



**Your Best Years Start Here**

# WELCOME 2026

## PROGRAM SCHEDULE

### JAN., FEB., MARCH

212 E. Alta Vista Road, Phoenix, AZ 85042 602-262-4093 [phoenix.gov/seniorcenters](http://phoenix.gov/seniorcenters)  
Senior Center facility open Monday to Friday, 8 a.m. to 5 p.m. Programming Hours: 9 a.m. to 4 p.m.

## 2026 Senior Center Site Council

Council members are volunteers who give back to the senior community by volunteering their time. They meet monthly, advise the center supervisor, act as ambassadors to the community and lead by example.

This year ends the terms of six of our council members. The South Mountain Senior Center would like to express its heartfelt gratitude to the following Council members as they exit their positions: Glenis (President), Josephine (Vice President), Alice (Treasurer), Lucy (Member-at-Large), Ignacio (Member-at-Large), and Ruby (Member-at-Large).

Welcome back Irene, Bruce, Cookie and Tony as they continue their term. Welcome newly elected members Rachel, Gwen, Stan, Willie, Marvin and Linda.

### Returning Members



Irene



Tony



Bruce



Cookie

### Newly Elected Members



Rachel



Gwen



Stan



Willie



Linda



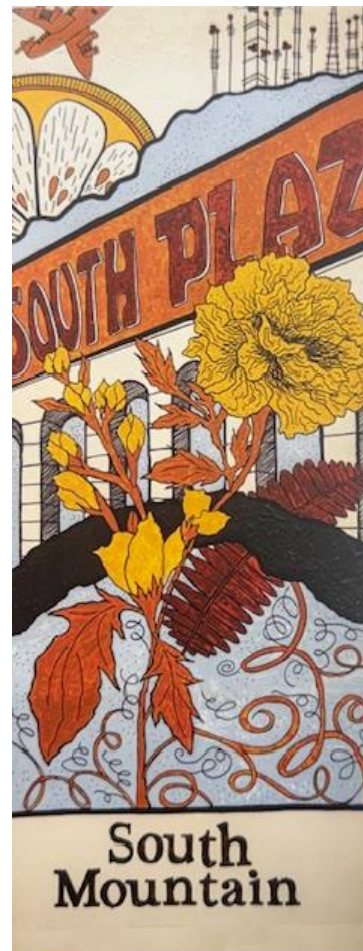
Marvin



## Mural Project

The South Mountain Senior Center participated in a group mural project earlier this year. Each of the 15 City of Phoenix senior centers had an opportunity for members to paint a piece of the mural that represented their facility and their community. Once

combined, the mural shows connection through a tree branch but showcases the individuality and uniqueness of each center. The amazing design was created by Tina Ferguson, an incredibly gifted and talented artist that brought the vision to life. The entire mural can currently be seen at the gallery located on the first floor of City Hall in downtown Phoenix. See the full mural on page seven.



For more information, or a copy of this publication in an alternate format, contact 602-262-4093 voice. This city's TTY Relay phone number, 602-534-5500 may be used, if needed.



# Birthday BINGO

Friday,  
March 27  
10 a.m.

Join us as we celebrate birthdays for Jan., Feb., March. 2026. Enjoy cake, ice cream and play BINGO for prizes with special opportunities for those celebrating their birthday month.



## A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

**Fridays, Jan. 16 to March 6**  
**12:30 to 2:30 p.m.**

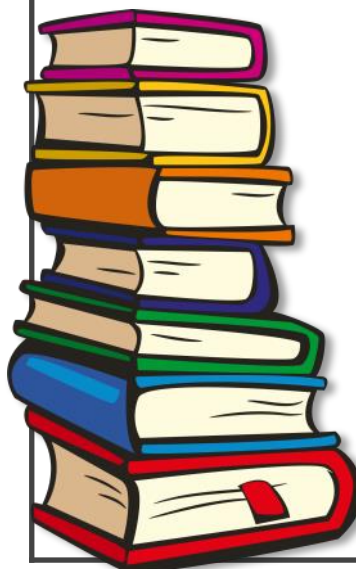
Classes are held once a week for eight-weeks for two hours each. Participants are required to attend all classes.



# Book Club

**Read. Discuss. Repeat.**

Hosted by the Ocotillo Library and Workforce Literacy Center at the South Mountain Senior Center.



