



Harmony House Opens in Flagstaff!

Many people flourish from interaction with other people. Others have more individual support needs. Whatever your personal needs, Harmony Houses' weekday support services will help you meet new people and enjoy new experiences together. These services will also assist you in developing your own interests in a safe and supportive setting.

At CPES we strongly believe in the concept of Self-Determination and consumer and family control of their services. Families and consumers are encouraged to choose from a variety of educational, training, and social opportunities.

This includes but is not limited to:

- Education and adult learning
- Art programs
- Community activities
- Field trips to museums, libraries, and other interesting places
- Health and Wellness
- Technology courses
- Social gatherings

If your interests include work experience, our staff can assist you in getting the training you need to successfully participate in volunteer and part-time employment, including our unique Seedballz program.

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Laughlin Overnight Trip August 19th

As indicated in the July newsletter CPES is planning an overnight trip to Laughlin, Nevada. The tour bus will leave on August 19th in the morning and return the following day, August 20th, in the late afternoon or early evening.

The cost is \$60, a person which includes transportation, hotel room and a free buffet dinner. We will be staying at the Aquarius Hotel and Casino. Extra spending money will be needed for any other activities.

The rooms will be double occupancy with CPES staff having adjoining rooms. The outing will be supervised at all times by staff. A senior manager will also be along for the trip.

This should be a fun trip! If successful we plan to offer more trips in the future.

We have limited space for this trip. We will only be accepting the first 16 consumers, so sign up quickly. Your name and payment needs to be turned into Jon Krueger **no later than August 12th**.

For any questions, concerns or details, please feel free to contact Jon Krueger at (602) 549-8421 or via email at JKrueger@cpes.com.



Winners Announced!

Still Time To Go Camping!

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

The winners from the scavenger hunt and bowling tournament deserve a little recognition, so here it is!

A-Z Scavenger Hunt

“Cedar Lane” blew away the competition and won the “A-Z Photo Scavenger Hunt”. Their creativity and beautiful photos will be on display at “Art Wise” for all to see! Enjoy that Pizza Party.

Bowling Tournament

The summer “Bowling Tournament” resulted in the following winners;

- Justin from Summit wins for the highest total score of all games played.
- Wade from Higher Ground had the highest single game score.



- “Summit” may want to go pro because they were hands down the best bowlers at CPES, winning the “team award”.

Summit will receive a trophy and pizza party and Justin and Wade will receive individual “hand painted trophies” for their efforts. Congratulations to all the winners and thank you for all the participation. Hopefully we will have some pictures for our next edition.

We are looking forward to the “Winter Tournament”!

Rental of Camping Equipment
(Checks, money order or cash currently accepted)

Gazebo	\$ 8.00
Tent	\$ 7.00
Sleeping Bags	\$ 5.00
Fishing Poles	\$ 2.00
Table	\$ 3.00
Ice Chest	\$ 1.00
Toilets	\$ 2.00
Chairs (4)	\$ 5.00
Camp Stove	\$ 2.00
Dishes & Utensils (Set of 4)	\$ 3.00

Special Group Pricing!

Camping Package (4 People)	
Tent / 4 Bags / Toilet	
4 Fishing Poles / Camp Stove, Table & 4 Chairs	
Dishes & Utensils	
\$10.00/person	

To make rental reservations, get more information or to request a free PDF brochure contact:

Brad Waters
Payson, Arizona
Service Coordinator
602-370-7278

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We feel that a supportive environment with many options and individual focus in a small, home-like atmosphere is the best way to maintain and improve quality of life. That is precisely what we do at Harmony House. To do this, we will be limiting enrollment to 10 full-or-part time participants.

Harmony House is located at 516 North Humphreys Street, Flagstaff, AZ 86001. Please contact Vicki Dolan at 928-214-0991 or by email at vdo-lan@cpes.com for more information.



2008 Olympics, China & Sportsmanship

We are celebrating the start of the Olympics in China this month.

