



SENIOR PROGRAMS
CITY OF PHOENIX | HUMAN SERVICES

Paradise Valley Senior Center

Programs for Active Adults

17402 N. 40th Street, Phoenix, AZ. 85032 602.495.3785

For more information or a copy of this publication in an alternate format, call 602-262-4520 voice. This facility is Relay 7-1-1 trained.



PARADISE VALLEY SENIOR CENTER

Paradise Valley Senior Center is an activity center for seniors and adults, located in Northeast Phoenix. We are one block North of Bell Road on 40th Street in Paradise Valley Park. Our campus includes Paradise Valley Pool and Paradise Valley Community Center. Our friendly Human Services staff is here to serve you ... stop on by and discover a host of amenities, classes, and programs perfect for you.

**YOUR BEST YEARS
START HERE!**

FALL 2025

PROGRAM SCHEDULE

OCT./NOV./DEC.

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.

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.

Human Services Program

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

Senior Center operating hours 8 a.m. to 5 p.m.
phoenix.gov/humanservices/programs/older

Parks and Recreation Program

Monday through Thursday: 9 a.m. to 9 p.m.
Fri: 9 a.m. to 6 p.m. Sat: 10 a.m. to 6 p.m.

SENIOR AEROBICS

9:30 to 10:30 a.m.

Tuesdays, Thursdays

No class Nov. 25, Dec. 23



Join volunteers Joe and Jan in the gymnasium for a great workout to fun music!

LINE DANCING

9:30 to 10:30 a.m.

Mondays, Fridays

No class Nov. 24, Dec. 22, Dec. 26



Join volunteers Eve, Carol, and Jane for an engaging session. No experience necessary.

MAT YOGA

11 a.m. to noon

Fridays

Note: Sign up for current session is closed.



Mat Yoga combines posture, breathing, and meditation to improve your health.

GERI FIT

11 a.m. to noon

Mondays and Wednesdays

No class Nov. 24, Nov. 26, Dec. 22, Dec. 24



Provides chair fitness for stretching, toning, strengthening & balance.

WELLNESS ZONE

10:30 a.m.

Mondays



Take a moment to have your blood pressure checked and weigh-in. Health resources are available to inspire you.

TAI CHI / QIGONG FOR ARTHRITIS

1 p.m.

Thursdays **Session begins Oct. 16.**

Instructor Kay provides techniques to relieve pain and improve flexibility.



GYM RECREATION

9 a.m. to 1:30 p.m.

Monday thru Friday



*Our gymnasium space offers billiards, pickleball, basketball, and more!
See Parks and Recreation desk for details.*

WALKING GROUP

9 to 9:30 a.m.

Monday thru Friday



*The gymnasium is open daily for walking time in the cool air.
Don't forget your water bottle!*

PV SENIOR SINGERS

12:30 to 2 p.m.

Mondays



Performances: Oct. 27, Dec. 15

Like to sing just for fun? This is for you!

No experience needed.

CRAFTING STUDIO

9 a.m. to 3 p.m.

Mondays



Join Hooks and Needles group and others for a variety of crafting fun. Got a fun craft? Bring it in and share with us!

LICENSED BINGO

12:30 to 3:30 p.m.

Tuesdays, Thursdays



Minimum fee to play is \$9

Games conducted by North East Senior Center Association. First game called promptly at 1 p.m.

QUILTING STUDIO

9 a.m. to 3 p.m.

Wednesdays, Fridays



Bring your own supplies and share creative space with other quilting enthusiasts.

QUIET ZONE

10 a.m. to 2 p.m.

Mondays, Wednesdays, Thursdays



Our comfortable conference room is open for engaging in peaceful activities. Come de-stress, concentrate, and relax.

ART STUDIO

9 a.m. to 3 p.m.

Tuesdays, Thursdays



Bring your own equipment and supplies and share creative space with other art enthusiasts.

MUSIC WITH DJ KEN

10:30 to 11:30 a.m.

Thursday

Oct. 23, Nov. 20, Dec. 18



Make your song requests to DJ Ken and enjoy the company of others!

CERAMICS STUDIO

9 a.m. to 3 p.m.

Mondays



Bring your own project and supplies and share space with other ceramics creators.

BIRTHDAY CLUB

10:30 a.m.

Wednesday, Nov. 12



Join us to celebrate
Oct., Nov., and Dec. birthdays!

Music by D.J. Ken! Treats!

ACTIVITY ZONE

9 a.m. to 3 p.m.

Monday thru Friday



Our comfortable library/lounge area is open daily for drop-in cards, games, reading, and computers. Laptops are available for checkout.

POKER

10 a.m. to 3 p.m.

Mondays, Wednesdays, Thursdays



*Bring your group to match, bet, raise and fold.
Must have a basic knowledge of the game.*

HOLIDAY GATHERINGS

10:30 to 11:30 a.m.

Wednesday, Dec. 3

Happy Hour

Tuesday, Dec. 9

Open House

Thursday, Dec. 18

Annual Member Party



TABLE GAMES

9 a.m. to 2 p.m.

Tuesdays, Fridays



*Join us for Pokeno, Skip Bo,
Loteria, and Uno! No experience necessary.
All are welcome!*

BIBLE STUDY

1 to 2 p.m.

Fridays



Non-denominational bible study group meets weekly to discuss personal journeys and choices. This is a non-city sponsored activity.



MEMORY CAFÉ



The City of Phoenix Senior Programs Division of the Human Service Department provides Memory Café programs at all 15 senior center locations monthly.

Memory Café provides activities for individuals living with early Alzheimer's disease and other dementias, and their care partners.

**Memory Café at Paradise Valley Senior Center is held:
second and fourth Wednesday monthly from 10:30 to 11:30 a.m.**

No Memory Café at Paradise Valley on Nov. 26, Dec. 10, Dec. 24

Center membership is required. Caregiver must remain with individual during program.

CONGREGATE MEALS

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.

Paradise Valley Senior Center Closures:

Monday, Oct. 13

in observance of Indigenous Peoples' Day

Tuesday, Nov. 11

in observance of Veterans Day

Thursday, Nov. 27 and Friday, Nov. 28

in observance of Thanksgiving

Wednesday, Dec. 10

due to staff offsite all-day training

Wednesday, Dec. 24 (noon) and Thursday, Dec. 25

in observance of Christmas

VOLUNTEERS NEEDED!



Want to lend a helping hand? Volunteers are needed to host bridge, mah-jongg, and craft activities. Licensed Bingo, offered by Northeast Senior Center Association, is also seeking volunteers available on Tuesday and Thursday afternoons.

Paradise Valley Site Council General Meeting :

Tuesday, Oct. 7 at 10:45 a.m.

Tuesday, Nov. 18 at 10:45 a.m.

Phoenix Parks and Recreation Department offers classes, group activities, and recreation for all ages.
To inquire about offerings at Paradise Valley Community Center, please call 602.495.3777.