

# Introducing Metro Mondays in January!

**D**uring the month of January all CPES day locations will have an emphasis on using public transportation. This will include the new light rail system, bus and free orbit services in Tempe. We are very excited about the possibilities of using light rail transit in conjunction with the current bus system. Our participants will no longer be dependent on bus schedules or availability of vehicles. Light rail will open up the valley to our employees and participants giving us many more options for attending events and locations throughout the valley.

## Light Rail

Trains begin the first full trip of the day at 4:40 a.m. at the end-of-the-line stations. The last full trip of the day begins at 11 p.m., arriving at the opposite end of the line at midnight.

Trains arrive every 10 minutes from 6 a.m. to 7 p.m.; all other hours, every 20 minutes.

### Travel time between destinations

	<b>Min.</b>
Entire 20-miles	60
Downtown Phoenix to downtown Tempe	25
Downtown Tempe to the Sycamore / Main Transit Center in Mesa	15
Mesa to downtown Phoenix	40
Christown Spectrum Mall to ASU Tempe campus	45
Christown Spectrum Mall to Phoenix Sky Harbor Airport free shuttle, connecting at the 44th Street / Washington station	35
Downtown Phoenix to Phoenix Sky Harbor Airport free shuttle	15

## Summit Open House January 27th!

It's been 5 years since we first opened Summit in the far East Valley and its celebrating its five year anniversary with an open house!

Summit provides a very personalized approach to services. Our environment is casual and comfortable with an "at home feel". Summit is designed to provide the same services as a larger DTA in a smaller, more personalized setting.

Summit provides services in the far East Valley and has the ability to provide transport for all of East Mesa, Apache Junction, Queen Creek, East Gilbert and as far East as Gold Canyon.

Summit is designed to be a smaller DTA with a maximum of 20 participants at all functioning levels. Summit also has trained personnel who can assist with vocational options, including independent employment, group and center based employment.

With more than 3000 square feet of space we have plenty of room for all our activities and events. Summit also has a large outdoor area with a covered patio for gatherings and BBQ's. We also have a full garden each spring, filled with flowers, vegetable and fruit maintained and cared for by our participants.

It's really worth visiting during our Open House, January 27<sup>th</sup> from 10AM – 1PM. For more information or to RSVP please contact Tony Calvillo at 480-354-6262 or via email at [summit@cpes.com](mailto:summit@cpes.com). Summit is located on the corner of the 202 and Apache Trail (Main). Our address is 8940 East Apache Trail, Mesa, AZ 85207



# Metro Mondays Cont.

## 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)
- Work Experience Program (WEP)

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

Service Coordinator  
Sandra Toney

For information regarding:

- Art Wise Phoenix
- Art Wise Tempe
- Cambridge
- Senior Elite Phoenix
- Senior Elite Mesa
- Higher Ground (PHX)

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

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Download a copy of the map at the following location:

[http://www.valleymetro.org/metro\\_light\\_rail/downloads/maps/](http://www.valleymetro.org/metro_light_rail/downloads/maps/)

### Fare Types and Cost

Light rail & local bus 1 ride \$1.25

- All day pass \$2.50
- 3 day pass \$7.50
- 7 day pass \$17.50
- 31 day pass \$45



Discounted fares are also available for about half the cost of the fares listed above.

A great little secret in Tempe is the Free Orbit service connecting most parts of Tempe through several free shuttle services. Our Trimyr location will be planning several trips using both light rail and the free orbit service. The orbit runs every 15 minutes during the week and passes directly by Trimyr.

All the locations are planning trips and learning bus routes from their locations. It's our hope to generate some interest in using public transportation and encourage our participants in using all the options available to them.

## Work Experience Program (WEP)

If your interests include working, our staff can assist you in getting the training you need to successfully participate in volunteer, part-time or full-time employment.

The WEP is able to provide many of the skills associated with finding a job in the community. We are able to provide training in many areas of competitive employment such as co-worker relationships, promptness, and many other employment related skills.

The WEP is a great place to make new friends. In many vocations, the people who you work with help de-

termine how successful you will be in your current job. The same is true for the WEP. All of our participants are rooting for the success of each other. Many lasting friendships have been formed at the WEP, often lasting a lifetime.



Valley wide paid work experience training includes:

- Seedballz Production
- Landscaping
- Vehicle Service
- Computer Training
- Printing
- Customer Service Skills
- Warehouse & Inventory Control
- Janitorial
- Carpet Cleaning

To join the Work Experience Program (WEP) team contact Vionne Calhoun at (602) 431-9511 or via email at [Vcalhoun@cpes.com](mailto:Vcalhoun@cpes.com)



## January 2009 is “New Beginnings Month”!

**D**uring the month of January we will be celebrating new beginnings by asking each participant to make some New Year’s resolutions. A special board will be created and posted at each location to help remind everyone of their resolutions and to also help track our progress. We will also be watching football themed movies to celebrate the end of football season.

The weather is perfect again for “Friday Fishing”! Participants interested in learning about fishing will be visiting catch and release lakes or urban lakes. Some destinations require a license and more information can be found at:

[http://www.azgfd.gov/h\\_f/urban\\_fishing.shtml](http://www.azgfd.gov/h_f/urban_fishing.shtml)

Friday. Fishing will continue each Friday until it gets too hot.