Our centers will be visiting the "**Chinese Cultural Center**", eating out at a local buffet and holding a "**Chopstick Race Competition**". We will take the time to tune into opening ceremonies and talking about the events and activities surrounding this year's event.

August is also full of nationally observed weeks so this month we will be breaking down the weeks into weekly themes. Themes for August include, "**Clown Week**", "**Hawaii Week**", "**Hippie Week**", and "**Spirit Week**".

Events celebrating these themes will be held at each center and include; "**Luau**", "**celebrating the music of the 60's**", "**A visit to Hippie Gypsy**". During spirit week, Senior Elite in Phoenix will be sponsoring the "**Spirit Week Dance**" with lunch being provided by Fry's.

"**Art Wise**" will be focusing on "**Tie-Dye**" designs this month so bring your own white t-shirts and be ready to get creative! Art Wise will also be sponsoring a "**picnic lunch**" for all centers followed by a visit to the "**AZ Mining and Mineral Museum**".

GREAT NEWS! Art Wise is expanding their services to 3 days each week! Each center is invited to attend as often as they would like on those day! Call Lauren for more information and to review their calendar of events!

What a better way to cool down. Let's have ice cream sandwiches in celebration of "**National Ice Cream Sandwich Day**". Who thinks of these things?

At "**First Friday**" this month we are serving Hot dogs and Hamburgers, plan on attending the event sponsored by the Tempe office.



We are excited to announce the "**Zoo to You**" Program coming to Higher Ground during the month of August. The Phoenix Zoo will be bringing live animals as part of their Animal Kingdom program.

With it heating up, we all know how grumpy we get, so be prepared for "**Angel Day and Random Acts of Kindness Day**". You just might be the recipient of a random act of kindness. Each location will also be working on making cards for friends and family during August.

Each location will be designing and making "**Kites**" this month. Their work will be on display at each center.

"**So You Think You Can Dance?**" competition is coming to a conclusion this

month with finals being held at Higher Ground.

Our centers will also be visiting the "**State Capitol**", and the "**Bead Museum**".

In addition each Thursday the "**Scottsdale Museum of Contemporary Arts**" sponsors free tours and programming.

It may be too hot outside to fish so let's take a **mini fishing trip** by visiting Bass Pro Shop to test fishing equipment, rock climb and have lunch!

This is right on target! Payson is sponsoring the "**Statewide Dart Tournament**" with awards going to the best of the best. Contact Jon Krueger or Brad Waters for more info.

As we did in July, we will be having a couple of **swim days** this month at either Telephone Pioneer Park or Pecos Park. Both are wheelchair accessible with life guards on duty! Pecos Park also offers a splash pad for those who just want to cool off.

Don't forget that on August 12, 2008 10A-11A the "**Yearbook Committee**" will be meeting at Trimyr.

As always, each center will be holding their "**Birthday Bash**" celebrating August birthdays for the month.

*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

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

PH 602-254-6623
Artwise@cpes.com

Senior Elite

12814 North 28th Drive,
Suite 110
Phoenix, AZ 85029

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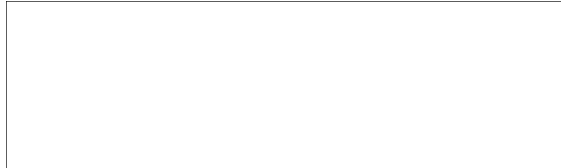
Cedar Lane

112 E Cedar Lane
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CPES
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Tempe AZ 85282



Also Remember To Visit CPES Online at:
www.cpes.com



Comments, Questions or Concerns?

Please feel free to
contact:

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

Senior Elite “Mesa”, Coming Soon!

Senior Elite Mesa to open their doors September 2008.

Recently construction began on the newest Senior Elite location and the first in the “East Valley”. “Senior Elite Mesa” will be located near Baseline and Extension.

This program concentrates on maintaining and improving quality of life! It offers a variety of social, physical, intellectual and creative opportunities for “participants over the age of 50”. We look forward to sharing more information in next month’s newsletter!



For additional information contact Sandra Toney at:
602-431-9511
SToney@cpes.com.