



SENIOR PROGRAMS

CITY OF PHOENIX | HUMAN SERVICES

Center Trips	Date	Time	Cost
Thai Recipe Bistro	Monday, Oct. 6	11:30 a.m.	\$2 + meal
Penske Racing Museum	Wednesday, Oct. 8	10 a.m.	\$2
Fun Fair at Goelet AC Beuf Senior Center	Friday, Oct. 10	10 a.m.	\$2
Fall Festival at Desert West Senior Center	Friday, Nov. 7	9 a.m.	\$2
China Chili	Tuesday, Nov. 18	11:30 a.m.	\$2 + meal
Golden Corral	Monday, Nov. 24	11:30 a.m.	\$2 + meal
Babbo Italian Eatery	Monday, Dec. 1	11:30 a.m.	\$2 + meal
Desert Botanical Garden	Tuesday, Dec. 9	8 a.m.	\$2
Valle Luna	Tuesday, Dec. 23	11:30 a.m.	\$2 + meal

Adam Diaz
Senior Center
Stay Young With Us
 4115 W. Thomas Rd.
 Phoenix, AZ 85019
 Phone 602-262-1609
Oct., Nov., and Dec. 2025

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.

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.

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 other is \$5.

Center Operating Hours

Monday through Friday, 8 a.m. to 5 p.m.

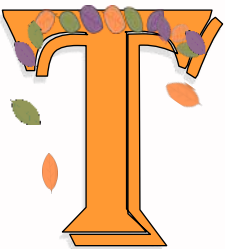
Programs and Activities



Monday through Friday, 9 a.m. to 4 p.m.

For more information or a copy of this publication in an alternate format, contact 602-262-4520 voice. The city's TTY Relay phone number 602-534-5500 if needed.

This facility is Relay 7-1-1 trained.

phoenix.gov/humanservices/programs/older



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Art with Christy Friday, Oct. 3 9 30 a.m. 		1 noon National Smarties Day Activity	2 9 a.m. National Coffee with a Cop Day	3 9:30 a.m. Site Council Meeting 10:30 a.m. Devoted Health Bingo
6 9:30 a.m. Current Events Activity	7 10 a.m. Archwell Zumba	8 10:30 a.m. Archwel Loteria	9	10 10 a.m. Devoted Heath Bingo noon Indigenous Peoples Presentation
13 Center Closed Indigenous Peoples' Day	14 noon National Breast Cancer Awareness Presentation	15 9:30 a.m. Dementia Friendly Presentation	16 9 a.m. Life Stories Activity	17 9 a.m. Birthday Celebration 10 a.m. Devoted Health Bingo
20 10 a.m. Arts/Crafts Activity	21 10 a.m. Archwell Zumba	22 9:30 a.m. SBHIS Pumpkin Decorating	23 Center Closed	24 10 a.m. Devoted Health Bingo 12:30 p.m. Tai Chi
27 9:30 a.m. Karaoke	28 11 a.m. Library Presentation 11:45 a.m. Domestic Violence Awareness Presentation	29	30 9 a.m. Wellcare Craft	31 noon Halloween Costume Contest





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10 a.m. Fall Craft Activity	4 10 a.m. Archwell Zumba	5 9 a.m. National Donut Day 10:30 a.m. Archwell Loteria	6	7 10:30 a.m. Devoted Health Musical Bingo 9 a.m. National Sport Jersey Day
10 9 a.m. Veterans Day Celebration	11 Center Closed Veterans Day	12 noon SBHIS Giveaway Activity	13 9 a.m. Wellcare Craft noon Site Council Meeting	14 10 a.m. Devoted Heath Musical Bingo



17 9:30 a.m. Current Events Activity 10 a.m. Fall Craft Activity	18 11 a.m. Library Presentation	19 9:30 a.m. Dementia Friendly Presentation	20	21 9 a.m. Birthday Celebration 10 a.m. Devoted Health Musical Bingo
24 9:30 a.m. Karaoke	25 10 a.m. Archwell Zumba	26 9:30 a.m. Devoted Health Thanksgiving Craft noon: Wellcare Thanksgiving Activity	27 Center Closed Thanksgiving	28 Center Closed Thanksgiving



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 10 a.m. Archwell Zumba noon: Holiday Craft Activity	3 10:30 a.m. Archwell Loteria	4 noon National Dice Day	5 9:30 a.m. Site Council Meeting
8 10 a.m. Holiday Craft Activity	9 11 a.m. Library Presentation	10 Center Closed	11 9 a.m. Devoted Heath Gingerbread Craft	12 9 a.m. Birthday Celebration 10 a.m. SBHIS Holiday Activity
15 10 a.m. Holiday Craft Activity Yuletide Week	16 10 a.m. Archwell Zumba 11 a.m. A.T. Still University Yuletide Week	17 9:30 a.m. Dementia Friendly Presentation Yuletide Week	18 9 a.m. Devoted Heath Ugly Sweeter Christmas Party Yuletide Week	19 10 a.m. Archwell Christmas Celebration Yuletide Week
22 9:30 a.m. Current Events Activity	23	24 Center Closed at noon	25 Center Closed	26
29 9:30 a.m. Karaoke	30	31 10 a.m. New Year's Celebration	Art with Christy Wednesday, Dec. 3 9:30 a.m. <div>   </div>	

Ongoing Daily Activities

Mix & Mingle	Monday to Friday	9 a.m. to 4 p.m.
Open Gym	Monday to Friday	9 a.m. to 4 p.m.
Billiards, Games, Cards, Puzzles	Monday to Friday	9 a.m. to 4 p.m.
Garden Club	Monday to Friday	9 a.m. to 4 p.m.
Check Out Laptop	Monday to Friday	9 a.m. to 4 p.m.
Walk with a Friend	Monday to Friday	9 a.m.
Traditional Dominoes	Monday to Friday	9 a.m. to 4 p.m.
Brain Games	Monday to Friday	9 a.m. to 4 p.m.
Self Led Crochet	Monday	9 a.m.
Chair Exercise	Monday	10 a.m.
Movie Matinee	Monday	1 p.m.
Chair Dance Techniques	Tuesday	9 a.m.
Line Dance with Ruth	Tuesday, Oct. 14, Oct. 28, Nov.18, Dec. 9	10 a.m.
Memory Wednesday	Every third Wednesday of the month	9 a.m.
Creative Corner	Wednesday	9:30 am.
Art with Christy	Every first Wednesday of the month	9:30 a.m.
Memory Café	Every third Wednesday of the month	10:30 a.m.
Fun Loteria	Wednesday Note: noon on Oct. 15, Nov. 19, & Dec. 17	10:30 a.m.
Walking Club	Wednesday	1 p.m.
Chair Yoga	Thursday, Oct. 9, Oct. 23, Nov. 6, Nov. 20, Dec. 4	9 a.m.
Strength & Balance	Thursday; no class on Oct. 30 and Dec. 4	10:30 a.m.
Area Agency on Aging	Every Second Friday of the month	9:30 a.m.
T.E.F.A.P.	Every Third Friday of the month	9 a.m.
Blood Pressure Checks	Friday	9:30 a.m.
Fun Bingo	Friday Note: 10:30 a.m. on Oct. 3, Nov. 7, Dec. 5 2 p.m. on Dec. 12; and 9 a.m. on Dec. 19	10 a.m.
Dance Class	Friday	12:30 p.m.
Chair Exercise	Friday	2 p.m.

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Revised: 09/28/2025