies to infuse hope, meaning and promote self-care.

Location: Zoom

Dementia & Communication **Monday, Feb. 19 | 2-3 p.m.**

When your loved one or a friend is diagnosed with dementia, it's hard to know how to communicate. Join Jill Parsons, Director of Assisted Living and Memory Care with Sun Health, to learn the do's and don'ts of communicating with someone with cognitive impairment. You will learn different techniques for communication and why they will be useful at any stage of their dementia.

Location: Crown of Life Lutheran Church and Zoom

For more information and resources on exercise and wellness, contact the Sun Health Center for Health & Wellbeing at (623) 471-9355 or visit SunHealthWellness.org

Registration begins:
Dec. 12, 2023 at 8:30 a.m.



Register Online
SunHealthWellness.org



Register by Phone
(623) 471-9355 except where noted



DIABETES

Diabetes Self-Management Education \$ Thursday, Feb. 1 | 1 - 3 p.m.

People with diabetes are living longer, healthier lives. The driving force? Healthy lifestyle changes and better diabetes management. How can you manage the disease to reduce health complications and improve quality of life? Join our registered dietitian and diabetes educator for this five-week accredited course which provides the latest information in diabetes management including monitoring, taking medication, eating healthy, being active, reducing risks, problem solving and healthy coping. Please call (623) 471-9355 to register and inquire about insurance coverage. The fee for this series is covered by Medicare and most insurance providers and requires a physician referral. Register at least two weeks prior to the start of the series.

Location: Sun Health Center for Health & Wellbeing

Annual Diabetes Self-Management Education \$ Friday, Feb. 14 | 9-11 a.m.

This class is designed for anyone having previously completed a Diabetes Self-Management Training program. Join Sun Health's diabetes educators to learn how carbohydrates fit into your diabetes meal plan. This class will focus on a fit-all solution for everyone with diabetes. Call (623) 471-9355 to register. Fee covered by most insurance plans.

Location: Sun Health Center for Health & Wellbeing

National Diabetes Prevention Program \$ Tuesdays, starts Feb. 26 | 2-3 p.m.

This yearlong Sun Health National Diabetes Prevention Program is led by a certified lifestyle coach and nutritionist. This lifestyle change program uses research-based curriculum to help you make the necessary nutrition, physical activity, and behavioral changes to improve your health and prevent or delay the onset of type 2 diabetes. Call (623) 471-9355 to register; fee for this series is covered by Medicare and most insurance providers.

Location: Sun Health Center for Health & Wellbeing

Classes are provided at low or no cost, thanks to generosity of the community through Sun Health Foundation. Learn more at: SunHealthFoundation.org



HEALTH & WELLBEING

COPD Prevention & Management

Wednesday, Jan. 3 | 10:30-11:30 a.m.

Chronic Obstructive Pulmonary Disease (COPD) is a chronic progressive inflammatory lung disease that causes airflow obstruction from the lungs, with subsequent shortness of breath, excessive mucus production, chronic cough and wheezing most often due to chronic cigarette smoking. Join Dr. Jalal Abbas in learning that even though it is progressive and irreversible, it is treatable, and it is preventable.

Location: Surprise Senior Center and Zoom

You Can Prevent Falls

Tuesday, Jan. 9 | 10:30-11:30 a.m.

Learn about the risk factors that could contribute to falls and ways to manage falls. Dr. Elton Bordenave, PhD, MEd and the director of A.T. Still University's Center for Resilience in Aging, will be discussing personal risk factors that contribute to falls and practical ways you can prevent falls.

Location: United Church of Sun City

What is Ketamine and How Can It Help My Pain?

Monday, Jan. 15 | 2-3 p.m.

Join Dr. Ruchir Gupta to learn how ketamine, a non-narcotic, is a safe method that provides effective means to alleviate joint and lower back pain discomfort. This approach prioritizes pain relief without the risks associated with opioid medications, offering a secure alternative for managing such discomfort.

Location: Crown of Life Lutheran Church and Zoom

AARP Smart Driver \$

Tuesday, Jan. 16 | 1-5 p.m.

Designed especially for drivers age 50-plus, the AARP Smart Driver™ course is intended to help drivers live more independently as they age and remain safe on today's roads. Pre-registration is required. The fee is \$20 for AARP members and \$25 for nonmembers, payable by check only. Please bring driver's license and check payable to AARP to the session.

Location: Grace Bible Church

When is it Time to Transition to Assisted Living?

Wednesday, Jan. 17 | 9:30-10:30 a.m.

How do you know when it's time to move to assisted living? Who will pay the cost? What can you do to help make this transition easier? Join Sun Health At Home Executive Director Nicole Holtsclaw to learn how to make this very personal decision and some things you can do to help ease the process.

Location: Lord of Life Lutheran Church and Zoom

A Matter of Balance

Fridays, starts Jan. 19 | 1-3 p.m.

