

# DEER VALLEY SENIOR CENTER



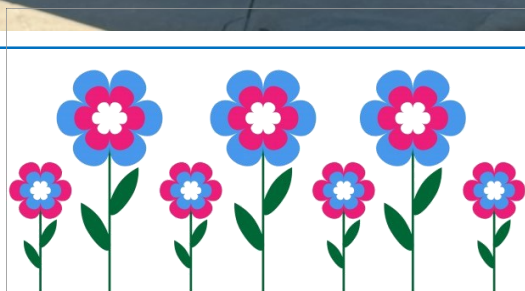
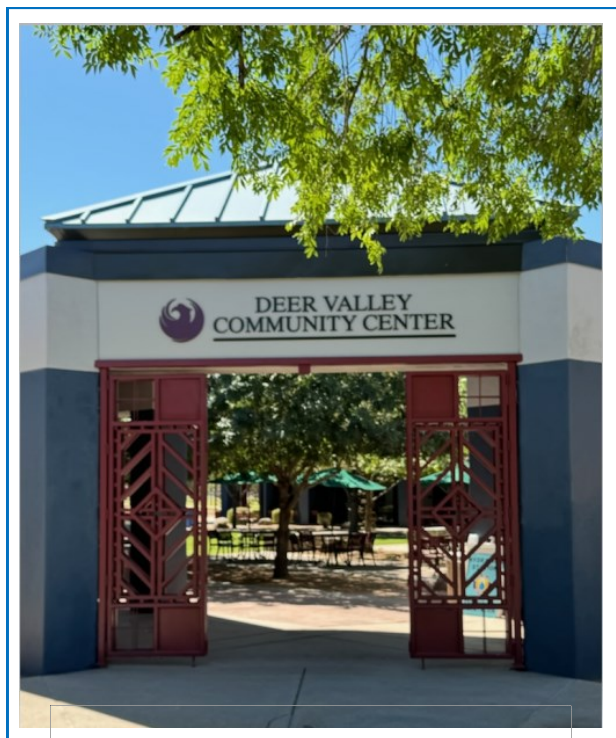
SENIOR PROGRAMS  
CITY OF PHOENIX | HUMAN SERVICES

***Your Best Years Start Here***

**2001 W. Wahalla Lane**

**Phone 602.495.3714**

**Jan., Feb., Mar. 2026**



**Note:** Programs, classes, events, and trips subject to change or cancellation without notice. Trip transportation cost is \$2. The City of Phoenix does not directly or indirectly endorse any products or services presented, or to be presented, by the Screened Presenters. Screened Presenter(s) shall not state or imply any endorsement by the City of Phoenix or any of its employees.

## **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.

## **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.

## **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.



Human Services Department's Memory Café program has expanded to all 15 senior center locations!

For more information, check with your nearest senior center, or visit:

<https://www.phoenix.gov/humanservicessite/Pages/Dementia-Friendly.aspx>

602-534-5750

**Operating hours: Monday to Friday, 8 a.m. to 5 p.m.**

**Programming hours: 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.**

**[phoenix.gov/seniorservices](https://www.phoenix.gov/seniorservices)**

**The City's TTY Relay phone number 602-534-5500, if needed.**

**This facility is Relay 7-1-1 trained.**



# CENTER TRIPS



## January

Destination	Date	Departure	Returning	Fee
Teazona Dumpling	Jan. 7	10:45 a.m.	12:45 p.m.	Cost of lunch + Bus Fee: \$2
Desert Botanical Garden	Jan. 13	10:30 a.m.	3 p.m.	Cost of lunch + Bus Fee: \$2
Season 52	Jan. 27	10:45 a.m.	12:45 p.m.	Cost of lunch + Bus Fee: \$2

## February

Destination	Date	Departure	Returning	Fee
Texas Roadhouse	Feb. 5	10:45 a.m.	12:45 p.m.	Cost of lunch + Bus Fee: \$2
Mandarin Super Buffet	Feb. 18	10:45 a.m.	12:45 p.m.	Cost of lunch + Bus Fee: \$2
Pita Jungle	Feb. 24	10:45 a.m.	12:45 p.m.	Cost of lunch + Bus Fee: \$2

