

See the GVR Club Pullout Section

Celebrating 45 Years of KGVY & 25 Years of the Sr/Boomer Info Fair!

What an incredible year of milestones and memories for KGVY Radio!

This year, we're celebrating **TWO very special milestones** — 45 years of being “The Voice of the Community” and 25 years of our Annual Sr/Boomer Info Fair! We couldn't be more excited or grateful to celebrate these milestones with the community we've been so proud to serve.

For 45 years, you've invited KGVY into your homes, cars and daily lives. You've listened, shared your stories, supported local businesses and helped make KGVY a true part of this wonderful community. **Thank you for being part of our journey!**

And now, it's time to celebrate **25 years of the KGVY Annual Sr/Boomer Info Fair!**

Please join **KGVY Radio & Community Quarterly Publications** on **Tuesday, November 3rd, from 9 AM to 1 PM at Desert Hills Lutheran Church** as we celebrate this incredible community tradition.

The Sr/Boomer Info Fair is our way of saying **THANK YOU** — for listening to KGVY, reading our publications, supporting our advertisers and shopping with the local businesses that help make our community so special.

This year, you can visit with **more than 60 local businesses** and organizations ready to share information about their products and services.

Enjoy **free health screenings** including skin cancer, vision, A1C blood counts, diabetic foot checks

and more. Walgreens will offer **Shingles, RSV and DPT vaccines**, and Desert Life Pharmacy will offer **COVID and Flu vaccines** through your insurance plan.

And, of course, there will be plenty of food! KGVY will once again serve a **huge variety of complimentary breakfast, lunch and snacks.**

We also encourage you to bring a **non-perishable food donation** to help the Community Food Bank prepare for the holiday season.

A heartfelt **THANK YOU to Desert Hills Lutheran Church** for hosting our event over the years, and to our generous sponsors, **UCHC and Northwest Medical Center-Sahuarita**, for helping make this special 25th anniversary celebration possible.

But most of all, **thank YOU** — everyone who has attended an Info Fair, visited a booth, shared a meal, donated to the Food Bank, supported a local business, listened to KGVY or encouraged us along the way.

Forty-five years on the radio and 25 years of the Sr/Boomer Info Fair are milestones we could never have reached without you. These celebrations belong to our entire community!

Come celebrate with us, reconnect with old friends, make new ones and help us make this 25th Info Fair one to remember!

We can't wait to see you November 3rd!

With heartfelt thanks,
Jim & DeAnna Walker
KGVY Radio &
Community Quarterly Publications

A Little Piece of the Craftsman Lives On

Written by Tom Simons, Tubac Woodworks

I was 19 years old when I applied for a job in the cabinet shop at Daniel Freeman Hospital in Los Angeles. The man who hired me was Andy, a German-trained Master Craftsman. I didn't know it then, but meeting him would shape the rest of my working life.

Then I met Andy.

His precision impressed me immediately. We built custom cabinetry for the hospital—and you'd be amazed at how much cabinetry is needed in a hospital. He taught me to build with properly fitted wood

Interestingly, Andy hired me during a hospital hiring freeze. When someone discovered what had happened, they found another place for me, and for the next six weeks I worked in the oncology department transporting patients to their radiation treatments.

When the hiring freeze was lifted, Andy welcomed me back into the cabinet shop and told me something I wasn't expecting. He planned to retire in six months, and he wanted to spend those six months apprenticing me in the methods he had learned while earning his Master Craftsman certification in Germany.

For me, it was an incredible opportunity.

I had always built things. As a boy, I remember using my dad's old buck-saw—a heavy, dull-bladed tool that somehow became my friend.

The summer before meeting Andy, I had also worked briefly for a man who called himself a cabinetmaker. He would tear out someone's kitchen, bring his table saw right into the middle of their home and start cutting. Between the mess and the quality of his work, I knew that wasn't the kind of cabinetmaker I wanted to become.



joints and glue rather than simply relying on nails to hold everything together.

He also taught me that precision isn't limited to the cabinet itself.

You can build a cabinet perfectly square, but that doesn't mean the wall it's going against is square. Walls can bow, corners can be greater or less than 90 degrees, and dimensions can vary considerably.



continued on page 19

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POSTAL CUSTOMER

HERE ARE OLSON'S
TOP TIPS FOR
AVOIDING THE MANY
SCAMS OUT THERE:

1- MAKE SURE
THERE IS A PLAN

Most timeshare exit companies will try to cancel a timeshare as there are no buyers. The only guaranteed way out is to find someone else willing to become the new owner.

2- THERE IS NO
RESALE MARKET

Timeshare owners considering exit services should always research a company's history, reputation, and business longevity, and be cautious of organizations that promise quick fixes

ENDING YOUR TIMESHARE JUST GOT EASIER, THE REAL
DEAL HAS ARRIVED.

By Laura Kelly

Thousands of timeshare owners have successfully ended their timeshares through a proven resource, We Want Your Timeshare. The company has a unique model which is centered around a transaction with a major bonus, every client receives a 10 year membership to a travel club! In essence, your timeshare is traded into a travel club that will be able to use it. The previous owner is then able to enjoy unrestricted travel without the hassle of timesharing systems. Offering education and resources for avoiding timeshare exit scams is a passion for their CEO Alexandra Olson.



Whether estate planning, sick of the never-ending cycle of rising maintenance fees, or just tired of dealing with the archaic, expensive exchange system, there are plenty of reasons folks are looking to dump their timeshare. When asked about We Want Your Timeshare, Olson shares "Our mission is to revolutionize the timeshare exit industry by providing a zero-risk option for timeshare owners that want out! We're very transparent about it. No risk, an amazing replacement product and a legal timeshare exit so you can be done with your timeshare forever. We're very proud of that!"

"In an industry riddled with deceit and fraud, we give our knowledge freely and hope, if nothing else, that we can help the masses avoid being the victim of a scam."

Olson will be presenting her popular seminar again at the Quail Creek Country Club on Thursday Oct. 29th and Friday Oct. 30th, at 10 am. To secure a space (limited) interested timeshare owners can call 602-734-5590.

As a 15-year veteran of the timeshare industry, Olson has catapulted into the spotlight as the leading industry expert on timeshare and exit scams. It even landed her on FOX 10 Phoenix, ABC 15, The Arizona Republic and the Phoenix Business Journal.



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Timeshare Solutions Experts

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- ✓ Alternatives to Exchange Companies
- ✓ How the Timeshare Industry Has Changed
- ✓ Question and Answers

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offer answers and solutions.

RSVP required please
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OR
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Green Valley, AZ 85614

Local Medicare Broker Urges Beneficiaries to Review Coverage Ahead of Open Enrollment



Written by
Guy Atchley

As Medicare’s annual enrollment period approaches, local Medicare broker David Bradley is encouraging beneficiaries to take a fresh look at their coverage rather than automatically renewing the plans they have now.

Bradley, senior partner with Medicare A to Z, said an annual review can help Medicare recipients avoid unexpected increases in prescription costs, changes in provider networks and other changes that may take effect in the coming year.

“The biggest mistake is not reviewing what you currently have,” Bradley said during a recent conversation about Medicare.

Bradley said his services as a local broker come at no cost to clients because compensation is built into the insurance plans offered by carriers. He said one of the primary benefits of working with a local agent is having an advocate who can help resolve billing problems, answer questions about plans and prescription drugs, and review coverage each year.

He also recently turned his Medicare expertise into a book, *Navigating the Medicare Maze: The Essentials of Medicare and Why I Love What I Do*. The book was released digitally on Amazon, with the Kindle edition initially offered for 99 cents. Bradley said printed copies are now available on Amazon.

Prescription drug costs remain a major consideration

One of the significant changes affecting Medicare beneficiaries is the annual out-of-pocket limit for prescription drugs under Part D.

Bradley noted that the former “donut hole” in Medicare prescription drug coverage was eliminated in 2025, when the annual out-of-pocket cap was set at \$2,000. The cap rose to \$2,100 in 2026 and is scheduled to increase to \$2,400 in 2027.

For people taking expensive medications, Bradley said, the cap can still represent substantial savings.

The limit applies to a beneficiary’s annual true out-of-pocket drug costs. Bradley also pointed to the

Medicare Prescription Payment Plan, which allows eligible beneficiaries to spread their prescription costs over the course of the year rather than paying a large amount early in the year.

Once a beneficiary reaches the annual out-of-pocket limit, covered Part D drugs cost nothing for the remainder of the year, according to Bradley.

Review plans before making a decision

Medicare’s Annual Enrollment Period runs from Oct. 15 through Dec. 7. Bradley said beneficiaries should begin thinking about their coverage well before the enrollment window opens.

He recommends that people review their Medicare coverage every year, whether they have Medicare Advantage, a Medicare Supplement policy paired with a prescription drug plan, or another form of coverage.

Beginning Oct. 1, Medicare agents can start discussing and marketing the plans and changes for the following year. Bradley said insurance companies typically provide preliminary information during August and September, with final details available by the end of September.

Prescription drug formularies are among the areas that can change from year to year. A medication that is placed in a lower-cost tier one year could move to a higher tier the next year, potentially changing what a beneficiary pays.

Bradley recommends examining medication costs, deductibles, co-pays and coverage for specific medical services before deciding whether to keep or change a plan.

“It’s a very, very good idea” to reshop Medicare coverage each year, he said.

Doctors and provider networks also matter

Prescription costs are not the only consideration. Bradley said beneficiaries should also confirm that



David Bradley with
Medicare A to Z

their doctors remain in their plan’s network.

That can be particularly important in the Green Valley and Sahuarita areas, where Bradley said physicians sometimes leave medical groups, move to other parts of the state or leave Arizona altogether.

Bradley said he often learns about changes from clients and then contacts insurance companies and medical groups to determine where physicians have gone and whether they remain part of a particular network.

He also noted the growing role of nurse practitioners and physician assistants in providing primary care.

When appointments with a primary care physician are difficult to obtain, Bradley said, seeing a nurse practitioner at the same medical practice can provide a practical alternative. In many cases, the nurse practitioner works in coordination with the physician.

Medicare Advantage and proposed changes

Bradley said he was not yet familiar with all the details of the Medicare Cost Cap Act being

promoted by AARP, which would establish a \$5,000 annual out-of-pocket limit for Parts A and B under traditional Medicare beginning in 2028.

He noted that Medicare Advantage plans already have annual maximum out-of-pocket limits for covered Part A and Part B services.

