



# Senior Opportunities West

## Your Best Years Start Here

### PROGRAM SCHEDULE

# Winter 2026

## JAN.-FEB.-MARCH



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 Knead 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

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.

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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.






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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. 

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<p>1:30 p.m.</p> <p>16 Center Closed Presidents' Day</p> 	<p>10:30 a.m.</p> <p>17 Chair Exercise 10:30 a.m.</p>	<p>1:30 p.m.</p> <p>18 Bingo 12:30 p.m.</p> <p>Karaoke 1:30 p.m.</p>	<p>12:15 p.m.</p> <p>19 Tai Chi 12:15 p.m.</p> <p>T.E.F.A.P. 12:30 p.m.</p>	<p>20 Chair Fitness 10:30 a.m.</p>
<p>23 Loteria 10:30 a.m.</p> <p>Karaoke 1:30 p.m.</p>	<p>24 Chair Exercise 10:30 a.m.</p>	<p>25 Bingo 12:30 p.m.</p> <p>Karaoke 1:30 p.m.</p>	<p>26 Tai Chi 12:15 p.m.</p>  <p>February Birthdays 12:30 p.m.</p>	<p>27 Black History Month Celebration &amp; Fashion Show 10 a.m.</p> 

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Memory Monday 9 a.m.</p> <p>Loteria 10:30 a.m.</p> <p>Karaoke 1:30 p.m.</p>	<p>3 Chair Exercise 10:30 a.m.</p>	<p>4 Bingo 12:30 p.m.</p> <p>Karaoke 1:30 p.m.</p>	<p>5 Tai Chi 12:15 p.m.</p>	<p>6 Chair Fitness 10:30 a.m.</p>
<p>9 Loteria 10:30 a.m.</p> <p>Karaoke 1:30 p.m.</p>	<p>10 Advisory Board Meeting 9:30 a.m.</p> <p>Chair Exercise 10:30 a.m.</p>	<p>11 Bingo 12:30 p.m.</p> <p>Karaoke 1:30 p.m.</p>	<p>12 Memory Café 12:15 p.m.</p> <p>Tai Chi 12:15 p.m.</p> 	<p>13 Chair Fitness 10:30 a.m.</p>
<p>16 Loteria 10:30 a.m.</p> <p>Karaoke 1:30 p.m.</p>	<p>17 St. Patrick's Day Celebra- tion at Marcos De Niza 10 a.m.</p> 	<p>18 Bingo 12:30 p.m.</p> <p>Karaoke 1:30 p.m.</p>	<p>19 Tai Chi 12:15 p.m.</p> <p>T.E.F.A.P. 12:30 p.m.</p>	<p>20 Chair Fitness 10:30 a.m.</p>
<p>23 Loteria 10:30 a.m.</p> <p>Karaoke 1:30 p.m.</p>	<p>24 Chair Exercise 10:30 a.m.</p>	<p>25 Bingo 12:30 p.m.</p> <p>Karaoke 1:30 p.m.</p>	<p>26 Tai Chi 12:15 p.m.</p>	<p>27 Chair Fitness 10:30 a.m. March Birthdays 12:30 p.m.</p> 
<p>30 Loteria 10:30 a.m.</p> <p>Karaoke 1:30 p.m.</p>	<p>31 Center Closed Cesar Chavez Day</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](http://phoenix.gov/seniorservices)



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