



**SENIOR PROGRAMS**  
CITY OF PHOENIX | HUMAN SERVICES

# Goelet A.C. Beuf Senior Center

*Your Best Years Start Here*

3435 W. Pinnacle Peak, Phoenix, AZ 85027

602-534-9743

Email us at: [goelet.beuf.sc@phoenix.gov](mailto:goelet.beuf.sc@phoenix.gov)



## GOELET A.C. BEUF SENIOR CENTER

Beuf Senior Center is a recreation center for seniors and adults, situated in north Phoenix. We are located in the Beuf Community Center at 35th Ave. and Pinnacle Peak. Our Human Services and Parks & Recreation staff are here to serve you. Stop on by!

## Jan. to March 2026 Program Schedule

### MEMBERSHIP

Your 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 noon. 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.

### MEMORY CAFÉ AT BEUF

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 stimulate brain health. Advance registration required. Memory Café is held the first Friday of the month from 10 to 11:30 a.m. See flyer for details.

### Senior Center Hours

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

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

### Parks and Recreation Hours

Monday to Thursday, 8 a.m. to 8:30 p.m.; Friday, 8 a.m. to 5 p.m.; Saturday, 10 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 may be used, if needed.

Webpage: [phoenix.gov/seniorservices](http://phoenix.gov/seniorservices)

# Program Schedule

CLASS	INSTRUCTOR	DAY	TIME	TYPE
Table Tennis	Self-led/Staff	Monday	9 to 10 a.m.	In-person
Bingo	Volunteer	Monday	9:15 to 11:30 a.m.	In-person
Geri Fit	Fernando	Monday	11 a.m. to noon	In-person
Senior Fit	Cheryl	Monday	1 to 2 p.m.	In-person
Mahjong Group (Beginner)	Volunteer, Heidi	Monday	1 to 3 p.m.	In-person
CLASS	INSTRUCTOR	DAY	TIME	TYPE
Art Class	Will, Volunteer	Tuesday	9 to 11 a.m.	In-person
Yoga	Video	Tuesday	9 to 10 a.m.	In-person
Line Dance (Improver)	Volunteer, Mary	Tuesday	10 to 11 a.m.	In-person
Line Dance (Beginner)	Volunteer, Kathy	Tuesday	1 to 2 p.m.	In-person
CLASS	INSTRUCTOR	DAY	TIME	TYPE
Let's Dance Fitness Class	Michelle	Wednesday	9:30 to 10:30 a.m.	In-person
Geri Fit	Fernando	Wednesday	11 a.m. to noon	In-person
Beading Group	Volunteer	First & third Wednesday of the month	1 to 3 p.m.	In-person
Senior Fit	Cheryl	Wednesday	1 to 2 p.m.	In-person
Mahjong Group (Intermediate/Advanced)	Volunteer, Heidi	Wednesday	1 to 3 p.m.	In-person
CLASS	INSTRUCTOR	DAY	TIME	TYPE
Bingo	Volunteer	Thursday	9:15 to 11:30 a.m.	In-person
Salsa Dance Class	Fernando	Thursday	10 to 11 a.m.	In-person
Tai Chi	Fernando	Thursday	11 a.m. to noon	In-person
Movies in the Beuf	Staff	Thursday	12:30 to 3 p.m.	In-person
Bunco Group	Volunteer, Linda	Thursday	12:45 to 2:45 p.m.	In-person
Country Western Partner Dance Class	Volunteer, Mary	Thursday	1 to 2 p.m.	In-person
Table Tennis	Self-led/Staf	Thursday	2 to 3 p.m.	In-person
CLASS	INSTRUCTOR	DAY	TIME	TYPE
Yoga	Video	Friday	9 to 10 a.m.	In-Person
Prize Loteria	Staff	Friday	1 to 2 p.m.	In-person
Matter of Balance	Instructor	Friday	2 to 4 p.m.	In-person
Mahjong Group (Intermediate/Advanced)	Volunteer	Friday	1 to 3 p.m.	In-person

Note: Programs, Classes, Events, and Trips subject to change or cancellation without notice. Revised 2.20.26

### Billiards

Billiards open play from 8 a.m. to 4 p.m. daily

All members welcome

*Please see staff to check out equipment*

### Billiards Tournaments, must RSVP

Wednesday, Jan. 21, at 9 a.m.

Wednesday, Feb. 18, at 9 a.m.

Wednesday, March 18, at 9 a.m.

### Trips

*See flyers for details*

**Jan. 6** Diner 50

**Jan. 13** Desert Botanical Gardens

**Jan. 27** Arizona Railway Museum (with Parks)

**Feb. 3** The HEART Center Equestrian Program

**Feb. 10** George & Son Asian Cuisine

**Feb. 12** Rosson House Museum (with Parks)

**March 3** Wrigley Mansion

**March 10** George Washington Caver Museum

**March 19** Shamrock Farms **Canceled**

**March 24** Ranch House Grille

### TEFAP (commodities) Distribution

**Jan. 26**

**Feb. 23**

**March 23**

*Please see staff for more information*

### Beuf Senior Center will be CLOSED

**Jan. 1**, New Year's Day

**Jan. 19**, Martin Luther King, Jr. Day

**Feb. 16**, Presidents' Day

**March 31**, Farmworker Appreciation Day

### Site Council Meetings at 9:30 a.m.

**Jan. 28**

**Feb. 25**

**March 25**

Meetings are open to all members of the center

### Daily Activities

Walking track, coloring corner, board games, puzzles, table tennis, and card games

## Special Events

**Note: RSVP required,  
RSVP at kiosk or by calling 602-534-9743  
See flyers for details**

### Beuf Art Show

If you would like to showcase your art see senior center staff. Open gallery Jan. 12 to 16  
Meet the Artist Friday, Jan. 16 at 11 a.m.