Thursday, Jan. 8  
**"The Vegetarian"**  
by Han Kang

Thursday, Feb. 5  
**"The Wedding People"**  
by Alison Espach

Thursday, March 5  
**"Book of Night"**  
by Holly Black



# CENTER TRIPS



| DAY/DATE            | LOCATION   | DEPARTS FROM CENTER | DEPARTS FROM TRIP | COST                | REGISTRATION AVAILABLE | REGISTRATION CLOSES |
|---------------------|--|---------------------|-------------------|---------------------|------------------------|---------------------|
| Wednesday, Jan. 21  | <b>Lunch at Lin's Buffet</b>   | 11 a.m.             | 1 p.m.            | \$2                 | Dec. 29                | Jan. 16             |
| Wednesday, Jan. 28  | <b>City Hall Gallery and Explore Downtown Phoenix</b>                        | 10:30 a.m.          | 2 p.m.            | Bus \$2             | Dec. 29                | Jan. 23             |
| Thursday, Feb. 12   | <b>Herberger Theater</b><br>"A Recital in Conversation with My Younger Self" | 11 a.m.             | 1:30 p.m.         | Tix \$12<br>Bus \$2 | Jan. 26                | Feb. 6              |
| Wednesday, Feb. 18  | <b>Museum of Natural History and Explore Downtown Mesa</b>                   | 9:30 a.m.           | 2 p.m.            | Tix \$16<br>Bus \$2 | Jan. 26                | Feb. 13             |
| Wednesday, Feb. 25  | <b>Golden Corral and Shopping at Walmart</b>                                 | 10:30 a.m.          | 2 p.m.            | Bus \$2             | Jan. 26                | Feb. 20             |
| Thursday, March 12  | <b>Herberger Theater</b><br>"Let's Rock: From Shakespeare to Tupac!!!"       | 11 a.m.             | 1:30 p.m.         | Tix \$12<br>Bus \$2 | Feb. 23                | March 6             |
| Wednesday, March 18 | <b>Lunch at Bitz-ee Mama's and Explore Downtown Glendale</b>                 | 10:30 a.m.          | 2 p.m.            | Bus \$2             | Feb. 23                | March 13            |
| Wednesday, March 25 | <b>Lunch at the Spaghetti Factory</b>  | 11 a.m.             | 1:30 p.m.         | Bus \$2             | Feb. 23                | March 20            |

**REGISTRATION DAY:** Registration day is indicated above and in the calendar, pages 4 and 5. Day of registration, members are required to sign in at the kiosk and mark the registration event. This puts the member on a list to register for the next month's trips and classes. Check-in starts at 8 a.m. Individuals will be called in order that they checked in starting at 8:30 a.m. Members must be present when their name is called, or they will be skipped to next in line. The registration process can take some time, depending on the number registering, so bring your patience with you.

## TRIP RULES

- Trips are first come, first served.
- The \$2 cost for transportation and any trip costs are required at the time of registration.
- Participants are responsible for their own funding on all trips.
- Participants are limited to registering themselves only.
- **CASH/EXACT CHANGE only please.**
- The number of registered participants is determined on bus availability.
- Registration closes at least three business days prior to trip date, when registration reaches capacity or when otherwise noted.
- Participants are responsible for being independent on all trips, with the exception for a personal registered caregiver.
- All participants are required to adhere to all rules during trips, as stated in the Senior Programs Handbook.
- **Participants attending official South Mountain Senior Center trips on their own must still register with staff and adhere to all rules listed.**

## REFUND





- Cancellation refunds will only be given to participants who notify center staff five business days before the trip date unless otherwise noted.
- **Participants who do not cancel ahead of time and are a NO SHOW are subject to being restricted from registering for future trips.**

## WAITLIST

- When a trip has reached capacity, participants will be placed on a limited waitlist.
- If a cancellation occurs, participants will be notified in the order they were placed on the waitlist.
- The participant must make arrangements with staff to make their payment in a timely manner when called from the waitlist.
- If staff does not hear from the participant in the time allotted, the next participant on the waitlist will be contacted.
- Participants may only get on the bus if they are officially registered or on the official standby list.