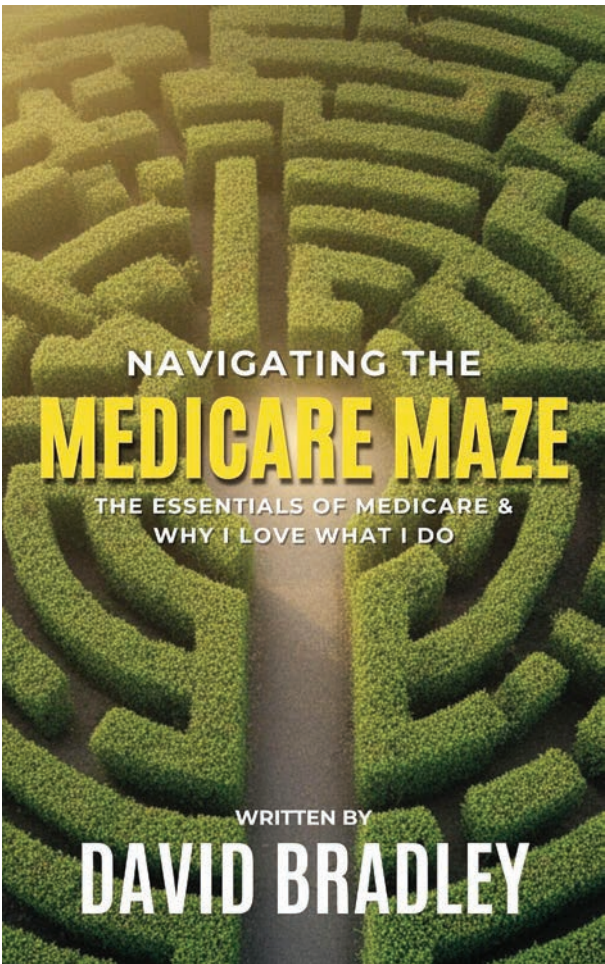
People with traditional Medicare generally also have either a Medicare Supplement policy or other coverage to help address costs not covered by Original Medicare.

For beneficiaries trying to navigate the various options, Bradley said the complexity of Medicare is precisely why he wrote his book and why he believes local assistance can be valuable.

“That’s why I wrote my book,” he said when the complexities of Medicare are discussed.

Navigating the Medicare Maze: The Essentials of Medicare and Why I Love What I Do is available in Kindle format through Amazon as well as the printed book.

Bradley can be reached at 520-275-2467. His Green Valley office is located in Continental Shopping Plaza, Suite 142, and his Tucson office is at 665 N. Swan Road.



Walking Together to End Alzheimer's: Southern Arizona Community Comes Together to Fight the Disease

Written by Gwen Mikinski,
Photos by Rod Mikinski Photography

Alzheimer's disease continues to impact thousands of individuals and families across Arizona, making community awareness, education, support, and research more important than ever. The Walk to End Alzheimer's® Tucson brings together those who have been affected by the disease, caregivers, advocates, community leaders, and supporters who believe in a future without Alzheimer's.

More than 152,000 people age 65 and older are living with Alzheimer's disease in Arizona. Behind every person diagnosed is a network of loved ones providing support, care, and compassion. Approximately 242,000 family caregivers across Arizona dedicate more than 379 million hours of unpaid care annually to help their loved ones navigate the challenges of this disease. These caregivers often face emotional, physical, and financial challenges, making access to reliable resources and support essential.

The Walk to End Alzheimer's – Tucson is the Alzheimer's Association's largest fundraising event in Southern Arizona and provides critical funding to advance the organization's mission throughout the region. The 2026 Walk will take place on Saturday, October 10, 2026, at Reid Park. Participants can register by visiting alz.org/tucsonwalk.

The event begins with registration at 8:00 a.m., followed by the inspirational Promise Garden ceremony at 9:00 a.m. At 9:30 a.m., participants will begin the Walk with a choice of a 1-mile or 3-mile route option, creating an opportunity for people of all ages and abilities to come together in support of the fight against Alzheimer's.

Funds raised through the Tucson Walk directly support free programs and services for individuals living with Alzheimer's, their families, caregivers, and the broader community. One of the resources supported by the Walk is the Alzheimer's Association 24/7 Helpline at 1-800-272-3900. This free and confidential service provides compassionate support, answers questions, and connects individuals and families with local resources, education, and care options.

Walk funding also helps connect individuals and families with specialized care resources, diagnostic services, and opportunities to participate in research studies and clinical trials. Partnerships with organizations such as Banner Alzheimer's Institute and the University of Arizona Center for Neuroscience help advance understanding of the disease while bringing hope for fu-

ture treatments and prevention strategies.

The impact of the Walk extends beyond direct support services. Funds raised help provide educational programs for businesses, schools, and community groups, while also supporting advocacy efforts at the local, state, and national levels. Additionally, funding contributes to scientific research focused on discovering better treatments and ultimately finding a cure.

Arizona is facing a growing Alzheimer's crisis. The state ranks first in the nation for the fastest rate of growth in new Alzheimer's and dementia cases. Driven in part by an expanding retiree population, Arizona has experienced a projected 33% increase in Alzheimer's prevalence over a five-year period—more than any other state in the country.

While the Alzheimer's Association remains committed to ending this disease, there is currently no cure for Alzheimer's. However, advances in research have led to new treatments that can help slow disease progression, especially when identified in the earliest stages. Emerging tools, including newly approved blood tests that assist with earlier detection, are creating new opportunities for individuals and healthcare providers to identify Alzheimer's sooner and explore treatment options.

The fight against Alzheimer's also includes reducing risk and promoting brain health at every stage of life. The Alzheimer's Association encourages healthy habits such as regular physical activity, a balanced diet, managing heart health, quality sleep, social connection, and lifelong learning.

In addition to the Tucson Walk, the Alzheimer's Association is supporting La Posada while they host a Green Valley Community Walk on November 14, 2026, at La Posada. This event provides an opportunity for residents of Green Valley and surrounding communities to come together, honor loved ones, and support the mission to end Alzheimer's. Participants can contact Megan White at (520)648-4223 or register through the event registration link alz.org/tucsonwalk and enter La Posada in search for a team.

The Walk to End Alzheimer's is more than an event—it is a movement of hope, remembrance, and action. Every participant, volunteer, sponsor, and donor helps provide critical support today while investing in a future where Alzheimer's no longer takes away memories, independence, and time with loved ones.

Together, Southern Arizona can continue to walk toward a world without Alzheimer's



THERE'S ALWAYS SOMETHING HAPPENING IN THE CONTINENTAL SHOPPING PLAZA

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- Your CBD Store
- True Value
- Safeway
- CVS
- Go Wireless
- Green Valley Jewelers
- Precious Metals Refinery
- Mr. AZ Jewelers
- Izy Frames
- Ms. Bee's Florals & Gifts
- Lomo's Premium Meats

☆☆☆ EVENT CALENDAR ☆☆☆

Quarterly Sidewalk Sales

Our Next One Is...

- **October 28th-31st**
- **January 2027 (Date TBD)**



ASSOCIATIONS & CLUBS

- Green Valley Democratic Club
- United Republicans 4 Arizona
- United Way of Tucson & Southern Arizona
- Offices of Madera Church



FINANCIAL & BUSINESS SERVICES



- Raymond James
- H&R Block
- State Farm
- Walter Henderson, P.C.
- The UPS Store
- Professional Tax Advisors

REAL ESTATE SERVICES

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- Realty One Group
- Embarc Realty
- Sunstreet Lending



HEALTHCARE

- Alvernon Optical
- George Boughan DDS
- Right at Home
- Angels Care Home Health
- Pool of Bethesda Psychiatric Health
- Mindful Choice Institute
- Simply Feet
- QnA Group Medicare A to Z
- Aspire Health Counseling
- MedPsychPlus
- All Seasons In Home Care
- Agape Hospice



SERVICES



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- The UPS Store
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- Bon Voyage Travel
- Total Care Pool
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- American Hair Family Cutters
- Continental Barbers
- Continental Spa & Wellness Center
- Tucson Cold Plunge
- GV Acupuncture
- Studio 11 Salon
- SKINtastic



RESTAURANTS



- Mama's Kitchen
- Panda House
- Brindis Bistro & Bar
- Talamazka Sonoran Grill & Seafood
- The Hot Dog Lady and More

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Green Valley**



CONTINENTAL
Shopping Plaza



Be Our **GUEST** at these Upcoming Events

Holland  America



On Stage Alaska with Holland America

Discover Alaska with insider tips and insights
with Alaska & Yukon experts.

Thursday, October 1 ♦ 10 AM
Quail Creek Country Club

Fall Travel Show

Meet travel experts and hear from
President Ryan Hansen as you discover inspiration
for your next vacation.

Tuesday, October 27 ♦ 2 PM
Desert Diamond Casino (Sahuarita)



Scan the QR code or visit bvtravel.com/events to learn more and to RSVP!



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AN SRG SENIOR LIVING COMMUNITY



Nine Unforgettable Destinations Around the Globe

Written by Bon Voyage Travel

When it comes to chasing new, authentic, and unforgettable destinations, Editor-at-Large **Ignacio Maza** is always a step ahead. After all, he explored all seven continents and traveled to upwards of 100 countries. Maza has curated 9 of his favorite places across the globe, from Alberta's Badlands to Swedish Lapland's Abisko National Park, Sri Lanka's tea country to Japan's geothermal baths. Ready for some serious inspiration? Consider this your inside track.

ALBERTA, CANADA

During spring and summer, follow Alberta's Cowboy Trail to Waterton Lakes National Park for spectacular vistas of valleys carpeted with wildflowers. Further north are the sculpted canyons of Alberta's Badlands, and rare dinosaur fossils at the Royal Tyrrell Museum. Visit Métis Crossing, Alberta's cultural destination, home to an Indigenous community with their own language and traditions. Come winter, take advantage of low-season rates in Banff and experience its many outdoor activities. My pro tip? Sleep in a futuristic geodome for amazing views of the night sky including, if you're lucky, the Northern Lights.

CHILE

Stretching over 2,000 miles, this long and narrow country is a land of superlatives. In the North, the stunning Atacama Desert—driest and highest in the world—is home to magical moonscapes and superb stargazing. Fly to Easter Island, the earth's most isolated inhabited destination and the place to see the enigmatic Moais, giant statues commemorating notable ancestors. In the central region, visit vineyards that produce first-rate Cabernets and Carménères, take in Volcán Osorno (Chile's version of Mt. Fuji), and feel the energy of Santiago, the country's capital. Tierra del Fuego, the southernmost region closest to Antarctica, will astonish you with giant glaciers, penguin colonies, and breathtaking panoramas.

KYUSHU, JAPAN

Japan's westernmost island was the country's gateway to the outside world for centuries. Kyushu is Japan's Mediterranean, with milder climates and natural wonders like Takachiho Gorge, Yakushima island and its sacred cedars, and the enormous caldera of Mount Aso. Those who would like to experi-

ence geothermal baths should definitely take in Beppu, a city and spa resort that's known as the capital of Japanese onsen, while Ibusuki is where travelers go to be blanketed in naturally heated mineral sands. To understand Japanese history, explore Kumamoto, one of the country's premier castles, as well as the city of Dazaifu, seat of government from centuries ago.

THE NORTH ISLAND, ZEALAND

If you seek out the unusual in this natural wonderland, you'll be richly rewarded. Adventurists will love driving north on reopened Highway 1 and climbing Cape Reinga's giant sand dunes that reach over 400 feet high. Dive in the Bay of Islands, swim at Coromandel Peninsula's Instagram-worthy Cathedral Cove, and hike the Tongariro Alpine Crossing for turquoise lakes and phenomenal views. Add some Māori culture to your journey by visiting Wellington's Te Papa Tongarewa Museum and its Pacific cultures collection, or take a Māori-led walk through the Waipoua forest, where its kauri trees are more than 1,000 years old.

