



WELCOME

The Chinese Senior Center has been a resource for older adults in the Melrose District for over 40 years! We welcome everyone to our center!

CASEWORKER

Caseworker available to current members by appointment only. For further information, please call 602-262-6411.

BROWN BAG

The brown bag distribution takes place Wednesdays, from noon to 1 p.m.

MEMORY CAFÉ

Human Services Department's Memory Café program is offered at all 15 senior center locations!

Chinese Senior Center hosts an in-person Memory Café the third Tuesday of each month, from 10:30 to 11:30 a.m.



Call 602-262-6411 for more information.

Chinese Senior Center

Your Best Years Start Here

734 W Elm Street

Phone 602.262.6411

Jan. to Feb. 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 others is \$5.

Center Operating Hours

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

Programming Hours

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 may be used, if needed. This facility is Relay 7-1-1 trained.
phoenix.gov/seniorservices

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|--|
| | | | 1 New Year's Day Center Closed 員元 - 中心暫停開放 | 2 9:30 a.m. January Birthday Celebration 一月生日慶祝活動 |
| 5 9 a.m. Memory Screening 記憶篩選 | 6 | 7 1 p.m. Site Council Meeting 理事會會議 | 8 | 9 9 a.m. Trip to AZ Ballet 芭蕾舞團之旅 |
| 12 12:30 p.m. Movie Afternoon 電影下午 | 13 | 14 | 15 1 p.m. Trip to 99 Ranch Market 99大華之旅 | 16 9 a.m. Trip to AZ Ballet 芭蕾舞團之旅 |
| 19 Martin Luther King, Jr. Day Center Closed 馬丁路德金紀念日 中心暫停開放 | 20 10:30 a.m. Memory Cafe 記憶咖啡館 | 21 | 22 1 p.m. Trip to Mekong 湄公河之旅 | 23 9 a.m. Trip to AZ Ballet 芭蕾舞團之旅 |
| 26 | 27 9 a.m. Black History Month Activities 黑人歷史月活動 | 28 | 29 1 p.m. Trip to Lee Lee Market 利利市場之旅 | 30 9 a.m. Trip to AZ Ballet 芭蕾舞團之旅 3 p.m. Pop Up Clinic 快閃診所 |

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|--|--|---|---|--|
| 2 9 a.m. Memory Screening 記憶篩選 | 3 | 4 | 5 | 6 9:30 a.m. February Birthday Celebration 二月生日慶祝活動 9 a.m. Trip to AZ Ballet 芭蕾舞團之旅 |
| 9 12:30 p.m. Movie Afternoon 電影下午 | 10 9 a.m. Pop-Up & Memory Café 快閃 & 記憶咖啡館 | 11 1 p.m. Site Council Meeting 理事會會議 | 12 1 p.m. Trip to 99 Ranch Market 99大華之旅 | 13 9 a.m. Trip to AZ Ballet 芭蕾舞團之旅 |

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| 16 Presidents' Day Center Closed 總統日-中心暫停開放 | 17 9:30 a.m. Lunar New Year Celebration 農曆新年慶祝活動 | 18 | 19 1 p.m. Trip to Mekong 湄公河之旅 | 20 9 a.m. Trip to AZ Ballet 芭蕾舞團之旅 |
| 23 | 24 | 25 | 26 9:45 a.m. Trip to Deer Valley 鹿谷之旅 | 27 9 a.m. Trip to AZ Ballet 芭蕾舞團之旅 |