# JAN.

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  |
|---|--|---|---|---|
| January program registration is on Monday, Dec. 29, 2025.<br>February program registration is on Monday, Jan. 26.<br>March program registration is on Monday, Feb. 23.<br>Check-in for all program registration dates begin at 8 a.m. |  |   | <b>1 New Year's Day</b><br>                | <b>2</b><br>Chair Exercise 10 a.m.<br>Fast BINGO 1 p.m.   |
| <b>5</b><br>Chair Exercise 10 a.m.<br>Tai Chi 1 p.m.  | <b>6</b><br>BINGO 10 a.m.<br>Chair Yoga 12:15 p.m.<br>Line Dance 1 p.m.  | <b>7</b><br>Chair Exercise 10 a.m.<br>Meditation 12:30 p.m.<br>Drama Club 1 p.m.  | <b>8</b><br>Color Me Calm 9 a.m.<br>Stretching 10 a.m.<br>Book Club 12:30 p.m.<br>Zumba 1:30 p.m.                             | <b>9</b><br>Chair Exercise 10 a.m.<br>Medicare Barin Games 12:15 p.m.<br>Fast BINGO 1 p.m.  |
| <b>12</b><br>ESL 2 9:15 a.m.<br>Chair Exercise 10 a.m.<br>ESL 1 10:15 a.m.<br>Tai Chi 1 p.m.<br>Chess 2 p.m.  | <b>13</b><br>BINGO 10 a.m.<br>Line Dance 1 p.m.  | <b>14</b><br>Chair Exercise 10 a.m.<br>Meditation 12:30 p.m.<br>Drama Club 1 p.m.   | <b>15</b><br>Color Me Calm 9 a.m.<br>Stretching 10 a.m.<br>Zumba 1:30 p.m.<br>Sing/Dance Along 2 p.m.                         | <b>16</b><br><b>Food Box 8 a.m.</b><br>Site Council 9:30 a.m.<br>Chair Exercise 10 a.m.<br>M.O.B. 12:30 p.m.<br>Fast BINGO 1 p.m. |
| <b>19 Martin Luther King, Jr. Holiday</b><br>  | <b>20</b><br><b>Fruits &amp; Veggies 8 a.m.</b><br>BINGO 10 a.m.<br>Chair Yoga 12:15 p.m.<br>Line Dance 1 p.m.<br>Drawing 1 p.m.  | <b>21</b><br>Chair Exercise 10 a.m.<br>Meditation 12:30 p.m.<br><b>Lin's Buffet 11:30 a.m.</b><br>Drama Club 1 p.m.                              | <b>22</b><br>Color Me Calm 9 a.m.<br>Stretching 10 a.m.<br>Medicare Q&A 12:30 p.m.<br>Zumba 1:30 p.m.                         | <b>23</b><br>Chair Exercise 10 a.m.<br>M.O.B. 12:30 p.m.<br>Fast BINGO 1 p.m.   |
| <b>26 Feb. Registration</b><br>ESL 2 9:15 a.m.<br>Chair Exercise 10 a.m.<br>ESL 1 10:15 a.m.<br>Memory Café 1 p.m.<br>Tai Chi 1 p.m.<br>Chess 2 p.m.  | <b>27</b><br>BINGO 10 a.m.<br>Line Dance 1 p.m.  | <b>28</b><br>Chair Exercise 10 a.m.<br><b>City Hall and Explore Downtown Phoenix 10:30 a.m.</b><br>Meditation 12:30 p.m.<br>Drama Club 1 p.m.  | <b>29</b><br>Color Me Calm 9 a.m.<br>Stretching 10 a.m.<br>Zumba 1:30 p.m.<br>PhxArt Docent 1 p.m.<br>Sing/Dance Along 2 p.m. | <b>30</b><br>Chair Exercise 10 a.m.<br>M.O.B. 12:30 p.m.<br>Fast BINGO 1 p.m.   |

