



Paradise Valley Senior Center

Programs for Active Adults

17402 N. 40th Street, Phoenix, AZ. 85032 602.495.3785

For more information or a copy of this publication in an alternate format, call 602-262-4520 voice. This facility is Relay 7-1-1 trained.



PARADISE VALLEY SENIOR CENTER

Paradise Valley Senior Center is an activity center for seniors and adults, located in northeast Phoenix. We are one block north of Bell Road on 40th Street in Paradise Valley Park. Our campus includes Paradise Valley Pool and Paradise Valley Community Center. Our friendly Human Services staff is here to serve you ... stop on by and discover a host of amenities, classes, and programs perfect for you.

Your Best Years Start Here

WINTER 2026

PROGRAM SCHEDULE



JAN./FEB./MARCH

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.

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.

Human Services Program
9 a.m. to 4 p.m.
Monday through Friday

Senior Center operating hours 8 a.m. to 5 p.m.
phoenix.gov/seniorservices

Parks and Recreation Program

Monday through Thursday: 9 a.m. to 9 p.m.
Friday: 9 a.m. to 6 p.m.
Saturday: 10 a.m. to 6 p.m.

SENIOR AEROBICS

9:30 to 10:30 a.m.

Tuesdays, Thursdays



Join volunteers Joe and Jan in the gymnasium for a great workout to fun music! Bring your own hand weights (optional).



LINE DANCING

9:30 to 10:30 a.m.

Mondays, Wednesdays, Fridays

Join volunteers Eve, Jane, and Carol, for an engaging session. No experience necessary. Wednesdays: beginners and all levels welcome!

STRETCH & FLEX

11 a.m. to noon

Fridays



New! Instructor Lupita will guide you through slow, mindful stretching for balance and flexibility.



GERI FIT

11 a.m. to noon

Mondays and Wednesdays

Jan. 7, 14, and 21: class will begin at 1 p.m.

Provides chair fitness for stretching, toning, strengthening & balance.

HARMONY IN MOTION

1 p.m.

Mondays



New! Join this gentle, flowing movement class to help you feel strong, steady, and calm.

TAI CHI / QIGONG FOR ARTHRITIS

1 p.m.

Wednesdays



Instructor Kay provides techniques to relieve pain and improve flexibility.

GYM RECREATION

9 a.m. to 1:30 p.m.

Monday thru Friday



Our gymnasium space offers billiards, pickleball, basketball, and more! See Parks and Recreation desk for details.



WALKING GROUP

9 to 9:30 a.m.

Monday thru Friday

The gymnasium is open daily for walking time in the cool air. Don't forget your water bottle!

PV SENIOR SINGERS

12:30 to 2 p.m.

Mondays

No choir group in Jan.

Performance: March 23

Like to sing just for fun? This is for you!

No experience needed.



LICENSED BINGO

12:30 to 3:30 p.m.

Tuesdays, Thursdays

Minimum fee to play is \$9

Games conducted by North East Senior Center Association. First game called promptly at 1 p.m.



QUIET ZONE

10 a.m. to 2 p.m.

Tuesdays, Wednesdays, Thursdays

Our comfortable conference room is open for engaging in peaceful activities. Come de-stress, concentrate, and relax.



MEMORY CAFE

1 p.m.

Third Monday monthly

No program on Jan. 19 or Feb. 16

Come for a dementia friendly, mindful mobility class! (seated or standing)

Care partner must attend with participant.



CRAFTING STUDIO

9 a.m. to 3 p.m.

Mondays

Join Hooks and Needles group and others for a variety of crafting fun. Got a fun craft? Bring it in and share with us!



QUILTING STUDIO

9 a.m. to 3 p.m.

Wednesdays, Fridays

Bring your own supplies and share creative space with other quilting enthusiasts.



ART STUDIO

9 a.m. to 3 p.m.

Tuesdays, Thursdays

Bring your own equipment and supplies and share creative space with other art enthusiasts.



CERAMICS STUDIO

9 a.m. to 3 p.m.

Mondays

Bring your own project and supplies and share space with other ceramics creators.



ACTIVITY ZONE

9 a.m. to 3 p.m.

Monday thru Friday



Our comfortable library/lounge area is open daily for drop-in cards, games, reading, and computers. Laptops are available for checkout.

POKER

10 a.m. to 3 p.m.

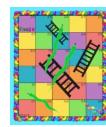
Mondays, Wednesdays, Thursdays



Bring your group to match, bet, raise and fold. Must have a basic knowledge of the game.

TABLE GAMES

9 a.m. to 2 p.m.



Tuesdays, Fridays

Join us for Pokeno, Skip Bo, Loteria, and Uno!

BIBLE STUDY

1 to 2 p.m.



Fridays

Non-city sponsored activity. Meets weekly.

CONGREGATE MEALS

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.



VOLUNTEERS NEEDED!

Want to lend a helping hand? Volunteers are needed to host bridge, mah-jongg, and craft activities. Licensed Bingo, offered by Northeast Senior Center Association, is also seeking volunteers available on Tuesday and Thursday afternoons.

Paradise Valley Senior Center Closures:

Monday, Jan. 19

in observance of Martin Luther King, Jr. Day

Monday, Feb. 16

in observance of Presidents' Day

Tuesday, March 31

in observance of Cesar Chavez Day

Wednesday, April 8

due to staff offsite training

Paradise Valley Site Council General Meetings:

Tuesday, Jan. 20 at 10:45 a.m.

Tuesday, Feb. 17 at 10:45 a.m.

Phoenix Parks and Recreation Department offers classes, group activities, and recreation for all ages. To inquire about offerings at Paradise Valley Community Center, please call 602.495.3777.