



Senior News

City of Chandler Senior Center

202 E. Boston Street
Chandler, AZ 85225

480-782-2720

Fax: 480-782-2725

www.chandleraz.gov/senior-adult

Monday–Friday
8 am– 5 pm

Holiday Closures:

December 26, January 2 & 16, February 20

BULLETIN BOARD

December

Holiday Dinner Dance - Friday, December 9th at 5 pm
Live music by GMann Band and a turkey dinner provided by Mimi's Café!
\$5 for residents and \$7 for non-residents! Pre-registration required. Code: 2SCO63

Tuesday, 13 - Name That Tune 10 am

Monday, 19 - Holiday Show with Dallas West 10 am

Wednesday, 21 - Holiday White Elephant Gift Exchange 10 am

Friday, 30 - New Year's Celebration with Carlotta Wheeler 10 am

January

Wednesday, 4 - "New Year, New Me" 10 am

Come pledge to some new goals! We'll keep them all and see how we did in a year!

Monday, 23 - Film: "The Day the Earth Stood Still" 1:30 pm followed by a discussion with Dr. Michael Rubinoff from ASU Center for Film about America's anxieties during the Cold War era.

Friday, 27 - Karaoke in the Lounge at 10 am

Wednesday, 25 - Pictionary hosted by Home Well Senior Care 10 am

Monday, 30 - Wii Bowling in the Lounge 10:15 am

February

Wednesday, 1 - Karaoke in the Lounge at 10 am

Tuesday, February 14 - Valentine's Day featuring Gene Mann at 10 am

Friday, February 17 - "Eye Care Bingo" hosted by Eye Consultants of Arizona

Wednesday, February 22 - Jeopardy 10 am

Monday, 27 - Wii Bowling in the Lounge at 10:15 am

FYI: The Quilters are selling raffle tickets for their quilts through the middle of March. Winning tickets will be pulled at the Senior Expo on March 15th!

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Site Council

President: Neil Bales, **Vice President:** Ann Moore, **Treasurer:** Betty Crawford, **Secretary:** Mary Ann Ringemann

Members: Bill Bennet, Leonard Bhaerman, Thelma Brown, Dwayne Jacobs, Mary Jane Jakubowski, Bert Johanson, LaVerne Johanson, Gloria Pino-Lugo, Bob Reichard, Ed Roberts, Mary Ann Ringemann, Nick Simiz, Wanda Shaulis, Prannath Tiku, Fred Utter, Maretta Wood

Site Council meets once a month in our lounge at 9:30 am to discuss hot topics at the Senior Center. While only Site Council members can vote on proposals, the public is always welcome and encouraged to attend. Meetings this quarter will be January 18th and February 15th. No meeting in December.

Coming soon...

Senior Center patrons will soon notice new signs at the building's entrances. These signs will notify and remind visitors that the only animals allowed to come inside are trained service animals. Service animals include those that have been specifically trained to perform tasks for their owner because of the owner's disability. Stay tuned for a brief presentation on this topic during lunchtime announcements in the near future.

Senior News

December 2016 -February 2017

WEEKLY ACTIVITIES

MONDAY

- Ceramics 8 am
- Weights Exercise 8:30 am
- Standing Exercise 9 am
- Chair Exercise 9:30 am
- Bunco 10 am
- Party Bridge 12 pm
- Bingo 12:15 pm

TUESDAY

- Quilting 8:30 am
- Knitting/Crocheting 8:30 am
- Party Bridge 9 am
- Pinochle, Hand/Foot 12 pm

WEDNESDAY

- Ceramics 8 am
- Weights Exercise 8:30 am
- Standing Exercise 9 am
- Chair Exercise 9:30 am
- Bunco 10 am
- Hand/Foot 12 pm
- Pinochle 12 pm
- Party Bridge 12 pm
- Bingo 12:15 pm

THURSDAY

- Quilting 8:30 am
- Tai Chi 9 am
- Party Bridge, Crafts 9 am
- Food Box/Bread Distribution 10 am
- Pitch 12 pm
- Cribbage 12 pm
- Social Same-Partner Bridge 12 pm
- Scrabble 12:30 pm
- Euchre 1 pm
- Bowling at Kyrene Lanes (\$7.50) 1 pm

FRIDAY

- Weights Exercise 8:30 am
- Standing Exercise 9 am
- Chair Exercise 9:30 am
- Bunco 10 am
- Party Bridge 12 pm
- Bingo 12:15 pm

MONDAY-FRIDAY ACTIVITIES

- Koffee Klatch 8 am
- Computer Lab 8 am-5 pm
(excluding class time)
- Pool table 8 am-5 pm
(excluding exercise and bridge)
- Lunch 11:30 am
- Mexican Train Dominoes 1:15 pm

SPECIAL SERVICES

Have Questions?

