



SENIOR PROGRAMS  
CITY OF PHOENIX | HUMAN SERVICES

# 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](http://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.*



## 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!*



## 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.*

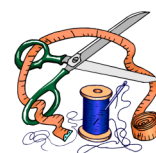


## QUILTING STUDIO

9 a.m. to 3 p.m.

Wednesdays, Fridays

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



## 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.*



## 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.*



## 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.*



## 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.

## 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

## 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 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.