



3546 E. Sweetwater Ave.
Phoenix, AZ 85032
602-534-2303

[phoenix.gov/humanservices/
programs/older](http://phoenix.gov/humanservices/programs/older)

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

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

Hablamos Español

Shadow Mountain is an activity center for seniors and adults, situated in the heart of northeast Phoenix. Located on the corner of 36th Street and Sweetwater, we offer a variety of programs. Take advantage of one of our many FREE classes; borrow a book, search the internet, or shoot some pool. Come on by, we are happy to show you around and answer any questions you may have!



SENIOR PROGRAMS
CITY OF PHOENIX | HUMAN SERVICES

FALL 2025 OCT. NOV. DEC. Stay Young With Us

JOIN THE FUN



Come be part of the Shadow Mountain family! In the pictures above, members are participating in center events and field trips. In the pictures below, members are participating in B-Fit Strength Training and Crazy Poker. Come visit the center for a tour and get involved in our classes and programs!



Shadow Mtn. Memory Café

Provides a safe place for persons living with early to moderate dementia to socialize and participate in activities that stimulate and support brain health. **Every second Tuesday of the month at 10 a.m.**

Events/Classes



Paint Phoenix Purple Event:
Oct. 17 through Dec. 24

Halloween Costume Party: Oct. 31

Christmas/Holiday Party: Dec. 19

Ballet Arizona Dance Class:
Oct. 9 through Dec. 19

TRIPS

 = Very Little Walking  = Some Extra Walking Involved  = Prepare to Walk

***ALL TRIPS HAVE A \$2.00 TRANSPORTATION FEE IN ADDITION TO COST OF TRIP (IF ANY)**



OCT.

Sign-up for Oct. trips begins at 9 a.m. on Monday, Sep. 22

DESTINATION	DAY	DATE	DEPARTS	PICK-UP	COST	MAX #	WALK
Trip: Rio Salado Audubon Center	Thursday	Oct. 9	9:30 a.m.	noon	Free + Sack lunch provided	20	
Lunch: Valle Luna Restaurant	Thursday	Oct. 16	10:45 a.m.	12:30 p.m.	Cost of lunch	15	
Trip: Arizona Opera - Lunch Time Opera	Wednesday	Oct. 22	11:30 a.m.	1:00 p.m.	\$5 + Sack lunch provided	20	

NOV.

Sign-up for Nov. trips begins at 9 a.m. on Monday, Oct. 20

DESTINATION	DAY	DATE	DEPARTS	PICK-UP	COST	MAX #	WALK
Lunch: Texas Roadhouse Restaurant	Friday	Nov. 7	10:45 a.m.	1 p.m.	Cost of lunch	15	
Trip: Uptown Farmers Market	Wednesday	Nov. 12	9 a.m.	11:30 a.m.	Free + Sack lunch provided	20	
Trip: Phoenix Zoo	Friday	Nov. 21	11:30 a.m.	1 p.m.	\$22 + Sack lunch provided	20	

DEC.

Sign-up for Dec. trips begins at 9 a.m. on Monday, Nov. 17

DESTINATION	DAY	DATE	DEPARTS	PICK-UP	COST	MAX #	WALK
Trip: Arizona Opera - Lunch Time Opera	Wednesday	Dec. 3	11:30 a.m.	1 p.m.	\$5 + Sack lunch provided	20	
Lunch: Village Inn Restaurant	Thursday	Dec. 11	10:30 a.m.	12:30 p.m.	Cost of lunch	15	
Trip: Herberger Theater	Thursday	Dec. 18	11:15 a.m.	1 p.m.	\$10 + Sack lunch provided	20	

GAME RULES

- Table games are open to current members of the City of Phoenix senior centers.
- Private games or reserved tables are not permitted.
- In order to be fair to current players, participants must have an understanding of the game and the rules of play.
- At times, classes are available to learn specific table games. See staff for more details.
- Participants are expected to be welcoming, kind and courteous at all times.
- Game times listed in the program schedule are official start times. Games may not begin early, and if arriving late, please speak to a staff member prior to joining the activity.