SWEDISH LAPLAND

Located above the Arctic Circle, Lapland experiences both midnight sun and the Aurora Borealis. And this remote region of Europe is where the Indigenous Sámi people have settled for millennia. The pristine, glorious scenery is perfect for year-round outdoor adventures: I love hiking the trails and boardwalks of Abisko National Park (Lapland at its best) and visiting Gammelstad, the beautifully-preserved church town from the 15th century. For an utterly unique stay, try a deluxe cabin deep in the forest, a glass cube suspended from the trees, a guestroom floating on a river, or Jukkasjärvi's Ice hotel, rebuilt every year with blocks of ice from the nearby Torne river.

MADRID, SPAIN

Spain's effervescent capital city continues to reinvent itself. The recently opened Royal Collections Gallery displays hundreds of objects from the personal collections

of Spanish royalty. And art lovers are eagerly awaiting this year's reopening of Museo Sorolla, featuring the work of Joaquín Sorolla, Spain's beloved artist and undisputed master of light. Madrid is also full of authentic food markets—be sure to explore Mercado de la Paz or Chamartín for delicacies, tapas, or a light lunch. Take a stroll through the grand Parque de El Retiro, a 300-acre park originally open only to royalty.

SRI LANKA

This teardrop-shaped island off the coast of India has so much to offer curious travelers. For starters, there are miles of palm-fringed beaches, eight UNESCO World Heritage Sites, diverse wildlife with the highest concentration of leopards found anywhere, emerald mountains, outstanding shopping, and high-quality teas. For a window into the past, visit the archaeological sites of Polonnaruwa and Anuradhapura, and for fantastic views, climb to the top of the rock fortress complex of Sigiriya. Don't miss enchanting Galle, the trading post built by the Portuguese in the 16th century.

KWAWAZULU-NATAL, SOUTH AFRICA

There is much more to South Africa's province on the Indian Ocean than temperate climates, great

beaches, distinct ecosystems, and exciting safaris. For nature lovers, iSimangaliso Wetland Park is a must—a large lake system dwelling with an abundance of hippos, crocodiles, and rare birds. Meanwhile, the Drakensberg mountains reward travelers with gorgeous views, challenging hiking trails, and towering peaks. Above all, KwaZulu-Natal is the home of the proud Zulu Nation. To experience the community's warmth and culture, visit the Indlondlo Cultural Village.

ANCHORAGE, ALASKA

When was the last time you golfed under the Midnight Sun, went dog-sledding in July, or paddleboarded in a glacial lake? These adventures, and so many more, are waiting in Anchorage. During the winter season, the city is alive with reindeer races, skiing, snowshoeing, and the Northern Lights. Learn about Indigenous communities at the Alaska Native Heritage Center. Nearby is Chugach State Park, a nirvana for the outdoorsy where you'll find abundant wildlife, glaciers, and rainforests. The ultimate thrill? Walking across the new Veilbreaker Skybridges, suspended 2,500 feet over the valley floor.

Ready for more inspiration? Join us for our Travel Show on October 27th! Visit **BVTRAVEL.COM** to learn more.



BON VOYAGE
TRAVEL



ALBERTA, CANADA



CHILE



KYUSHU, JAPAN



THE NORTH ISLAND, ZEALAND

Falls Are Not a Normal Part of Aging – Prevention Starts Today

Written by Amy Malkin, ALM, CDP,
Chairperson, Arizona Falls
Prevention Coalition

For many older adults, one fall can change everything. A fall can result in a fracture, hospitalization, loss of independence, or a fear of falling that causes someone to stop doing the activities they enjoy. But there is an important message we want every older Arizonan and their family to hear: falls are not a normal part of aging, and many falls can be prevented.

Falls continue to be a significant concern in Arizona. In 2022, unintentional falls were the leading cause of injury-related death among Arizona residents age 65 and older. Across all ages, Arizona recorded more than 168,000 fall-related emergency department visits, more than 23,000 hospitalizations, and 1,173 deaths that year.

Those numbers are significant, but behind every statistic is a person—a parent, grandparent, spouse, friend or neighbor. That is why fall prevention is so important.

Small Changes Can Make a Big Difference

Preventing falls does not necessarily require major changes. Some of the most effective strategies begin with recognizing your individual risk factors.

Start by looking around your home. Remove loose rugs and clutter from walkways, make sure frequently traveled areas are well lit, and consider installing grab bars in bathrooms and handrails along stairs. Wear supportive, properly fitting shoes and be especially cautious when getting up during the night.

Physical activity is another important part of fall prevention. Exercises that improve strength, flexibility and balance can help us remain steady and independent as we age. Even small improvements in strength and balance can make everyday activities safer.

Medications should also be reviewed regularly with a healthcare provider or pharmacist. Some medications—or combinations of medications—can cause dizziness, drowsiness or changes in blood

pressure that may increase fall risk.

Vision and hearing changes can also affect balance and our ability to safely navigate our surroundings. Regular vision and hearing checks are another simple but important part of reducing risk.

Most importantly, talk about falls. If you have fallen, nearly fallen, or have started feeling unsteady, tell your healthcare provider and your family. A near-fall can be an important warning sign and an opportunity to make changes before a serious injury occurs.

The Arizona Falls Prevention Coalition

The Arizona Falls Prevention Coalition (AFPC) is working to make fall prevention a priority throughout our state. Our mission is to reduce the risk of falls in Arizona through education, outreach, evaluation and advocacy.

The Coalition brings together healthcare professionals, first responders, senior living providers, community organizations, educators and others who share a common goal: helping Arizonans remain safe, active and independent.

The AFPC has regional chapters serving Northern and Southern chapters. Here in Southern Arizona, partnerships between organizations and community members are especially important. Fall prevention cannot be accomplished by one healthcare provider or organization alone. It takes families, caregivers, healthcare professionals and communities working together.

The Coalition promotes three important areas of fall prevention: physical activity, medication management, and home and environmental safety. We also work to connect communities with evidence-based resources and education that can help individuals identify their risks and take action.

It Is Never Too Early to Think About Fall Prevention

Fall prevention is not just for someone who has already experienced a fall. The best time to begin is before the first fall occurs.



Ask yourself:

- Have I fallen or nearly fallen during the past year?
- Do I sometimes feel unsteady when standing or walking?
- Am I holding onto furniture or walls when I walk through my home?
- Have I become less active because I am afraid of falling?
- Do I take medications that make me dizzy or sleepy?
- Are there areas of my home that could create a tripping hazard?

If you answered yes to any of these questions, consider talking with your healthcare provider and taking a closer look at ways to reduce your risk.

Aging does not mean giving up independence. In fact, preventing falls is one of the most important things we can do to protect our independence and continue doing the things we love.

The Arizona Falls Prevention Coalition’s calling is simple: Prevent Falling.

To learn more about fall prevention, find resources, or become involved with the Arizona Falls Prevention Coalition, visit azstopfalls.org. Membership in the Coalition is open to anyone with an interest in fall prevention and is free.



Celebrating 55 Years



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You may donate online at FriendsInDeedGV.org

CERT – The Importance of Having a Community Response Team

Written by Peggy McGee

When I am out and about in my Kelly green shirt with 3-inch-high gold letters saying CERT on the back, I am often asked What is CERT, quickly followed by what are you certified to do? My response to the first question is Community Emergency Response Team and to the second question, I am not certified but I am trained to help others in the community if there is ever a natural or man-made disaster. There are CERTs in all 50 states so our legal name with the IRS is Greater Green Valley Community Emergency Response Team, abbreviated GGV CERT. One might wonder why we have a relationship with the IRS. GGV CERT was approved as a non-profit 501(c) (3) in November 2006. Because we get no funds from state or Federal organizations, this designation enables us to apply for grants and accept donations from individuals or organizations.

The Community Emergency Response Team concept was developed and implemented by the Los Angeles City Fire Department (LAFD) in 1985 after the Mexico City earthquake where untrained, spontaneous volunteers saved 800 people. However, 100 untrained people lost their lives while attempting to save others. This proved a high price to pay for something that is preventable through training.

The Federal Emergency Management Agency (FEMA) recognized the importance of preparing citizens. The Emergency Management Institute and the National Fire Academy adopted and expanded the CERT concepts believing them to be applicable to all hazards.

GGV CERT gets its training materials from FEMA and in case of emergency, stays on the scene, assuming our members are not in danger, offering immediate help to victims until professional services arrive.

Should there be a mass ca-



sualty situation or even a prolonged power outage, CERT members are trained in life-saving skills with emphasis on decision making, rescuer safety and doing the greatest good for the greatest number. Teams are essentially in support of first responder services.

How Did the Greater Green Valley CERT Come to Be?

GGV CERT was formed in 2005 as a volunteer organization sponsored by the Green Valley (now Santa Rita) Fire District. We currently have about 30 members, all of whom have completed 20-hours of training on how to organize and respond to a disaster. We meet once a month at the SRFD Training Center for follow-up training. GGV CERT is also a member of the Green Valley Council's Emergency Planning Committee.

Because we live in an area that is not prone to natural disasters. CERT members stay busy with community service activities. They are currently involved with the FireWise program and teaching Hands Only CPR classes for HOAs and other organizations and assisting with providing relief to firefighters going through live fire training at Davis-Monthan.

FEMA has served as the CERT primary sponsor with a mission encom-

passing disaster response, recovery, mitigation, and preparedness. FEMA develops and provides the curriculum for all the training courses, that for CERT means a basic training course and a dozen or so supplemental courses on a variety of specialized topics. GGV CERT offers two no-cost basic training courses per year. Registration for the Fall 2026 class is in progress. We follow a hybrid model that includes online study that takes approximately 12 hours

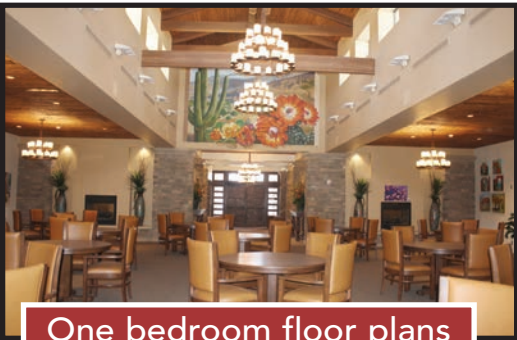
to complete and 2 days of in-person training during which the students get to demonstrate the skills they learned online. For the Fall Basic class, the in-person training will take place on October 16 and 17. After graduation, the participants may choose to join CERT or just have the confidence to know they have the skills needed to help their family and friends in response to a natural or manmade disaster.

There is still time to complete the online portion of the training that must be finished by October 15. For more information on CERT or to register for the Fall basic training class, please visit www.ggvcert.com and click on the Contact Us tab. A CERT leader will respond to all questions.



During the in-person training session, students get to practice 1st Aid skills on live victims.

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After an explosion, a survivor was found in the desert.

What Monsoon Season Leaves Behind

Written by Ryan Bennett,
Bills Home Service Co.

