

Helen Drake Senior Center



Oct., Nov., & Dec



SENIOR PROGRAMS
CITY OF PHOENIX | HUMAN SERVICES

Date	Destination	Time	Cost
Oct. 2	Taco Chico's Restaurant	11 a.m. to 12:30 p.m.	\$2 + cost of lunch
Oct. 14	Thai Rama Restaurant	11 a.m. to 12:30 p.m.	\$2 + cost of lunch
Oct. 23	Arizona State Fair	noon to 3 p.m.	\$2 + spending money
Nov. 12	Firefighter Museum	10 a.m. to 1 p.m.	\$2 + \$15 ticket + spending money
Nov. 13	Hop Doddy's Restaurant	11 a.m. to 12:30 p.m.	\$2 + cost of lunch
Nov. 18	Martin's Auto Museum	10 a.m. to 11:30 a.m.	\$2 + spending money
Dec. 11	Arriba's Mexican Grill	11 a.m. to 12:30 p.m.	\$2 + cost of lunch
Dec. 19	Devonshire Senior Center	10 a.m. to 1 p.m.	\$2 + spending money
Dec. 30	Scramble Restaurant	10 a.m. to 11:30 a.m.	\$2 + cost of lunch

For more information or a copy of this publication in an alternate format, contact 602-262-4520 voice.

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.

Your Best Years Start Here

7600 N. 27th Ave
Phone 602.262.4949

Monday through Friday
Hours of operation
8 a.m. to 5 p.m.

Programming Hours
9 a.m. to 4 p.m.

City of Phoenix Memory Café Program

Memory Café is a welcoming place providing persons living with early to moderate dementia a safe place to socialize and participate in activities facilitated by professionals to stimulate and support brain health. Memory Café's include care partners for a shared experience. Advance registration is required; there is no fee to attend. Please call 602-534-5750 or email memory.cafe@phoenix.gov

MEMBERSHIP

The annual membership fee is \$20 for Phoenix residents and \$40 for non-residents.

TRANSPORTATION

MV Transportation provides flexible taxi service to and from your local senior center for eligible members. Please contact center staff to register, or for more information.

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.

CASEWORKER

Every first and third Wednesday of every month,
9 a.m. to noon

Please create an appointment with staff.

Oct. 2025

Activities & Events








Monday

Tuesday

Wednesday

Thursday

Friday

		<p>1 Meditation workshop 1 p.m. Devoted Bingo 2:30 p.m.</p>	<p>2 Memory Café Video Presentation 2:30 p.m.</p>	<p>3 Boo Grams 9 a.m. FUN Bingo 1 p.m.</p>
<p>6 Memory Monday 9 a.m. Disco Minute noon</p>	<p>7 Disco Minute noon Bingocize 2:30 p.m.</p>	<p>8 Disco Minute noon Sound Bath Meditation Workshop 1 p.m. Crafty Hands 2:30 p.m.</p>	<p>9 Disco Minute noon Bingocize 2:30 p.m.</p>	<p>10 Boo Grams 9 a.m. FUN Bingo with SBHIS 1 p.m.</p> 
<p>13 Center Closed Indigenous Peoples' day</p> 	<p>14 National Dessert Day noon Disco Minute noon Bingocize 2:30 p.m.</p>	<p>15 Meditation workshop 1 p.m. Site Council Meeting 1 p.m. Devoted Bingo 2:30 p.m.</p>	<p>16 Disco Minute noon Bingocize 2:30 p.m.</p>	<p>17 Boo Grams 9 a.m. FUN Bingo 1 p.m.</p> 
<p>20 Kodak Parties 10 a.m. Disco Minute noon</p>	<p>21 Disco Minute noon Bingocize 2:30 p.m.</p>	<p>22 Sound Bath Meditation Workshop 1 p.m. Crafty Hands 2:30 p.m.</p>	<p>23 Memory Café 10 a.m. Bingocize 2:30 p.m.</p>	<p>24 Boo Grams 9 a.m. FUN Bingo 1 p.m.</p>
<p>27 Halloween Spirit Week PJ Day 9 a.m. Disco Minute noon</p>	<p>28 Orange and Black Day with SBHIS 9 a.m. Disco Minute noon Bingocize 2:30 p.m.</p>	<p>29 Flannel Day 9 a.m. Disco Minute noon Movie Day with Devoted 2 p.m.</p>	<p>30 Team Spirit Day 9 a.m. Disco Minute noon Bingocize 2:30 p.m.</p>	<p>31 Halloween Party with Devoted 10 a.m. Fun Bingo 1:30 p.m.</p> 

