



SENIOR PROGRAMS
CITY OF PHOENIX | HUMAN SERVICES

Sunnyslope Senior Center

Your Best Years Start Here

802 E. Vogel Ave. Phoenix, AZ 85020

Email us at: sunnyslope.sc.hsd@phoenix.gov
phoenix.gov/seniorservices
602-262-7572



SUNNYSLOPE SENIOR CENTER

Sunnyslope Senior Center is a recreation center for seniors and adults, situated in north central Phoenix. We are located next to the Sunnyslope Community Center at 8th St. and Vogel Ave.

MEMORY CAFÉ

Memory Café is a welcoming place to provide persons living with early to moderate dementia a safe place to social and participate in activities facilitated by professionals to simulate brain health. Advance registration required. Memory Café is held the first Wednesday of the month from 10 to 11 a.m. See flyer for details.

January to March 2026 Program Schedule

MEMBERSHIP

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

LUNCH

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.

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.

CASEWORKER SERVICES

Caseworker services are available to current members by appointment only. To schedule an appointment call 602-534-9743.

Senior Center Hours

Operating hours: Monday to Friday, 8 a.m. to 5 p.m.

Programming hours: Monday to Friday, 9 a.m. to 4 p.m.

For more information, or a copy of this publication in an alternate format, contact 602-262-7572 voice. The City's TTY Relay phone number, 602-534-5500 may be used, if needed.



Program Schedule

Your Best Years
Start Here!

CLASS	DAY	TIME
Intermediate Tai Chi	Monday	9:15 to 11:30 a.m.
Beginner Tai Chi	Monday	10:30 to 11:30 a.m.
Fun Bingo	Monday	12:15 to 1:15 p.m.
Dancercise	Monday	1 to 2 p.m.
Bridge	Monday	1 to 2 p.m.
Beginner Spanish	Monday	2 to 3 p.m.
CLASS	DAY	TIME
Beginner Mahjong	Tuesday	9 to 11 a.m.
Geri-fit	Tuesday	10 to 11 a.m.
Beginner Ukulele	Tuesday	noon to 2 p.m.
Intermediate Ukulele	Tuesday	12:30 to 1:30 p.m.
Chair Volleyball	Tuesday	1 to 2 p.m.
CLASS	DAY	TIME
Tai Chi Fan and Swords	Wednesday	9 to 11 a.m.
<i>Life Lines</i> Writing Class	Wednesday	9:30 to 11:30 a.m.
Computer Class	Wednesday	noon to 1 p.m.
Prize Loteria	Wednesday	12:15 to 1:15 p.m.
Canasta	Wednesday	12:30 to 4 p.m.
Dancercise	Wednesday	12:30 to 1:30 p.m.
Karaoke	Wednesday	1:30 to 4 p.m.
CLASS	DAY	TIME
Gentle Chair Yoga	Thursday	10 to 11 a.m.
Creative Crafts	Thursday	10 to 11 a.m.
Mat Yoga	Thursday	11:15 to 12:15 p.m.
Belly and Veil Dance	Thursday	12:30 to 1:30 p.m.
Intermediate Mahjong	Thursday	12:30 to 3:30 p.m.
Disco Walking Club	Thursday	1 to 2 p.m.
Line Dance with Ruth	Thursday	2 to 3 p.m.
CLASS	DAY	TIME
Geri-fit	Friday	10 to 11 a.m.
Bible Study (Not City Sponsored)	Friday	10 to 11 a.m.
<i>Sew Much Fun</i> Sewing Class	Friday	1 to 4 p.m.
Ukulele Jam Sesh	Friday	1 to 2 p.m.
Needlework	Friday	1 to 2 p.m.

Note: Programs, classes, events, and trips subject to change or cancellation without notice.
revised 12-19-25



New Class Alert

Chair Volleyball: Tuesdays, 1 to 2 p.m.
Disco Walking Club: Thursdays, 1 to 2 p.m.