By the time September rolls around, Southern Arizona’s monsoon storms have mostly moved on — but the pests they left behind are just getting started.

For a few short months, our desert gets a rare taste of humidity and standing water. It’s a welcome break from the summer heat, but it also creates the perfect breeding ground for insects that spend the rest of the year struggling to survive. By early fall, homeowners across Green Valley, Sahuarita, and the greater Tucson area start noticing the results: more ants in the kitchen, termite tubes on the foundation, and more scorpions showing up in places they shouldn’t be.

Why Pests Peak After the Rain

Monsoon moisture does two things pests love. First, it softens the ground, making it easier for termites, ants, and other burrowing insects to move and expand their colonies. Second, it fuels a burst of plant growth — weeds, grass, and

debris that give pests cover and food sources close to your home’s foundation.

As the moisture starts to dry up in September, many pests move indoors looking for the humidity and shelter they’ve grown used to. That’s why this time of year tends to bring a noticeable uptick in pest activity, even though the storms themselves are over.

What to Watch For

A few of the most common post-monsoon issues we see this time of year:

- **Ants** — Moisture-driven ant colonies often relocate indoors once the ground starts drying out, especially around kitchens and bathrooms.
- **Termites** — Subterranean termites are especially active after monsoon season. Termite activity around your home is



Subterranean Termite Tube

worth taking seriously as serious structural damage can occur if left untreated.

- **Scorpions** — As outdoor conditions shift, scorpions look for cooler, sheltered spots, which sometimes means your home. Bark scorpions in particular are a health concern for kids, pets, and anyone with a sensitivity to their sting.
- **Weeds** — Not a health hazard, but the growth spurt from monsoon rain can create harbor-age for other pests right up against your house.

like a termite mud tube, it’s worth having someone take a look before it becomes a bigger — and more expensive — problem.

Bill’s Home Service has been taking care of Southern Arizona families since 1964, built on a simple idea: do the right thing and take care of people. If monsoon season left more behind than you bargained for, give us a call at 520-376-1477 or visit BillsHomeService.com.



Scorpion in the Desert

Simple Steps to Reduce Risk

You don’t need to wait for a problem to show up before taking action. A few things that make a real difference:

- Seal cracks and gaps around doors, windows, and utility lines
- Clear debris, leaf litter, and overgrown vegetation from around the foundation
- Fix any leaky spigots, hoses, or drainage issues that keep soil damp near the house
- Keep an eye out for mud tubes on foundations or exterior walls — a common sign of subterranean termite activity

When to Call a Professional

If you’re noticing more activity than usual, or you spot something

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GVR Clubs

Something for everyone!

Arts & Crafts

- Artisans' Shop
- Arts & Crafts Association
- Card Crafters Club
- Ceramics Club
- Clay Studio
- Glass Artists Club
- Lapidary & Silversmith Club
- Metal Working Crafts Club
- NeedleArts Club
- Santa Rita Art League
- Woodworkers Club

Cards & Games

- Bridge Clubs
 - Desert Hills Ladies Bridge
 - Duplicate Bridge (Sanctioned)
 - Friday Social Bridge
 - Monday Informal Duplicate Bridge
- Canasta Club
- Chess Club
- Cribbage Club
- Euclre Card Club
- National Mah Jongg Club
- Pinochle Club
- Poker Club
- Sheepshead Card Club

Dance

- Line Dancers Club
- Saturday Night Dance Club
- Square & Round Dance Club
- Steppin' Out Dance Club

Social

- Amigas Club
- AmigOs Men's Club
- Canadian Club
- Green Bay Packers Club
- Italian Club
- Michigan Club
- Minnesota Club
- Pacific Northwest Club
- Singles Club

Special Interest

- Canine Club
- Computer Club
- Forum Club
- Meditation Club
- Photography Club

Sports

- Aquabelles
- Billiards Club
- Bocce Club
- Cycling Club
- Hiking Club
- Hunting & Fishing Club
- Pickleball Club
- Racquetball Club
- Shuffleboard Club
- Swim Club
- Table Tennis Club
- Tai Chi Arts Club
- Tennis Club
- Volleyball Club
- Wallyball Club



50+ clubs!

Something for everyone!





GVR Clubs: The Heart of the GVR Experience

GVR clubs are where this community really comes alive. They're the places where people meet, try new things, share what they know, and have a whole lot of fun doing it. With almost sixty member run clubs, there's no shortage of ways to stay active, creative, social, or curious. Every club is powered by volunteers, supported by GVR staff, and guided by its own bylaws and board, which helps keep things running smoothly for everyone.

Inside this catalog, you'll find descriptions and contact info for clubs in these categories:

Arts & Crafts (11)
Cards & Games (12)
Dance (4)
Social (9)
Special Interest (5)
Sports (15)

There's something for everyone!

Ten clubs have their own dedicated hobby shop spaces, like the Photography and Metal Working Crafts, which are set up with the tools and equipment they need. Sports clubs don't have exclusive courts, but they do work hard to advocate for improvements and sometimes help raise funds for facilities that benefit all GVR members and their guests.

With average annual dues under \$15, joining a GVR club is an easy and affordable way to meet people, try something new, or take a favorite hobby in a fresh direction.

Ready to Jump In?

If you're curious about GVR clubs but not sure where to begin, here's a simple way to explore what's out there and find a good fit:

- **Think about what you enjoy.** Whether it's something you already love or something you've always wanted to try, chances are there's a club for it.
- **Browse the full club list.** See what catches your eye or sparks a little curiosity.
- **Check out club details.** Most clubs share information online or by email about membership, activities, and events.
- **Ask about trying a meeting.** Many clubs welcome guests for a visit or two before joining.
- **Drop in to an event.** It's a great way to meet members and get a feel for the group.



Arts & Crafts

Artisans’ Shop

Discover many treasurers at the GVR Artisans’ Shop: a club with a unique retail space displaying and selling handcrafted items created by GVR artisans. The shop provides a venue for members of lapidary, glass, woodworking, silversmithing, ceramics, and other clubs to sell the creations made in their homes, specific shops, and studios.

Location and schedule: West Center courtyard; summer schedule: May through September, Wednesday–Saturday, 10am–2pm; winter schedule: October through April, Monday–Friday, 9am–4pm, Saturday, 10am–2pm.

Contact: artisansofgvr@gmail.com



Arts and Crafts Association

The GVR Arts and Crafts Association was formed 50+ years ago to create a wider interest in the arts and crafts by sponsoring exhibits and speakers to bring the various clubs together. Today the club continues this goal with monthly meetings at Desert Hills Center and sponsorship of the February Arts and Crafts Festival at West Center.

Location and schedule: Desert Hills auditorium; October–May, first Wednesday of each month, 1–4pm. Desert Hills room A; Wednesdays, June–August, 1–4pm

Website: gvrartsandcrafts.com

Contact: gvrartsandcrafts@gmail.com



Card Crafters Club

The GVR Card Crafters enjoy making cards for all occasions, welcoming members from beginners to seasoned experts. The club provides all the tools and supplies needed, making it easy to create beautiful cards; other members are eager to share ideas and techniques. Join the club and make cards while making friends.

Location and schedule: Abrego North Rec Room; May–September, Tuesdays, 9am–3pm; October–April, Tuesdays, 9am–4pm

Contact: GVRCardCraftersClub@gmail.com



Ceramics Club

The GVR Ceramics Club pours, glazes, and fires ceramics in the studio. Members may participate in a variety of activities including choosing from a large selection of molds, attending a workshop/demonstration, or learning techniques in hand building. Join the friendly family of ceramics!

Location and schedule: Desert Hills; seven days per week, 8am–4pm

Contact: gvrceramics1@gmail.com



Clay Studio

The GVR Clay Studio offers opportunities for creative expression in clay with flexible workspaces for both beginners and experienced potters. It provides a clean, safe environment with kilns, glazes, tools, and an educational library. Separate rooms for instruction, hand building, sculpture, and wheel throwing allow members to focus on their specific interests.

Location and schedule: Santa Rita Springs; Mondays, 12pm–7pm; Tuesday–Friday, 8am–7pm; Saturday–Sunday, 8am–4pm

Website: claystudiogvaz.com

Contact: gvrclaystudio@claystudiogvaz.com





Glass Artists Club

Love the way light plays on glass? You'll enjoy creating art in fused glass, glass mosaics, or stained glass in our well-equipped, inviting studio. Our members readily share techniques, tips, and often glass with each other. The club welcomes all levels of expertise and creativity, and cheers each member's progress.

Location and schedule: Santa Rita Springs (lower level); please see the club website for hours.

Website: gvrglassartists.com

Contact: gvrglassartists1@gmail.com



Lapidary & Silversmith Club

The GVR Lapidary Club provides a welcoming atmosphere to GVR members who are interested in learning lapidary, silversmithing, fused-glass jewelry, metal clay, chain maille, wire wrapping, and other jewelry arts. The club's two centers offer a wide variety of classes year-round. Don't miss the November Artisans' Festival at West Center proudly sponsored by the Lapidary Club.

Location and schedules: Please see the club website.

Website: gvrlapidaryclub.org

Contact: contact.us@gvrlapidaryclub.org



Metal Working Crafts Club

If you're a seasoned pro or just getting started, the Metal Working club provides a welcome space for individuals of all skill levels to explore the world of metalworking. Whether your interest is in welding techniques, metal fabrication, or machining, the GVR Metal Working Crafts Club is the place to create your next project.

Location and schedule: Behind the GVR Administrative Office, 1070 S Calle de las Casitas; Monday, Wednesday, and Friday, 8am–12pm

Contact: gvrmwcc1070@gmail.com



Needlearts Club

The Needlearts Club is expanding in both membership and the definition of needle arts. Members enjoy counted cross-stitch, needlepoint, embroidery, knitting, and crocheting. The club includes a Swedish weaver, a Temari balls maker, and hand quilting experts. Men are welcome to join and experience the relaxing fun of needle arts.

Location and schedule: Casa Paloma I; second Wednesday of the month, 1–4pm, and the fourth Friday, 1–4pm

Contact: gvrneedlearts@gmail.com



Santa Rita Art League

The Santa Rita Art League (SRAL) offers a professional art studio, monthly meetings with artist demonstrations, and a library of over 900 art books and videos. Members can participate in exhibitions, art classes and mini workshops. Special interest groups are: abstract, collage, mixed media, acrylic, life drawing, oil and pastels, plein air, portraiture, printmaking, watercolor, and assemblage.

Location and schedule: Santa Rita Springs Center, 921 W Via Rio Fuerte; daily, 9am–4pm when monitors are available.

Website: SantaRitaArt.org

Contact: sralcommunications1@gmail.com

Woodworkers Club

The GVR Woodworkers Club provides a safe, well-maintained, organized wood shop where GVR members can explore woodworking crafts. The 5800-square-foot shop is well-equipped and includes project layout areas and outdoor spaces for sanding and finishing. The club offers its members classes from November through April.