Call the **Senior Help Line** 602-264-4357.

Transportation: Dial a Ride 480-633-0101

Ride Choice 602-716-2100

Note: All groups and individuals who provide services at the Senior Center, including those listed above, do so with the understanding that they are prohibited from requesting personal information from participants, and from attempting to initiate contact with the participant to solicit them for future business.

Peer Counseling: These free support services can help you work through problems, manage stress, achieve goals and cope with grief or depression. Contact Paty Iniguez with EMPACT at (480) 262-3550 for details and to make an appointment.

Benefits Assistance Program: Area Agency on Aging provides free Medicare consultations the second Monday of every month. Call the front desk to make an appointment.

AARP Smart Driver Course: Classes are offered the third Thursday of every month from 1-5 pm! Class fee is \$15 for AARP members, and \$20 for non-AARP members. Sign up in advance!

Legal Consultations: Attorney Cami Pickett is available for 30-minute legal consultation sessions one day every month. Call for dates and times.

MedAssure: Keith from MedAssure will be in to adjust your ambulatory devices. He can fix your wheelchair, walker or cane! Just bring it in January 25 from 10 am - 11 am.

Blood Pressure Screenings: Americare Hospice & Palliative Care offers blood pressure checks the first Thursday of every month from 9:30 - 11 a.m.

Food Box Distribution: The Chandler Christian Community Center offers a food box of non-perishable items the third Thursday of every month for seniors who qualify for the program. See the Nutrition Program office for an application!

Arizona Attorney General's Office Satellite Site: The Arizona Attorney General's Office is looking for individuals who are interested in helping their community by volunteering at the Chandler Senior Center Satellite Office. If interested, please contact Courtney Bennett at CourtneyBennett@azag.gov or 602-364-0591.

Senior News

December 2016 -February 2017

CLASSES

BEGINNING/INTERMEDIATE WATERCOLOR

Learn everything from how to apply the paint to composition and color. Supply list available at the Senior Center.

Resident fee: \$63	Non-resident fee: \$86	Supply fee: \$5
Tu 1/10-2/28	9:30 a.m.-12 p.m.	55 yrs+

EXPLORING THE INTERNET

Learn what the internet can do for you!

Resident fee: \$34	Non-resident fee: \$44	Supply fee: \$15
W 1/11-2/8	9:30-11:30 a.m.	55 yrs+

FACEBOOK FOR BEGINNERS

Come learn how to use Facebook, a web-based application used for social networking.

Resident fee: \$9	Non-resident fee: \$13	18 yrs+
Tu 2/7	7-9 p.m.	

WHAT'S COOKING?

Basmati rice pilaf is full of nutrients and flavor when cooked in a simple way. Come learn how to make these delicious foods!

Resident fee: \$8	Non-resident fee: \$11	Supply fee: \$10
Tu 1/24	6 - 7:30 p.m.	18 yrs+

FLORAL DESIGN:

Learn how to manipulate flowers into

- Corsages and boutonnieres 2/7
- Arrangements in low containers 2/14
- Vase Arrangements 2/21
- Silk Flowers 2/28

Resident fee: \$9	Non-resident fee: \$13	Supply fee: \$10
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* Refer to our Break Time Magazine for a full description of floral design classes

TAI CHI CH'UAN - NEW BEGINNERS

Come learn a martial art exercise that will improve your stamina and strength! Wear comfortable, loose fitting clothing.

Resident fee: \$37	Non-resident fee: \$50	Supply fee: \$3
M/W 12/5-1/18	2:45-3:45 p.m.	55 yrs+
M/W 1/23-2/27	2:45-3:45 p.m.	55 yrs+

ACRYLICS OR OILS

Bring a picture of your choice and be guided to create your own masterpiece!

