

Helen Drake Senior Center



Jan., Feb., & March



SENIOR PROGRAMS
CITY OF PHOENIX | HUMAN SERVICES

Date	Destination	Time	Cost
Jan. 8	Mel's Diner	10 to 11:30 a.m.	\$2 + cost of lunch
Jan. 13	The Hub	11 a.m. to 12:30 p.m.	\$2 + cost of lunch
Jan. 22	Mac Alpine's Diner & Soda Fountain	11 a.m. to 12:30 p.m.	\$2 + cost of lunch
Feb. 6	Super Bowl Party at SOW	11 a.m. to 2 p.m.	\$2 shuttle cost
Feb. 11	Sugar Bowl	11 a.m. to 12:30 p.m.	\$2 + cost of lunch
Feb. 19	The Tamale Store	11 a.m. to 12:30 p.m.	\$2 + cost of lunch
March 12	Japanese Friendship Garden	10 to 11:30 a.m.	\$2 + cost of ticket
March 18	Cornish Pasty	11 a.m. to 12:30 p.m.	\$2 + cost of lunch
March 30	Anzio's Italian Restaurant	11 a.m. to 12:30 p.m.	\$2 + cost of lunch

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

phoenix.gov/seniorservices

The City's TTY Relay phone number 602-534-5500, if needed. This facility is Relay 7-1-1 trained.

Your Best Years Start Here

7600 N. 27th Ave.
Phone 602.262.4949

Hours of operation
Monday through Friday
8 a.m. to 5 p.m.

Programming hours
9 a.m. to 4 p.m.

City of Phoenix Memory Café Program

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. Memory Café's include care partners for a shared experience. Advance registration is required; there is no fee to attend. Please call 602-534-5750 or email memory.cafe@phoenix.gov

MEMBERSHIP

The annual membership fee is \$20 for Phoenix residents and \$40 for non-residents.

TRANSPORTATION

MV Transportation provides flexible taxi service to and from your local senior center for eligible members. Please contact center staff to register, or for more information.

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.

CASEWORKER

Every first and third Wednesday of every month,
9 a.m. to noon
Please create an appointment with staff.

Jan. 2026

Activities & Events




Monday

Tuesday

Wednesday

Thursday

Friday

			1 Center Closed New Year's Day	2 No Line Dance class
5 Memory Monday 9 a.m. Paper Flower Art 1 p.m.	6 Memory Café with Devoted Tie-Dye Activity 10 a.m.	7 Disco Minute with Site Council 12:30 p.m. Fernando's Dance Class 1 p.m.	8 Coloring Corner 9 a.m. Musical bingo with Archwell 11 a.m.	9
12	13 The Helen Drake Craft Experience 10:30 a.m.	14 Disco Minute with Site Council 12:30 p.m. Fernando's Dance Class 1 p.m.	15 Coloring Corner 9 a.m.	16 Matter of Balance 12:30 p.m. Movie & PJ Day with Devoted 2:30 p.m.
19 Center Closed Martin Luther King, Jr. Day 	20 Healthy Smoothies with Renee 2 p.m.	21 Disco Minute with Site Council 12:30 p.m. Fernando's Dance Class 1 p.m. Site Council Meeting 2 p.m.	22 Coloring Corner 9 a.m. Musical bingo with Archwell 11 a.m.	23 Matter of Balance 12:30 p.m. Birthday Bingo Party 2:30 p.m. 
26	27 Doc Talk with Devoted: <i>Healthy Sleep</i> (Dementia friendly) 10 a.m.	28 Disco Minute with Site Council 12:30 p.m. Fernando's Dance Class 1 p.m.	29 Coloring Corner 9 a.m.	30 Matter of Balance 12:30 p.m.

