



SENIOR PROGRAMS
CITY OF PHOENIX | HUMAN SERVICES

Marcos de Niza Senior Center

Your Best Years Start Here

305 W. Pima Street, Phoenix, AZ 85003

602-262-7249

Email us at: marcos.sc.hsd@phoenix.gov

Visit us at: phoenix.gov/seniorservices



Jan., Feb., March 2026 Program Schedule



WE CELEBRATE DIVERSITY!

Marcos de Niza Senior Center is located on 3rd Avenue & Pima Street. It is in the heart of Marcos de Niza Housing that offers many additional resources within two miles of downtown Phoenix.

Senior Center 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.

Computer and Wi-Fi

Your membership includes use of the computer lab or bring your own device to surf the internet!



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.

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.

CASEWORKER SERVICES

Caseworker services are available to current members by appointment only. To schedule an appointment call 602-534-AIDE (2433).

MEMORY CAFÉ

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 simulate brain health. Advance registration required. Dementia topic at 9:30 a.m. , activity at 10:30 a.m. For more information, please call 602-534-5750 or email memory.cafe@phoenix.gov



Programs, classes, events, and trips subject to change or cancellation without notice.

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

This City Facility is RELAY 7-1-1 trained.

PROGRAM SCHEDULE

| CLASS | INSTRUCTOR | DAY | TIME | TYPE |
|----------------------------------|------------------|-----------|---------------------|-----------|
| Dance Fitness - Zumba | Fernando L. | Monday | 9:30 to 10:30 a.m. | In-person |
| Educational Presentation | Instructor | Monday | 10:30 to 11:30 a.m. | In-person |
| Self-Care and Social Group | Volunteer | Monday | noon to 1 p.m. | In-person |
| Jewelry Making | Volunteer | Monday | 1 to 3 p.m. | In-person |
| Open Mic - Karaoke | Volunteer | Monday | 2:30 to 3:30 p.m. | In-person |
| CLASS | INSTRUCTOR | DAY | TIME | TYPE |
| Bible Study (non-city sponsored) | Volunteer | Tuesday | 9:30 to 10:30 a.m. | In-person |
| Fun Loteria | Volunteer | Tuesday | 10:30 to 11:30 a.m. | In-person |
| *Special Classes (see calendar) | Geri Fit Program | Tuesday | 12:30 to 1:30 p.m. | In-person |
| Crochet and Social Group | Volunteer | Tuesday | 1 to 3 p.m. | In-person |
| Wii Games | Volunteer | Tuesday | 2:30 to 3:30 p.m. | In-person |
| CLASS | INSTRUCTOR | DAY | TIME | TYPE |
| ESL: Beginner English Class | Volunteer | Wednesday | 9 to 10 a.m. | In-person |
| Chair Tai Chi | Anu | Wednesday | 10:15 to 11:15 a.m. | In-person |
| Fun Bingo | Volunteer | Wednesday | noon to 1 p.m. | In-person |
| Creative Projects | Volunteer | Wednesday | 1 to 3 p.m. | In-person |
| Open Mic - Karaoke | Volunteer | Wednesday | 2:30 to 3:30 p.m. | In-person |
| CLASS | INSTRUCTOR | DAY | TIME | TYPE |
| Self-Care and Social Group | Volunteer | Thursday | 9:30 to 10:30 a.m. | In-person |
| Fun Loteria | Volunteer | Thursday | 10:30 to 11:30 a.m. | In-person |
| * Special Classes (see calendar) | Geri Fit Program | Thursday | noon to 1 p.m. | In-person |
| Knitting and Social Group | Volunteer | Thursday | 1 to 3 p.m. | In-person |
| Wii Games | Volunteer | Thursday | 2:30 to 3:30 p.m. | In-person |
| CLASS | INSTRUCTOR | DAY | TIME | TYPE |
| Exploring and Learning Videos | Volunteer | Friday | 9 to 10 a.m. | In-person |
| Fun Bingo | Volunteer | Friday | 10:15 to 11:15 a.m. | In-person |
| Movie Time | Volunteer | Friday | noon to 2 p.m. | In-person |
| Sewing and Social Group | Volunteer | Friday | 1:30 to 3:30 p.m. | In-person |



Daily Activities

9 a.m. to 4 p.m.

