



SENIOR PROGRAMS
CITY OF PHOENIX | HUMAN SERVICES

Goelet A.C. Beuf Senior Center

Your Best Years Start Here

3435 W. Pinnacle Peak, Phoenix, AZ 85027

602-534-9743

Email us at: goelet.beuf.sc@phoenix.gov



GOELET A.C. BEUF SENIOR CENTER

Beuf Senior Center is a recreation center for seniors and adults, situated in north Phoenix. We are located in the Beuf Community Center at 35th Ave. and Pinnacle Peak. Our Human Services and Parks & Recreation staff are here to serve you. Stop on by!

MEMORY CAFÉ AT BEUF

Memory Café is a welcoming place to provide persons living with early to moderate dementia a safe place to social and participate in activities facilitated by professionals to stimulate brain health. Advance registration required. Memory Café is held the first Friday of the month from 10 to 11:30 a.m. See flyer for details.

Jan. to March 2026 Program Schedule

MEMBERSHIP

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

LUNCH

Lunch is served Monday through Friday at noon. 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.

CASEWORKER SERVICES

Caseworker services are available to current members by appointment only. To schedule an appointment call 602-534-9743.

Senior Center Hours

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

Programing hours: Monday to Friday, 9 a.m. to 4 p.m.

Parks and Recreation Hours

Monday to Thursday, 8 a.m. to 8:30 p.m.; Friday, 8 a.m. to 5 p.m.; Saturday, 10 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.

Webpage: phoenix.gov/seniorservices



Program Schedule

Your Best Years
Start Here!

CLASS	INSTRUCTOR	DAY	TIME	TYPE
Table Tennis	Self-led	Monday	9 to 10 a.m.	In-person
Bingo	Volunteer	Monday	9:15 to 11:30 a.m.	In-person
Geri Fit	Fernando	Monday	11 a.m. to noon	In-person
Senior Fit	Cheryl	Monday	1 to 2 p.m.	In-person
Mahjong Group (Beginner)	Volunteer, Heidi	Monday	1 to 3 p.m.	In-person
CLASS	INSTRUCTOR	DAY	TIME	TYPE
Art Class	Will, Volunteer	Tuesday	9 to 11 a.m.	In-person
Yoga	Video	Tuesday	9 to 10 a.m.	In-person
Line Dance (Improver)	Volunteer, Mary	Tuesday	10 to 11 a.m.	In-person
Line Dance (Beginner)	Volunteer, Kathy	Tuesday	1 to 2 p.m.	In-person
CLASS	INSTRUCTOR	DAY	TIME	TYPE
Let's Dance Fitness Class	Michelle	Wednesday	9:30 to 10:30 a.m.	In-person
Geri Fit	Fernando	Wednesday	11 a.m. to noon	In-person
Beading Group	Volunteer	First & third Wednesday of the month	1 to 3 p.m.	In-person
Senior Fit	Cheryl	Wednesday	1 to 2 p.m.	In-person
Mahjong Group (Intermediate/Advanced)	Heidi, Volunteer	Wednesday	1 to 3 p.m.	In-person
CLASS	INSTRUCTOR	DAY	TIME	TYPE
Bingo	Volunteer	Thursday	9:15 to 11:30 a.m.	In-person
Salsa Dance Class	Fernando	Thursday	10 to 11 a.m.	In-person
Tai Chi	Fernando	Thursday	11 a.m. to noon	In-person
Movies in the Beuf	Staff	Thursday	12:30 to 3 p.m.	In-person
Bunco Group	Linda, Volunteer	Thursday	12:45 to 2:45 p.m.	In-person
Table Tennis	Self-led	Thursday	2 to 3 p.m.	In-person
CLASS	INSTRUCTOR	DAY	TIME	TYPE
Yoga	Video	Friday	9 to 10 a.m.	In-Person
Coloring Corner	Self-led	Friday	9 a.m. to noon	In-person
Prize Loteria	Staff	Friday	1 to 2 p.m.	In-person
Matter of Balance Starts 1/16	Instructor	Friday	2 to 4 p.m.	In-person

Note: Programs, Classes, Events, and Trips subject to change or cancellation without notice. Revised 12.24.25

Billiards

Billiards open play from 8 a.m. to 4 p.m. daily

All members welcome

Please see staff to check out equipment

Billiards Tournaments, must RSVP

Wednesday, Jan. 21, at 9 a.m.

Wednesday, Feb. 18, at 9 a.m.

Wednesday, March 18, at 9 a.m.

Trips

See flyers for details

Jan. 6 Diner 50

Jan. 13 Desert Botanical Gardens

Jan. 27 Arizona Railway Museum (with Parks)

Feb. 3 The HEART Center Equestrian Program

Feb. 10 George & Son Asian Cuisine

Feb. 12 Rosson House Museum (with Parks)

March 3 Wrigley Mansion

March 10 George Washington Caver Museum

March 19 Shamrock Farms (with Parks)

March 24 Ranch House Grille

TEFAP (commodities) Distribution

Jan. 26

Feb. 23

March 23

Please see staff for more information

Beuf Senior Center will be CLOSED

Jan. 1, New Year's Day

Jan. 19, Martin Luther King, Jr. Day

Feb. 16, Presidents' Day

March 31, Cesar Chavez Day

Site Council Meetings at 9:30 a.m.