Resident fee: \$34	Non-resident fee: \$46	Supply fee: \$3
Th 12/8-1/5	9-11 a.m.	55 yrs+
Th 1/12-2/9	9-11 a.m.	55 yrs+

FAMILY HISTORY WRITING CLASS

Using creative nonfiction techniques, write short vignettes to share with your children, grandchildren, and friends. Both beginner and advanced writers welcome!

Resident fee: \$28	Non-resident fee: \$38	Supply fee: \$10
M 1/30-2/27	10:30 a.m. - 12:30 p.m.	18 yrs+

LINE DANCE

It's not only fun, it's exercise for the mind and body!

Come out, learn some new moves and dance!

Resident fee: \$16	Non-resident fee: \$22	
Tu 12/6-12/27	2-3 p.m.	55 yrs+
Tu 1/3-1/24	2-3 p.m.	55 yrs+
Tu 2/7-2/28	2-3 p.m.	55 yrs+

SQUARE DANCE

Start in a beginner class and work your way up until you've learned all 60 moves!

Resident fee: \$9	Non-resident fee: \$13	
Thursday afternoons starting in December	1-2 p.m.	18 yrs+

* Refer to the Break Time Magazine for a full description of square dance classes.

IPHONE WORKSHOPS

Learn how to use your iPhone!

Resident fee: \$22	Non-resident fee: \$30	
F 1/6-1/20	1-3 p.m.	55 yrs+

IPAD WORKSHOPS

Learn how to use your iPad!

Resident fee: \$22	Non-resident fee: \$30	
F 1/6-1/20	9:30-11:30 a.m.	55 yrs+

SPANISH I - BEGINNER

Got to start somewhere! Let's start with vocabulary and grammar!

Resident fee: \$43	Non-resident fee: \$59	
Th 1/12-3/2	1- 2:30 p.m.	18 yrs+

ZUMBA GOLD

Come dance to get fit and have a good time!

Resident fee: \$16	Non-resident fee: \$22	
Tu 12/6-12/27	10-11 a.m.	55 yrs+
Tu 1/3-1/24	10-11 a.m.	55 yrs+
Tu 2/7-2/28	10-11 a.m.	55 yrs+

Other classes include Yoga and Meditation, Needlepoint, "Kindness" Sewing Projects, Maintain Youth and Beauty, Pinterest for Beginners, Microsoft Powerpoint, Lifetime of Memories, and several more! Refer to the Break Time Magazine for a complete listing of classes.

EDUCATION AND SCREENINGS

“How to Stay Fit As You Age” series.

Th 12/1-12/8 10 - 11 am

“Long Term Care/Estate Planning: Understanding how to afford long-term care” with Mass Mutual Financial Group

F 12/2 10 am

“Benefits of Hospice” Brookdale Chandler

F 12/9 10 am

“Protecting my estate” with Legal Awareness for Seniors

M 12/12 10 am

“Recognizing 1st signs of Parkinson’s” with Freedom Neuro Training

F 12/23 10 am

Healthy Living Workshops: Take control of your chronic condition and get your life back! with Dignity Health

W 1/11-2/22 1:30 pm - 4 pm

Clase de Diabetes

Esta clase es para los que quieren saber mas como controlar su diabetes or el diabetes de sus familiares. Esta clase es para los que hablan espanol. This is a Diabetes Class for Spanish speakers.

Tu 1/17-2/21 9 - 11 am

“Medication Therapy Management” with SNS Pharmacy

F 2/3 10 am

Eye Care Bingo - Eye Consultants of Arizona

F 2/17 10 am

Medical Screenings

- Hearing Checks with Connect Hearing
W 2/8 10-11 am
- Bone Density Screening with AFC Physical Medicine
F 2/6 9:30 - 11 am
- The first Thursday of every month: Blood Pressure Checks with Americare Hospice 9-11am

MONTHLY OUTINGS

Movies and Lunch!!!

What more could you want!?

Transportation is provided and you pay your way!
The lunch bus leaves at 11 am and the movie bus departure time depends on the month.