# FEB.

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|---|--|--|--|--|
| <b>2</b><br>ESL 2 9:15 a.m.<br>Chair Exercise 10 a.m.<br>ESL 1 10:15 a.m.<br>Tai Chi 1 p.m.   | <b>3</b><br>BINGO 10 a.m.<br>Chair Yoga 12:15 p.m.<br>Line Dance 1 p.m.  | <b>4</b><br>Chair Exercise 10 a.m.<br>Meditation 12:30 p.m.<br>Drama Club 1 p.m.   | <b>5</b><br>Color Me Calm 9 a.m.<br>Stretching 10 a.m.<br>Book Club 12:30 p.m.<br>Zumba 1:30 p.m.  | <b>6</b><br>Chair Exercise 10 a.m.<br>Medicare Brain Games 12:15 p.m.<br>M.O.B. 12:30 p.m.   |
| <b>9</b><br>ESL 2 9:15 a.m.<br>Chair Exercise 10 a.m.<br>ESL 1 10:15 a.m.<br>Tai Chi 1 p.m.<br>Chess 2 p.m.                           | <b>10</b><br>BINGO 10 a.m.<br>Line Dance 1 p.m.  | <b>11</b><br>Chair Exercise 10 a.m.<br>Meditation 12:30 p.m.<br>Drama Club 1 p.m.  | <b>12</b><br>Color Me Calm 9 a.m.<br>Stretching 10 a.m.<br><b>Herberger Theater 11a.m.</b><br>Zumba 1:30 p.m.<br>Sing/Dance Along 2 p.m.  | <b>13</b><br><br>M.O.B. 12:30 p.m.<br>Fast BINGO 1 p.m. |
| <b>16 Presidents' Day Holiday</b><br>              | <b>17</b><br><b>Fruits &amp; Veggies 8 a.m.</b><br>BINGO 10 a.m.<br>Chair Yoga 12:15 p.m.<br>Clay Coil Pots 1 p.m.  | <b>18</b><br><b>Museum and Explore Downtown Mesa 9:30 a.m.</b><br>Chair Exercise 10 a.m.                              | <b>19</b><br>Color Me Calm 9 a.m.<br>Medicare Q&A 12:30 p.m.   | <b>20</b><br><b>Food Box 8 a.m.</b><br>Site Council 9:30 a.m.<br>Chair Exercise 10 a.m.<br>M.O.B. 12:30 p.m.<br>Fast BINGO 1 p.m.            |
| <b>23 March Registration</b><br>ESL 2 9:15 a.m.<br>Chair Exercise 10 a.m.<br>ESL 1 10:15 a.m.<br>Memory Café 1 p.m.<br>Tai Chi 1 p.m. | <b>24</b><br>BINGO 10 a.m.<br>Line Dance 1 p.m.  | <b>25</b><br>Chair Exercise 10 a.m.<br><b>Golden Corral 10:30 a.m.</b><br>Meditation 12:30 p.m.<br>Drama Club 1 p.m.  | <b>26</b><br>Color Me Calm 9 a.m.<br>Stretching 10 a.m.<br>Zumba 1:30 p.m.<br>Sing/Dance Along 2 p.m.  | <b>27</b><br>Chair Exercise 10 a.m.<br>M.O.B. 12:30 p.m.<br>Fast BINGO 1 p.m.  |