Jan. 28

Feb. 25

March 25

Meetings are open to all members of the center

Daily Activities

Walking track, coloring corner, board games, puzzles, table tennis, and card games

Special Events

**Note: RSVP required,
RSVP at kiosk or by calling 602-534-9743
See flyers for details**

Beuf Art Show

If you would like to showcase your art see senior center staff. Open gallery Jan. 12 to 16
Meet the Artist Friday, Jan. 16 at 11 a.m.

Phoenix Art Museum Presentations

Learn about art periods from around the world

Thursday, Jan. 8, at noon

Thursday, Feb. 12, at noon

Thursday, March 12, at noon

Fraud Prevention Presentation

Quick tips and red flags to help you spot and stop fraud before it starts

Monday, Jan. 5, at 12:30 p.m.

Understanding Anemia Presentation

Learn common symptoms of anemia

Monday, Feb. 23, at 12:30 p.m.

The HEART Center Collaborative Event

The HEART center uses horses and recreation to make school & therapy more relevant and fun for individuals with disabilities. Join us for prize bingo and ice cream with the HEART center participants

Friday, Jan. 9, at 12:30 p.m.

Friday, Jan. 16, at 12:30 p.m.

National Awareness Documentaries

Join us for refreshments and a documentary

MLK, Jr.: Thursday, Jan. 29 at noon

Black History: Thursday, Feb. 26, at noon

Woman's History: Thursday, March 26, at noon

Medicare 101 Seminars

Learn more about Medicare each month covering a new topic

New to Medicare: Wednesday, Jan. 28, at 12:30 p.m.

Supplement vs. Advantage: Wednesday, Feb. 11, at 12:30 p.m.

Chronic Conditions & Benefits: Wednesday, March 11, at 12:30 p.m.

Understanding the Donor Process Presentation

Learn what it means to be a blood donor

Monday, March 23, at 12:30 p.m.

Blood Drive

The Vitalant mobile bus will be outside of Beuf for a blood drive, sign up to donate
Monday, March 23, 9 a.m. to 2 p.m.

Special Events

JANUARY FEBRUARY MARCH

Monday	Tuesday	Wednesday	Thursday	Friday
			1. Center Closed New Year's Day	2 10 a.m. Memory Café
5 12:30 p.m. Fraud Prevention Presentation	6. 12:30 p.m. Ice Cream Social Trip Diner 50	7	8 noon Phoenix Art Museum Presentation	9 10 a.m. Birthday Party 12:30 p.m. The HEART Center Event
12 Art Show Open Gallery All Week	13 Trip Desert Botanical Gardens	14 1 p.m. Crafts, <u>must RSVP</u>	15	16 11 a.m. Art Show: Meet the Artist 12:30 p.m. The HEART Center Event
19 Center Closed MLK, Jr. Day	20 10 a.m. eSports Learn & Play	21 9 a.m. Billiards Tournament	22	23
26 10 a.m. TEFAP (commodities)	27 Trip Arizona Railway Museum with Parks	28 9:30 a.m. Site Council Meeting 12:30 p.m. Medicare Presentation	29 noon Martin Luther King, Jr. Documentary	30
Monday	Tuesday	Wednesday	Thursday	Friday
2	3 12:30 p.m. Ice Cream Social Trip The HEART Center Equestrian Program	4	5	6 10 a.m. Memory Café
9	10 Trip George & Son Asian Cuisine	11 12:30 p.m. Supplement vs Advantage Medicare 1 p.m. Crafts, <u>must RSVP</u>	12 noon Phoenix Art Museum Presentation Trip Rosson House Museum	13 10 a.m. Birthday Party Celebration
16 Center Closed Presidents' Day	17	18 9 a.m. Billiards Tournament	19	20 10 a.m. February Ball
23 10 a.m. TEFAP (commodities) 12:30 p.m. Understanding Anemia Presentation	24	25 9:30 a.m. Site Council Meeting	26 noon Black History Month Documentary	27
Monday	Tuesday	Wednesday	Thursday	Friday
2	3 12:30 p.m. Ice Cream Social Trip Wrigley Mansion	4	5	6 10 a.m. Memory Café
9	10 Trip George Washington Caver Museum	11 12:30 p.m. Chronic Condition & Medicare Benefits 1 p.m. Crafts, <u>must RSVP</u>	12 noon Phoenix Art Museum Presentation	13 10 a.m. St. Patrick's Day Party
16 All Week Shred-a-thon	17	18 9 a.m. Billiards Tournament	19 Trip Shamrock Farms	20 10 a.m. Birthday Party
23 10 a.m. TEFAP (commodities) 12:30 p.m. Understanding the Donor Process Presentation 9 a.m. to 2 p.m. Blood Drive	24 Trip Ranch House Grille	25 9:30 a.m. Site Council Meeting	26 noon Woman's History Month Documentary	27
30	31 Center Closed			