



Let's enhance your  
**QUALITY OF LIFE**  
today!

**CIVITAN**  
FOUNDATION



### Adult Life Learning Program (DTA)

Civitan's Adult Life Learning Program at the YMCA is a place where our members engage in vibrant, cutting-edge, specialized programs including Culinary and Nutrition Instruction, Music, Visual Arts and Creative Expression, Movement and Physical Education and Life Skills. In addition, members regularly participate in volunteer initiatives and weekly community excursions in our Life Learning Program. We are currently accepting new members, **come see our program in action!**

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Civitan's Life Learning Program operates Monday through Friday from 8:00 a.m. to 4:00 p.m. and transportation is available. For inquiries or to schedule a tour, please contact:

**Wyatt Gordy**  
DTA Manager  
[WGordy@campcivitan.org](mailto:WGordy@campcivitan.org)  
480-530-3436

**Jeanne Anastasopoulos**  
Director of Program Services  
[JAnastasopoulos@campcivitan.org](mailto:JAnastasopoulos@campcivitan.org)  
602-953-2944

### Music LAB

The Music LAB is a creative space for members to explore musical passions. Learning to play different instruments, studying different music & poetry, practice songwriting, and exploring artists & genres are all part of the Music LAB weekly experiences. Members will also have opportunities to write, compose, and perform original music.

### Visual Arts and Creative Expression

Civitan's Visual Arts classes engage our members in creating and working with a variety of mediums and modalities. These include sculpture, designing, sewing, painting on canvas and glass, creating original pieces from reclaimed materials, and endless other creations. Members are taught to work with their hands plus imaginations to promote self-expression, exploration, and creativity.

### Group Supported Employment *coming soon!*

Options include the café serving healthy options for both members, staff and YMCA patrons, working in the YMCA Day Care and opportunities to work in janitorial.

### Movement and Physical Education

Our members improve muscle strength, coordination, fitness, flexibility, and overall wellness through a variety of activities incorporated into daily classes including yoga, indoor and outdoor games, adaptive sports, exercise routines, and other physical activities. All movement and physical activities are adapted to our members to maximize participation, improve endurance, cardiovascular efficiency, balance, motor skills and body awareness. With the built-in advantage and opportunity of utilizing the YMCA equipment, gymnasium and pool.

### Culinary and Nutrition Instruction

Civitan's Culinary and Nutrition teaches our members about food preparation and safety, education about the foods we eat and how to prepare well-balanced meals. Also, practical things such as, proper use of cooking utensils, developing recipes, menus and where foods come from. The program's hands-on format and allows members to experience new tastes, while experimenting with different food combinations.

**LEARN MORE**

[www.CivitanFoundationAZ.org](http://www.CivitanFoundationAZ.org)

Civitan Foundation @ the YMCA  
1655 W. Frye Road  
Chandler, AZ 85224



Civitan also offers Life Learning Programs in Phoenix, Williams and Maricopa.