# MARCH

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  |
|--|---|--|--|---|
| <b>2</b><br>ESL 2 9:15 a.m.<br>Chair Exercise 10 a.m.<br>ESL 1 10:15 a.m.<br>Tai Chi 1 p.m.<br>Chess 2 p.m.                        | <b>3</b><br>BINGO 10 a.m.<br>Chair Yoga 12:15 p.m.<br>Line Dance 1 p.m.   | <b>4</b><br>Chair Exercise 10 a.m.<br>Meditation 12:30 p.m.<br>Drama Club 1 p.m.   | <b>5</b><br>Color Me Calm 9 a.m.<br>Stretching 10 a.m.<br>Book Club 12:30 p.m.<br>Zumba 1:30 p.m.  | <b>6</b><br>Chair Exercise 10 a.m.<br>Medicare Brain Games 12:15 p.m.<br>M.O.B. 12:30 p.m.<br>Fast BINGO 1 p.m. |
| <b>9</b><br>ESL 2 9:15 a.m.<br>Chair Exercise 10 a.m.<br>ESL 1 10:15 a.m.<br>Tai Chi 1 p.m.  | <b>10</b><br>BINGO 10 a.m.<br>Line Dance 1 p.m.   | <b>11</b><br>Chair Exercise 10 a.m.<br>Meditation 12:30 p.m.<br>Drama Club 1 p.m.  | <b>12</b><br>Color Me Calm 9 a.m.<br>Stretching 10 a.m.<br><a href="#">Herberger Theater 11 a.m.</a><br>Zumba 1:30 p.m.<br>Sing/Dance Along 2 p.m. | <b>13</b><br>Site Council 9:30 a.m.<br>Chair Exercise 10 a.m.<br>Fast BINGO 1 p.m.                              |
| <b>16</b><br>ESL 2 9:15 a.m.<br>Chair Exercise 10 a.m.<br>ESL 1 10:15 a.m.<br>Memory Café 1 p.m.<br>Tai Chi 1 p.m.<br>Chess 2 p.m. | <b>17</b><br>Fruits & Veggies 8 a.m.<br>BINGO 10 a.m.<br>Chair Yoga 12:15 p.m.<br>Line Dance 1 p.m.                   | <b>18</b><br>Chair Exercise 10 a.m.<br>Meditation 12:30 p.m.<br>Drama Club 1 p.m.<br><a href="#">Bitz-ee Mama's and Explore Downtown Glendale 10:30 a.m.</a>   | <b>19</b><br>Color Me Calm 9 a.m.<br>Stretching 10 a.m.<br>Medicare Q&A 12:30 p.m.<br>Zumba 1:30 p.m.  | <b>20</b><br>Food Box 8 a.m.<br>Chair Exercise 10 a.m.<br>Fast BINGO 1 p.m.                                     |
| <b>23</b><br>ESL 2 9:15 a.m.<br>Chair Exercise 10 a.m.<br>ESL 1 10:15 a.m.<br>Tai Chi 1 p.m.<br>Chess 2 p.m.                       | <b>24</b><br>BINGO 10 a.m.<br>Line Dance 1 p.m.<br>Art Workshop:<br>Paper Mâché 1 p.m.                                | <b>25</b><br>Chair Exercise 10 a.m.<br><a href="#">The Spaghetti Factory 11 a.m.</a><br>Meditation 12:30 p.m.<br>Drama Club 1 p.m.   | <b>26</b><br>Color Me Calm 9 a.m.<br>Stretching 10 a.m.<br>Craft: Bunny Sock Figure 12:30 p.m.<br>Zumba 1:30 p.m.<br>Sing/Dance Along 2 p.m.       | <b>27</b><br>Birthday BINGO 10 a.m.<br>Fast BINGO 1 p.m.  |
| <b>30</b><br>ESL 2 9:15 a.m.<br>Chair Exercise 10 a.m.<br>ESL 1 10:15 a.m.<br>Tai Chi 1 p.m.<br>Chess 2 p.m.                       | <b>31 Cesar Chavez Holiday</b><br> |  <b>Fresh Fruits and Veggies</b><br>Distributed on Jan. 20, Feb. 17 and March 17.<br>Time varies depending on delivery. Members must sign in at kiosk to receive the items. First come, first served. |  |   |

## ONGOING DAILY OPPORTUNITIES

| ACTIVITY                | DAYS                  | TIME             | ROOM         | ATTENDANCE                                    |
|-------------------------|-----------------------|------------------|--------------|---|
| Coffee and Conversation | Monday through Friday | 9 a.m. to 4 p.m. | Century      | Drop-In<br>Sign-Up at<br>Kiosk pon<br>Arrival |
| Laptop Station          | Monday through Friday | 9 a.m. to 4 p.m. | Lobby        |   |
| Billiards               | Monday through Friday | 9 a.m. to 4 p.m. | Game Room    |   |
| Table Games             | Monday through Friday | 9 a.m. to 4 p.m. | Lobby        |   |
| Puzzle Table            | Monday through Friday | 9 a.m. to 4 p.m. | Lobby        |   |
| Walking                 | Monday through Friday | 9 to 10 a.m.     | Gym/Park/MPR |   |
| Fun Bingo               | Tuesdays              | 10 to 11 a.m.    | Century      |   |
| Blood Pressure Check    | Wednesdays            | 9 to 10 a.m.     | Lobby        |   |
| Color Me Calm           | Thursdays             | 9 to 10 a.m.     | Lobby        |   |
| Friday's Fun Fast Bingo | Fridays               | 1 to 1:30 p.m.   | Century      |   |

# CLASSES

All classes listed are FREE to paid members of the Human Services Senior Programs.