Billiards, brain games, table games, cards, dice games, dominoes, puzzles, Cardio Corner, color with Style, socializing with friends, Walking Club, coffee club, snack club, stretching time, Jenga, Book Corner, Wii games.

Awareness Months 2026

10:30 a.m.

January

Tuesday, Jan. 6: National Bean Dip Day

Monday, Jan. 26: Glaucoma Awareness Month

February

Monday, Feb. 9: National Pizza Day

Monday, Feb. 23: American Heart Month

March

Monday, March 16: National Kidney Month

Monday, March 23: Brain Injury Awareness Month

Senior Center Group Trip Guidelines

All trips are submitted two weeks before the trip day. Passengers must be a currently registered senior center member.

Trip fees: \$2 per trip (cash only) applies to center trips.

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.

Stand-by is permitted, but not guaranteed; Stand-by may replace cancellation/no show.

“No Call / No Show”

1st “No Call / No Show”: Warning

2nd No Call / No Show”: Reservation privileges suspended for the remainder of the quarter

3rd No Call / No Show”: not allowed to make trip reservations for six (6) months: see monthly calendar for trips.



Special Events

Note: RSVP required

RSVP at kiosk or by calling Marcos de Niza Senior Center. See flyers for more details.



Martin Luther King, Jr. Celebration

Thursday, Jan. 29, at 10:30 a.m.



Valentine’s Day Celebration

Friday, Feb. 13, at 10:30 a.m.



Black History Month

Friday, Feb. 27 at 10:30 a.m.



St. Patrick’s Day Celebration

Tuesday, March 17 at 10:30 a.m.



Cesar Chavez Celebration

Thursday, March 27 at 10:30 a.m.

St. Mary’s Food Bank T.E.F.A.P. Program

Distribution second Wednesday and Thursday of each month, from 12:30 to 3 p.m.
(first come, first served)



Blood Pressure Checks

9 a.m.

Every Monday and Friday

Jan. Special Events

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|-------------------------------|---|-----------------------------------|-------------------------------------|
| | | | 1 Center Closed New Year's Day | 2 |
| 5 Memory Café 10:30 a.m. | 6 Rosca de Reyes 9 a.m. | 7 Site Council Meeting 9:15 a.m. Flower Class: 1 p.m. | 8 | 9 Trip: El Portal 11 a.m. |
| 12 Food Demo:10:30 a.m. Flower Class: 1 p.m. | 13 | 14 | 15 | 16 Chair Yoga 11 a.m. |
| 19 Center Closed Marting Luther King, Jr. Day | 20 . | 21 Arts & Crafts: 12:15 p.m. | 22 | 23 Trip: Ranch market 11 a.m. |
| 26 Presentation 10:30 a.m. | 27 | 28 | 29 | 30 Chair Yoga 11 a.m. |

Feb. Special Events

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---------|---|----------|--------------------------------|
| 2 Memory Café 10:30 a.m. | 3 | 4 Site Council Meeting 9:15 a.m. Flower Class: 1 p.m. | 5 | 6 Trip: Mi Patio 11 a.m. |
| 9 Fraud Presentation 10:30 a.m. Flower Class: 1 p.m. | 10 | 11 | 12 | 13 |
| 16 Center Closed Presidents' Day | 17 | 18 Arts & Crafts: 12:15 p.m. | 19 | 20 Chair Yoga 11 a.m. |
| 23 Food Demo:10:30 a.m. Flower Class: 1 p.m. | 24 | 25 | 26 | 27 |

March Special Events

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--------------------------------------|---|----------|--|
| 2 Memory Café 10:30 a.m. | 3 | 4 Site Council Meeting 9:15 a.m. Flower Class: 1 p.m. | 5 | 6 Trip: Red Devil 11 a.m. |
| 9 Consumer Scams Presentation 10:30 a.m. | 10 | 11 | 12 | 13 Chair Fitness/Yoga 11 a.m. |
| 16 Kidney Awareness 10:30 a.m. | 17 | 18 Arts & Crafts: 12:15 p.m. | 19 | 20 Trip: Comedor Guadalajara:11 a.m. |
| 23 Flower Class 1p.m. | 24 | 25 | 26 | 27 |
| 30 Food Demo 10:30 a.m. | 31 Center Closed Cesar Chavez Day | | | |