



## SENIOR PROGRAMS

CITY OF PHOENIX | HUMAN SERVICES

### WELCOME

The City of Phoenix Senior Centers offer active adult programs. For more information or details regarding Senior Center programming, memberships, list of services, meals or hours of operation you can visit.

### CENTER TRIPS

Must be a currently registered member. Please sign up with staff. Transportation for all trips is \$2. Any questions, please ask a staff member.

Destination	Date	Time	Cost
Mekong Plaza	Friday, Jan. 30	11 a.m. to 1:30 p.m.	\$2 + lunch
Japanese Friendship Garden	Friday, Feb. 6	10 a.m. to 1 p.m.	\$2
Phoenix Art Museum	Wednesday March 18	12:15 to 2 p.m.	\$2

### MEMORY CAFÉ



**Human Services Department's  
Memory Café program is offered  
at all 15 senior center locations!**

McDowell Place Senior Center  
hosts an in-person Memory Café  
the third Wednesday of each  
month, from 10:30 to 11:30 a.m.

## McDowell Place Senior Center

*Your Best Years Start Here*

1845 E. McDowell Rd.

Phone 602.262.1842

**Jan. to March 2026**

### 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 service to and from the center for eligible members. Please contact Human Services staff to register and obtain more detailed 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.

#### **Center Operating Hours**

Monday through Friday, 8 a.m. to 5 p.m.

#### **Programming Hours**

Monday through Friday, 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.

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

[phoenix.gov/seniorservices](http://phoenix.gov/seniorservices)

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 New Year's Day Center Closed	2
5	6 10 a.m. TEFAP	7	8 Arts \ Christy 9:30 a.m.	9
12	13	14	15 Memory Café 10 to 11 a.m.	16
19 Martin Luther King, Jr. Day Center Closed	20	21	22	23
26	27	28 Diana Gregory 10 .m.	29	30 11 a.m. Mekong Plaza

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 10 a.m. TEFAP	4	5 9:30 a.m. Arts & Crafts with Christy	6 10 a.m. Japanese Friendship Garden
9		11 12:15 p.m. Ranch Market	12	13
16 Presidents' Day Center Closed	17	18	19 10 a.m. Memory Cafe	20

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23	24	25 10 a.m. Diana Gregory	26	27
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 10 a.m. TEFAP	4	5 9:30 a.m. Arts & Crafty with Christy	6
9	10	11	12	13
16	17 9:30 a.m. St. Patrick's Party	18 12:15 p.m. Phoenix Art Museum	19 10 a.m. Memory Cafe	20
23	24	25 10 a.m. Diana Gregory	26	27
30	31 Cesar Chavez Day Center Closed			

**Note:** Trip transportation cost is \$2. Programs, Classes, Events, and Trips are subject to change or can be canceled without notice. 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.

Activity	Time	Day
Coloring & Puzzles	9 a.m. to 4 p.m.	Monday through Friday
Socialization	9 a.m. to 4 p.m.	Monday through Friday
Card Games	9 a.m. to 4 p.m.	Monday through Friday
Loteria	10 to 11:30 a.m.	Monday, Wednesday, Friday
Line Dancing	12:30 to 1:30 p.m.	Monday
Chair Exercise	10:30 to 11:30 a.m.	Tuesday
Fun Bingo	10:30 to 11:30 a.m.	Thursday
Movie	12:30 to 3 p.m.	Wednesday
Happy Hour	12:30 to 1:30 p.m.	Friday
Healthy Recipes	12:30 to 1:30 p.m.	Friday
Story Telling	1:30 to 2 p.m.	Friday

# Gregory's *Fresh* Market

We Bring The Market To You

Providing a bag of fresh fruits and vegetables to members once a month.

Please bring a reusable bag.



Wednesday, January 28

Wednesday, February 25

Wednesday, March 25



Bags are distributed on a first come first serve basis and while supplies last.

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\* I - in-person class 實體課程 , V - virtual class 網上課程