



**Adam Diaz**  
**Senior Center**  
*Stay Young With Us*  
 4115 W. Thomas Rd.  
 Phoenix, AZ 85019  
 Phone 602-262-1609  
**Jan. Feb. March 2026**

## MEMBERSHIP

Membership gives you access to all 15 Phoenix senior centers. The annual membership fee is \$20 for Phoenix residents and \$40 for non-residents.

## TRANSPORTATION

MV Transportation provides flexible taxi service to and from the center for eligible members. Please contact Human Services staff to register and obtain more detailed information.

## LUNCH

Lunch is served Monday through Friday at 11:30 a.m. Meal reservations and cancellations must be made at least three business days in advance. Members 60+ may give a recommended contribution of \$2.50 per meal. The cost of a meal for all other is \$5.

### Center Operating Hours

Monday through Friday, 8 a.m. to 5 p.m.

### Programs and Activities

Monday through Friday, 9 a.m. to 4 p.m.

For more information or a copy of this publication in an alternate format, contact (602) 262-4520 voice.

The city's TTY Relay phone number (602) 534-5500, if needed.

This facility is Relay 7-1-1 trained.

**[phoenix.gov/seniorservices](http://phoenix.gov/seniorservices)**

Center Trips	Date	Time	Cost
Mandarin Buffet	Monday, Jan. 5	11:30 a.m.	\$2 + meal
Rosita's Place	Wednesday, Jan. 14	11:30 a.m.	\$2 + meal
Panera Bakery	Monday, Jan. 26	11:30 a.m.	\$2 + meal
Mi Patio	Monday, Feb. 2	11:30 a.m.	\$2 + meal
Old Spaghetti Factory	Friday, Feb. 20	11:30 a.m.	\$2 + meal
Deer Valley Senior Center	Thursday, Feb. 26	10 a.m.	\$2
AZ Traditions Softball Game	Tuesday, March 2	10 a.m.	\$2
El Portal Restaurant	Thursday, March 20	11:30 a.m.	\$2 + meal
Palo Verde Library	Tuesday, March 24	9 a.m.	\$2



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 a.m. T.E.F.A.P. Every third Friday of the month	9:30 a.m. Area Agency on Aging Every second Friday of the month		1 Center Closed in observance of New Year's Day	2
5 10:30 a.m. National Hat Day Activity	6 10 a.m. Archwell Zumba	7	8	9 9:30 a.m. Site Council Meeting 12:30 p.m. Tai Chi
12	13	14	15 9 a.m. MLK Celebration	16 9 a.m. National Bagel Day & Movie Activity
19 Center Closed in observance of Martin Luther King, Jr.	20 10 a.m. Archwell Zumba	21 9:30 a.m. Dementia Friendly Presentation	22	23 9 a.m. Birthday Celebration
26	27 11 a.m. Library Craft	28	29 9 a.m. Hoarding Presentation	30 9 a.m. Movie Activity

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 10 a.m. Archwell Zumba	4	5	6 9:30 a.m. Site Council Meeting noon Super Bowl Party
9	10 noon Library Activity	11	12 9 a.m. Presidents' Day Celebration	13 10 a.m. Valentine's Day Celebration





16 Center Closed in observance of Presidents' Day	17 10 a.m. Archwell Zumba 11 a.m. Mardi Gras Celebration	18 9:30 a.m. Dementia Friendly Presentation	19 9 a.m. Chair Fitness	20 9 a.m. Birthday Celebration
23	24 10 a.m. Chair Fitness	25 noon National Chocolate Covered Nut Day	26 noon Black History month Celebration	27
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9 a.m. Mango Salsa Activity	3 10 a.m. Archwell Zumba	4	5	6 9 a.m. Denim Day for Dementia 9:30 a.m. Site Council Meeting
9 noon National Oreo Cookie Day Celebration	10	11	12 9 a.m. Chair Fitness noon National Plant a Flower Day	13 9 a.m. Birthday Celebration
16	17 10 a.m. Archwell Zumba 11 a.m. St Patrick's Day Celebration	18 9:30 a.m. Dementia Friendly Presentation	19 noon Let's Laugh Day Activity	20 12:30 p.m. Tai Chi
23 9 a.m. Nutrition Presentation	24 10 a.m. Chair Fitness	25	26 9 a.m. Chair Fitness	27 9 a.m. Cesar Chavez Day Celebration
30	31 Center Closed in observance of Cesar Chavez Day		9:30 a.m. Art with Christy  Wednesday: Jan. 7, Jan. 28, Feb. 4, Feb. 25, and March 4, March 25	

Note: Trip transportation cost is \$2. Programs, Classes, Events, and Trips are subject to change or can be canceled without notice. The City of Phoenix does not directly or indirectly endorse any products or services presented, or to be presented, by the Screened Presenter. Screened Presenter(s) shall not state or imply any endorsement by the City of Phoenix or any of its employees.



# Ongoing Daily Activities



Mix & Mingle	Monday to Friday	9 a.m. to 4 p.m.
Open Gym	Monday to Friday	9 a.m. to 4 p.m.
Billiards, Games, Cards, Puzzles	Monday to Friday	9 a.m. to 4 p.m.
Garden Club	Monday to Friday	9 a.m. to 4 p.m.
Laptop Check Out	Monday to Friday	9 a.m. to 4 p.m.
Walk with a Friend	Monday to Friday	9 a.m.
Traditional Dominoes	Monday to Friday	9 a.m. to 4 p.m.
Brain Games	Monday to Friday	9 a.m. to 4 p.m.
Self-Led Crochet	Monday	9 a.m.
Chair Exercise	Monday	10 a.m.
Movie Matinee	Monday	1 p.m.
Chair Dance Techniques	Every first and third Tuesday of each month	9 a.m.
Line Dance with Ruth	Tuesday, Jan. 13, Feb. 10, and March 10	10:30 a.m.
Walk with Ease	Every Tuesday and Thursday, starting Jan.13 through Feb.19	12:30 p.m.
Memory Wednesday	Every third Wednesday of the month	9 a.m.
Creative Corner	Wednesday	9:30 am.
Chair Fitness with Fernando	Every second Wednesday of the month	1 p.m.
Memory Café	Every third Wednesday of the month	10:30 a.m.
Fun Loteria	Wednesday <b>Note:</b> noon on Jan. 21, Feb. 18, and March 18	10:30 a.m.
Walking Club	Wednesday	1 p.m.
Chair Yoga	Thursday, Jan. 8, 22, Feb. 5, 26, and March 5, 19	9 a.m.
Strength & Balance	Thursday	10:30 a.m.
Matter of Balance	Fridays: Jan. 16 through March 6	12:30 p.m.
Blood Pressure Checks	Friday	9:30 a.m.
Fun Bingo	Friday <b>Note:</b> Jan. 9, Feb. 6, & March 6 at 10:30 a.m. & Jan.16, 30 at 2 p.m.	10 a.m.
Dance Class	Friday	12:30 p.m.
Chair Exercise	Friday	2 p.m.