



**SENIOR PROGRAMS**  
CITY OF PHOENIX | HUMAN SERVICES

6501 W. Virginia Ave. Phoenix, AZ 85035

Phone 602-495-3711

**Center Operating Hours**

Operating Hours: Monday to Friday, 8 a.m. to 5 p.m.  
Programming Hours: Monday to Friday, 9 a.m. to 4 p.m.

Visit us at: [phoenix.gov/seniorservices](http://phoenix.gov/seniorservices)

# Desert West Senior Center

## Your Best Years Start Here

### WINTER 2026

### JAN. FEB. MARCH

#### 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 services to and from the center for eligible members. Please contact center staff to register, or for more information.

#### Caseworker

Service is available to current members every first and third Wednesday of the month by appointment only. Please contact center staff for more information.

#### Center Trips

All passengers must be a registered and current member of the center and sign up at the front desk. Please contact center staff for more 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.

#### Memory Café

Memory Café is a welcoming place providing persons living with early to moderate dementia a safe place to socialize and participate in activities facilitated by professionals to stimulate and support brain health. Classes available third Monday of the month. Please contact center staff for more information.

#### Center Message

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.

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.

# Ongoing Daily Activities

## Daily, Monday to Friday

Walking in the Gym  
(based on availability)  
9 to 10 a.m.

Sewing Room  
(based on availability)  
9 a.m. to 4 p.m.

Socializing, Billiards, Cards, Dominoes, Snacks & Coffee,  
Crocheting, Check Out a Laptop, Karaoke  
9 a.m. to 4 p.m.

## Monday

Monthly Movie Matinee  
Jan. 5, Feb. 2, March 30  
9 to 11:30 a.m.

Line Dance with Ruth  
First & third Monday of the month  
(no class: Jan. 19, Feb. 16)  
10 to 11 a.m.

Chair Exercise with Theresa  
Second & fourth Monday of the month  
10 to 11 a.m.

Monthly Memory Café & Memory Monday  
Feb. 23, March 16  
(no class: Jan.)  
noon to 1 p.m.

## Tuesday

St. Mary's Food Box—TEFAP  
(application required)  
Fourth Tuesday of the month  
9 to 11 a.m.

Loteria  
9:30 to 11 a.m.

Tai Chi  
(no class: Jan. 20, Feb. 17, March 31)  
12:15 to 1:15 p.m.

## Wednesday

Bingo  
9:30 to 11 a.m.

Chair Exercise with Theresa  
(no class: Jan. 21, Feb. 18)  
12:30 to 1:15 p.m.

## Thursday

Blood Pressure Checks  
First & third Thursday of the month  
9 to 10 a.m.

Tai Chi  
(no class: Jan. 1, 22, Feb. 19)  
10:30 to 11:30 a.m.

Thursday Vibes  
(information forthcoming)  
noon to 1 p.m.

## Friday

Monthly Birthday Party  
Third Friday of the month  
9:30 to 11:30 a.m.

Brain Fitness with Jan  
(no class: Jan 2, 23, Feb. 20)  
12:45 to 1:45 p.m.

