

## WINTER MATTER OR BALANCE SITES

Classes start January 17, 2020 and end March 6, 2020

Every Friday unless otherwise noted

\*Some sites not open to public – call to find out

- 1. Palm Gardens Mobile Home Park**  
2929 E. Main Street  
Mesa, AZ 85213  
Class 1: 9:00 – 11:00 AM  
Class 2: 1:00 – 3:00 PM  
Contact: Merla Lawruk  
Phone: 267-902-9089
- 2. Mesa Community College**  
7110 E. McKellips Road  
Mesa, AZ 85207  
Class: 9:00 – 11:00 AM  
Contact: Neva Hansen  
Phone: 480-461-6330
- 3. Fountain of the Sun**  
540 S. 80<sup>th</sup> St  
Mesa, AZ 85208  
Class: 1:00 – 3:00 PM  
Contact: Heather Roberts  
Phone: 480-380-4000 ext 204
- 4. The Summit at Sunland Springs  
Assisted Living and Memory Care**  
2415 S. Signal Butte Road  
Mesa, AZ 85209  
Class: 9:00 – 11:00 AM  
Contact: Marissa Rich  
Phone: 480-907-5588
- 5. Red Mountain Multi-Gen Center**  
7550 E. Adobe  
Mesa, AZ 85207  
Class: 9:00 – 11:00 AM  
Contact: Star Kempton  
Phone: 480-218-2221
- 6. Sun Villa Apartments  
(in Fountain of the Sun)**  
650 S. 80<sup>th</sup> Street  
Mesa, AZ 85208  
Class: 1:00 – 3:00 PM  
Contact Barbara Loewenhagen  
Phone: 801-792-8154
- 7. Iora Primary Care – Recker/McKellips**  
5916 E. McKellips Road  
Mesa, AZ 85215  
Class: 9:00 – 11:00 AM  
Contact: Tina Marie Gomez  
Phone: 480-930-4477
- 8. Discovery Point**  
6210 E. Arbor Avenue  
Mesa, AZ 85206  
Class: 11:00 AM – 1:00 PM  
Contact: Angie Lopez  
Phone: 480-924-6474
- 9. Apache Wells Homeowners Assn.**  
2223 N. 56<sup>th</sup> Street  
Mesa, AZ 85215  
Class: 9:00 – 11:00 AM  
Contact: Gail Fassett  
Phone: 480-306-5475
- 10. Legacy Retirement Residence**  
5625 E. McKellips Rd  
Mesa, AZ 85215  
Class: 12:00 – 2:00 PM  
Contact: Mailani Fernandez  
Phone: 480-985-0300
- 11. Dobson Ranch**  
2719 S. Reyes  
Mesa, AZ 85202  
Class: 1:00 – 3:00 PM  
Contact: Jesse Wright  
Phone: 480-831-7464
- 12. Victory Lutheran Church**  
5946 E. University Drive  
Mesa, AZ 85205  
Class: 9:00 – 11:00 AM  
Contact: Kathy Michel  
Phone: 480-830-5024
- 13. Sunnyslope Senior Center**  
802 E. Vogel Avenue  
Phoenix, AZ 85020  
Class: 9:00 – 11:00 AM  
Contact: Debra Rosenberg  
Phone: 602-262-7572

