



SENIOR PROGRAMS  
CITY OF PHOENIX | HUMAN SERVICES

# Pecos Senior Center

## Your Best Years Start Here!

17010 S. 48th Street  
Phoenix, AZ 85048 602-534-5366  
[phoenix.gov/seniorservices](http://phoenix.gov/seniorservices)



# Winter 2026

Jan.  
Feb.  
March

**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.

## Membership

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

## Lunch

Lunch service is Monday through Friday starting 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 your local senior center for eligible members. Please contact center staff to register, or for more information.

## Virtual

For virtual options, see staff or call 602-253-5366

## Caseworker

Caseworker assistance available upon request.

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.

## 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 includes 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](mailto:memory.cafe@phoenix.gov)



## Upcoming Events



A MATTER OF  
BALANCE

MANAGING CONCERNS ABOUT FALLS

### Do you have concerns about falling?

Many older adults experience concerns about falling and restrict their activities. A Matter of Balance is an award-winning program designed to manage falls and increase activity levels.

**This program emphasizes practical strategies to manage falls**

#### You will learn to:

- View falls as controllable set goals for increasing activity.
- Make changes to reduce fall risks at home.
- Exercise to increase strength and balance.

Sign up see staff now

limited seating

Fridays, Jan. 17 to March 7, 2025

# SPECIAL EVENTS

RESERVATIONS RECOMMENDED



| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |
|---|-----------|---|---|---|
|   |           |   | <b>1</b><br><b>CENTER CLOSED</b><br><b>New Year's Day</b>   | <b>2</b><br><b>10 a.m.</b><br><b>Come start 2026</b><br><b>with us</b>                      |
| <b>5</b><br><b>10 a.m.</b><br><b>Trivia</b><br><b>1 p.m.</b><br><b>Zumba</b>      | <b>6</b>  | <b>7</b><br><b>12:30 p.m.</b><br><b>Pecos Downs</b>   | <b>8</b><br><b>11:15 a.m.</b><br><b>Trip: Lunch Bunch</b><br><b>Portillo's</b>                    | <b>9</b><br><b>10 a.m.</b><br><b>PHX Art</b><br><b>Museum</b><br><b>Docent Talk</b>         |
| <b>12</b><br><b>10 a.m.</b><br><b>Memory Café</b>                                 | <b>13</b> | <b>14</b><br><b>11 a.m.</b><br><b>NAU/AmeriCorps</b><br><b>12:15 p.m.</b><br><b>Book Club</b> | <b>15</b><br><b>2 p.m.</b><br><b>Trip: Herberger</b><br><b>Theater</b><br><b>Calamari Sisters</b> | <b>16</b><br><b>10 a.m.</b><br><b>Strawberry Ice</b><br><b>Cream Day</b>                    |
| <b>19</b><br><b>CENTER CLOSED</b><br><b>Martin Luther King,</b><br><b>Jr. Day</b> | <b>20</b> | <b>21</b><br><b>12:15 p.m.</b><br><b>Site Council</b><br><b>Meeting</b>                       | <b>22</b><br><b>10 a.m.</b><br><b>Trip: AZ Science</b><br><b>Center</b>                           | <b>23</b><br><b>10 a.m.</b><br><b>March of the</b><br><b>Penguin</b>                        |
| <b>26</b><br><b>10 a.m.</b><br><b>Loteria</b>                                     | <b>27</b> | <b>28</b><br><b>12:30 p.m.</b><br><b>Reel Time Movie:</b><br><b>Blended</b>                   | <b>29</b>   | <b>30</b><br><b>10 a.m.</b><br><b>MLK Day</b><br><b>Black History Month</b><br><b>Unity</b> |

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|--|----------|---|----------|---|
| <b>2</b><br><b>10 a.m.</b><br><b>Trivia</b><br><b>11 a.m.</b><br><b>Unity Chat</b> | <b>3</b> | <b>4</b><br><b>11:30 a.m.</b><br><b>Trip: Barleens</b><br><b>Lunch Show</b><br><b>Rockin &amp; Rollin</b><br><b>Through the Years</b> | <b>5</b> | <b>6</b><br><b>10 a.m.</b><br><b>Jan./Feb./March</b><br><b>Superbowl Birthday</b><br><b>Party</b><br><b>Quesadilla Sale</b> |