Members are required to register prior to the class or check-in at the kiosk they will be attending that day. ↓

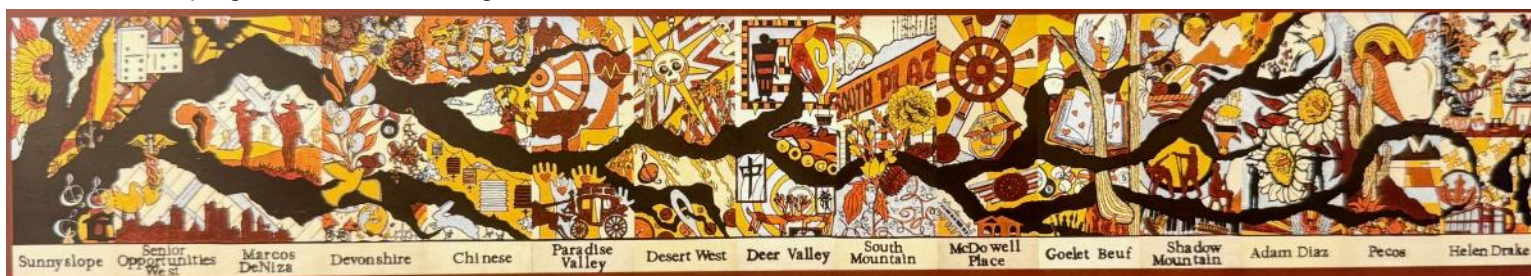
| CLASS  | DAY/TIME   | DATES                  | SIGN-IN                        |
|--|--|------------------------|--------------------------------|
| <b>ESL 2</b><br>This course is an extension of ESL1. Students must have completed ESL 1 or get permission from the instructor to attend.   | Monday,<br>9:15 a.m.                             | Jan. 12 to<br>March 30 | Registration<br>begins Dec. 29 |
| <b>ESL 1</b><br>This course will take Spanish speaking students through steps on learning the English language.  | Monday,<br>10:15 a.m.                            | Jan. 12 to<br>March 30 | Registration<br>begins Dec. 29 |
| <b>CHAIR EXERCISES</b><br>A fun and light workout utilizing a chair, stretch bands and light weights. Members are encourage to bring their own stretch bands, weights are provided.  | Monday,<br>10 a.m.                               | Jan. 5 to<br>March 30  | Drop-In<br>Sign-Up at<br>Kiosk |
| <b>TAI CHI 101</b><br>Basic understanding of Tai Chi theory and principals. Develop body awareness skills through exercise drills, balancing/centering, breathing techniques and flexibility.  | Monday,<br>1 p.m.                                | Jan. 5 to<br>March 30  | Drop-In<br>Sign-Up at<br>Kiosk |
| <b>CHESS</b><br>Learn to play chess with an experienced instructor, no experience necessary.<br><b>No class March 9.</b>   | Monday,<br>2 p.m.                                | Jan. 12 to<br>March 30 | Registration<br>begins Dec. 29 |
| <b>CHAIR YOGA</b><br>This class offers breathing exercises, gentle stretching and postures to benefit muscles, joint and increase flexibility and strength. Space is limited, first come first served. Mats optional, provided by participant.                             | The First<br>and Third<br>Tuesday,<br>12:15 p.m. | Jan. 6 to<br>March 17  | Drop-In<br>Sign-Up at<br>Kiosk |
| <b>LINE DANCING</b><br>Learn basic line dance moves and terminology.<br>Dance to a variety of genres: Pop, Funk, Country, Latin. <b>No Class Feb. 17.</b>  | Tuesday,<br>1 p.m.                               | Jan. 6 to<br>March 24  | Drop-In<br>Sign-Up at<br>Kiosk |
| <b>CHAIR EXERCISES</b><br>A fun and light workout utilizing a chair, stretch bands and light weights. Members are encourage to bring their own stretch bands, weights are provided.  | Wednesday,<br>10 a.m.                            | Jan. 7 to<br>March 25  | Drop-In<br>Sign-Up at<br>Kiosk |
| <b>MEDITATION</b><br>The meditation class consists of a beginners guide to meditation. Learn breathing and relaxation techniques when needing to relax or to control any anxiety.  | Wednesday,<br>12:30 p.m.                         | Jan. 7 to<br>March 25  | Drop-In<br>Sign-Up at<br>Kiosk |
| <b>DRAMA CLUB</b><br>Improve your communication skills, empathy, creative thinking and confidence through fun games and activities involving your mind, body and spirit.<br><b>No class March 18.</b>  | Wednesday,<br>1 p.m.                             | Jan. 7 to<br>March 25  | Registration<br>begins Dec. 29 |
| <b>LOW IMPACT EXERCISE-STRETCHING</b><br>The focus is on different stretching exercises to help ourselves become more limber. Members are Instructed on several different types of stretching exercises that can help them prepare for their day. <b>No class Feb. 19.</b> | Thursday,<br>10 a.m.                             | Jan. 8 to<br>March 26  | Drop-In<br>Sign-Up at<br>Kiosk |
| <b>ZUMBA</b><br>A fun, high energy workout experience.<br>Participants can utilize a chair or choose to stand. <b>No Class Feb. 19.</b>  | Thursday,<br>1:30 p.m.                           | Jan. 8 to<br>March 26  | Drop-In<br>Sign-Up at<br>Kiosk |
| <b>CHAIR EXERCISES</b><br>A fun and light workout utilizing a chair, stretch bands and light weights. Members are encourage to bring their own stretch bands, weights are provided.  | Friday,<br>10 a.m.                               | Jan. 8 to<br>March 26  | Drop-In<br>Sign-Up at<br>Kiosk |
| <b>A MATTER OF BALANCE</b><br>This 8 week course teaches participants skillsets and exercises to reduce their fear of falling. A very beneficial class to those who have experienced a fall or may fear falling. Students must commit to all eight-weeks of the program.   | Friday,<br>12:30 p.m.                            | Jan. 16 to<br>March 6  | Registration<br>begins Dec. 29 |