## March

Destination	Date	Departure	Returning	Fee
Light Rail & Spaghetti Factory	Mar. 10	9:30 a.m.	2:40 p.m.	Cost of lunch + Bus: \$2 Train: \$2
Seamus McCaffrey's Irish Pub	Mar. 16	10:45 a.m.	12:45 p.m.	Cost of lunch + Bus Fee: \$2
Taco Night & Tequila	Mar. 27	10:45 a.m.	12:45 p.m.	Cost of lunch + Bus Fee: \$2

# Special Events

January				
Monday	Tuesday	Wednesday	Thursday	Friday
			1 Center closed for New Year's Day	2 Zumba 10:30 a.m.
5 Memory Monday Screenings	6	7 Site Council Meeting 10:30 a.m.	8	9
12	13 Loteria 10 a.m.	14 Medicare Assistance 10:15 a.m.	15 T.A. Burrows 10 a.m.	16 Zumba 10:30 a.m. Book Club 10 a.m.
19 Center closed for Martin Luther King, Jr. Day	20	21 Rock Painting 10:30 a.m.	22 Commodities upon arrival	23
26	27 Memory Café 10 a.m.	28	29	30
February				
Monday	Tuesday	Wednesday	Thursday	Friday
2 Memory Monday Screenings	3	4 Site Council Meeting 10:30 a.m.	5	6 Zumba 10:30 a.m.
9	10 Loteria 10 a.m.	11 Quarterly Birthday Party 10:30 a.m.	12	13
16 Center closed for Presidents' Day	17	18 Rock Painting 10:30 a.m.	19 Commodities upon arrival	20 Zumba 10:30 a.m. Book Club 10 a.m.
23	24 Memory Café 10 a.m.	25 Medicare Assistance 10:15 a.m.	26 Lunar New Year Dancers 10 a.m.	28
March				
Monday	Tuesday	Wednesday	Thursday	Friday
2 Memory Monday Screenings	3	4 Site Council Meeting 10:30 a.m.	5	6 Zumba 10:30 a.m.
9	10 Loteria 10 a.m.	11	12	13
16	17	18 Medicare Assistance 10:15 a.m. Rock Painting 10:30 a.m.	19 Commodities upon arrival	20 Zumba 10:30 a.m. Book Club 10 a.m.
23	24 Memory Café 10 a.m.	25	26	27
30	31 Center closed for Cesar Chavez Day			

# Deer Valley Senior Center Daily Activities

CLASS	LOCATION	DAY	TIME
Movies	Room 9	Mondays, Wednesdays	1:15 to 3:45 p.m.
Chair Exercise	MPR	Mondays, Wednesdays, Fridays	9 to 10 a.m.
Senior Fitness with Theresa	MPR	Mondays, Wednesdays, Fridays	3:30 to 4:15 p.m.
Bridge Class	Room 8	Mondays	11:30 a.m. to noon
Bridge	Room 8	Mondays	noon to 3 p.m.
Brain Games	MPR	Mondays	2:15 to 3:15 p.m.
Crochet Corner	Lounge	Tuesdays	1 to 2 p.m.
Advanced Poker	Room 7	Tuesdays, Thursdays	9 to 11 a.m.
Mat Yoga	Room 8	Tuesdays, Thursdays	10 to 11 a.m.
Geri Fit	MPR	Tuesdays, Thursdays	1 to 2 p.m.
Chair Yoga	Room 9	Tuesdays, Thursdays	2:15 to 3:15 p.m.
Smartphone Assistance	Room 8	Tuesdays	2 to 3:30 p.m.
Euchre	Room 8	Wednesdays	9 to 11 a.m.
Guitar Group	Room 10	Wednesdays	1 to 3 p.m.
Advanced Mah Jong	Room 8	Wednesdays	1 to 4 p.m.
Duplicate Bridge	Room 7	Second and fourth Wednesdays	noon to 4 p.m.
Mah Jong	Lounge	Thursdays	9 to 2:30 p.m.
Beginning Spanish	MPR	Thursdays	10 to 11 a.m.
Tai Chi ( <i>practice only</i> )	Room 9	Thursdays	10 to 11 a.m.
Computer Assistance	Room 8	Thursdays	2 to 3:30 p.m.
Beginning Line Dance	MPR	Thursdays	2:30 to 3:30 p.m.
Tai Chi ( <i>practice only</i> )	MPR	Fridays	1 to 2 p.m.
Swoop	Room 7	Fridays	1 to 4 p.m.
Tai Chi Fan Form ( <i>practice only</i> )	MPR	Fridays	2:15 to 3:15 p.m.