**14. Deer Valley Senior Center**

2001 W. Wahalla Lane  
Phoenix, AZ 85027  
Class: 1:30 –3:30 PM  
Contact: Leslie George  
Phone: 602-495-3714

**15. Adam Diaz Senior Center**

4115 W. Thomas Road  
Phoenix, AZ 85019  
Class: 9:00 – 11:00 AM  
Contact: Maria Coolley  
Phone: 602-262-1609

**16. Shadow Mountain Senior Center**

3546 E. Sweetwater Avenue  
Phoenix, AZ 85032  
Class: 9:00 – 11:00 AM  
Contact: Tyler Smith  
Phone: 602-534-2303

**17. Devonshire Shire Center**

2802 E. Devonshire Avenue  
Phoenix, AZ 85016  
Class: 1:30 – 3:30 PM  
Contact: Miriam Marguliz  
Phone: 602-262-7807

**18. Beatitudes Retirement Community**

1610 W. Glendale Avenue  
Phoenix, AZ 85021  
Class: 9:45 – 11:45 AM  
Contact: Jessica Meyer  
Phone: 602-995-6110

**19. South Mountain Senior Center**

212 E. Alta Vista Road  
Phoenix, AZ 85042  
Class: 9:00 – 11:00 AM  
Contact: Amber Matthews  
Phone: 602-262-4097

**\*\*\*English and Spanish class offered**

**20. Maryvale Parkway Terrace**

4545 N. Maryvale Parkway  
Phoenix, AZ 85031  
Class: 9:30 – 11:00 AM  
Contact: Natalie Rumpff  
Phone: 602-262-1660

**21. Goelet Beuf Senior Center**

3435 W. Pinnacle Peak Road  
Phoenix, AZ 85027  
Class: 1:30 – 3:30 PM  
Contact: Shelly Miller  
Phone: 602-534-9740

**22. Iora Primary Care – Greenway**

3202 E. Greenway Road  
Phoenix, AZ 85032  
Class: 2:00 – 4:00 PM  
Contact : Lorena Saucedo  
Phone: 602-325-5577

**23. Iora Primary Care – Indian School Rd**

3137 W. Indian School Road  
Phoenix, AZ 85017  
Class: 1:30 – 3:30 PM  
Contact: Patricia Plousse  
Phone: 602-325-5570

**24. Muhammad Ali Parkinson's Center  
Barrow Neurological Institute**

240 W. Thomas Road Suite 302  
Phoenix, AZ 85013  
Class: 1:30 – 3:30 PM  
Contact: Claudia Martinez  
Phone: 602-406-2453

**25. HonorHealth – Deer Valley Medical Center**

Medical Offices Building 1, Suite 406  
19841 N. 27<sup>th</sup> Avenue  
Phoenix, AZ 85085  
Class: 2:00 – 4:00 PM  
Contact: Joe Meier  
Phone: 602-370-0637

**26. HonorHealth – John C. Lincoln Medical**

9202 N. 2<sup>nd</sup> Street  
Phoenix, AZ 85020  
Class: 2:00 – 4:00 PM  
Contact: Rebekah Warren  
Phone: 480-223-7989

**27. Ahwatukee YMCA**

1030 E. Liberty Lane  
Phoenix, AZ 85048  
Class: 9:30 – 11:30 AM  
Contact: Vicki McAllister  
Phone: 602-212-6088

- 28. Casa Pedro Ruiz**  
6327 W. Fillmore Street  
Phoenix, AZ 85043  
Class: 2:00 – 4:00 PM  
Contact: Liz Miranda  
Phone: 480-320-9692
- 29. Paradise Valley Senior Center**  
17402 N. 40<sup>th</sup> Street  
Phoenix, AZ 85032  
Class: 1:30 – 3:30 PM  
Contact: Debbie Wesch  
Phone: 602-495-3785
- 30. Chinese Senior Center**  
734 W. Elm Street  
Phoenix, AZ 85013  
Class: 1:00 – 3:00 PM  
Contact: Maggie Eng  
Phone: 602-262-6411  
\*\*\*Chinese Class
- 31. Sun Health Center for Health & Well-Being**  
14719 W. Grand Avenue  
Surprise, AZ 85374  
Class 1: 2:00 – 4:00 PM  
Class 2: TBD  
Contact: Alexander Stark  
Phone: 623-832-9355
- 32. Granite Reef Senior**  
1700 N. Granite Reef Road  
Scottsdale, AZ 85257  
Class 1: 10:00 AM – 12:00 PM  
Class 2: 1:00 PM – 3:00 PM  
Contact: Lillie Avalos  
Phone: 480-312-1700
- 33. Via Linda Senior Center**  
10440 E. Via Linda  
Scottsdale, AZ 85258  
Class 1: 12:00 – 2:00 PM  
Class 2: 1:00 – 3:00 PM  
Contact: Anna Wright  
Phone: 480-312-5811
- 34. HonorHealth – Scottsdale Osborn**  
7301 E. 4<sup>th</sup> Street  
Scottsdale, AZ 85251  
Class: 2:00 – 4:00 PM  
Contact: Roxanne Flynn  
Phone: 480-225-0086
- 35. HonorHealth – Scottsdale Thompson Peak**  
Grayhawk Medical Plaza Suite 135  
20401 N. 73<sup>rd</sup> Street  
Scottsdale, AZ 85255  
Class: 2:00 – 4:00 PM  
Contact: Kari Johnson  
Phone: 480-324-7181
- 36. HonorHealth – Shea**  
9003 E. Shea Blvd.  
Scottsdale, AZ 85260  
Class: 2:00 – 4:00 PM  
Contact: Liz Hague  
Phone: 480-323-3691
- 37. Cahill Senior Center**  
715 West 5<sup>th</sup> Street  
Tempe, AZ 85281  
Class: 9:00 – 11:00 AM  
Contact: Sara Johnson  
Phone: 480-858-2421
- 38. Pyle Adult Recreation Center**  
655 E. Southern  
Tempe, AZ 85282  
Class: 9:00 – 11:00 AM  
Contact: Amy Bowman  
Phone: 480-350-5220
- 39. Tempe YMCA**  
7070 S. Rural Road  
Tempe, AZ 85283  
Class: 1:30 – 3:30 PM  
Contact: Tamra Garstka  
Phone: 602-212-6070
- 40. Apache Trails ASL**  
2428 E. Apache Blvd  
Tempe, AZ 85281  
Class: THURSDAYS 1:30 – 3:00 PM  
Contact: Linda Russell  
Phone: 480-525-6405  
\*\*\*ASL Class
- 41. Fountain View Village**  
16455 Avenue of the Fountains  
Fountain Hills, AZ 85268  
Class: 1:30 – 3:30 PM  
Contact: Teri Larson  
Phone: 480-836-5006