# ONE DAY WORKSHOPS/PRESENTATION

Programs listed below are FREE to paid members of the Human Services Senior Programs.

| CLASS/WORKSHOP/PRESENTATION   | DAY/TIME                | DATE   | SIGN-IN                        |
|---|-------------------------|--|--------------------------------|
| <b>Memory Café</b><br>Memory Café offers an educational component to cognitive information for individuals, their caregivers or their family members.   | Monday,<br>1 p.m.       | Jan. 26<br>Feb. 23<br>March 16                                   | Drop-In<br>Sign-Up at<br>Kiosk |
| <b>Memory Café Activity</b><br>Memory Café Activity offers participants, their caregivers and their family members a calming experience with Color Me Calm. Participants choose a page and materials of their liking and color while listening to soothing music. | Monday,<br>1:30 p.m.    | Jan. 26<br>Feb. 23<br>March 16                                   | Drop-In<br>Sign-Up at<br>Kiosk |
| <b>Memory Café Screening</b><br>Memory Café Screening is a self administered screening.   | Monday,<br>2 p.m.       | Jan. 26<br>Feb. 23<br>March 16                                   | Drop-In<br>Sign-Up at<br>Kiosk |
| <b>ART WORKSHOP: Drawing Perspective</b><br>Learn how to use a pencil and ruler to draw three dimensional images on a flat piece of paper. Students will also learn to incorporated shading to add to the effect.   | Tuesday,<br>1 p.m.      | Jan. 20  | Registration<br>begins Dec. 29 |
| <b>ART WORKSHOP: Clay Coil Pots</b><br>Using air dry clay, sculpt a coil pot and build of that basic structure to create a figurine.  | Tuesday,<br>1 p.m.      | Feb. 17  | Registration<br>begins Jan. 26 |
| <b>ART WORKSHOP: Paper Mâché</b><br>Using paper, water and glue create a unique sculpture.  | Tuesday,<br>1 p.m.      | March 24   | Registration<br>begins Feb. 23 |
| <b>SING and DANCE ALONG</b><br>Take a trip down memory lane with your favorite songs from the past. Sing along Karaoke style and feel free to dance away the day.   | Thursday,<br>2 p.m.     | Jan. 15<br>Jan. 29<br>Feb. 12<br>Feb. 26<br>March 12<br>March 26 | Drop-In<br>Sign-Up at<br>Kiosk |
| <b>MEDICARE Q&amp;A</b><br>Take this opportunity to ask questions from a Medicare source.   | Thursday,<br>12:30 p.m. | Jan. 22<br>Feb. 19<br>March 19                                   | Drop-In<br>Sign-Up at<br>Kiosk |
| <b>BOOK CLUB</b><br>Hosted by the Ocotillo Branch Library. See page two for the reading list.   | Thursday,<br>12:30 p.m. | Jan. 8<br>Feb. 5<br>March 5                                      | Drop-In<br>Sign-Up at<br>Kiosk |
| <b>CRAFT WORKSHOP: Bunny Sock Figure</b><br>Craft a cute bunny using various materials, including socks and rice.   | Thursday,<br>12:30 p.m. | March 26   | Registration<br>begins Feb. 23 |
| <b>Phoenix Art Museum Docent Presentation</b><br>"Strike Up the Band, A Musical Journey of Art"   | Thursday,<br>1 p.m.     |  |                                |
| <b>Medicare Brain Games</b><br>Take this opportunity to play a fun game and learn about Medicare benefits.  | Friday,<br>12:15 p.m.   | Jan. 9<br>Feb. 6<br>March 6                                      | Drop-In<br>Sign-Up at<br>Kiosk |

The full senior programs mural, featuring all 15 senior centers.







