



SENIOR PROGRAMS
CITY OF PHOENIX | HUMAN SERVICES

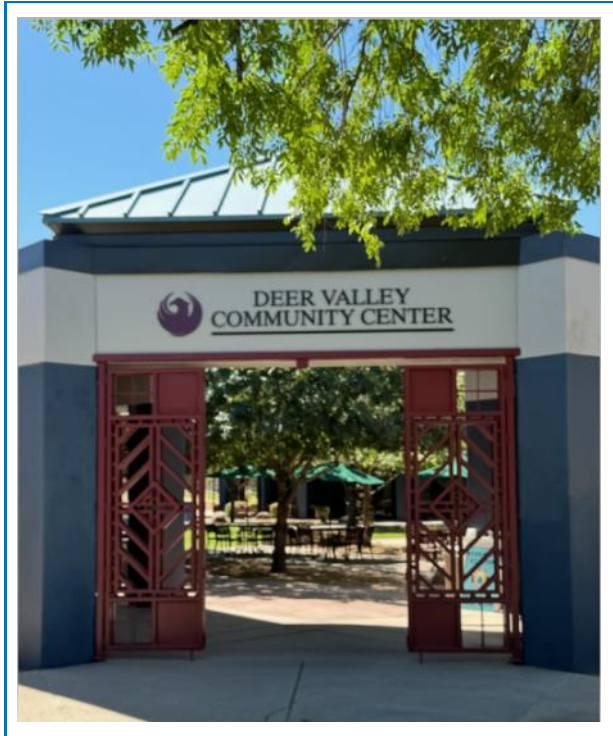
DEER VALLEY SENIOR CENTER

Your Best Years Start Here

2001 W. Wahalla Lane

Phone 602.495.3714

Oct., Nov., Dec. 2025



Note: Programs, classes, events, and trips subject to change or cancellation without notice. Trip transportation cost is \$2. The City of Phoenix does not directly or indirectly endorse any products or services presented, or to be presented, by the Screened Presenters. Screened Presenter(s) shall not state or imply any endorsement by the City of Phoenix or any of its employees.

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.

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.



Human Services Department's Memory Café program has expanded to all 15 senior center locations!

For more information, check with your nearest senior center, or visit:

<https://www.phoenix.gov/humanservicessite/Pages/Dementia-Friendly.aspx>

602-534-5750

Operating Hours 8 a.m. to 5 p.m. Monday to Friday

Programming Hours: 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. [phoenix.gov/humanservices/programs/older](https://www.phoenix.gov/humanservices/programs/older)

The City's TTY Relay phone number 602-534-5500 if needed.

This facility is Relay 7-1-1 trained.



CENTER TRIPS



October

Destination	Date	Departure	Returning	Fee
Arizona State Fair	Oct. 3	11:30 a.m.	3:30 p.m.	Bus Fee: \$2
MacAlpine's Diner & Soda Fountain	Oct. 15	10:45 a.m.	12:45 p.m.	Cost of Lunch Bus Fee: \$2
Fall Fest at Esperanza School	Oct. 30	9 a.m.	12:30 p.m.	Bus Fee: \$2

November

Destination	Date	Departure	Returning	Fee
Little Miss BBQ	Nov. 4	10:45 a.m.	12:45 p.m.	Cost of Lunch Bus Fee: \$2
El Chullo Peruvian Restaurant	Nov. 14	10:45 a.m.	12:45 p.m.	Cost of Lunch Bus Fee: \$2
Backyard Desert Ridge	Nov. 26	10:45 a.m.	12:45 a.m.	Cost of Lunch Bus Fee: \$2

December

Destination	Date	Departure	Returning	Fee
Desert Botanical Garden	Dec. 9	11 a.m.	2 p.m.	Cost of Lunch Bus Fee: \$2
Otro Gallo Restaurant	Dec. 18	10:45 a.m.	12:45 p.m.	Cost of Lunch Bus Fee: \$2
Milk Run Boba	Dec. 29	10:45 a.m.	12:45 p.m.	Cost of Ice Cream Bus Fee: \$2

