Welcome to the first newsletter from the Mosaic® Center, a multicultural senior center.
The Mosaic® Center works with both Elder Refugees and Native Americans. It has two days and one evening dedicated to Native American seniors. With a multitude of activities and events, we hope the launch of this newsletter will help keep you connected and informed in the community and Mosaic® Center.

WHY I LIKE COMING TO THE CENTER?
The Mosaic® Center is a great place to keep you active and spend time with other Natives. Our programs are always changing to reflect the services and needs that Native seniors, sixty years and older, in our community are looking for.

• It’s a great place to get Healthy! We have expanded our program to include new exercise programs and a health professional on site at least one day each week. These activities are part of our ongoing healthy mind, body and spirit.

• Learn something new or brush up on your skills! Technology and social media keep changing. Are you comfortable and able to work with the changes? Take a class on Social Media; Facebook, Twitter, Youtube, etc. and stay connected to your family and friends.

If you are retired and looking to remain active and social, the Mosaic® Center is for you. Stop by 1430 E Indian School Road, Phoenix, AZ 85014 or give us a call, 602-253-9073.

A GREAT PLACE TO GET HEALTHY!
The Mosaic® Center is working together with Health Services Advisory Group and other partners to create an interactive training that includes physical activity and healthy eating. Using materials from Indian Health Services and the DEEP™ program, the program is interactive and practical. If you or a family member are at risk of or newly diagnosed with Type II Diabetes, this class is for you.

For more information or to sign up for this class, call: 602-253-9073.

Did you Know?
Your membership at the Mosaic® Center includes:
• Morning recreational and social programs
• A Monthly evening scheduled program
• Daily Congregate meals and morning snack options
• Fitness instructor on site every Monday
• Computer Lab with Free Wi-Fi

Exercise Classes
Instructor-led exercise classes keep you motivated.

Caseworker Assistance
The City of Phoenix Caseworker Assistance is available by appointment. A caseworker from the Travis L. Williams Family Services Center will be available on Mondays.

Medicare Counseling
Provided by the Area Agency on Aging, a Medicare Counselor will be available on a monthly basis. Sign up with the coordinator.

Volunteer Opportunities
The Mosaic® Center has a variety of volunteer opportunities available. If you or someone you know is interested in working with the Native population, please stop by or give us a call: 602-253-9073