Are you concerned about falling or have you fallen in the past? Have you restricted activities because you fear falling? This eight-week, evidence-based series is designed to reduce falls and the fear of falling while increasing activity levels among older adults.

Location: Sun Health Center for Healthy & Wellbeing



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Registration begins:
Dec. 12, 2023 at 8:30 a.m.



Register Online
SunHealthWellness.org



Register by Phone
(623) 471-9355 *except where noted*



HEALTH & WELLBEING

Thyroid: Our Body's Workhorse

Tuesday, Jan. 23 | 2-3 p.m.

The thyroid gland creates the hormone of metabolism, and without an optimally working thyroid a multitude of problems can occur within the body. Join Dr. Karen Lottis to review the role of thyroid as well as symptoms when a thyroid gland functions abnormally; too high, too low or cancer. It is important to understand the tests necessary to appropriately diagnose thyroid dysfunction and what treatment options are available.

Location: Freedom Plaza and Zoom

Personalized & Precise Cancer Care

Thursday, Jan. 25 | 10-11 a.m.

With the latest wave of technologic advancement and drug development in the field of cancer, knowing which therapies to use and when becomes critical. An important part of this involves tailoring treatment plans to each individual, based on patient genetics and socioeconomic factors. Join Ironwood Cancer & Research Center's medical oncologist Dr. Azam Farooqui as he discusses the art of individualized cancer care in the modern era.

Location: PORA and Zoom

Actively Embracing Our Mortality

Monday, Jan. 29 | 1:30-2:30 p.m.

Understanding our mortality can help us make more conscious decisions about our health and wellbeing. Cameron Svendsen, LCSW, will discuss methods to ensure our physical and mental health is prioritized, plan for our future, and communicate our desires about end-of-life care to our loved ones and healthcare providers.

Location: Faith Presbyterian Church and Zoom

Cardiovascular Risk Preventions

Wednesday, Feb. 21 | 9:30-10:30 a.m.

Join Dr. Robert Bear to discuss guidelines for preventive cardiology and treatment recommendations that serve as crucial tools in the field of cardiovascular health. These guidelines offer a comprehensive framework for healthcare professionals to prevent, diagnose, and manage heart-related conditions effectively. They encompass evidence-based strategies, medical interventions, and lifestyle modifications designed to reduce the risk of heart disease and improve patient outcomes.

Location: Lord of Life Lutheran Church and Zoom

Colorectal Cancer Prevention

Thursday, Feb. 22 | 10-11 a.m.

Colorectal cancer, is the third most common U.S. cancer. Advancements in treatment and early detection have lead to over one million survivors in the U.S.. It is recommended that all individuals undergo a colonoscopy at the age of 45. Join Dr. Sushil Pandey and Dr. Gabie Ong to learn more.

Location: PORA and Zoom

Living Heart Healthy with Life's Essential 8™

Friday, Feb. 23 | 9:30-10:30 a.m.

Life's Essential 8™ are the key behaviors for improving and maintaining cardiovascular health to help lower the risk of heart disease, stroke, and other major health problems. Join us as we learn how to take action for better heart health.

Location: The Colonnade and Zoom

What I Need To Know About Wounds

Monday, Feb. 26 | 1:30-2:30 p.m.

How did I get the wound? Where is it located? What kind of wound is it? How do I treat it? How do I know if it is healing? When should I see a professional? Join Sun Health Wellness Coordinator Karlene Rood to gain a general understanding of wounds.

Location: Faith Presbyterian Church and Zoom



NUTRITION

Nutrition and Lifestyle for Weight Loss **Thursday, Jan. 11 and Feb. 8**

11:30 a.m.-12:30 p.m.

Come learn a lifestyle approach to weight loss that can help you make simple changes to maintain a healthy weight for life. Banner Health Registered Dietitian Mya Perkins, MS, RD, will discuss nutrition and lifestyle changes you can put into action.

Location: Zoom

Eye Health & Nutrition

Friday, Jan. 26 | 9:30-10:30 a.m.

Some nutrients are beneficial for eye health and may help reduce risks for some eye diseases. If you have diabetes, managing blood sugar can be helpful for our eyes. Join Sun Health Registered Dietitian, Julia Deen to discuss ways to protect eye health.

Location: The Colonnade and Zoom

Berry Bliss: Stuffed Strawberries for Heart Health Awareness

Wednesday, Feb. 14 | 10-11 a.m.

Savor the sweetness of stuffed strawberries during Heart Health Awareness Month. Join Sun Health experts to learn how to create these delectable heart-healthy treats and valuable dietary insights. Join us for a delightful journey to nourish your heart and satisfy your sweet tooth!

Location: American Lutheran Church

Sugar & Salt

Tuesday, Feb. 20 | 1:30-2:30 p.m.