Ongoing Activities	Time	Day
Morning Socialization	9 to 11 a.m.	Monday through Friday
Walking Club	9 to 10 a.m.	Monday through Friday
Afternoon Open Game Play	12:30 p.m. to 4 p.m.	Monday through Friday
Euchre	9 to 11 a.m.	Monday
Intermediate Mah-Jongg	1 p.m. to 3:30 p.m.	Monday
Beginning/Intermediate Mah-Jongg	1 p.m. to 3:30 p.m.	Wednesday
Advanced Mah-Jongg	1 p.m. to 3:30 p.m.	Thursday
Prize BINGO	10 a.m. to 11 a.m.	Wednesday
Bridge	12:30 p.m. to 3:30 p.m.	Wednesday
Scrabble Group	12:30 p.m. to 4 p.m.	Wednesday
Open Art Studio	1 p.m. to 3:30 p.m.	Wednesday
Crazy Poker	10 a.m. to 1 p.m.	Tuesday
GOLF Card Game	9 to 10 a.m.	Friday
Loteria	10:15 a.m. to 11 a.m.	Friday
Movie Friday!	1 p.m.	Friday
Canasta	12:30 p.m. to 4 p.m.	Monday, Wednesday, Friday

FITNESS/HEALTH & WELLNESS

Chair Yoga

Sitting practice helps with strengthening, lengthening, balance and coordination.

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
Lupita	9 to 10 a.m.	Friday	Ongoing	TBD	FREE	Drop-in	N/A

B-Fit Strength Training

B-Fit is a progressive resistance strength training exercise program designed to increase strength, flexibility, range of motion, mobility, gait, and balance. Exercises are performed seated or standing.

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
Theresa	1 to 2 p.m.	Monday	Ongoing	TBD	FREE	Drop-in	N/A
Tyler	12:15 to 1 p.m.	Thursday	Ongoing	TBD	FREE	Drop-in	N/A
Theresa	12:15 to 1 p.m.	Friday	Ongoing	TBD	FREE	Drop-in	N/A

Line Dancing

Follow along with our instructor and learn various line dances and styles. Pace is geared towards older adults. *Two classes per week and **dates may vary**, please pay close attention to class dates.*

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
Ruth	10 to 11 a.m.	Monday	Oct. 6, 20 Nov. 3, 17 Dec. 1, 15	TBD	FREE	Drop-in	N/A

Gyrokinesis

Gyrokinesis is a movement method that addresses the entire body. Opening energy pathways, increasing range of motion, all through flowing movement sequences.

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
Jeannie M.	1:15 to 2:15 p.m..	Friday	Ending Oct. 24	TBD	FREE	Drop-in	N/A

FITNESS/HEALTH & WELLNESS

Beginning Tai Chi

This class focuses on the beginning Tai Chi principals of balance, body mechanics and breath work. No experience necessary.

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
Volunteer	1 to 2 p.m.	Tuesday	Ongoing	TBD	FREE	Drop-in	N/A

Intermediate Tai Chi

This class is for the next level Tai Chi student who is ready to move on from Beginning Tai Chi. Students will continue to work on the basics but will also begin to apply the learning form.

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
Volunteer	1:30 to 2:30 p.m.	Thursday	Ongoing	TBD	FREE	Drop-in	N/A

TECHNOLOGY

Beginning Computers

This class will be a series of various beginner computer topics. Each week will be a different topic. Please see staff for more information. Signing up would be recommended but it is not necessary.

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
Volunteer	TBD	TBD	ON HOLD	May 26	FREE	Registration required	One week prior

Tech Tutor Time

Having trouble figuring out how to use your smart phone, tablet, or electronic devices? ***Please schedule appointment*** to see our tech tutor.

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
Hollie N.	10:30 a.m. to 1:30 p.m.	Wednesday	Ongoing	TBD	FREE	Registration required	One week prior

EDUCATIONAL

Beginning Spanish

Beginning Spanish is for students who have little to no experience with the Spanish language.

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
Yesenia S.	1 to 2 p.m.	Monday	Ending Nov. 24	TBD	FREE	Drop-in	N/A

Intermediate Spanish (Hybrid)

Intermediate Spanish is for students who have previously studied the language. Students are highly encouraged to purchase the book utilized in this course. Students will be given the name of the book upon registration.

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
Joseph B.	3 to 4 p.m.	Tuesday	Ongoing	TBD	FREE	Registration required	N/A

Intro to Mah-Jongg

Learn Mah-Jongg at a fun easy pace. No experience necessary. Space limited to **8** participants.

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
Katy K. Judith M.	1 to 3:30 p.m.	Wednesday	Starting Oct. 8	TBD	FREE	Registration required	Waitlist

Intro to Bridge

Learn how to play bridge at a fun and easy pace. Class if for beginners and those needing a refresher.

Space is limited to 16 students.