### Phoenix Art Museum Presentations

Learn about art periods from around the world  
Thursday, Feb. 12, at noon  
Thursday, March 12, at noon

### Understanding Anemia Presentation **Presentation Canceled**

Learn common symptoms of anemia  
Monday, Feb. 23, at 12:30 p.m.

### The HEART Center Collaborative Event

The HEART center uses horses and recreation to make school & therapy more relevant and fun for individuals with disabilities. Join us for prize bingo and ice cream with the HEART center participants  
Friday, Jan. 9, at 12:30 p.m.  
Friday, Jan. 16, at 12:30 p.m.

### National Awareness Documentaries

Join us for refreshments and a documentary  
MLK, Jr.: Thursday, Jan. 29 at noon  
Black History: Thursday, Feb. 26, at noon  
Woman's History: Thursday, March 26, at noon

### Medicare 101 Seminars

Learn more about Medicare each month covering a new topic  
*New to Medicare*: Wednesday, Jan. 28, at 12:30 p.m.  
*Supplement vs. Advantage*: Wednesday, Feb. 11, at 12:30 p.m.  
*Chronic Conditions & Benefits*: Wednesday, March 11, at 12:30 p.m.

### Understanding the Donor Process Presentation

Learn what it means to be a blood donor  
Monday, March 23, at 12:30 p.m.

### Blood Drive

The Vitalant mobile bus will be outside of Beuf for a blood drive, sign up to donate  
Monday, March 23, 9 a.m. to 2 p.m.

SPECIAL EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
			1. <b>Center Closed</b> <b>New Year's Day</b>	2 <b>10 a.m.</b> Memory Café
5 <b>12:30 p.m.</b> Fraud Prevention Presentation	6. <b>12:30 p.m.</b> Ice Cream Social <b>Trip</b> Diner 50	7	8 <b>noon</b> Phoenix Art Museum Presentation	9 <b>10 a.m.</b> Birthday Party <b>12:30 p.m.</b> The HEART Center Event
12 Art Show Open Gallery All Week	13 <b>Trip</b> Desert Botanical Gardens	14 <b>1 p.m.</b> Crafts, <u>must RSVP</u>	15	16 <b>11 a.m.</b> Art Show: Meet the Artist <b>12:30 p.m.</b> The HEART Center Event
19 <b>Center Closed</b> <b>MLK, Jr. Day</b>	20	21 <b>9 a.m.</b> Billiards Tournament	22	23
26 <b>10 a.m.</b> TEFAP (commodities)	27 <b>Trip</b> Arizona Railway Museum with Parks	28 <b>9:30 a.m.</b> Site Council Meeting <b>12:30 p.m.</b> Medicare Presentation	29 <b>noon</b> Martin Luther King, Jr. Documentary	30
Monday	Tuesday	Wednesday	Thursday	Friday
2	3 <b>12:30 p.m.</b> Ice Cream Social <b>Trip</b> The HEART Center Equestrian Program	4	5	6 <b>10 a.m.</b> Memory Café
9	10 <b>Trip</b> George & Son Asian Cuisine <b>10 a.m.</b> eSports Learn & Play	11 <b>12:30 p.m.</b> Supplement vs Advantage Medicare <b>1 p.m.</b> Crafts, <u>must RSVP</u>	12 <b>noon</b> Phoenix Art Museum Presentation <b>Trip</b> Rosson House Museum	13 <b>10 a.m.</b> Birthday Party Celebration
16 <b>Center Closed</b> <b>Presidents' Day</b>	17	18 <b>9 a.m.</b> Billiards Tournament	19	20 <b>10 a.m.</b> Enchanted Forest Party
23 10 a.m. TEFAP (commodities)	24	25 <b>9:30 a.m.</b> Site Council Meeting	26 <b>noon</b> Black History Month Documentary	27
Monday	Tuesday	Wednesday	Thursday	Friday
2	3 <b>12:30 p.m.</b> Ice Cream Social <b>Trip</b> Wrigley Mansion	4	5	6 <b>10 a.m.</b> Memory Café
9	10 Trip George Washington Caver Museum	11 <b>12:30 p.m.</b> Chronic Condition & Medicare Benefits 1 p.m. Crafts, <u>must RSVP</u>	12 <b>noon</b> Phoenix Art Museum Presentation	13 <b>10 a.m.</b> St. Patrick's Day Party
16 All Week Shred-a-thon	17	18 <b>9 a.m.</b> Billiards Tournament	19	20 <b>10 a.m.</b> Birthday Party
23 <b>10 a.m.</b> TEFAP (commodities) <b>12:30 p.m.</b> Understanding the Donor Process Presentation <b>9 a.m. to 2 p.m.</b> Blood Drive	24 <b>Trip</b> Ranch House Grille	25 <b>9:30 a.m.</b> Site Council Meeting	26 <b>noon</b> Woman's History Month Documentary	27
30	31 <b>Center Closed</b>			

JANUARY  
FEBRUARY  
MARCH