Sugar and salt are two hidden ingredients in our foods. How much is too much, and what amount is just right? Join Sun Health Registered Dietitian Julia Deen for this session on ways to determine if you are eating amounts that could be harmful to your health.

Location: Grace Bible Church and Zoom

Location & Class Key

AMERICAN LUTHERAN CHURCH

17200 N. Del Webb Blvd., Sun City, AZ

THE COLONNADE

19116 N. Colonnade Way, Surprise, AZ

CROWN OF LIFE LUTHERAN CHURCH

13131 W. Spanish Garden Drive, Sun City West, AZ

FAITH PRESBYTERIAN CHURCH

16000 N. Del E. Webb Blvd., Sun City, AZ

FREEDOM PLAZA/BALLROOM

13373 N. Plaza Del Rio Blvd., Peoria, AZ

GRACE BIBLE CHURCH

19280 N. 99th Ave., Sun City, AZ

GRANDVIEW TERRACE/BALLROOM

14515 W. Granite Valley Drive, Sun City, AZ

GRANDVIEW TERRACE HEALTH & REHAB

14505 W. Granite Valley Drive, Sun City West, AZ

LORD OF LIFE LUTHERAN CHURCH

13724 W. Meeker Blvd., Sun City West, AZ

OFFICE EVOLUTION

15331 W. Bell Road, Suite 212, Surprise, AZ

PORA

13815 W. Camino Del Sol, Sun City West, AZ

SALVATION ARMY

17420 Ave of the Arts, Surprise, AZ

SUN HEALTH CENTER FOR HEALTH & WELLBEING

14719 W. Grand Ave., Surprise, AZ

SURPRISE SENIOR CENTER

15832 W. Hollyhock St., Surprise, AZ

Classes with this icon (\$) have an associated fee.

Registration begins:
Dec. 12, 2023 at 8:30 a.m.



Register Online
SunHealthWellness.org



Register by Phone
(623) 471-9355 *except where noted*



PHYSICAL FITNESS

Classes are held at the Sun Health Center for Health & Wellbeing at 14719 W. Grand Ave., Surprise. All classes are offered as weekly multisession series at \$5 per class, paid up front for the series.

Wednesdays, 8-Week Classes 💵

Chair Yoga Plus

Starts Jan. 3 | 9:30-10:30 a.m.

Chair yoga incorporates all of the benefits of a traditional yoga class with the added support of a chair.

Tai Chi Essentials

Starts Jan. 3 | 11 a.m.-noon

All of the health benefits of Tai Chi Chuan in five easy-to-learn, easy-to-do movements. Developed at Harvard, this class has been adapted for seniors and works on balance, breathing and relaxation, with the goal of maintaining a healthy body.

The Core to Strength

Starts Jan. 3 | 12:30-1:30 p.m.

Our core is one of the most important components to our strength, but is often the first to go. Please join Sun Health for a low-intensity class focusing on core strength, balance and flexibility exercises using a chair as support.

Fridays, 8-Week Class 💵

Strength Training

Starts Jan. 5 | 11 a.m.-noon

This low-intensity class uses bands, body weight and other items to train the upper- and lower-body muscle groups.

Mondays, 8-Week Classes 💵

Chair Yoga Plus

Starts Jan. 8 | 9:30-10:30 a.m.

Chair yoga incorporates all of the benefits of a traditional yoga class with the added support of a chair.

Tai Chi Essentials

Starts Jan. 8 | 11 a.m.-noon

All of the health benefits of Tai Chi Chuan in five easy-to-learn, easy-to-do movements. Developed at Harvard, this class has been adapted for seniors and works on balance, breathing, and relaxation with the goal of maintaining a healthy body.

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For more information and resources on exercise and wellness, contact the Sun Health Center for Health & Wellbeing at (623) 471-9355 or visit SunHealthWellness.org



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Stay Healthy While Living *At Home*

We specialize in personalized support and coordinated services to help members stay active and healthy as they age in place at home. With a variety of plans available, it's easy to find the Sun Health At Home® membership that meets your individual needs.

To learn more about the benefits of this program, please join us at an upcoming 1-hour complimentary Discovery Seminar. Registration is required.



SUN HEALTH AT HOME

(623) 294-6726
SunHealthAtHome.org

Join us for a complimentary 1-hour Discovery Seminar:

Sun Health Center for Health & Wellbeing
14719 W. Grand Ave., Surprise, AZ 85374

JAN	JAN	FEB	FEB
9	25	6	20
2 p.m.	1:30 p.m.	1:30 p.m.	2 p.m.

JAN
17
10 a.m.

Wickenburg Hospital
520 Rose Ln.
Wickenburg, AZ 85390

FEB
7
1:30 p.m.

Pebble Creek Resort Community
16262 Clubhouse Dr.
Goodyear, AZ 85395
Light refreshments will be provided