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|---|
| 2 9 a.m. Memory Screening 記憶篩選 | 3 1 p.m. 99 Ranch Market 99大華之旅 | 4 | 5 | 6 9:30 p.m. March Birthday Celebration 三月生日慶祝活動 9 a.m. Trip to AZ Ballet 芭蕾舞團之旅 |
| 9 12:30 p.m. Movie Afternoon 電影下午 | 10 9 a.m. Trip to Botanical Garden 植物園之旅 | 11 1 p.m. Site Council Meeting 理事會會議 | 12 | 13 9 a.m. Trip to AZ Ballet 芭蕾舞團之旅 |
| 16 | 17 10:30 a.m. Memory Café 記憶咖啡館 | 18 | 19 1 p.m. Trip to Lee Lee Market 利利市場之旅 | 20 |
| 23 | 24 | 25 | 26 1 p.m. Trip to Mekong 湄公河之旅 | 27 |
| 30 | 31 Cesar Chavez Day Center Closed 塞薩爾·查維斯日-心暫停開放 | | | |

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.

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| Activity 活動 | Time 時間 | Day 日期 |
|--|--------------------|-----------------------|
| Gym Exercise (I) 健身房锻炼 | 9 a.m. to 4 p.m. | Monday through Friday |
| Socialization (I) 社會化 | 9 a.m. to 4 p.m. | Monday through Friday |
| Ping Pong (I) 乒乓球 | 9 a.m. to 4 p.m. | Monday through Friday |
| Mah Jong (I) 麻將 | 9 a.m. to 4 p.m. | Monday through Friday |
| Card Games (I) 紙牌遊戲 | 9 a.m. to 4 p.m. | Monday through Friday |
| Cantonese Singing (I) (V) 廣東歌唱團 | 9 to 11 a.m. | Monday, Thursday |
| Fun Bingo (I) 賓果遊戲 | 10 to 11 a.m. | Monday |
| Cantonese Dance Group (I) 廣東舞蹈組 | 1 to 2 p.m. | Monday |
| Cantonese Opera (I) 粵劇 | 1 to 3 p.m. | Monday |
| Computer Class (I)(V) 電腦班 | 2 to 3 p.m. | Monday |
| English Singing Group (I) 英文歌唱組 | 9 to 10 a.m. | Tuesday |
| Cardio Blast (I) | 10 to 11 a.m. | Tuesday |
| Bible Study (not City sponsored) (I) 经查（非城市赞助） | 9 to 10:30 a.m. | Tuesday |
| Female Dance Group (I) 女子舞蹈隊 | 2 to 4 p.m. | Tuesday & Thursday |
| Simple Chinese Conversational Class (I) 簡單漢語會話班 | 8:30 to 9:30 a.m. | 2nd & 4th Wednesday |
| Social Services (I) 社會服務 | 9:30 to 11:30 a.m. | Wednesday |
| Female Singing Group (I) 女生小合唱 | 9:30 to 11:15 a.m. | Wednesday |
| Modeling Class (I) 時裝隊表演 | 9:30 to 11:15 a.m. | Wednesday |
| Conversational English Class (I) (V) 英語會話課 | 10 to 11 a.m. | Wednesday |
| Arts and Crafts (I) 工藝組 | 9:30 to 11:30 a.m. | Wednesday |
| Brown Bag Distribution (I) 棕色袋子分發 | noon to 1 p.m. | Wednesday |
| Mandarin Singing Group (I) 國語歌唱團 | 9:30 to 11 a.m. | Thursday |
| Intermediate English class (I) (V) 中級英語班 | 10 to 11 a.m. | Thursday |
| Citizenship Class (I) 公民課程 | 1 to 2 p.m. | Thursday |
| Loteria (I) 洛特里亞 | 1 to 2 p.m. | Thursday |
| Conversational English Class (I) (V) 英語會話課 | 9:30 to 10:30 a.m. | Friday |
| Matter of Balance 平衡防跌课 (1/16 –2/27) | 9 to 11 a.m. | Friday |
| Ballroom Dance (I) 交谊舞 | 1 to 2:30 p.m. | Friday |
| Karaoke (I) 卡拉OK | 2:30 to 4:30 p.m. | Thursday & Friday |

Note: Programs, classes, and events are subject to change or cancellation without notice.

* I - in-person class 實體課程 , V - virtual class 網上課程