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
Judy G.	10:30 to 11:30 a.m.	Tuesday	Ongoing	TBD	FREE	Registration required	One week

Matter of Balance

This program emphasizes practical strategies to manage falls. *Students are required to commit to the eight week course.*

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
Area Agency on Aging	10 a.m. to noon	Monday	Ending Oct. 6	TBD	FREE	Registration required	One week prior

ARTS & CRAFTS

Open Beading

Enjoy and open and welcoming space to create your favorite beading projects!

limited to 14 participants.

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
N/A	10:15 to 11:30 a.m.	Monday	Ongoing	TBD	FREE	Drop In	N/A

Rock Painting

Impress your friends by making some creative rock painting art! *Space is limited to 12 members.*

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
Cassandra	10 to 11 a.m.	Thursday	Ongoing	TBD	FREE	Registration required	One week prior

Creating Greeting Cards Group

This group is catered to those already experienced in card making.

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
Karen O.	12:30 to 2 p.m.	Tuesday	Ongoing	TBD	FREE	Registration required	One week prior

Collage Art With Susie!

Follow along with the instructor as she demonstrates how to create unique collage art using various craft materials and water color paper. ***Space limited to 12 students.***

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
Susie	9:30 to 11 a.m.	Tuesday	Ongoing	Second Tuesday of Month	FREE	Drop In	N/A

Easy Abstract Style Painting

Learn to have fun freely expressing yourself with color, design, and simple techniques! Please bring acrylic paint (red, blue, yellow, white, and black) and a canvas no larger than 12" x 16" (workspace is limited).

Space limited to 8 students.

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
Leland B.	10 a.m. to noon	Wednesday	Ongoing	TBD	FREE	Registration required	One week prior

ARTS & CRAFTS

Acrylic and Watercolor Painting

Paint alongside the instructor with Acrylic, Oils, and Watercolor. Please bring canvas and paint brushes. Space limited to **8 students**.

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
Myriam C.	2 to 4 p.m.	Monday	Ongoing	TBD	FREE	Registration required	One week prior

Speed Painting with Sandi!

Paint in a fun, interactive, and fast paced way! *Space limited to 10 members.*

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
Sandi	9 to 10 a.m.	Monday	First Monday of the month	TBD	FREE	Registration required	One week prior

SOCIAL GROUPS

Memory Café

Providing a safe place for persons living with early to moderate dementia to socialize and participate in activities that stimulate and support brain health.

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
N/A	10 to 11 a.m.	Tuesday	Second Tuesday of the month	TBD	FREE	Drop In	N/A

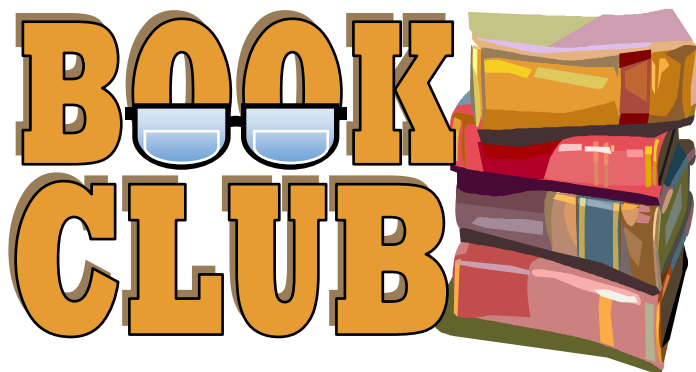
Crochet

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
Monika P. Sara Q.	1 to 3 p.m.	Thursday	Ongoing	TBD	FREE	Drop In	N/A

Quilting & Sewing Groups

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
N/A	9 a.m. to 12:30 p.m.	Thursday & Friday	Ongoing	TBD	FREE	Drop In	N/A

SPECIAL EVENTS and ANNOUNCEMENTS



Book Title: *The Mighty Red*

by Louise Erdrich

10 to 11a.m. Thursday, Oct. 30

Book Title: *Wayward*

By Emilia Hart

10 to 11 a.m. Thursday, Nov. 20

Book Title: *The Secret Lives of Booksellers and Librarians*

By James Patterson

10 to 11 a.m. Thursday, Dec. 18

Book Club is FREE for members. Please make a reservation in advance by calling 602.534.2302



One party to celebrate birthdays for Oct, Nov, and Dec. Join us for games, raffles and fun!

10:15 to 11:30 a.m.

Friday, Jan. 9, 2026

Site Council Meetings

The Shadow Mountain Site Council is made up of a group of members/volunteers. They meet once a month to collaborate with staff on the development of programming, fundraising, philanthropy and much more. They

Oct. 27 at 9:30 a.m.

Nov. 24 at 9:30 a.m.

Dec. 29 at 9:30 a.m.

dedicate their time and talents to improving the quality of life for Shadow Mountain participants. Meetings are held in the Conference Room and are open to all.