# JAN.

## Special Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Happy New Year</b> "You are never too old to set another goal or to dream a new dream" <b>2026</b>			1 <u><b>CENTER CLOSED</b></u> NEW YEAR'S DAY HOLIDAY	2 <u><b>Hot Dog Sale</b></u> 9:30 a.m. National Hot Chocolate Day
5 noon Movie Matinee Honoring Martin Luther King, Jr.	6 9:30 to 11 a.m. Loteria  11:30 a.m. <b>Trip:</b> Café Zupas	7 9:30 to 11 a.m. Bingo	8 9 a.m. Free Members Breakfast  9 a.m. Lobby Hobby Sale  12:30 p.m. Site Council meeting	9 <u><b>Hot Dog Sale</b></u> 10 a.m. Hoarding Therapy Presentation
12	13 9:30 to 11 a.m. Loteria	14 9:30 to 11 a.m. Bingo  11:30 a.m. <b>Trip:</b> Golden Corral Buffet	15 noon Mardi Gras Mask Craft with Zaida	16 <u><b>Hot Dog Sale</b></u> 9:30 a.m. Birthday Party
19 <u><b>CENTER CLOSED</b></u> MARTIN LUTHER KING, JR. DAY HOLIDAY	20 9:30 to 11 a.m. Loteria Blue themed prizes  <b>Wear your blue!</b> <b>Let the winter</b> <b>chill you out</b>	21 <u><b>Hamburger Sale</b></u> 9:30 to 11 a.m. Bingo	22 9 a.m. Lobby Hobby Sale  9 a.m. Members Breakfast Sale  9:30 Art with Christy	23 <u><b>Hot Dog Sale</b></u> noon National Grandpa Day Movie Screening
26 9:30 a.m. National Hot Tea Day  9:30 a.m. Pool Tournament	27 9:30 to 11 a.m. Loteria	28 9:30 to 11 a.m. Bingo	29 12:15 to 1:30 p.m. Bingo	30 <u><b>Hot Dog Sale</b></u> 11:30 a.m. <b>Trip:</b> Hopdoddy Burger Bar

# FEB.

## Special Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 noon Movie Matinee: The Lost Valentine	3 9:30 to 11 a.m. Loteria	4 9:30 to 11 a.m. Bingo  11:30 a.m. <b>Trip:</b> Miracle Mile Deli	5 9 a.m. Free Members Breakfast  12:30 p.m. Center Planning meeting	6 <b><u>Hot Dog Sale</u></b> 9:30 a.m. Super Bowl Tailgate Party
9 9 a.m. Presidents' Day Trivia week	10 9:30 to 11 a.m. Loteria	11 9:30 to 11 a.m. Bingo Red, White, and Pink prizes  <b>Wear your red! Be true to your heart</b>	12 9 a.m. Lobby Hobby Sale  12:30 p.m. Site Council meeting	13 <b><u>Hot Dog Sale</u></b> 9 a.m. National Wear Red Day  9:30 a.m. Valentine's Party with T.A. Burrows
16 <b><u>CENTER CLOSED</u></b> <b>PRESIDENTS' DAY</b> HOLIDAY	17 <b><u>Hamburger Sale</u></b> 9:30 to 11 a.m. Loteria  9 a.m. to 1 p.m. Planting Day Community Garden	18 9:30 to 11 a.m. Bingo  11:30 a.m. <b>Trip:</b> Village Inn	19 9 a.m. Members Breakfast Sale  10 a.m. Mardi Gras Masquerade Ball Celebration	20 <b><u>Hot Dog Sale</u></b> 9:30 a.m. Birthday Party
23 9:30 a.m. Pool Tournament  noon Memory Café Topic: The Benefits of Arts & Crafts for People with Dementia	24 9:30 to 11 a.m. Loteria	25 9:30 to 11 a.m. Bingo	26 9 a.m. Lobby Hobby Sale  9:30 a.m. Black History Month Celebration  12:15 to 1:30 p.m. Bingo	27 11:30 a.m. <b>Trip:</b> Texas Roadhouse

### BLACK HISTORY MONTH

A month dedicated to celebrating the accomplishments of Black Americans and acknowledging their struggles throughout American history.