**42. Fountain Hills Senior Center**  
13001 N. La Montana Drive  
Fountain Hills, AZ 85268  
Class: 10:00 AM – 12:00 PM  
Contact: Jennifer Lyons  
Phone: 480-816-5186

**43. Copper Springs Retirement Resort**  
3303 E. Gary Way  
Gilbert, AZ 85234  
Class: 11:30 AM – 1:30 PM  
Contact: Anna Berume  
Phone: 480-465-5999

**44. Banner Neuro Wellness**  
207 N. Gilbert Road Suite 205  
Gilbert, AZ 85234  
Class: 2:00 – 4:00 PM  
Contact: Annette Kluge  
Phone: 480-827-5800

**45. Tolleson Senior Center**  
9555 W. Van Buren  
Tolleson, AZ 85353  
Class: 10:00 AM – 12:00 PM  
Contact: Santiago Cornejo  
Phone: 623-936-2753

**46. Banner Neuro Wellness West**  
10515 W. Santa Fe Drive  
Sun City, AZ 85351  
Class: 12:30 PM – 2:30 PM  
Contact: Melinda Peterson  
Phone: 623-832-2046

**47. Iora – Sun City**  
10001 W. Bell Road, Suite 105  
Sun City, AZ 85351  
Class: 2:00 – 4:00 PM  
Contact: Ashley Taylor  
Phone: 623-226-4244

**48. Royal Oaks Retirement Community**  
10015 W. Royal Oak Road  
Sun City, AZ 85351  
Class: 11:30 AM – 1:30 PM  
Contact: Wendy Warchock  
Phone: 623-815-4256

**49. Iora Primary Care – Meeker**  
13940 W. Meeker Blvd  
Sun City West, AZ 85375  
Class: 9:30 – 11:30 AM  
Contact: Sandra Darling  
Phone: 623-377-9929

**50. Dolce Vita – 55 Plus Community**  
3301 S. Goldfield Road  
Apache Junction, AZ 85119  
Class: 1:00 – 3:00 PM  
Contact: Lora Keller  
Phone: 480-982-3563

**51. Brookhaven**  
2760 S. Royal Palm  
Apache Junction, Arizona 85119  
Class: 10:00 AM – 12:00 PM  
Contact: Kay Platter  
Phone: 517-398-3740

**52. Banner Thunderbird Medical Center**  
5555 W. Thunderbird Road  
Glendale, AZ 85306  
Class: 12:00 – 2:00 PM  
Contact: Kendal Dold  
Phone: 602-865-6304

**53. Solera Chandler HOA**  
6360 S. Mountain Blvd  
Chandler, AZ 85249  
Class: 1:30 – 3:30 PM  
Contact: Carrie Zinman  
Phone: 480-802-6996 Ext. 106

**54. Chandler YMCA**  
1655 W. Frye Rd  
Chandler, AZ 85224  
Class: 12:00 – 2:00 PM  
Contact: Jill Sears  
Phone: 602-212-6067

**55. Oasis Pavilion Nursing & Rehab Center**  
161 W. Rodeo Road  
Casa Grande, AZ 85122  
Class: 1:00 – 3:00 PM  
Contact: Corey Therrien  
Phone: 520-836-1772