Location and schedule: West Center; Mondays, 8am–2pm; Tuesday–Saturday, 8am–4pm

Website: wwgvr.org

Contact: secretary@wwgvr.org



Cards & Games



Cards & Games

Bridge Clubs

GVR offers four bridge groups:

- 1. **Desert Hills Ladies Bridge**—Desert Hills Auditorium; Thursdays, 12pm–4pm
- 2. **Duplicate Bridge** (Sanctioned)

The GVR Duplicate Bridge Club hosts ACBL-sanctioned games for all skill levels, with pre-dealt hands, electronic scoring, and director assistance. They offer regular, charity, and championship games, along with seasonal classes. Members of all skill levels participate.

Location and schedule: Canoa Hills Center; Mondays, Thursdays, and Fridays, 1–4pm

Website: gvbridge.com/Bridge/Bridge.htm

Contact: gvrDupbridge@gmail.com

- 3. **Friday Social Bridge**—Desert Hills Auditorium; 12pm–3:30pm
- 4. **Monday Informal Duplicate Bridge**—Santa Rita Springs Anza room; 12pm–4:30pm

Go to GVRec.org and select the Clubs button for details on all the bridge clubs.

Canasta Club

The GVR Canasta Club, one of GVR’s longest-running card clubs with over 75 members, offers a friendly environment for playing Canasta. Newcomers and those needing a refresher can join a training table. Open to all GVR members, the club also hosts weekly games and special social events throughout the year.

Location and schedule: East Center; Friday and Sunday afternoons with doors opening at noon for practice games. Club play runs from 1–4pm.

Website: sites.google.com/view/gvrcanastaclub

Contact: canastagvr@gmail.com

Chess Club

The GVR Chess Club welcomes all GVR members. Beginners can learn to play chess, while experts have the opportunity to teach others. Open to all skill levels, the club fosters a friendly environment for learning and playing chess. Join the Chess Club to improve your skills and enjoy the game.

Location and schedule: East Center; Wednesdays at 1pm.

Contact: gvrchess.club@yahoo.com





Cribbage Club

The Cribbage Club is an inexpensive and friendly place to enjoy a game with like-minded folks. You pay 25 cents weekly to play seven games of four-handed cribbage with new partners and tables after each game. Join us on Monday nights: doors open at 5:30pm.

Location and schedule: East Center, Mondays, 5:30–8:30pm

Contact: gvrcribbageclub@gmail.com



Euchre Card Club

If you want to have fun, meet people, and play cards, the Euchre Club might be right for you. Enjoy camaraderie and an annual banquet celebrating the year’s games. Join the Euchre Club for entertainment, laughter, and prize money. \$4 to join, \$0.50 to play. Best deal in town!

Location and schedule: East Center; Fridays, 5:30–6pm practice, 6–8:30pm play

Contact: gvreuchreclub@gmail.com



National Mah Jongg Club

The GVR National Mah Jongg Club is a friendly group that welcomes experienced and seasoned players. The top six high scores receive cash prizes. The club uses the current National Mah Jongg card and follows their rules. We have no “house rules” and we do not teach Mah Jongg. Play is \$1 per week, paid at the table.

Location and schedule: East Center auditorium; Wednesdays, 12:30–4pm

Contact: gvmahjonggclub@gmail.com



Pinochle Club

The GVR Pinochle Club offers single- and double-deck play, along with occasional social gatherings. Its unique 48-card setup and scoring methods make it immensely enjoyable. Free lessons are available in November and February for those interested in learning or refreshing their skills in Single-Deck Pinochle.

Location and schedule: East Center; single-deck: Tuesdays, Wednesdays (dark for April–October), Thursdays, 5:45–9pm. Double-deck: Wednesdays and Thursdays, 5:45–9pm

Contact: gvrpinochle@gmail.com



Poker Club

The GVR Poker Club, formed in 1998, is open to all GVR members, offering a friendly environment for players of all experience levels. Regularly playing nine different Hi-Low Poker games, with a \$15 buy-in and a high-hand pot, the club also hosts an annual poker tournament featuring no limit hold ‘em and Omaha Hi-Lo Poker.

Location and schedule: Desert Hills; weekdays, 12:25–3:55pm

Website: gvrpokerclub.com

Contact: info@gvrpokerclub.com



Sheepshead (Schafskopf) Card Club

The Sheepshead Club welcomes GVR members to enjoy the challenging five or three-handed card game. New players are encouraged to join with straightforward instructions provided. Fun fact: Despite its name meaning *sheepshead* in German, the game has nothing to do with sheep; likely a mistranslation from Middle High German referring to playing cards on a barrel head.

Location and schedule: Las Campanas; Tuesdays, 5:30pm

Contact: gvrsheepsheadclub@gmail.com

Dance



Line Dancers Club

Love to dance and exercise your body and mind? The GVR Line Dancers Club offers ten activities each week where we dance to the work of many choreographers from a wide variety of musical genres in our repertoire of more than 50 dances. No partner required. We also hold socials—don’t miss out!

Location and schedule: Canoa Hills Palo Verde room; Mondays and Fridays, 8–10:30am; Tuesdays, 12:15–4pm; and Saturdays, 8–12pm

Website: gvrlinedancers.org

Contact: gvrlinedancers@gmail.com

**Completion of Line Dance I & II required. These classes are offered through GVR.*

Saturday Night Dance Club

Leave ordinary dance floors behind and discover Green Valley’s premier partner-dance destination. Enjoy a professionally curated 40-song playlist (no DJs) while watching your favorite artists perform on two massive screens in immersive Dolby Surround Sound. Dance with people who understand and practice excellent floor craft, making every dance more enjoyable. Slightly upscale attire recommended.

Location and schedule: Santa Rita Springs Anza Room; Dances are on the second and fourth Saturdays of the month, October 10–December 26. Doors open promptly at 6pm; dancing is from 6:30–8:30pm

Contact: gvr.sndc@aol.com

Square and Round Dance Club

The GVR Square and Round Dance Club extends an invitation to a social activity that promotes both mental and physical wellness. Following a seven-week class, “Introduction to Modern Square Dancing”, newcomers gradually join the weekly club square dance, which includes round dancing components.

Location and schedule: Canoa Hills Center; Mondays starting October 26, 7–9pm (club dance). Monday, November 2, 6:30–8:30pm (FREE introductory square dance). Las Campanas; Tuesdays starting November 3, 1:15–4:30pm (practice dances). Canoa Hills; Wednesdays starting November 4, 2–5pm (club round dance).

Website: sardasa.com

Contact: greenvalleysquares@gmail.com

Steppin’ Out Dance Club

Step out onto the most elegant and large dance floor in the valley. We provide all genres of music including ballroom, country, Latin, east & west coast swings, and rock ‘n roll. Open to partners, singles, and guests. “Music is played and friendships are made!”

Location and schedule: Canoa Hills Center; first and third Saturdays, January–April; First Saturday in June, August, and September.

Contact: stepoutanddance@gmail.com

Built in 1964, East Center is GVR’s first and oldest building. Clubs you’ll find there include Billiards, Tennis, Pickleball, Lapidary, Aquabelles, and several cards/games clubs.





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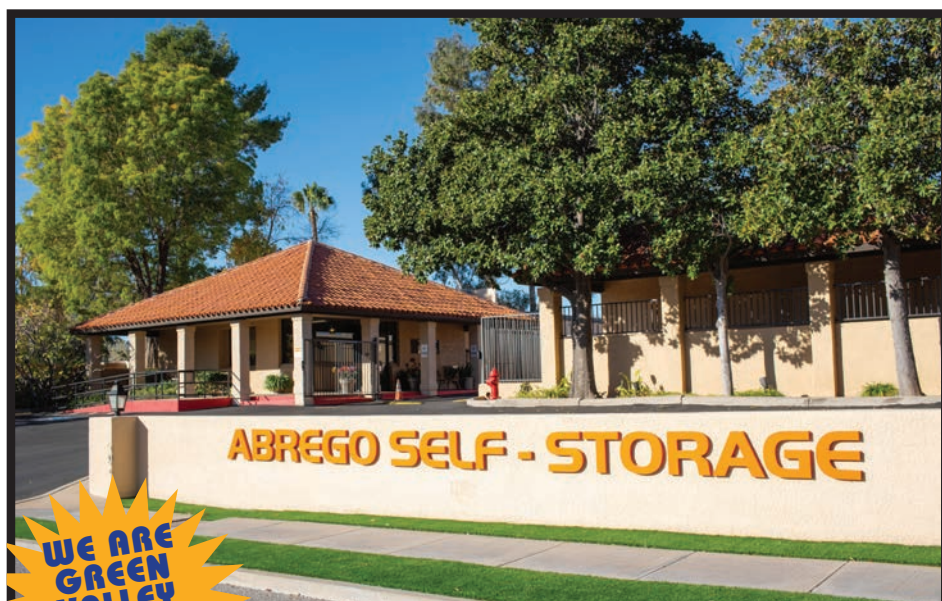
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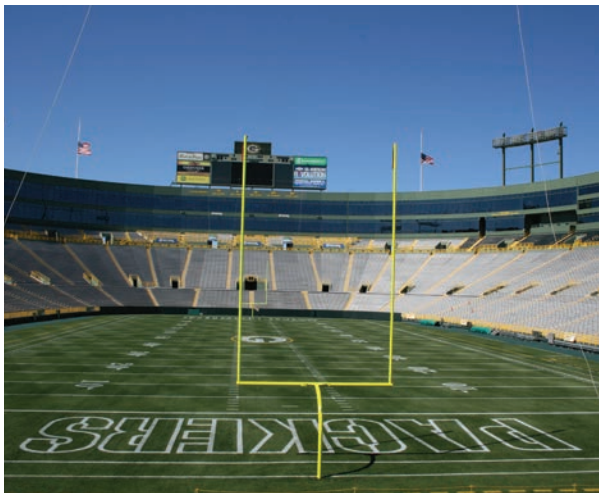
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Social

Amigas Club

The GVR Amigas Club welcomes GVR women and provides opportunities to connect and form lasting friendships. Seasonal parties, monthly Meet & Greet, and Coffee Times are scheduled throughout the year. The club also offers over 50 special-interest groups: arts and crafts, wine tasting, bunco, hiking, and more. *We're neighbors, let's be friends.*

Location and schedule: Santa Rita Springs Anza Room; Coffee Times are the third Saturday of the month, 9–10:30am, and Meet & Greet are the first Thursday of the month, 4–5:30pm. Please see the club website for additional activities.

Website: gvramigas.org

Contact: gvramigasclub@gmail.com

AmigOs Men's Club

The GVR AmigOs Men's Club, inspired by the successful Amigas Club, offers male GVR members a social platform to make friends, join interest groups, and discover southern Arizona. Monthly Meet and Greet include guest speakers and socializing. The club organizes regular events like the *First Saturday Breakfast* and monthly day trips. Special interest groups cover diverse topics, led by volunteer members.

Location and schedule: East Center; please see the club website.

Website: gvramigos.com

Contact: GVRamigos@gmail.com

Canadian Club

The GVR Canadian Club welcomes GVR members interested in meeting people from Canada. Join us for gatherings—a welcome party in November, wine & cheese in January, pizza party in February, and a golf tournament in March. See the club website for dates and locations.

Location and schedule: Please see the club website.