Special Events

October				
Monday	Tuesday	Wednesday	Thursday	Friday
		1 Site Council Meeting 10:30 a.m.	2	3
6 Memory Monday Screenings	7 Nutrition Class 10 a.m.	8	9	10
13 Indigenous Peoples' Day Center Closed	14 Loteria 10 a.m.	15 Rock Painting 10:30 a.m.	16 Commodities upon arrival	17 "Living with Chronic Illness" 10:30 a.m. Book Club 10 to noon
20 Rummage Sale	21 Rummage Sale	22 Phoenix Art Museum Presentation 10:30 a.m. Rummage Sale	23 Center Closed	24 Rummage Sale
27	28 Memory Café 10 a.m.	29	30	31
November				
Monday	Tuesday	Wednesday	Thursday	Friday
3 Memory Monday Screenings	4 Nutrition Class 10 a.m.	5 Site Council Meeting 10:30 a.m.	6 Veterans Day Luncheon 11 a.m.	7
10 "Saluting our Veterans" 10:30 a.m.	11 Veterans Day Center Closed	12	13	14
17	18	19 Phoenix Art Museum Presentation 10:30 a.m. Rock Painting 10:30 a.m.	20 Commodities upon arrival	21 Book Club 10 to noon
24	25 Memory Café 10 a.m.	26	27 Thanksgiving Day Center Closed	28 Center Closed
December				
Monday	Tuesday	Wednesday	Thursday	Friday
1 Memory Monday Screenings	2 Nutrition Class 10 a.m.	3 "Coping with Grief During the Holidays" 10:30 a.m.	4	5
8	9 Loteria 10 a.m.	10 All Staff Meeting Center Closed	11	12
15	16	17 Rock Painting 10:30 a.m.	18 Commodities upon arrival	19 Holiday Party 10 a.m. Book Club 10 to noon
22	23 Memory Café 10 a.m.	24 Center Closing at noon	25 Christmas Day Center Closed	26
29	30	31		

Deer Valley Senior Center Daily Activities

CLASS	LOCATION	DAY	TIME
Movies	Room 9	Mondays, Wednesdays	1:15 to 3:45 p.m.
Chair Exercise	MPR	Mondays, Wednesdays, Fridays	9 to 10a.m.
Senior Fitness with Theresa	MPR	Mondays, Wednesdays, Fridays	3:30 to 4:15 p.m.
Crochet Corner	Room 10	Mondays	10 to 11 a.m.
Bridge Class	Room 8	Mondays	11:30 a.m. to noon
Bridge	Room 8	Mondays	noon to 3 p.m.
Brain Games	MPR	Mondays	2:15 to 3:15 p.m.
Advanced Poker	Room 7	Tuesdays, Thursdays	9 to 11 a .m.
Mat Yoga	Room 9	Tuesdays, Thursdays	10 to 11 a.m.
Geri Fit	MPR	Tuesdays, Thursdays	1 to 2 p.m.
Chair Yoga	Room 9	Tuesdays, Thursdays	2:15 to 3:15 p.m.
Smartphone Assistance	Room 8	Tuesdays	2 to 3:30 p.m.
Euchre	Room 7	Wednesdays	9 to 11 a.m.
Creative Writing	Room 10	Wednesdays	10 to 11 a.m.
Guitar Group	Room 10	Wednesdays	1 to 3 p.m.
Advanced Mah Jong	Room 8	Wednesdays	1 to 4 p.m.
Duplicate Bridge	Room 7	Second and fourth Wednesdays	noon to 4 p.m.
Beginning Spanish	Room 8	Thursdays	10 to 11 a.m.
Tai Chi (practice only)	MPR	Thursdays	10 to 11 a.m.
Canasta	Lounge	Thursdays	1 to 4 p.m.
Computer Assistance	Room 8	Thursdays	2 to 3:30 p.m.
Beginning Line Dance	MPR	Thursdays	2:30 to 3:30 p.m.
Tai Chi (practice only)	MPR	Fridays	1 to 2 p.m.
Swoop	Room 7	Fridays	1 to 4 p.m.
Tai Chi Fan Form (practice only)	MPR	Fridays	2:15 to 3:15 p.m.