Center Closures

MONDAY OCT 13 INDIGENOUS PEOPLES'	THURSDAY OCT 23 CITY MEETING	TUESDAY NOV 11 VETERANS DAY	THURSDAY NOV 27 THANKSGIVING
FRIDAY NOV 28 THANKSGIVING	WEDNESDAY DEC 10 STAFF MEETING	WEDNESDAY DEC 24 CLOSE @ NOON	THURSDAY DEC 25 CHRISTMAS

VOLUNTEERS

Shadow Mountain is always looking for quality volunteers looking to give back to our community. One main area of need is **teaching a class or program.**

*** Zumba, line dancing, and computer volunteers needed! ***

- Volunteers must be at least 18 years of age
- Meet with center staff before volunteering
- Fill out and sign the volunteer application



City of Phoenix Human Services Department

SENIOR PROGRAMS

PROGRAMS FOR ACTIVE ADULTS



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www.phoenix.gov/humanservices



Stay Young With Us

SHADOW MOUNTAIN SENIOR CENTER

12TH ANNUAL Paint Phoenix Purple

SILENT AUCTION, ART GALLERY, & RESOURCE FAIR



**ART
DEMONSTRATIONS
AND AUCTION**

**HEALTH DEMONSTRATIONS
AND RESOURCES**

**DOMESTIC VIOLENCE
GUEST SPEAKERS**

Friday, October 17 at noon

3546 E. Sweetwater Ave.

Phoenix, AZ 85032

602.534.2303

**NOW ACCEPTING PAINTINGS AND OTHER PURPLE OR PINK ART DONATIONS IN
OBSERVATION OF DV AWARENESS AND BREAST CANCER. PROCEEDS BENEFIT
ARIZONA COALITION TO END SEXUAL AND DOMESTIC VIOLENCE**



AUCTION ENDS FRIDAY, OCTOBER 24, AT 4 P.M.



MEMBERSHIP

The annual membership fee is \$20 for Phoenix residents and \$40 for non-residents. Your membership gives you access to any of the 15 senior centers the City of Phoenix has to offer listed below. Try out the Shadow Mountain Senior Center with a visitor pass, good for two FREE visits.

TRANSPORTATION

Senior Shuttle Program

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

LUNCH

Lunch service and announcements begin at 11:20 a.m. lunch is served by 11:30 a.m.

A recommended contribution of \$2.50 is requested of members (+60 years of age) per meal. The cost of a meal for all others is only \$5. Meal reservations and cancellations must be made at least three

CASEWORKER

Service is available every second and fourth Monday of the month. Make an appointment in person or by calling 602-534-2303.

COMMODITIES

Commodities are distributed on the first Monday of every month.

MEDICARE ASSISTANCE

See our Medicare specialist every Tuesday at 10a.m. schedule an appointment at 602.534.2303

TTY INFORMATION

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.

Central Phoenix

Chinese

734 W. Elm Street
Phoenix, AZ 85013
602-262-6411

Marcos de Niza

305 W. Pima Street
Phoenix, AZ 85003
602-262-7249

Senior Opportunities West

1220 S. 7th Avenue
Phoenix, AZ 85007
602-262-6610

Central-East Phoenix

Devonshire

2802 E. Devonshire Avenue
Phoenix, AZ 85016
602-262-7807

McDowell Place

1845 E. McDowell Road
Phoenix, AZ 85006
602-262-1842

South Phoenix

Pecos

17010 S. 48th Street
Phoenix, AZ 85048
602-534-5366

South Mountain

212 E. Alta Vista Road
Phoenix, AZ 85040
602-262-4093

Northwest Phoenix

Deer Valley

2001 W. Wahalla Lane
Phoenix, AZ 85027
602-495-3714

Goelet Beuf

3435 W. Pinnacle Peak Road
Phoenix, AZ 85027
602-534-9743

Helen Drake

7600 N. 27th Avenue
Phoenix, AZ 85051
602-262-4949

West Phoenix

Adam Diaz

4115 W. Thomas Road
Phoenix, AZ 85019
602-262-1609

Desert West

6501 W. Virginia Avenue
Phoenix, AZ 85035
602-495-3711

Northeast Phoenix

Paradise Valley

17402 N. 40th Street
Phoenix, AZ 85032
602-495-3785

Shadow Mountain

3546 E. Sweetwater Avenue
Phoenix, AZ 85032
602-534-2303

Sunnyslope

802 E. Vogel Avenue
Phoenix, AZ 85020
602-262-7572