Website: gvrcanadianclub.com

Contact: CanadianClubGVR@gmail.com

Green Bay Packers Club

The GVR Green Bay Packers Club gathers to watch Sunday morning/afternoon Packers games on a big screen via satellite TV when the games are not locally televised. Fans come together for an authentic game day experience, cheering on their team and enjoying the camaraderie of fellow Packers enthusiasts.

Location and schedule: Las Campanas; please contact the club for times.

Contact: GBPCofgvr@gmail.com

Italian Club

The GVR Italian Club aims to educate members on Italian culture, cuisine, and country. Open to all GVR members, regardless of Italian descent. The club offers social gatherings for those interested in exploring Italy's rich heritage. Join us to deepen your knowledge and appreciation of Italian traditions!

Location and schedule: Please email the club.

Contact: GVRItalianClub@gmail.com

Michigan Club

The GVR Michigan Club brings people together for friendship, fun, and memorable social experiences. Whether you have Michigan roots or enjoy meeting friendly people, you’re welcome to join us. From December through April, the club hosts themed dinners, social mixers, live music, guest speakers, seasonal celebrations, Michigan-inspired traditions, and an annual silent auction.

Location and schedule: Please see the club website for meeting details.

Website: michiganclub.org

Contact: miclubcontact@gmail.com



Minnesota Club

As a social club, our monthly events center around food, fun and friends—Midwest style. Minnesotan or not, we welcome you. Experience Minnesota Nice! Email us for more information or to join our mailing list for event information.

Location and schedule: Meet & Greet Thursday, November 19, 4–6pm at Desert Hills auditorium. Monthly events December-April, second Monday, 5–8pm, at GVR locations, typically West Center.

Contact: gvmnclub@gmail.com



Pacific Northwest Club

The GVR Pacific Northwest Club, for those with ties to Alaska, Idaho, Oregon, and Washington, fosters fellowship and camaraderie. Meeting from September through April for potluck dinners and interesting presentations and music, it’s a perfect way to reminisce about the Northwest experiences, forge new friendships, and enhance existing ones in a welcoming environment. Come, join the club.

Location and schedule: Desert Hills; second Saturday of every month from September to April.

Contact: gvrpacificnwclub@gmail.com



Singles Club

The Singles Club, comprised of single GVR members, fosters social connections through various activities. Members enjoy a newsletter, social hours, dinners at local restaurants, regional trips, presentations, and weekend breakfasts. The club prioritizes expanding social circles within the community, emphasizing camaraderie over dating.

Location and schedule: Desert Hills; Mondays at 9:30am for social hour, 10:15 for the meeting

Contact: GVRsingles@gmail.com



Life would be infinitely happier if we could only be born at the age of eighty and gradually approach eighteen.

—Mark Twain (Samuel Clemens)

Special Interest



Canine Club

The GVR Canine Club fosters social connections and educates members on dog behavior to enhance their physical and mental well-being. Our activities include educational sessions, guest speakers, website resources, and enjoyable events like group walks. We promote responsible dog ownership to benefit the Green Valley community. All GVR members, dog owners, and enthusiasts are welcome.

Location and schedule: Please see the club website.

Website: gvrcanine.org

Contact: info@gvrcanine.org



Computer Club

The GVR Computer Club offers help, information sharing, both on-site and Zoom classes, and equipment to GVR Computer Club members keen on PCs, Macs, tablets, smartphones, and software. It caters to those interested in improving their skills or learning more about these devices and programs.

Location and schedule: Santa Rita Springs Computer Club room; Monday–Friday, 8am–12pm

Website: ccgvaz.org

Contact: gvrcomputerclub@gmail.com



Forum Club

The GVR Forum Club aims to entertain, enlighten, engage, and occasionally educate its members through captivating presentations, a tradition upheld since 1976. It offers a wide array of topics, all listed on the club’s website, including AZ Rangers, Homelessness, Local Art, and Metaphysics. Members are welcome to attend as frequently or infrequently as they wish, selecting topics of personal interest to them.

Location and schedule: Desert Hills; October–April, most Wednesdays, 9–10am

Website: gvrforumclub.com

Contact: gvrforumclub@gmail.com



Meditation Club

The GVR Meditation Club provides information on meditation and relaxation techniques, teaches various meditation methods, hosts guest speakers, engages in stimulating discussions, and offers silent group meditation sessions. The Metaphysical subgroup features informative presentations and group experiences on diverse metaphysical topics. The club is non-sectarian and welcomes everyone.

Location and schedule: Las Campanas; Thursdays, 3–4pm

Contact: gvrmeditationclub@gmail.com



Photography Club

The GVR Photography Club welcomes all photography enthusiasts, whether you use a camera or a smartphone. Specialized groups offer classes to help members enhance their skills in taking, editing, and presenting photos and videos. Club members also enjoy field trips to fascinating locations. Additionally, Showtime, Travelogue, and the Speaker Series presentations are open to all GVR members.

Location and schedule: Santa Rita Springs; October–April, Monday–Friday, 9am–3pm and May–September, Monday–Friday, 9am–12pm. Event times vary.

Website: gvrphotographyclub.org

Contact: gvrphotographyclub@gmail.com

Sports

Aquabelles

Established in 1965, the Aquabelles are the oldest club in Green Valley. From May to September, the club’s synchronized swimmers practice rigorously for their annual performance. Whether you’re a seasoned swimmer or a novice, there’s a place for everyone in this enduring group. Aquabeaus are also encouraged to join.

Location and schedule: East Center pool; May–July: Wednesday–Friday, 8–10am; August–September: Mondays, Wednesdays, and Fridays, 8–10am. The annual show is September 18 and 19, 2026 at 5pm.

Contact: gvracquabelles@gmail.com



Billiards Club

GVR offers multiple billiards locations for all members and their guests. Club members enjoy both recreational and competitive play, with established schedules for women’s games and scrambles. The club organizes and participates in tournaments throughout the season. Classes are offered through GVR for those looking to enhance their skills. Regular maintenance ensures top quality tables, complete with cues and chalk.

Location and schedule: West Center, East Center, and Del Sol Clubhouse; please see the club website for schedules.

Website: billiardsclubofgvr.com

Contact: billiardsclubgvr@gmail.com



Bocce Club

From humble beginnings with three dirt courts 25 years ago, the club has grown into the expansive venue at Canoa Hills Center, featuring carpeted, shaded courts. Enjoy year-round bocce and camaraderie, blending social connections with sportsmanship. Participate in the annual tournament and experience the low-impact fun of bocce, open to all GVR members.

Location and schedule: Canoa Hills bocce courts; every weekday morning. Wednesdays are reserved for women. Social gatherings are held in November or December.

Contact: GVRBocceClub@gmail.com



Cycling Club

Established in 2020, the GVR Cycling Club boasts over 80 members. The club organizes meetings and events and publishes a monthly newsletter. Engaging in cycling advocacy and serving as an informative hub, the club supports the Tucson Bicycle Classic and El Tour de Tucson races. The club welcomes GVR cyclists of all levels.

Location and schedule: The second Wednesday of the month at 3pm. See website for information about meetings and group rides.

Website: gvr cycling.org

Contact: gvr cycling@gmail.com





Hiking Club

With over 300 GVR members, the GVR Hiking Club explores the stunning Sky Island mountain ranges, valleys, and deserts of southern Arizona. The club offers hikes of diverse terrain and difficulty levels, along with opportunities to learn about the region’s history, flora, and fauna. Each hike is led by experienced leaders and assistants.

Location and schedule: West Center parking lot; Thursdays, August–June

Website: gvrhc.org

Contact: gvrhikingclub@gmail.com



Hunting and Fishing Club

The club offers opportunities to connect, learn about Southwestern hunting and fishing, share outdoor experiences, encourage youth participation, support conservation efforts, and provide college scholarships for degrees related to the outdoors.

Location and schedule: East Center; September–April on the third Wednesday of the month. Please confirm by visiting the club’s website.

Website: gvrhuntfish.com

Contact: gvrhuntfish@gmail.com



Pickleball Club

The GVR Pickleball Club serves more than 1,000 members across 36 courts, offering year-round opportunities for both competitive and recreational play. Programs include skills and drills, ratings assessments, round robins, paddle-ups, intramurals, tournaments, and a variety of social events. Member-led instructional classes are offered October through April; visit the club website for current schedules and details.

Location and schedule: East Center, Canoa Ranch, and the Pickleball Center—schedules can be found on the club website.

Website: gvrpickleball.org

Contact: greenvalleypickleballclub@gmail.com



Racquetball Club

The GVR Racquetball Club hosts over 60 enthusiastic men and women who play six days a week at various skill levels. We offer competitive and recreational co-ed play in a friendly, supportive environment. From October-April, members and their spouses gather monthly for a potluck social, fostering camaraderie both on and off the court.

Location and schedule: Las Campanas Racquetball Center, 565 W Belltower Dr.; Schedule: Monday–Saturday, 9am–12pm.

Contact: GVRracquetball@gmail.com



Shuffleboard Club

Whether you’re a first-timer or seasoned, you’ll find your place here with the GVR Shuffleboard Club. Beginners love the easy learning curve and veterans know there’s always a deeper layer of strategy to master. No special gear required, just bring your enthusiasm! Enjoy fall and winter leagues, tournaments, the club dance, Fun Day, and weekly round robins.

Location and schedule: West Center, Abrego South, Casa Paloma I, and Casa Paloma II; free lessons at West Center, October–March at 10am—just drop in!

Contact: ShuffleGVR@gmail.com

Swim Club

At the GVR Swim Club, members enjoy a blend of sunshine, fun, health, discipline, laughter, and teamwork. With over 50 members, including lifelong swimmers and newcomers rediscovering their passion, it’s a vibrant community. Alongside regular workouts, the club organizes social gatherings and themed swim events like *Fun-in-the Sun* and *Reindeer Games* relays during the snowbird season.

Location and schedule: West Center Pool; Mondays, Wednesdays, and Fridays from 8am–12pm. Each swim session includes three workout sessions: The first workout starts at 8am and is a 3000+ yard posted workout, swam as a group. The second workout starts at 9:30am with a 2200+ yard posted workout, coached from the deck. The third workout begins at 10:45am for swimmers that want uncoached workouts.

Website: gvrswimclub.com

Contact: gvrswimclub@gmail.com



Table Tennis Club

Established in the early 1980s, the GVR Table Tennis Club welcomes members of all skill levels. Emphasizing camaraderie, novices receive instruction while experienced players enjoy the challenge. With eight high-quality tables, including one with a robotic ball server, the club offers both doubles and singles play, promoting hand-eye coordination and aerobic exercise, ideal for indoor enjoyment in any weather.

Location and schedule: West Center auditorium; Mondays, Wednesdays, and Fridays, 8am–12pm

Website: greenvalleyttc.com

Contact: greenvalleyttc@gmail.com



Tai Chi Arts Club

The GVR Tai Chi Arts Club offers a welcoming gathering place for members who wish to enhance their physical and emotional well-being, boost strength and balance, sharpen memory and focus, and learn basic self-defense skills. We specialize in Yang style Tai Chi, but also feature Qi Gong and other paths towards good health and mindfulness.