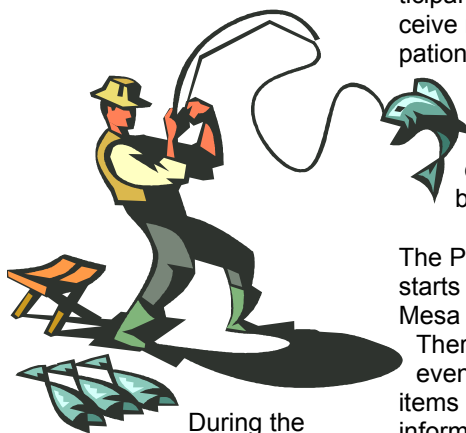
“Metro Mondays”, will be dedicated to education of the Valley Metro System through the month of January.

One of the great things about the new Metro line is getting to new destinations. One of those will be Tempe Lake Park and downtown Tempe. We will spend the day taking the train to Tempe, visiting the park and enjoying lunch in the Arizona sun.

Craft Projects for the month will emphasize nature. We will also be making fishing lures, kites, pine cone displays and creating some special creations to honor and thank our maintenance workers.

Through April, downtown Mesa will be hosting “Sculpture in the streets”, with more than 80 sculptures on display. The following link downloads the brochure which details the walking tour.

<http://www.downtownmesa.com/SculptureGuideIX.pdf>



During the month each of our locations will be touring Zane Grey’s cabin in Payson and also taking a tour of a local restaurant in Strawberry, Arizona. The restaurant tour will include all areas and detail what it takes to run and maintain a restaurant.

Every Thursday from noon-1:30 p.m. through April, the outdoor amphitheater at the Scottsdale Civic Center Mall, just north of the Scottsdale Civic Center for the Performing Arts, comes alive with Native American music, dance, art and traditional foods. Location Scottsdale Civic Center Mall, Second Street & Drinkwater Boulevard in downtown Scottsdale

Visit 100 artists’ studios in less than a day at the 19th Annual Celebration of Fine Art, January 16th through March 29th, 2009. Open daily 10a to 6p. Located on North Scottsdale Rd at the

Loop 101 in the big white tents, Scottsdale, AZ, USA 2009 Miniature Golf Challenge: During the month each location will visit a miniature golf course and the players with the best score will compete in the miniatures golf finals on January 30, 2009. All participants in the finals will receive medals for their participation.

On Jan. 22nd Trimyr will host our monthly dance and birthday bash from 10a -1p

The Phoenix Comic Con starts Friday Jan. 23rd at the Mesa Convention Center.

There are lots of fun events, shopping and cool items on display. For more information check out:

<http://www.phoenixcomicon.com/>

On Jan. 26th the centers will be celebrating Chinese New Year with activities, outings and making fortune cookies.

We will be visiting the Goldfield Ghost Town this month. We will walk down Main Street, explore the many shops and historic buildings, tour the historic Mammoth Gold Mine and visit the Goldfield Museum. We can also pan for gold and then take a ride on Arizona’s only narrow gauge train.

January also marks our clothing collection drive to help those in need. As detailed on the back page collection bins will be located at all day locations and CPES offices. On Jan. 28th we will be collecting those bins and donating the clothing to local charities.

\*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

PH 480-497-3618  
Tri-myr@cpes.com

### Higher Ground

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

PH 602-861-5993  
HGround@cpes.com

### Summit

8940 East Apache Trail  
Mesa, AZ 85207

PH 480-354-6262  
summit@cpes.com

### Art Wise

803 North 3rd Street  
Phoenix, AZ 85004

PH 602-254-6623  
Artwise@cpes.com

### Senior Elite Phoenix

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

PH 602-375-4117  
seniorelite@cpes.com

### Cedar Lane

112 East Cedar Lane  
Payson, AZ 85541

PH 928-474-2028  
cedarlane@cpes.com

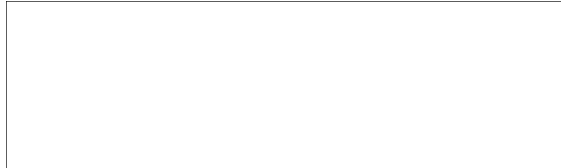
### Senior Elite Mesa

745 West Baseline  
Mesa, AZ 85210

PH 480-474-2028  
seniorelite2@cpes.com



CPES  
2415 West Huntington Dr.  
Suite 103  
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  
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Don Paterson  
Regional Director

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DPaterson@cpes.com

## Clothing Donation Drive

CPES day services are sponsoring a “**January clothing drive**” to help families in need. Each day service location, as well as all CPES offices will have collection bins. Look for these collection bins at each location. We can also pick up your items. If you give us a call or email and arrange to leave clothing outside in a bag or container, we can drive by and pick them up.

We will be collecting clothing until January 27<sup>th</sup>, 2009 and will then deliver them to local charities.

For more information or to arrange a curbside pick up please contact Jon Krueger at [JKrueger@cpes.com](mailto:JKrueger@cpes.com) or call him at 602-431-9511.