December

Movie: December 6 - \$2 at Pollack Cinemas.
The movie will be chosen December 2
Lunch: December 14 - Spaghetti Factory

January

Movie: January 10 - Fat Cats. See Pg. 5 for registration
Lunch: January 11 - Can't Stop Smokin' Bar-B-Q Smokehouse

February

Movie: February 7 - \$2 at Pollack Cinemas
The movie will be chosen February 3
Lunch: February 15 - Black Bear Diner

Monthly Trips to the Casino

Wednesday, December 28

Lone Butte or Wild Horse - Let us know which casino you choose upon registration
Cost: FREE
Pick up at 8:30 am
Return between 4:30 and 5:00 pm

Wednesday, January 25, 2017

Mazatzal Casino
Cost: FREE
Pick up at 8:30 am
Return between 4:30 and 5:00 pm

Wednesday, February 22, 2017

Apache Gold Casino
Cost: \$15 registration fee, \$20 non-residents
Everyone gets \$25 to start at the slots!
Pick up at 8:30 am
Return between 4:30 and 5:00 pm

All cancellations must be made 24 hours or more in advance to have money refunded to you or put on your account. All cancellations made less than 24 hours in advance will forfeit their fee.

The 25th Anniversary of the Spice of Life Variety Show is coming to the Chandler Center for the Arts on March 22 and 23, 2017!!!

Want to participate? We always need new talent! Auditions will be held January 10th and 18th at the Chandler Senior Center from 2-5 pm. Call 480-782-2741 to sign up!

ADVENTURES AND EXCURSIONS

**All cancellations must be made 3 business days in advance to receive a full refund. Less than 3 days notice will result in a 50% refund. No refund will be issued for cancellations made on the day of an excursion.

Tuesday, December 13 - Holiday Dinner and Light Tour

Cost: \$9 registration fee, \$12 non-residents

- Enjoy a delicious dinner at The Olive Garden and then take a tour around town to see the best lights in the Valley! Dinner is on your own!
- Leave at 4:15 pm
- Return approximately 8:00 pm

Tuesday, December 20 - Noche de las Luminarias at the Desert Botanical Gardens

Cost: \$28 registration fee, \$38 non-residents

- Eight thousand hand-lit luminaria bags and thousands of twinkle lights will set the Garden aglow. This holiday tradition features sights and sounds of nine entertainment ensembles. Stroll through the paths with a warm cup of cider or cocoa or even enjoy dinner on your own if you'd like!
- Leave at 5:00 pm
- Return approximately 8:00 pm

Tuesday, January 10 - Out to the Movies at Fat Cats

Cost: \$8 registration fee, \$11 non-residents

- Due to popular demand, we're going back to the reclining chairs to watch a movie! You can even purchase a lunch to take into the movie with you if you fancy that option! The film will be chosen the week before when show times are listed and we'll give you a call! Pre-registration required.
- Leave at TBD
- Return approximately TBD

Tuesday, January 17 - Barret-Jackson Car Auction

Cost: \$22 registration fee, \$30 non-residents

- Are you a car connoisseur or someone who appreciates beautiful automobiles? This auction is a world-class automotive event where thousands of the world's most sought-after, unique and valuable automobiles are showcased. Enthusiasts from all over the world flock to the Barrett-Jackson collector car auctions. Let's go check it out! There are plenty of places to sit and grab a bite to eat.
- Leave at 9:30 am
- Return approximately 2:00 pm

Friday, January 27 - The Duttons

Cost: \$14 registration fee, \$19 non-residents

- The Duttons are international touring and recording artists who perform bluegrass to classical music and everything in between. Their show features a variety of instruments, including violin, guitar, bass, viola, banjo and mandolin, among others. The Duttons have garnered awards and recognition all across the country including being finalists on the NBC's America's Got Talent!
- Thank you to the Senior Center Site Council for sponsoring this excursion so you are only required to pay for half of the ticket!
- Leave at 1:00 pm
- Return approximately 4:30 pm

Saturday, February 4 - Glendale Chocolate Affair

Cost: \$4 registration fee, \$6 non-residents

- Chocolate purveyors from Arizona and around the nation gather in Glendale for this award-winning festival, which celebrates not only chocolate, but romance and the arts as well. Booths in the park downtown will feature just about everything dipped in chocolate! Downtown Glendale is also known for the Cerreta Candy Factory which will hold tours all weekend so you can get a behind-the-scenes look at how their candy is made. There are also lots of cafés for lunch and antique shops if you get all chocolat-ed out!
- Leave at 9:30 am
- Return approximately 2:00 pm