Location and schedule: Desert Hills fitness studio; Mondays, 2–3pm. Santa Rita Springs Anza room; Wednesdays, 2–3pm and Fridays, 10–11am. Add one hour each for the winter schedule.

Website: gvrtaichiarts.com

Contact: gvmartialarts@gmail.com



Tennis Club

The GVR Tennis Club was established in 1979 with POP tennis added in 2023. We have about 370 members of all skill levels and 17 courts in six locations. Programs exist for all levels. Drop-ins, leagues, clinics, access to two ball machines, and competitive teams are available. Social events are planned year-round.

Location and schedule: West Center, Desert Hills, Canoa Hills, Las Campanas, East Center, and Madera Vista. Please see the club website or email for more information.

Website: gvtennis.com

Contact: GVR_Tennis_Club@gvtennis.com





Volleyball Club

Join the GVR Volleyball Club for camaraderie, fun, and exercise! Enjoy three different variations of volleyball: water, sand, and court. No previous experience necessary. Enjoy periodic social gatherings throughout the year. Please check us out. The ball is in your court!

Location and schedule:Sand is played at Abrego South; water at Casa Paloma II; court at the Las Campanas racquetball building. See the club website for play days and times.

Website: gvrvolleyball.org

Contact: greenvalleyvolleyball@gmail.com



Wallyball Club

Wallyball is a sport that is like volleyball, but the walls in the racquetball center are used to play an angle shot hit off the walls. Everyone has fun learning to play this very active game. Social events are regularly scheduled.

Location and schedule: Las Campanas, Racquetball Building. Please contact club for times.

Contact: gvrwallyball@gmail.com

Why Join a Club?

- **Social Connection:** GVR clubs offer a great way to meet new people, build friendships, and stay socially engaged within the community.
- **Skill Development:** Whether it's art, sports, cards, or technology, clubs provide opportunities to learn new skills or improve existing ones through shared activities and workshops.
- **Active Lifestyle:** Many clubs encourage physical and mental activity, helping members stay healthy, engaged, and energized.
- **Sense of Purpose:** Being part of a club gives members something to look forward to, a way to contribute, and a greater sense of belonging in the GVR community.

Use your phone's camera to scan the code on the right. This will take you to the clubs' page on the GVR website (GVRec.org), where you can read about each club, find contact information, view general meeting details, and more.

GVR clubs are reserved for GVR members, tenants, and sometimes card-carrying guests.



*Written by Betsy Labiner, PhD,
Program Director, Osher Lifelong
Learning Institute at the University
of Arizona (OLLI-UA)*

When you think about healthy aging, you might not think about going back to school – but we think you should! The Osher Lifelong Learning Institute at the University of Arizona (OLLI-UA) supports physical, psychological, and emotional health with our many classes and warm community, making Green Valley an even better place to spend your retirement years.

OLLI-UA is an educational program that approaches learning and socialization as key parts of healthy aging; our breadth of programs supports mental acuity and holistic wellness for participants, while still accommodating differing abilities. Our classes, field trips, and social outings will keep you active, introduce you to new friends, and enrich your connection to the community. Attend our open information session on September 23 to learn more

about the program!

COLLI-UA has been offering learning opportunities for adults aged 50 and up for over 35 years. We offer an enormous array of classes in academic fields of all kinds, as well as field trips, social events, and special interest groups. The program is focused on learning for the joy of learning, with no tests or grades. Our motto is: "Curiosity Never Retires."

That curiosity can lead participants anywhere! This fall in Green Valley, OLLI will offer over 40 in-person classes and over 70 online classes, each of which can range from single sessions to 8-week courses, plus field trips all over southern Arizona. The fall curriculum includes classes on American history, astronomy, immigration law and policy, Formula One racing, Mayan archaeology and history, and much more! Instructors include active and retired academics, representatives



from local organizations, and members from a variety of backgrounds through which they've developed particular knowledge and passions. Classes bring together adults with richly diverse life experiences and shared interests, creating spaces of engaged learning and lively discussion.

Membership to OLLI-UA's Green Valley program is just \$199 for a whole year! An annual Green Valley membership includes access to all in-person classes in Green Valley and online offerings, as well as field trips and social events such as dining out. In-person OLLI Green Valley programs operate out of the

Community Learning Center, a former community college campus. Memberships can also be purchased for one term at a time – though we hope you'll love your OLLI experience enough to want to continue on all year, year after year.

Green Valley's fall 2026 term will run for 8 weeks, from October 13 through

December 9, with classes running two days per week on Tuesday and Wednesday. Field trips and social events may occur any day of the week.

Our friends and neighbors who are interested in OLLI are enthusiastically invited to attend “Discover OLLI-UA!” in Green Valley on September 23, 2026, at 10:30 AM. The event will be held in the Community Learning Center at 1250 W. Continental Road. For more information and to register to attend, please visit OLLI’s website at olli.arizona.edu.

Waffle Month FOMO (Fear of Missing Out)

If you haven't had a WAFFLE MONTH waffle then you ARE missing out! Don't have FOMO! Join us for fancy waffles ONLY until the end of the September.

What is WAFFLE MONTH?! Let's start with our batter. In addition to our original Belgian batter we also have chocolate, strawberry, blueberry, or cinnamon batter. We cook your waffle fluffy and crisp and then you get to choose your toppings!

During Waffle Month we bring in lots of fun toppings to make your Belgian waffle that much more delicious. If I'm being perfectly honest, I REALLY prefer to eat my waffles as dessert. So I pick toppings like crumbled oreos, peanut butter, and caramel. Or even better...gelato, Nutella, and strawberries. For all you savory lovers or breakfast fans we're also offering chicken and waffles, but only during



September! If you can't decide we'll have plenty of suggestions and your server can help guide you! Remember, we're open 7 days a week from 7am until 9pm, but this delicious offer only lasts through September. Don't miss out! And if you're looking for fun activities to share with your friends we have Paint & Pie nights once a month and Karaoke every Tuesday and Thursday. We hope to see you soon!

Brad and Katie



Valley Assistance Services Incorporates Health and Wellness Into All Programs

Wellness affects all that we do. Wellness incorporates many components, including health and physical well-being, which are the obvious components when we discuss wellness. Social, physical, emotional, spiritual, and finance also make up the wellness visual model. Social determinants of health include those conditions which may be non-medical that directly affect health. These include education, economic opportunities and jobs, transportation, social and community engagement, neighborhood and safety, health and food, and housing. There are various models of the social determinants of health model, some with 5 components and some having as many as 12 components. At VAS, we continually look at those components that affect someone's health or wellness and provide wrap-around services and programs designed to meet the social determinants of health to those in Pima and Santa Cruz County.



RN Advocacy: Health and medical support; health advocacy between patients and physicians, coordination of a personalized care plan, nutrition education medication education and management, and health education classes and prevention.

Telemedicine in Santa Cruz County and coming soon in September Pima County

SHiM: (Safety and Health in Motion), is an evidenced-based fall prevention program designed to identify fall risks: home, medication/health, lifestyle, and environment.

Neighbors Helping Neighbors in Green Valley/Sahuarita and Santa Cruz Transportation: Trained volunteers provide transportation to medical appointments, grocery shopping, and other essential trips, as well as performing errands for homebound, isolated seniors.

MAP (Map-a-Plan program): Monetary assistance for rent, mortgage, and utilities, to prevent evic-



tions and homelessness, including financial literacy classes, benefits information and resources including on-line SNAP (food stamps) application assistance and Arizona Self-Help program.

Workforce Training/Career Path Building and Workforce Navigation: Includes resume writing, mock interviewing, and job search. Each individual works with a workforce coach. Programs also for older adults and women. Computer

classes. Internships.

Neighbors AIM (Awareness in Memory Loss): Caregiver support, peer-support groups support loved ones, family, friends, of dementia sufferers, and awareness program with education.

Valley Community Caring Cupboard: Essential Pantry, Food, Essentials and Diaper Bank

Support Groups for Seniors, Friendly Phone Calls, and Friendly Visits

If you would like more information on programs or would like to volunteer or donate, please call **Valley Assistance Services 520-625-5966** or www.valleyassistanceservices.org

Valley Assistance Services is a non-profit, 501(c)(3)

Main office: 3950 S. Camino del Heroe, Green Valley, AZ 85614

Satellite office: 50 Bridge Rd, Tubac, AZ 85646

Email: info@valleyassistanceservices.org
workforce@valleyassistanceservices.org



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Scan to learn more about us!

Freshly Roasted. Uniquely Posada.

National Coffee Day may give us an official reason to celebrate, but at La Posada at Green Valley's Posada Java, a good cup of coffee is worth appreciating every day.

What makes our coffee special begins close to home. All of our beans come from Arbuckle Coffee Roasters, a local roaster with a rich history of its own. Each order is roasted and delivered within 72 hours, helping us maintain the freshness, aroma and quality our customers have come to expect.

Our signature Posada Java blend is roasted exclusively for La Posada and served throughout both the La Posada's Green Valley and Pusch Ridge campuses. For those who prefer a richer, more robust cup, our Bold blend has been a popular alternative since it was introduced in 2019. Both blends are available for purchase by the pound—whole bean or ground—at Posada Java, so guests can enjoy their favorite coffee at home, too.

Of course, there is much more on the menu. Posada Java's baristas prepare cappuccinos, espresso, mochas and hot chocolate, along with chai, matcha and macchiato lattes. Guests can also choose from teas, juices and a tempting selection of cold and blended beverages. Breakfast burritos, freshly baked treats, soups, salads and sandwiches make Posada Java a favorite stop for breakfast, lunch or an afternoon pick-me-up.

But what truly sets Posada Java apart

is what happens around the coffee.

On Thursday afternoons, live music adds energy to the room as guests gather with friends and neighbors. Monday mornings bring the Artisan and Farmers Market, featuring local vendors and plenty of reasons to browse, visit and linger a little longer.

Posada Java also hosts special gath-

or simply take a break from the day.

People often tell us how much they enjoy our coffee. We believe the secret is simple: locally roasted beans, frequent deliveries, careful preparation—and service that always comes with a smile.

National Coffee Day, Tuesday, September 29, is the perfect occasion to stop by, but you certainly don't

have to wait for it. Come discover why so many people believe Posada Java serves some of the best coffee around.



Coffee with a Cop always draws an arresting crowd



Good friends, a great ride and a well-earned stop at Posada Java Photo by Guy Atchley

erings with local first responders, including Coffee with a Cop, Cup of Brew with the Fire Crew and Cup of Joe with the Highway Patrol. These relaxed events give members of the community an opportunity to meet the people who serve our area, ask questions and enjoy a friendly conversation over a freshly brewed cup.

Open to the public, Posada Java is one of the many ways La Posada at Green Valley connects with the larger community. Complimentary Wi-Fi, welcoming baristas and a comfortable setting make it an easy place to meet a friend, enjoy a meal



Coffee, conversation and a mid-morning catch-up with the girls at Posada Java. Photo by Guy Atchley



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September is National Courtesy Month

Written by Sydney Watts

September is National Courtesy Month, a gentle reminder that simple kindness still matters. We already know how to hold a door, offer a smile, or check on a neighbor. The question is whether we are carrying that same everyday courtesy into the places we gather online: Facebook, group pages, review sites, and neighborhood apps.