Stay active, have fun, and feel great, come join us!



Trips

See flyers for details

Jan. 5: Brunch Snob

Jan. 21: Phoenix Art Museum Docent Tour

January 28: MacAlpine's

Feb. 4: Herberger Theater - *Intermezzo*

Feb. 18: Arizona Lunch Time Opera

Feb. 25: Little Miss BBQ

March 11: Herberger Theater - *Let's Rock*

from Shakespear to Tupac

March 18: Tour at Cosantis Originals

March 30: Lin's Grand Buffet

Class Spotlight

Creative Crafts with Atheana

Join us Thursdays from 10 to 11 a.m. for fun, easy crafts that spark creativity



No experience needed!

Class Spotlight: A Matter of Balance

Fridays at 1 p.m.



1/16, 1/23, 1/30, 2/6, 2/13, 2/20, 2/27, 3/6

Must be signed up in advance

Sunnyslope Senior Center will be CLOSED

Jan. 1, New Year's Day

Jan. 19, Martin Luther King, Jr. Day

Feb. 16, Presidents' Day

March 31, Cesar Chavez Day

Presentations

Note: RSVP required, RSVP at kiosk or by calling Sunnyslope Senior Center.

See flyers for details!



Phoenix Art Museum

Docent Talks

- Thursday, Feb. 5, at noon
- Thursday, March 5, at noon

Health & Life Presentations

- Tuesday, Jan. 13, at noon
- Tuesday, Feb. 10, at noon
- Tuesday, March 10, at noon



Spring Into Wellness, starts Jan. 5!

Join our six -week wellness challenge made just for seniors! Each week brings a new healthy habit, fun mini challenges, and chances to win prizes. Let's get moving, stay motivated, and feel our best, together!

Sign up at the front desk!

Class Break Schedule

Class	No class on
Beginner Spanish	Jan. 12, Feb. 9, Feb. 16, March 16, March 23
Creative Crafts with Atheana	Jan. 1, Feb. 5, Feb. 12, March 19, March 26
Chair Yoga with Peggy	Feb. 19
Line Dance with Ruth	March 5

Computer and Wi-Fi

Your membership includes use of the computer lab or bring your own device to surf the 'net!

January

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Center closed New Year's Day	2
5 <i>Spring into Wellness</i> Health Challenge begins Trip: Brunch Snob 11:30 a.m.	6	7 10 a.m. Memory Café	8	9
12 10 a.m. National Brain Teaser Competition		14	15	16 noon Martin Luther King, Jr. Presentation
19 Center closed Martin Luther King, Jr. Holiday	20	21 Tour: Phoenix Art Museum Docent Talk 11 a.m.	22	23 noon National Pie Day
26		28 Trip: MacAlpine's Diner 11:30 a.m.	29	30

February

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4 10 a.m. Memory Café Trip: Herberger Theater	5	6 noon Super Bowl Party
9	10	11	12	13 noon Sweetheart Dance
16 Center closed Presidents' Day	17	18 Trip: Arizona Lunch Time Opera 11:45 a.m.	19	20
23	24	25 Trip: Little Miss BBQ 11:30 a.m.	26	27

March

Monday	Tuesday	Wednesday	Thursday	Friday
2 Women's Hope Center Donation Drive begins	3	4 10 a.m. Memory Café	5	6
9	10	11 Trip: Herberger Theater 11:45 a.m.	12	13
16	17 Happy St. Patrick's Day! <i>Wear green!</i>	18 Tour: Bronze bell casting at Cosantis Original 10 a.m.	19	20
23 10 a.m. Spring Fling & Jan. to March Birthday Party	24	25	26	27
30 Trip: Lin's Grand Buffet 11:30 a.m.	31 Center Closed Cesar Chavez Day	Note: Trip transportation cost is \$2. Programs, classes, events, and trips are subject to change or can be canceled without notice. any of its employees.		