



PROGRAM SCHEDULE

Winter 2026

JAN.-FEB.-MARCH



Group Trips

Date	Destination	Time	Cost
1/9/26	The Tamale Store	11:30 a.m.	\$2 + lunch
1/23/26	Cheddars Scratch Kitchen	11:30 a.m.	\$2 + lunch
1/29/26	Marcos de Niza Senior Center	10 a.m.	\$2
2/12/26	Helen Drake Senior Center	9:30 a.m.	\$2 + spending money
2/20/26	Knock Kneed Lobster	11:30 a.m.	\$2 + lunch
3/6/26	Red Robin	11:30 a.m.	\$2 + lunch
3/9/26	Steele Indian School Park	9 a.m.	\$2
3/17/26	Marcos de Niza Senior Center	10 a.m.	\$2
3/20/26	Little Miss BBQ	11:30 a.m.	\$2 + lunch

Senior Opportunities West Your Best Years Start Here



1220 S. 7th Ave
Phoenix, AZ 85007
Phone 602.262.6610

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

Programming Hours, 9 a.m. to 4 p.m.



MEMBERSHIP

Membership gives you access to all 15 City of Phoenix senior centers. Annual membership fee is \$20 for Phoenix residents and \$40 for non-residents.



LUNCH

Lunch service is Monday through Friday starting 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 the center for eligible members. Please contact center staff to register and for more information.

J a n u a r y

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Center Closed New Year's Day 	2 Chair Fitness 10:30 a.m. Volunteer Meeting 12:30 p.m.
5 Memory Monday 9 a.m. Loteria 10:30 a.m. Karaoke 1:30 p.m.	6 Three King Days 9:30 a.m. Chair Exercise 10:30 a.m. 	7 Bingo 12:30 p.m. Karaoke 1:30 p.m.	8 Memory Café 10:30 a.m. Tai Chi 12:15 p.m. 	9 Chair Fitness 10:30 a.m.
12 Loteria 10:30 a.m. Karaoke 1:30 p.m.	13 Advisory Board Meeting 9:30 a.m. Chair Exercise 10:30 a.m.	14 Bingo 12:30 p.m. Karaoke 1:30 p.m.	15 Tai Chi 12:15 p.m. T.E.F.A.P. 12:30 p.m.	16 Chair Fitness 10:30 a.m.
19 Center Closed Martin Luther King, Jr. Day 	20 Chair Exercise 10:30 a.m.	21 Bingo 12:30 p.m. Karaoke 1:30 p.m.	22 Tai Chi 12:15 p.m.	23 Chair Fitness 10:30 a.m.
26 Loteria 10:30 a.m. Karaoke 1:30 p.m.	27 Chair Exercise 10:30 a.m.	28 Bingo 12:30 p.m. Karaoke 1:30 p.m.	29 Tai Chi 12:15 p.m.	30 Chair Fitness 10:30 a.m. January Birthdays 12:30 p.m. 

F e b r u a r y

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Memory Monday 9 a.m. Loteria 10:30 a.m. Karaoke 1:30 p.m.	3 Chair Exercise 10:30 a.m.	4 Bingo 12:30 p.m. Karaoke 1:30 p.m.	5 Tai Chi 12:15 p.m.	6 Chair Fitness 10:30 a.m. Super Bowl Party noon 
9 Loteria 10:30 a.m. Karaoke	10 Advisory Board Meeting 9:30 a.m. Chair Exercise	11 Bingo 12:30 p.m. Karaoke	12 Memory Café 10:30 a.m. Tai Chi	13 Valentine's Day Party 10 a.m. 

b	<p>1:30 p.m. 10:30 a.m. 1:30 p.m. 12:15 p.m. </p>	<p>16 17 18 19 20 Center Closed Chair Exercise Bingo Tai Chi Chair Fitness Presidents' Day 10:30 a.m. 12:30 p.m. 12:15 p.m. 10:30 a.m. </p>	<p>23 24 25 26 27 Loteria Chair Exercise Bingo Tai Chi Black History Month Celebration & 10:30 a.m. 10:30 a.m. 12:30 p.m. 12:15 p.m. Fashion Show Karaoke February Birthdays Karaoke Happy Birthday! 10 a.m. 1:30 p.m. 12:30 p.m. 1:30 p.m. 12:30 p.m.</p>	
	<p>MONDAY</p> <p>2 3 4 5 6 Memory Monday Chair Exercise Bingo Tai Chi Chair Fitness 9 a.m. 10:30 a.m. 12:30 p.m. 12:15 p.m. 10:30 a.m. Loteria Karaoke 10:30 a.m. 1:30 p.m.</p>	<p>7 8 9 10 11 12 13 Chair Exercise Advisory Board Meeting Loteria Chair Exercise Bingo Memory Café Chair Fitness 10:30 a.m. 9:30 a.m. 10:30 a.m. 10:30 a.m. 12:30 p.m. 12:15 p.m. 10:30 a.m. Karaoke Karaoke 1:30 p.m. 1:30 p.m.</p>	<p>14 15 16 17 18 19 20 Chair Exercise St. Patrick's Day Celebration at Marcos De Niza Loteria Chair Fitness Bingo Tai Chi Chair Fitness 10:30 a.m. 10 a.m. 10:30 a.m. 10 a.m. 12:30 p.m. 12:15 p.m. 10:30 a.m. Karaoke Karaoke 1:30 p.m. 1:30 p.m.</p>	<p>21 22 23 24 25 26 27 Chair Exercise Chair Exercise Loteria Chair Exercise Bingo Tai Chi Chair Fitness 10:30 a.m. 10:30 a.m. 10:30 a.m. 10:30 a.m. 12:30 p.m. 12:15 p.m. 10:30 a.m. Karaoke Karaoke 1:30 p.m. 1:30 p.m.</p>
M a r c h	<p>28 29 30 31 Chair Exercise Center Closed Loteria Cesar Chavez Day 10:30 a.m. Cesar Chavez Day 10:30 a.m. 10:30 a.m.</p>	<p>      </p>	<p></p>	<p></p>

Ongoing Activities

CLASS	INSTRUCTOR	DAY	TIME
Cardio Blast with David	Staff-Led	Every Monday and Wednesday	11 a.m. to noon
SOW's Crafted Touch	Staff-Led	Tuesdays	12:30 to 1:30 p.m.
Indoor Walking	Staff-Led	Tuesdays	1:30 to 2:30 p.m.
SOW's Herb Your Enthusiasm	Staff-Led	First of Wednesday of every month	10:30 a.m.
Fun Bingo	Member-Led	Thursdays	10:30 a.m. to 11:30 a.m.
Bible Study non-City sponsored	Member-Led	Thursdays	12:30 to 1:30 p.m.
SOW First Friday Bring-a-Friend	Member-Led	First Friday of each month	12:30 to 4 p.m.
Terry's Technology Assistance Class	Member-Led	Second and fourth Friday of every month	10 a.m. to 2 p.m.
Blood Pressure Check	Member-Led	Fridays	9 to 10 a.m.
SOW Jamming Friday	Member-Led	Fridays	12:30 to 4 p.m.



MEMORY CAFÉ PROGRAM

Senior Opportunities West Senior Center hosts an in-person Memory Café the second Wednesday of each month from 10 to 11 a.m.

Call 602.262.6610 for more information.

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.

phoenix.gov/seniorservices



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