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|---|---|--|--|---|
| 9<br>10 a.m.<br>Memory Café                   | 10                                      | 11<br>12:15 p.m.<br>Book Club                                  | 12<br>noon<br>Trip: Herberger Theater          | 13<br>10 a.m.<br>Valentine's Day Party        |
| 16<br><b>CENTER CLOSED</b><br>Presidents' Day | 17<br>11 a.m.<br>Unity Art Talk         | 18<br>12:15 p.m.<br>Site Council Meeting                       | 19<br>11:15 a.m.<br>Trip: Lunch Bunch Cheddars | 20<br>10 a.m.<br>Chocolate Mint Day           |
| 23<br>10 a.m.<br>Good Eating                  | 24<br>11 a.m.<br>Unity Spotlight Leanna | 25<br>12:30 p.m.<br>Reel Time Movie:<br><i>The Last Breath</i> | 26   | 27<br>10 a.m.<br>National Fairytale Story Day |

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|---|---|---|--|--------------------------------------|
| 2<br>10 a.m.<br>Trivia  | 3   | 4<br>12:30 p.m.<br>Pecos Downs                            | 5  | 6                                    |
| 9<br>10 a.m.<br>Memory Café   | 10  | 11<br>12:15 p.m.<br>Book Club                             | 12<br>noon<br>Trip: Herberger Theater                              | 13<br>10 a.m.<br>PHX Art Museum      |
| 16<br>9:30 a.m.<br>Trivia<br>11:15 a.m.<br>Trip: Lunch Bunch Mi Patio | 17  | 18<br>12:15 p.m.<br>Site Council Meeting                  | 19   | 20<br>10 a.m.<br>St. Patrick's Day   |
| 23<br>10 a.m.<br>Good Eating  | 24  | 25<br>12:30 p.m.<br>Reel Time Movie:<br><i>Snow White</i> | 26   | 27<br>10 a.m.<br>National Waffle Day |
| 30<br>10 a.m.<br>Farmworker Appreciation Loteria                      | 31<br><b>CENTER CLOSED</b><br>Farmworker Appreciation Day |   | All programs are subject to change or cancellation without notice. |                                      |



# ONGOING ACTIVITIES



## RESERVATIONS RECOMMENDED

|                                     |  |
|-------------------------------------|--|
| <b>American Mah Jong</b>            | 12:30 p.m. every Thursday: <b>all levels</b><br>9 a.m. every Friday: <b>advanced</b><br>12:30 p.m. first Monday and third Tuesday of every month: <b>advanced</b>  |
| <b>Ballet Yoga</b>                  | 10:30 a.m. every Wednesday   |
| <b>Blood Pressure Checks</b>        | 9 a.m. and 11 a.m. every Wednesday & Friday  |
| <b>Bridge</b>                       | 12:30 p.m. every Monday, <b>Bridge 101</b><br>12:30 p.m. Wednesday and Friday  |
| <b>Cards</b>                        | 12:30 p.m. <b>Spades</b> second and fourth Friday of every month<br>12:30 p.m. <b>500 Bid</b> first and third Friday of every month<br>12:30 p.m. <b>Hand, Foot &amp; Toe</b> every Monday, Wednesday & Friday |
| <b>Creative Corner</b>              | 1 p.m. <b>Creative Corner</b> first & third Tuesday of every month<br>1 p.m. <b>Art with Christy: Jan. 13, Feb. 10, March 10</b><br><b>(SEE STAFF FOR ALL SIGN UP, limited space)</b>                          |
| <b>Chair Exercises</b>              | 10:30 a.m. every Tuesday & 10 a.m. every Thursday  |
| <b>Color and Conversation</b>       | 1 p.m. every Monday  |
| <b>What's New? Discussion Group</b> | noon, Thursday: <b>Jan. 15, 29; Feb. 12, 26; March 12, 26</b>  |
| <b>Fun Bingo</b>                    | 10 a.m. every Wednesday<br>12:15 p.m. every Friday   |
| <b>Games / Cards</b>                | 9 a.m. to 4 p.m. daily ( <i>time and space permitting</i> )  |
| <b>Gentle Yoga</b>                  | 10 a.m. every Tuesday & Thursday   |
| <b>Line Dancing</b>                 | 1 to 2 p.m. on Monday & Wednesday ( <i>all levels</i> )<br>1 to 3 p.m. on Friday: 1 to 2 p.m. teach and learn; 2 to 3 p.m. dance   |
| <b>Memory Monday Screening</b>      | Second Monday of every month, 9 to 11 a.m. and 1 to 3 p.m.   |
| <b>Pinochle</b>                     | 9 a.m. daily<br>12:30 p.m. first Tuesday & fourth Wednesday of every month   |
| <b>Social Hour</b>                  | 9 a.m. to 4 p.m. daily   |
| <b>Tai Chi</b>                      | 9 a.m. every Monday & Friday   |
| <b>Walking</b>                      | 9 a.m. every Tuesday & Thursday  |
| <b>Wii Bowling</b>                  | 12:30 p.m. every Monday & Tuesday  |
| <b>Zumba</b>                        | 1 p.m. Monday though Feb. 23   |