Tuesday, February 28 - Lunch on the Dolly Steamboat on Canyon Lake

Cost: \$42 registration fee, \$57 non-residents

- You asked for it so here you are! Come see some of the beauty Arizona has to offer that we don't always see from the Valley and do it while eating a delicious lunch! Spring time is when the most wildlife come out so our naval director will narrate for us as we look for the wild bighorn sheep, bald eagles, and other animals that live at Canyon Lake. The lunch provided on the boat will be a pasta primavera (fresh garden vegetables tossed with penne pasta and a garlic cream sauce) served with a mixed field green salad and a piece of chocolate cake for dessert. Price includes transportation, the nature cruise and your gourmet lunch!
- Leave at 10:45 am
- Return approximately 2:15 pm

December 2016

MUSIC, EDUCATION, AND OTHER EXTRACURRICULAR OPPORTUNITIES

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 9 am - Blood Pressure checks w/ Americare 9 am - Tai Chi Qigong 10 am - Bread Distribution 10 am - "How to Stay Fit..."	2 9:30 am - Chair Massages with AFC Physical Medicine 10 am - Long Term Care/Estate Planning with Mass Mutual Financial Group	3
4	5 10 am - Music with Jay Farris	6 TBD - \$2 movie at Tempe Pollack Cinemas 10 am - "Share Your Writing" discussion group	7 10 am - Music with Carl Nyberg	8 9 am - Crafts with Wanda 9 am - Tai Chi Qigong 10 am - Bread Distribution 10 am - "How to Stay Fit..."	9 10 am - "Benefits of Hospice" with Brookdale Chandler 5 pm - Holiday Dinner Dance	10
11	12 9 am - Benefits Assistance 10 am - "Protecting my estate" with Legal Awareness for Seniors	13 10 am - Name that Tune 4:15 pm - Dinner and Light Tour	14 10 am - Music with Jai Mitchell 11 am - Lunch at The Old Spaghetti Factory	15 10 am - "Understanding the Brain" 10 am - Food Box Distribution 1 pm - AARP Safe Driver Class	16 10 am - Eye Care Bingo with Eye Consultants of Arizona 1:15 pm - Movie in the Lounge	17
18	19 10 am - Holiday Music Show with Dallas West	20 10 am - Music with MJ Moore 5pm - Desert Botanical Gardens: Luminarias 10 am - "Share Your Writing" discussion group	21 9:30 am - Site Council 10 am - White Elephant Gift Exchange	22 9 am - Crafts with Wanda 10 am - Bread distribution 10 am - "Understanding the Brain"	23 10 am - "Recognizing the 1st Signs of Parkinson's" with Freedom Neuro Training	24
25	26 CLOSED in honor of Christmas	27	28 8:30 am - Lone Butte/ Wild Horse Pass Casino 10 am - Karaoke in the Lounge	29 10 am - Free wheelchair adjustments with MediQuip 10 am - Bread Distribution 10 am - "Understanding the Brain"	30 10 am - New Year's Eve Party	

