



A Monthly Newsletter For CPES Day Supports In Maricopa, Pinal & Gila Counties



# Art Wise & Senior Elite Open June 08!

**H**enri Matisse said, "Creativity takes courage," and building courage and confidence is exactly what we do at ARTWISE PHOENIX. To encourage personal development as an individual, as an artist and as a member of the community, we facilitate that which is most essential to the arts: **Experimentation, Collaboration and Accessibility**. Art Wise is a day service dedicated to the "fine arts". Participants can choose from a wide variety of studio art activities and community outings. We offer teachings in painting, drawing, sculpture, ceramics and music appreciation, theater and we only expect the options to expand over time.

Future projects include displaying in on and off-site galleries and partaking in the "First Fridays Art Walk" event, giving the participants the opportunity to show and sell their work. In addition, ARTWISE PHOENIX is located in the quickly growing downtown Phoenix area where new opportunities involving all the "fine arts" continuously present themselves. Some of our community activities include:

- Visiting local artists' studios, public art sites and galleries
- Attending music, dance and theatre performances
- Visiting local museums to view traveling and permanent collections
- Grand opening of the ARTWISE PHOENIX Gallery later in the summer
- And much more...

We feel that with all of these components, ARTWISE PHOENIX is the ideal environment for the development of creative skills, teamwork and personal growth for

*(Continued on page 2)*

## Join The New Recreational Therapeutic Riding Program!

**C**oming June 2008 CPES is proud to announce our new Recreational Therapeutic Riding Program being offered to all day service participants. CPES is now accepting applications to participate for the six summer sessions. It's as easy as contacting Rex Matthews at [RMatthews@cpes.com](mailto:RMatthews@cpes.com) or calling him at 602-431-9511 for all the necessary paperwork.

Session 1 & 2 are already filled but there is still room for sessions 3-6. Transportation will be available to all participants.

Our classes are limited to 12 riders to ensure a better student/teacher ratio for more individualized instruction. Classes are divided into groups of four students. The groups are then rotated through three stations which run concurrently during the two hour period.

### Classroom theory:

Each week's lesson is taught on location using arts and crafts to create lasting visual and dynamic impressions of the subject for that week.

### Grooming:

This is where the participants get to select the grooming tools of

*(Continued on page 2)*



CPES offers more choices in 2008



# Senior Elite Opens June 2008

## Contact Information

### Regional Office

2415 West Huntington Dr.  
Suite 103  
Tempe AZ 85282

PH 602-431-9511  
Fax 602-431-9538

### Maricopa County

Service Coordinator  
Jon Krueger

For information regarding:

- Trimyr (Mesa)
- Summit (East Mesa)
- Higher Ground (PHX)

602-431-9511 Ext. 284  
JKrueger@cpes.com

Service Coordinator  
Sandra Toney

For information regarding:

- Art Wise Phoenix
- Art Wise Tempe
- Senior Elite Phoenix
- Senior Elite Mesa

602-431-9511 Ext. 214  
SToney@cpes.com

### Gila County

Service Coordinator  
Brad Waters

For information regarding:

Cedar Lane (Payson)

928-474-2041  
BWaters@cpes.com

*("Opens 2008, Continued from page 1)*

those interested in exploring the "fine arts".

Our first "Art Wise" location will open at 803 North 3<sup>rd</sup> Street, right in the middle of the arts district, Downtown Phoenix. A second location will open in Tempe later 2008.

**S**enior Elite is a new dynamic "senior" focused day service opening June 2008 in Phoenix. This program concentrates on maintaining and improving quality of life and also offers a variety of social, physical, intellectual and creative opportunities for participants over the age

of 50.

In addition to the mind stimulating recreational activities, participants will enjoy stretching and exercise, cooking classes, various crafts, tea parties and social outings appropriate to each individual's needs, abilities and desires.

The Senior Elite services are coordinated by Sandra Toney who graduated with a B.S. in Therapeutic Recreation and has many years of experience serving seniors. Sandra says, "One example of the many activities that we offer is "armchair travel" where those who would like to stimulate their imagination can take mental trips to the location of their choice. Food, music, pictures, ob-

jects and facts from the region are provided to stimulate all of the senses".

We feel that a supportive environment with many options, individual focus and consideration of medical needs is the best way to maintain and improve quality of life and that is precisely what we do at Senior Elite.

Our first Senior Elite location will open at 12814 North 28<sup>th</sup> Drive in Phoenix. A second location will open in Mesa later this summer.

For more information on both services contact Sandra Toney at 602-431-9511 ext. 214 or by email at [SToney@cpes.com](mailto:SToney@cpes.com).

## Therapeutic Riding cont...

*(Continued from page 1)*  
their choice and are instructed on their proper use while getting "hands on" experience. (The horses love this.)

**Riding:** Here is what most of the participants strive for. They are mounted on a horse and learn to ride while playing games. This promotes such healthy improvements such as better balance, muscle tone, listening and motor skills, etc. In this station the riders experience mobility, freedom, confidence, self-esteem and a sense of accom-

plishment. Snacks and plenty of water are provided. At the end of each six week session we hold a formal graduation where the riders can show off their accomplishments to family and friends and engage in fun and memorable activities marking their success as an equestrian.

We are sticklers on safety. Each person mounted on a horse must wear approved riding helmets and closed toed shoes. Each rider that is mounted has one or two side walkers (depending on their experience level) as well as an

experienced horse handler. All horses being ridden are in an enclosed schooling area.