The South Mountain Senior Center is located within the South Mountain Community Center in the heart of South Phoenix. A variety of programs, classes, presentations, trips and various activities are made available Monday to Friday from 9 a.m. to 4 p.m. for active adults. Take advantage of one of our FREE classes, presentations or special events. Join us for one of our trips and enjoy lunch with friends, shopping and cultural opportunities. Lunch is served daily for members 60 and over at a recommended contribution of only \$2.50. Reservations are required for a guaranteed meal. Stop by for a visit. We are happy to show you around and answer any questions you may have. We look forward to seeing you.

**MEMBERSHIP:** The annual membership fee is \$20 for Phoenix residents and \$40 for non-residents. Your membership gives you access to any of the 15 senior centers the City of Phoenix has to offer.

Membership is open to adults ages 18 and older who are **independent** in the following areas: toileting, eating and mobility. **City of Phoenix senior centers and staff are not licensed to provide one-on-one care.** Senior Center staff reserve the right to assess participant's health and behavior for appropriateness in participation in programs, activities and trips. Individuals needing assistance with self-care due to a cognitive impairment may be eligible to attend senior center programs and activities with the aid of a one-on-one personal care attendant. The personal care attendant must remain with the member for the duration of their visit to the senior center.

**TRANSPORTATION:** MV Transportation provides flexible taxi services to and from your local senior center for eligible members. Please contact center staff to register and obtain more detailed information.

**LUNCH:** Lunch is served daily at 11:30 a.m. Members may give a recommended contribution of \$2.50 per meal. The cost of a meal for all others under 60 is \$5. Reservations and cancellations must be made at least three business days in advance. Reservations must be made in person. Over the phone orders are not permitted.

**T.E.F.A.P.:** Food boxes are distributed on the third Friday of the month and are first come, first served.

**CASEWORKER:** Services are available to current members. Caseworker services are open to current senior center members. See senior center staff to schedule an appointment.

#### **Central Phoenix**

##### **Chinese**

734 W. Elm Street  
Phoenix, AZ 85013  
602-262-6411

##### **Marcos de Niza**

305 W. Pima Street  
Phoenix, AZ 85003  
602-262-7249

#### **Senior Opportunities West**

1220 S. 7th Avenue  
Phoenix, AZ 85007  
602-262-6610

#### **Central-East Phoenix**

##### **Devonshire**

2802 E. Devonshire Avenue  
Phoenix, AZ 85016  
602-262-7807

##### **McDowell Place**

1845 E. McDowell Road  
Phoenix, AZ 85006  
602-262-1842

#### **South Phoenix**

##### **Pecos**

17010 S. 48th Street  
Phoenix, AZ 85048  
602-534-5366

##### **South Mountain**

212 E. Alta Vista Road  
Phoenix, AZ 85040  
602-262-4093

#### **West Phoenix**

##### **Adam Diaz**

4115 W. Thomas Road  
Phoenix, AZ 85019  
602-262-1609

##### **Desert West**

6501 W. Virginia Avenue  
Phoenix, AZ 85035  
602-495-3711

#### **Northwest Phoenix**

##### **Deer Valley**

2001 W. Wapahalla Lane  
Phoenix, AZ 85027  
602-495-3714

##### **Goelet Beuf**

3435 W. Pinnacle Peak Road  
Phoenix, AZ 85027  
602-534-9743

##### **Helen Drake**

7600 N. 27th Avenue  
Phoenix, AZ 85051  
602-262-4949

#### **Northeast Phoenix**

##### **Paradise Valley**

17402 N. 40th Street  
Phoenix, AZ 85032  
602-495-3785

##### **Shadow Mountain**

3546 E. Sweetwater Avenue  
Phoenix, AZ 85032  
602-534-2303

##### **Sunnyslope**

802 E. Vogel Avenue  
Phoenix, AZ 85020  
602-262-7572