January 2017

MUSIC, EDUCATION, AND OTHER EXTRACURRICULAR OPPORTUNITIES

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 CLOSED in honor of New Year's Day	3 10 am - "Share Your Writing" Discussion Group	4 10 am - "New Year, New Me" Event	5 9 am - Blood Pressure Checks with Americare 9 am - Tai Chi Qigong 10 am - Bread Distribution 10 am - "Understanding the Brain"	6 9:30 am - Chair Massages with AFC Physical Medicine 10:30 am - Music with Jennifer Hu	7
8	9 9 am - Benefits Assistance 10 am - Music with Carlotta Wheeler	10 TBD - Movie at Fat Cats 2-5 pm - Variety Show Auditions	11 11 am - Out to lunch: Can't Stop Smokin' Bar-B-Q Smokehouse 1:30 pm - Healthy Living Workshop	12 9 am - Crafts with Wanda 9 am - Tai Chi Qigong 10 am - Bread distribution 10 am - "Understanding the Brain"	13 10 am - Music with Bob Doszak	14
15	16 CLOSED in honor of MLK Day	17 9 am - Spanish Diabetes Class 9:30 am - Barret Jackson Car Auction trip 10 am - "Share Your Writing" Discussion Group	18 9:30 am - Site Council 1:30 pm - Healthy Living 2-5 pm - Variety Show Auditions	19 9 am - Tai Chi Qigong 10 am - Food Box Distribution 10 am - "Understanding the Brain" 1 pm - AARP Safe Driver	20 10 am - Music with Carl Nyberg 1:15 pm - Movie in the lounge	21
22	23 10 am - Music with Dale Mortensen and Dan Ingram 1:30 pm - "The Day the Earth Stood Still" film in the lounge. Discussion to follow	24 9 am - Spanish Diabetes Class	25 8:30 am - Mazatzal Casino 10 am - MedAssure can adjust your wheelchair/walkers! 10 am - Homewell Senior Care Pictonary for Prizes	26 9 am - Crafts with Wanda 9 am - Tai Chi Qigong 10 am - Bread Distribution 10 am - "Understanding the Brain"	27 10 am - Karaoke 5 pm - Duttons trip	28
29	30 10:15 am - Wii Bowling	31 9 am - Spanish Diabetes Class				

February 2017

MUSIC, EDUCATION, AND OTHER EXTRACURRICULAR OPPORTUNITIES

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 10 am - Karaoke in the Lounge 1:30 pm - Healthy Living	2 9 am - Tai Chi Qigong 9 am - Blood Pressure Checks 10 am - Bread distribution 10 am - "Understanding the Brain"	3 9:30 am - Bone Density Screenings with AFC Physical Medicine 10 am - "Medication Therapy Management" by SNS Pharmacy	4 9:30 am - Glendale Chocolate Affair
5	6 10 am - Music with Dallas West	7 9 am - Spanish Diabetes Class 10 am - "Share Your Writing" Discussion Group Out to the Movies	8 10 am - Hearing Checks with Connect Hearing 1:30 pm - Healthy Living	9 9 am - Crafts with Wanda 9 am - Tai Chi Qigong 10 am - Bread distribution 10 am - "Understanding the Brain"	10 10 am - Music with David Keller	11
12	13 9 am - Benefits Assistance	14 9 am - Spanish Diabetes Class 10 am - Valentine's Day Party with Gene Mann	15 9:30 am - Site Council 11 am - Out to Lunch: Black Bear Diner 1:30 pm - Healthy Living	16 10 am - Food box distribution 10 am - "Understanding the Brain" 1 pm- AARP Safe Driver	17 10 am - Eye Care Bingo with Eye Consultants of Arizona 1:15 pm - Movie in the lounge	18
19	20 CLOSED in honor of President's Day	21 9 am - Spanish Diabetes Class 10 am - "Share Your Writing" group 10 am - Music with MJ Moore	22 8:30 am - Apache Gold 10 am - Jeopardy 1:30 pm - Healthy Living	23 9 am - Crafts with Wanda 10 am - Free wheelchair adjustments with MedQuip 10 am - "Understanding the Brain"	24 10 am - Music with Timothy and Stephanie Burdick	25
26	27 10:15 am - Wii Bowling	28 10 am - Lunch on the Dolly Steamboat Tour				



CITY OF CHANDLER
Community Services Department
Mail Stop 501, P.O. Box 4008
Chandler, AZ 85244-4008



**PRESORTED
STANDARD
U.S. POSTAGE
PAID
CHANDLER, AZ
PERMIT NO. 1**

City of Chandler Recreation Division
Chandler Senior Center
202 East Boston Street

SENIOR CENTER TEAM

City of Chandler Recreation

Recreation Coordinator II: Nancy Jackson (480) 782-2722

Recreation Coordinator I: Eliza Haws (480) 782-2741

Recreation Coordinator I (Therapeutics): Collette Prather (480) 782-2709

Customer Service Representative: Loretta Colson (480) 782-2720

Nutrition Program provided by Chandler Christian Community Center

Senior Food Programs Manager: Kelly Delgado (480) 782-2721

Community Outreach Specialist: Brianna Burrows (480) 503-6061



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Mail Stop 501, P.O. Box 4008
Chandler, AZ 85244-4008



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