### American Heart Month

#### Keep *Your* Heart Healthy

- Love your heart
- Get active!
- Eat well!
- Quit smoking!
- Visit your doctor



# MARCH

## Special Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9 a.m. National Denim Day for Dementia	3 9:30 to 11 a.m. Loteria	4 9:30 to 11 a.m. Bingo	5 9 a.m. Free Members Breakfast	6 <b><u>Hot Dog Sale</u></b> 11:30 a.m. <b>Trip:</b> Charlie Cheesesteak
9	10 9:30 to 11 a.m. Loteria	11 9:30 to 11 a.m. Bingo  11:30 a.m. <b>Trip:</b> Portillo's Hot Dogs	12 9 a.m. Lobby Hobby Sale  12:30 p.m. Site Council meeting	13 <b><u>Hot Dog Sale</u></b> 9:30 to 11 a.m. Friday the 13th Bingo Special prize for the 13th game winner
16 noon Memory Café Topic: National Nutrition Month	17 9:30 a.m. St. Patrick's Day Loteria Green themed prizes  <b>Wear your green!</b> <b>Don't get <i>pinched</i></b>	18 <b><u>Hamburger Sale</u></b> 9:30 to 11 a.m. Bingo	19 9 a.m. Members Breakfast Sale	20 <b><u>Hot Dog Sale</u></b> 9:30 a.m. Birthday Party
23 9:30 a.m. Healthy Food Recipe  noon Pool Tournament	24 9:30 to 11 a.m. Loteria	25 9:30 to 11 a.m. Bingo  11:30 a.m. <b>Trip:</b> ATL (All the Love) Wings	26 9 a.m. Lobby Hobby Sale  12:15 to 1:30 p.m. Bingo	27 <b><u>Hot Dog Sale</u></b>
30 9 a.m. Movie Matinee Honoring Cesar Chavez	31 <b><u>CENTER CLOSED</u></b> CESAR CHAVEZ DAY HOLIDAY	<div> <h3>National Nutrition Month</h3> <div>      </div> <div> <h4>Food &amp; Drink Tips</h4> <ul style="list-style-type: none"> <li>♦ Cook more, eat out less</li> <li>♦ Plan what you're going to eat</li> <li>♦ Watch portion sizes</li> <li>♦ Make your own healthy snacks</li> <li>♦ Quench your thirst with water</li> </ul> </div> <div>      </div> </div>		

# Center Trips

## **Senior Center Group Trip Requirements**

All trips are submitted two weeks before the trip day.

All passengers must be a registered and current senior center member.

Trip fees of \$2 per trip. **(cash only)**

Senior center members may travel with caregivers associated with their case.

Participants must follow all senior center policies and procedures.

Participants must not leave the field trip site without informing senior center staff.

Everyone goes together and comes back together.

## **Cancellation/No Show**

Participants must notify center staff as soon as possible before the trip date.

## **Standby**

Stand-by is permitted, but not guaranteed.

Stand-by may replace cancellation/no show.

<b>Trip Date</b>	<b>Location</b>	<b>Arrival Time</b>	<b>Return Time</b>	<b>Cost</b>
Jan. 6	Café Zupas	11:30 a.m.	1:30 p.m.	Cost of lunch + bus fee: \$2
Jan. 14	Golden Corral Buffet	11:30 a.m.	1:30 p.m.	Cost of lunch + bus fee: \$2
Jan. 30	Hopdoddy Burger	11:30 a.m.	1:30 p.m.	Cost of lunch + bus fee: \$2
Feb. 4	Miracle Mile Deli	11:30 a.m.	1:30 p.m.	Cost of lunch + bus fee: \$2
Feb. 18	Village Inn	11:30 a.m.	1:30 p.m.	Cost of lunch + bus fee: \$2
Feb. 27	Texas Roadhouse	11:30 a.m.	1:30 p.m.	Cost of lunch + bus fee: \$2
March 6	Charley's Cheesesteak	11:30 a.m.	1:30 p.m.	Cost of lunch + bus fee: \$2
March 11	Portillo's Hot Dogs	11:30 a.m.	1:30 p.m.	Cost of lunch + bus fee: \$2
March 25	ATL (All the Love) Wings	11:30 a.m.	1:30 p.m.	Cost of lunch + bus fee: \$2

**Note: Trips, Programs, Classes and Events are subject to change or cancellation without notice. All fundraising proceeds to go Desert West Council to benefit Desert West Senior Center. Revised: 12/18/25**