It is easy to forget the person behind the screen. A quick comment or review can feel impersonal, almost weightless. Yet that same comment can brighten someone's day just as surely as a real-life gesture. For those of us focused on staying healthy and connected at home, online kindness is more than polite. It is good for the spirit.

Supportive and positive digital communities help people stay connected, informed about resources, and aware of community happenings. These interactions boost mood and reduce isolation. Research and guidance from AARP highlight how technology and social media can help older adults combat loneliness by maintaining ties with family and friends, joining interest-based groups, and staying en-

gaged. In a stage of life when mobility, health challenges, or distance can limit in-person contact, a warm online exchange often becomes a meaningful link to the wider world. Rude or purely critical online exchanges, by contrast, can raise stress and leave people feeling more alone. Kind ones do the opposite, they create a sense of belonging that supports both emotional and physical well-being.

Here are practical ways to practice online courtesy:

- Leave a thoughtful review, not just a star rating. Mention something specific that was helpful, the friendly staff member who remembered your name, the clear instructions that made a process easier, or the quiet atmosphere that felt welcoming. If the experience fell short, contact the business directly first. A private message often solves problems faster and more kindly than a public complaint.
- Welcome newcomers in local groups with a simple, warm comment. A short "Glad you're here" or "Welcome to the neighborhood" can ease the awkwardness of joining a new online space and encourage others to participate.

- Share useful information instead of or before complaints. Post event details, resource links, or a note that says "I found this helpful." When frustration arises, pairing it with a constructive suggestion keeps the conversation productive.
- Respond to questions with patience and encouragement rather than sharp corrections. Not everyone navigates technology or local systems with the same ease.
- When something goes wrong, give constructive feedback privately or with kindness first. Public criticism can spread quickly and discourage others from sharing. Starting with understanding often leads to better solutions for everyone.
- Celebrate local good news. Whether a neighbor's recovery, a helpful service, or a successful community event, a positive comment or share multiplies the good feeling and reminds us of the strengths around us.
- Practice the digital version of holding the door. Acknowledge posts, thank people for sharing, or offer a virtual assist when some-

one asks for a recommendation.

One kind online action can spread. A welcoming comment encourages more participation. A balanced review helps others make better choices. A supportive reply can brighten someone's entire day, especially valuable for those managing health challenges or living alone. Over time, these small acts shape the tone of the groups and apps we use every day, making them more inviting places to gather.

This September, try one intentional act of online courtesy. Share a positive local experience on a community page, leave a kind review that mentions something specific, or simply welcome a newcomer with a friendly note. Notice how it feels to offer that small gift of attention. Notice, too, how often it is returned.

The same neighborly spirit that makes Green Valley special does not stop at the front door. It can travel through our phones and computers, strengthening the quiet connections that keep a community healthy and welcoming. So this National Courtesy Month, choose one small act of online kindness. You might be surprised how quickly it brightens someone else's day, and reminds us all why this place still feels like home.



VALLEY ASSISTANCE SERVICES

520-625-5966

CARING FOR OUR COMMUNITY

Valley Assistance Services is a blend of social services and community health that supports, guides, and empowers all individuals, with 18 person-centered programs that restore futures & enrich lives of those in our communities in Pima and Santa Cruz Counties.



- housing, rental and utility assistance
- RN health advocacy medication management, fall prevention
- economic opportunities workforce development programs
- transportation, errands, hot meal delivery
- volunteer opportunities, support groups, friendly phone calls and visits
- diaper bank, essential pantry, backpack program
- Valley Assistance Services



SOCIAL SERVICE PROGRAMS

Rental, mortgage, and utility assistance. Benefit advocacy. Workforce development and work readiness programs. Essential pantry (food and essentials), and diaper bank. Financial classes. Computer classes. Transportation and errands program.



COMMUNITY HEALTH PROGRAMS

RN advocacy, medication management, fall prevention, support groups, socialization support groups, friendly phone calls and visits, health education, and telemedicine at hubs and homes with telemedicine vans. Hot meal delivery program.



VOLUNTEER WITH US

Volunteer opportunities: drivers, outreach team, office, support group leaders, data entry, friendly callers and visitors, and assist with fundraisers. Our next fundraiser is our Guac and Give Event on Saturday, October 24, 2026 11AM-3PM at Borderlands UU

PRESENTED BY

VALLEY ASSISTANCE SERVICES

GUAC & GIVE

AN AFTERNOON OF
Flavor for a Cause

OCTOBER 24, 2026

11:00 AM – 3:00 PM

BORDERLANDS UU
Amado Territory
15 County Line Road
Amado, AZ 85645

Join us for a delicious afternoon featuring guacamole and salsa tastings—to support a great cause!

WHAT TO EXPECT

- Vote for your favorite guac and salsa from local restaurants
- Shop from marketplace vendors from Tubac and Green Valley
- Enjoy food trucks for great dining
- CASH BAR AVAILABLE

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TICKETS

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\$25 AT THE DOOR

TICKETS CAN BE PURCHASED AT:

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GV CHAMBER OF COMMERCE

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GVC Committee Meetings Resume in September

Free Shot Clinics at the GVC begin in September

Upcoming GVC Events

Forums

- October 8 - End of Life Planning & Care
- October 15 - "GV 101": Welcome to the Green Valley community
- November 5 - AZ Registrar of Contractors
- November 12 - Fiber Optic Internet
- January 16 - Shred-a-thon & Dispose-a-Med event
- Many more to be announced!

BOR Presenters

- September - Pima County Health Department
- October - Wildfire Mitigation, Pima County Cooperative Extension
- November - Pima County Wastewater Reclamation
- December 12 - To be announced

For information or to register: info@gvcouncil.org | 520-648-1936

Contact our office to sign up to our mailing list and receive important community updates

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The Quiet Questions Many Green Valley Seniors Are Asking

Written by Sydney Watts

I was talking with a friend’s mother recently about our experiences as caregivers. We shared stories, the good ones, the not-so-good ones, and what the day-to-day reality is really like. Toward the end of the conversation she joked, almost lightly, that she and her husband still don’t know what they’ll do or what will happen to them if the time comes when they need help.

“You’re going to call me,” I told her.

We both laughed, but the exchange stayed with me. That quiet uncertainty, “What are we going to do when or if...,” is something I hear from so many seniors. With so many people in our community facing the same questions my friend’s mother raised, it is important to recognize when help is needed and where to look.

When Help May Be Needed

Many families wait until a crisis forces the decision. In reality, the

need for help often shows up quietly, over time. Some of the clearest signs include:

- Difficulty with everyday tasks such as bathing, dressing, preparing meals, or keeping the house reasonably clean and safe
- Noticeable changes in personal hygiene or appearance
- Forgetting to take medications
- Increasing isolation or loss of interest in activities once enjoyed
- A recent fall, hospital stay, or noticeable decline in strength and energy
- Family caregivers who are becoming exhausted or stretched too thin

These changes don’t always mean someone needs full-time care. Often, they simply signal that a few hours of reliable support each week can make daily life safer and less stressful for both the person receiving care and the family members trying to help.

Choosing a Home Care Agency

Once you begin to notice these changes, the next step is finding reliable help, and that starts with choosing carefully. Green Valley is served by a mix of locally owned and franchise home care agencies, some operating from commercial offices in town, others from home-based offices or from the greater Tucson area. The type of office matters far less than the quality of care, training, and reliability the agency provides.

One important fact many families in Green Valley don’t realize is that Arizona does not currently have a general state licensing program for private-pay, non-medical home-care agencies comparable to the licensing requirements that apply to home-health agencies or assisted living facilities. Families therefore have an important role in evaluating an agency’s qualifications, including caregiver screening, training, supervision, insurance, and background-check practices.

What to Look For in an Agency

When inquiring about care, pay attention to how the agency communicates. Do they listen carefully and answer questions clearly without pressure? A good agency feels collaborative rather than sales-driven. Ask whether the person conducting the consultation has actual caregiving experience or is primarily focused on sales. Someone who has done the work is often better equipped to offer practical guidance.

Meet the people who will manage the care whenever possible. Ask for a written care plan that outlines services, schedule, and goals. Review the service agreement carefully before signing. Choosing the right agency is not about the lowest price or the first callback. It is about finding a partner who will treat you or your loved one with consistency, respect, and genuine care so that staying at home feels safe and supported rather than uncertain.

Planning Ahead Before a Crisis

One of the most helpful things fam-



ilies can do is learn about local options before a crisis hits. When decisions must be made quickly after a hospital stay or sudden decline, the pressure often leads to rushed choices. Taking time in advance makes the process far less stressful.

Start with people you already know and trust: friends, neighbors, fellow church members, or others who have used home care. Word-of-mouth recommendations are often the most valuable. Local senior centers, community groups, and churches can also share what other families have found helpful. Hospital social workers and discharge planners are a great resource when the time comes, but it is better to have a few names in mind beforehand.

A simple online search will turn up many agencies serving Green Valley. The goal is not to hire immediately, but to become familiar with the landscape. Be cautious of online “matching” services or call centers. Many are paid through referral fees by the agencies they recommend, which can influence the suggestions you receive.

In a close-knit community like Green Valley, personal recommendations and direct conversations with agencies usually provide clearer, more independent information. Most agencies offer free consultations and assessments, a good starting point for building a relationship.

That conversation with my friend’s mother stayed with me because it captures something so many of us quietly carry: the uncertainty of not knowing what the future may require.

The good news is that uncertainty does not have to remain unanswered. By recognizing the early signs, asking the right questions, and learning about local options before a crisis arrives, families in Green Valley can move from “What will we do?” to “We know where to start.”

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Wed., Sept. 23, at 10:30 AM

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*Tubac Woodworks
continued from page 1*

Andy taught me to understand the space before building something for it.

I still approach every project that way.

He taught me other details that have stayed with me throughout my career. I build my cabinet boxes using 3/4-inch material. For drawers, I use 1/2-inch, nine-ply plywood, with rabbet-jointed corners and the bottoms fitted into dados. Most homeowners may never notice those details, but those details contribute to the strength and longevity of the finished product.

Perhaps the most important thing



Andy taught me, however, wasn't about wood at all.

He taught me how to listen to a customer.

Not simply, "What do you want?" but, "Why do you want it?"

What colors do they like? What woods and finishes already exist in the home? How will they actually use the room? What problem are they trying to solve?

My job is to take those answers, visit the space, understand the customer and then design something specifically for them that is functional, attractive and affordable.

Tools have changed dramatically since I was that 19-year-old apprentice. Machinery has changed. Hardware has changed. Even the way we design cabinets has changed.

But craftsmanship hasn't.

More than four decades later, I still use lessons Andy taught me during those six months before his retirement.



I suppose you could say that a little part of me lives in every cabinet I make.

And because of what he taught that 19-year-old apprentice so many years ago, a little part of Andy does, too.



Tom Simons at work.



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functioning habitat.
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by several other
organizations.