Feb. 2026

Activities & Events

Monday

Tuesday

Wednesday

Thursday

Friday








2 Memory Monday 9 a.m.	3 The Great Egg Toss with Devoted 10 a.m.	4 Disco Minute with Site Council 12:30 p.m. Fernando's Dance Class 1 p.m.	5 Coloring Corner 9 a.m. Musical bingo with Archwell 11 a.m.	6 Matter of Balance 12:30 p.m.
9	10 The Helen Drake Craft Experience 10:30 a.m.	11 Disco Minute with Site Council 12:30 p.m. Fernando's Dance Class 1 p.m.	12 Coloring Corner 9 a.m. Tunnel of Love Party 10 a.m.	13
16 Center Closed Presidents' Day 	17 Healthy Smoothies with Renee 2 p.m.	18 Disco Minute with Site Council 12:30 p.m. Fernando's Dance Class 1 p.m. Site Council Meeting 2 p.m.	19 Coloring Corner 9 a.m. Musical bingo with Archwell 11 a.m.	20 Birthday Bingo Party 1 p.m. 
23	24 Bingo with Devoted 10 a.m. Dementia Friendly Coloring Corner 11 a.m.	25 Disco Minute with Site Council 12:30 p.m. Fernando's Dance Class 1 p.m.	26 Coloring Corner 9 a.m.	27

March 2026

Activities & Events



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Memory Monday</p> <p>9 a.m.</p> <p>Paper Flower Art</p> <p>1 p.m.</p>	<p>3</p> <p>Trivia with Devoted</p> <p>10 a.m.</p>	<p>4</p> <p>Disco Minute with Site Council</p> <p>12:30 p.m.</p> <p>Fernando's Dance Class</p> <p>1 p.m.</p> 	<p>5</p> <p>Coloring Corner</p> <p>9 a.m.</p> <p>Musical bingo with Archwell</p> <p>11 a.m.</p>	<p>6</p> <p>No Line Dance class</p>
<p>9</p>	<p>10</p> <p>The Helen Drake Craft Experience</p> <p>10:30 a.m.</p>	<p>11</p> <p>Disco Minute with Site Council</p> <p>12:30 p.m.</p> <p>Fernando's Dance Class</p> <p>1 p.m.</p>	<p>12</p> <p>Coloring Corner</p> <p>9 a.m.</p>	<p>13</p>
<p>16</p>	<p>17</p> <p>Irish Scavenger Hunt with Devoted</p> <p>10 a.m.</p> 	<p>18</p> <p>Disco Minute with Site Council</p> <p>12:30 p.m.</p> <p>Fernando's Dance Class</p> <p>1 p.m.</p> <p>Site Council Meeting</p> <p>2 p.m.</p>	<p>19</p> <p>Coloring Corner</p> <p>9 a.m.</p> <p>Musical bingo with Archwell</p> <p>11 a.m.</p>	<p>20</p> <p>Birthday Bingo Party</p> <p>1 p.m.</p> 
<p>23</p>	<p>24</p> <p>Healthy Smoothies with Renee</p> <p>2 p.m.</p>	<p>25</p> <p>Disco Minute with Site Council</p> <p>12:30 p.m.</p> <p>Fernando's Dance Class</p> <p>1 p.m.</p> 	<p>26</p> <p>Coloring Corner</p> <p>9 a.m.</p>	<p>27</p> <p>Movie Day with Devoted</p> <p>2:30 p.m.</p>
<p>30</p>	<p>31</p> <p>Center Closed</p> <p>Cesar Chavez Day</p> 			

Ongoing Activities

CLASS	INSTRUCTOR	DAY	TIME
Card Games	Member-led	Monday to Friday	9 a.m. to 4 p.m.
Walking Club	Member-led	Monday	10 to 11 a.m.
Cardio Blast	David G.	Monday & Wednesday	11 a.m. to noon
Senior Serenity	David G.	Monday & Thursday	2 to 4 p.m.
Happy Quilters Club	Member-led	Monday & Friday	9 a.m. to noon
Technology Assistance	Terrance T.	Tuesday & Thursday	10 a.m. to noon
Senior Fitness	Theresa L	Tuesday & Thursday	1 to 2 p.m.
Pleasures of the Palette	Member-led	Wednesday	9 a.m. to noon
Tai Chi	Member-led	Wednesday	1 to 2 p.m.
Coloring Corner	Staff-led	Thursday	9 a.m. to 4 p.m.
Bible Study (not City sponsored)	Member-led	Thursday	10 to 11 a.m.
SketchCraft School	David G.	Thursday	2 to 3 p.m.
Line Dancing	Ruth S.	Friday	10 to 11 a.m.
Sewing Class with Yolanda	Yolanda F.	Friday	12:30 to 1:30 p.m.
Movie Day	Staff-led	Friday	2:30 to 4 p.m.