Nov. 2025

Activities & Events



Monday

Tuesday

Wednesday

Thursday

Friday

<p>3</p> <p>Ornament Donation 9 a.m.</p> <p>Memory Monday 9 a.m.</p>	<p>4</p> <p>Disco Minute noon</p> <p>Bingocize 2:30 p.m.</p>	<p>5</p> <p>Meditation Workshop 1 p.m.</p> <p>Crafty Hands 2:30 p.m.</p>	<p>6</p> <p>Disco Minute noon</p> <p>Bingocize 2:30 p.m.</p>	<p>7</p> <p>Hot Apple Cider Bar 9 a.m.</p> <p>FUN Bingo 1 p.m.</p>
<p>10</p> <p>Ornament Donation 9 a.m.</p>	<p>11</p> <p>Center Closed Veterans Day</p>	<p>12</p> <p>Sound Bath Meditation Workshop 1 p.m.</p> <p>Devoted Bingo 2:30 p.m.</p>	<p>13</p> <p>SBHIS Snack Day 1 p.m.</p> <p>Bingocize 2:30 p.m.</p>	<p>14</p> <p>Disco Minute noon</p> <p>FUN Bingo 1 p.m.</p>
<p>17</p> <p>Ornament Donation 9 a.m.</p>	<p>18</p> <p>Disco Minute noon</p> <p>Kodak Party 10 a.m.</p>	<p>19</p> <p>Meditation Workshop 1 p.m.</p> <p>Site Council Meeting 1 p.m.</p> <p>Christmas Tree Decorating with Devoted 2:30 p.m.</p>	<p>20</p> <p>Disco Minute noon</p> <p>Memory Café Video Presentation 2:30 p.m.</p>	<p>21</p> <p>Hot Apple Cider Bar 9 a.m.</p> <p>FUN Bingo 1 p.m.</p>
<p>24</p> <p>Disco Minute noon</p>	<p>25</p> <p>Disco Minute noon</p> <p>Crafty Hands with SBHIS 2:30 p.m.</p>	<p>26</p> <p>Thanksgiving Pie Party noon</p>	<p>27</p> <p>Thanksgiving Holiday Center Closed</p>	<p>28</p> <p>Thanksgiving Holiday observed Center Closed</p>

Dec. 2025

Activities & Events



Monday	Tuesday	Wednesday	Thursday	Friday
1 Christmas Boutique 9 a.m. Memory Monday 9 a.m.	2 Christmas Boutique 9 a.m.	3 Christmas Boutique 9 a.m. Sound Bath Meditation Workshop 1 p.m.	4 Christmas Boutique 9 a.m.	5 Christmas Boutique 9 a.m. FUN Bingo 1 p.m.
8 Crafty Hands 2:30 p.m.	9 Gingerbread House Decorating Contest 10 a.m.	10 Center Closed All Staff Meeting	11 Memory Café Video Presentation 2:30 p.m.	12 FUN Bingo 1 p.m.
15 Christmas Spirit Week Christmas Stocking Day 9 a.m. 	16 Christmas PJ Day 9 a.m. Christmas Bingo with SBHIS 10 a.m. 	17 Wear Red & Green Day 9 a.m. Sound Bath Meditation Workshop 1 p.m. Site Council Meeting 1 p.m.	18 Christmas Sock Day 9 a.m. 	19 Candy Cane Day 9 a.m. FUN Bingo 1 p.m. 
22 Christmas Movie with Devoted 2 p.m.	23 Hot Cocoa Bar 10 a.m. White Elephant Gift Exchange 1 p.m.	24 Ugly Christmas Sweater Contest with Devoted 10 a.m. Center closed at noon 	25 Holiday Center Closed 	26 FUN Bingo 1 p.m.
29 Crafty Hands 2:30 p.m.	30 Kodak Party 10 a.m.	31 New Year's Eve with Devoted 10 a.m. 		

Ongoing Activities

CLASS	INSTRUCTOR	DAY	TIME
Card Games	Member-led	Daily	9 a.m. to 4 p.m.
Walking Club	Member-led	Monday	10 to 11 a.m.
Cardio Blast	Joan A.	Monday & Wednesday	11 a.m. to noon
Senior Serenity	David G.	Monday & Thursday	2 to 4 p.m.
Happy Quilters Club	David G.	Monday & Friday	9 a.m. to noon
Technology Assistance	Terrance T.	Tuesday & Thursday	10 to noon
Senior Fitness	Theresa L	Tuesday & Thursday	1 to 2 p.m.
Pleasures of the Palette	Member-led	Wednesday	9 a.m. to noon
Tai Chi	Rick Clark	Wednesday	1 to 2 p.m.
Bible Study (Not city sponsored)	Member-led	Thursday	10 to 11 a.m.
<i>SketchCraft School</i>	David G.	Thursday	2 to 3 p.m.
Life In Bio	Member-led	Thursday	11 a.m. to noon
Line Dancing	Ruth S.	Friday	10 to 11 a.m.
Sewing Class with Yolanda	Yolanda F.	Friday	12:30 p.m. to 1:30 p.m.
Movie Day	Staff-led	Friday	2:30 p.m. to 4 p.m.