Services are being provided by the Merry Go Round Recreational Therapeutic Riding Center. Founded by Teeka Leone and Lynn Waters, two horsewomen who share the same vision, The Merry Go Round currently houses 7 therapy horses, many of which were rescued from abuse or neglect. After rehabilitation, they too have a job and bring thousands of smiles to kids and adults in the program.



## Planes Trains & Automobiles Month

**J**une will focus on exploration of transportation in and around Arizona!

Join us 06/06/08 for “**First Friday BBQ**”. Food is served from 11A-12:30P at our Tempe office and everyone is invited to stop by and enjoy the fun!

We are visiting **McCormick Ranch Park** in Scottsdale. Take a ride on the train and explore the museum.

Of course we will be watching **Planes Trains & Automobiles with a QA session to follow**.

We are exploring **classic planes and fighter jets from WWII at Falcon Field**, Cost: \$6.50 for adults. RSVP required.

Our Payson folks will be taking a trip to **Flagstaff to visit the AMTrak Station** and take a tour of the facilities.

We are also visiting the **Hall of Flame in Phoenix**. It should be a great tour of historic and new fire equipment and vehicles.

Trimyr will be hosting our “**Summer Blast Dance and Lunch**”. Take a break and dance the afternoon away at Trimyr! 10AM – 1:00PM 06/13/08.

Each Monday Art Wise is sponsoring “**Exploration in Arts Program**”. These sessions are run by our resident artist and may also involve volunteer artists from the community. Art Wise Phoenix is located downtown in the middle of the Arts District.

In celebration of Memorial Day we are writing letters and making **packages for our troops**. We will be working from ideas and suggestions online at anysoldier.com to create packages for the troops stationed in harms way.

To **celebrate Flag Day** we are learning the history of the flag and will be creating individual center activities in it's honor!



Its time for our “**Annual Bowling Tournament**”, pitting each center against each other. There will be weekly competitions in June with a winner being declared after all the results are in. All participants will receive medals or certificates. We begin Wednesday, 06/04/08 and continue each Wednesday during the month of June.

Make your plans now and sign up for the **Strawberry Fudge Factory**. Group tours will be scheduled to visit the factory – goat and llama ranch. Group Ranch Tours- are \$10 per person and participants must RSVP in advance.

Don't forget CPES is beginning the **recreational, thera-**

**peutic riding program** in June. Please see the attached article for more information!

Get out of the heat, **let's hit the Casino!** Penny slots and lunch always make for a great time out of the heat!

Don't forget that during June we will be scheduling **Yearbook Picture Days** at each of the centers. Please remember we need prior approval for all pictures. Also, as a reminder the Yearbook committee is looking for more participants.

During the month of June we are having fun with the “**A-Z**” **Visual Scavenger Hunt**. There will be prizes for the most creative pictures from each Center. Be on the lookout for things that start with the letters A-Z and take their picture. Each center will be keeping a picture board for the month. There will be a Pizza Party for the winning team in July.

Don't forget to start prepping for the **July talent Show**. Each center should have participants plan their acts and begin preparation weekly for the July Talent Show.

The traveling **Vietnam Memorial Wall** will be visiting Payson in June and is worth the trip. It's just another way to honor our troops in June.

As always each center will be holding their “**Birthday Bash**” celebrating June's birthdays for the month. Happy Birthday you June Babies!

\*Activities are subject to change, depending on each centers location and/or ability to attend/participate.

## Locations

### Trimyr

2620 West Broadway Rd.  
Unit 1  
Mesa, AZ 85202  
Broadway Road and 101

PH 480-497-3618  
trimyr@cpes.com

### Higher Ground

2432 West Peoria  
Suite 1261  
Phoenix, AZ 85029  
Peoria and I-17

PH 602-861-5993  
HGground@cpes.com

### Summit

8940 East Apache Trail  
Mesa, AZ 85207  
Apache and Ellsworth

PH 480-354-6262  
summit@cpes.com

### Art Wise

803Nth 3rd Street  
Phoenix AZ 85004  
3rd Street and Roosevelt

PH 602-254-6623  
Artwise@cpes.com

### Senior Elite

12814 North 28th Drive,  
Phoenix, AZ 85029

PH 602-375-4117  
seniorelite@cpes.com

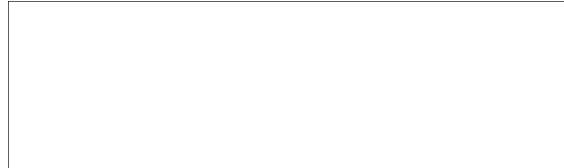
### Cedar Lane

112 E Cedar Lane  
Payson, AZ 85541

PH 928-474-2028  
cedarlane@cpes.com



CPES  
2415 West Huntington Dr.  
Suite 103  
Tempe AZ 85282



Also Remember To Visit CPES Online at:  
[www.cpes.com](http://www.cpes.com)



## Comments, Questions or Concerns?

Please feel free to  
contact me.

Rex Matthews  
Associate Director

PH 602-431-9511 ext 286  
RMatthews@cpes.com

Don Paterson  
Regional Director

PH 602-431-9511 ext 201  
DPaterson@cpes.com

## Keep This Date in Mind!

**C**PES will again be sponsoring  
their annual **Holiday Dance  
and Award Ceremony** in Early  
December.

Last year we had more than 100  
people attend and this year we  
expect two or three times as many.

In July we will begin taking  
reservations as well as organizing a  
planning committee for this years  
event.

If you did not attend last year you missed a great time and for many  
attendees from last year expect an even bigger and better event!

