



Frequently Asked Questions

What is Central Village?

Central Village is part of a growing movement throughout the United States to better connect residents within a community, by developing a meaningful network of resources and social opportunities, and through the exchange of services. We are neighbors helping one another, because we have found the greatest potential for enjoying good health and well-being is in sharing what we have: our time and our talents.

Central Village members connect through three unique features:

1. The Time Bank, to facilitate the exchange of services.
2. Events featuring social, educational, cultural and well-being opportunities.
3. Information & Referral Services, for those aged 55 plus.

Why should I join?

Joining Central Village provides you with an opportunity to be part of a mutually supportive community, that values having fun and takes an active interest in enhancing life in the community. Membership helps provide peace of mind by connecting you with other Village members for times when you need a little extra help, or when you are looking for an opportunity to share your time and interests.

Who can be a member of Central Village?

Central Village is open to all adults over the age of 18, who reside or work within a three mile radius of Maryland and Central Avenues in Phoenix, Arizona.

What is a Time Bank?*

A time bank is a system for managing the exchange of services, without using money. You invest an hour of your time, doing something for a member of the Village, and that hour is credited to your account in the time bank. You can then use that time credit to “pay” for a service offered by another member. Everyone benefits! Time banking is not something to do when you have free time, but something that frees up time for you to do the things you enjoy!

****(For more information about time banks, see below.)***

How will I connect with others in the village?

You connect with other members of Central Village two ways. The first is through the Time Bank, where you post information about skills, talents and available time you would like to offer, or about tasks that you could use some help with. Other members of the Village then have the option of responding. The second opportunity is through

Community Connections, regular gatherings hosted by the Village, at which members enjoy the fellowship of social, educational, cultural and well-being events.

What are membership dues used for?

Your annual membership fee of \$60 for an individual, or \$90 for a household of two, helps cover the basic operating expenses of the Village.

How do I contact Central Village?

Central Village, is located at 6300 N Central Avenue in Phoenix. You can reach us by phone at (602) 550-1050, or by email at info@centralvillagephx.org. Our website is www.centralvillagephx.org.

***More Information About Time Banks**

What kinds of services are offered through the Time Bank?

Dog walking, ironing, community gardening, transportation, knitting lessons, therapeutic massage, umpiring, tutoring, painting, performing music, yard work, grocery shopping, food preparation, child care, adult respite . . . the possibilities are endless.

Why is everyone's time given the same value?

All members of the time bank are considered to be equally valuable. So, in time banking, everyone's time is valued equally – one hour of time is worth one hour of time. With this understanding, each member decides what service they would like to offer to other members, in exchange for what service they would like to receive.

Can I share my hours?

Yes, you can gift your hours to other members.

What if I feel uncomfortable about someone I'm exchanging with?

A background check is performed as part of the membership application process, and an orientation class must also be completed. However, if there is anything that doesn't feel quite right during an exchange, trust your instincts and tell the member you'd rather not make the exchange after all. Don't hesitate to cancel if you feel uncomfortable about the situation. Always let the Central Village Office Coordinator know of any concern or dissatisfaction.

I don't have any special skills, can I still participate?

Everyone has something to share that could benefit someone in their community! Your time, knowledge and/or skill can support and nurture other persons or families and enhance life for members in your neighbourhood.

What if I do not have access to a computer?

Members of Central Village have volunteered to assist other members with computer access, or by providing information by phone. A Village Ambassador or the Office Coordinator will be happy to set up that connection for you.