

Senior Opportunities West Senior Center

Stay Young With Us

1220 S. 7th Ave.

Phoenix, Az. 85007

Oct., Nov., Dec. 2025



We Celebrate Diversity!



Note: Programs, classes, events, and trips subject to change or cancellation without notice. Trip transportation cost is \$2. The City of Phoenix does not directly or indirectly endorse any products or services presented, or to be presented, by the Screened Presenters. Screened Presenter(s) shall not state or imply any endorsement by the City of Phoenix or any of its employees.

LUNCH

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.

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.

MEMBERSHIP

Membership gives you access to all 15 Phoenix senior centers. The annual membership fee is \$20 for Phoenix residents and \$40 for non-residents.



Human Services Department's Memory Café program has expanded to all 15 senior center locations!

For more information, check with your nearest senior center, or visit:

<https://www.phoenix.gov/humanservicessite/Pages/Dementia-Friendly.aspx>

602-534-5750

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

Programming hours: 9 a.m. to 4 p.m.

For more information or a copy of this publication in an alternate format, contact 602-262-4520 voice. [phoenix.gov/humanservices/programs/older](https://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.



CENTER TRIPS



Destination	Date	Departure	Return	Fee
Arizona State Fair	Oct. 3	11:30 a.m.	3 p.m.	Bus Fee \$2
Johnny Rockets	Nov. 6	11 a.m.	2 p.m.	Cost of Lunch Bus Fee \$2
Spaghetti Factory	Dec. 4	11 a.m.	2 p.m.	Cost of Lunch Bus Fee \$2

Senior Center Group Trip Guidelines

All trips are submitted two weeks before the trip day.

Passengers must be a currently registered senior center member.

Trip fees **\$2 per trip (\$1 each way)** applies to center trips (*cash only*).

Senior center members may travel with caregivers associated with their case.

Participants must follow all senior center policies and procedures.

Participants must not leave the field trip site without first informing senior center staff;
everyone goes together and returns together.

Stand-by is permitted, but not guaranteed - Stand-by may replace cancelation/no show.



"No Call / No Show"

1st "No Call / No Show": Warning

2nd No Call / No Show": Reservation privileges suspended for the remainder of the quarter

3rd No Call / No Show": not allowed to make trip reservations for six (6) months

Special Events

October				
Monday	Tuesday	Wednesday	Thursday	Friday
		1	2 Rummage Sale 10 a.m.	3
6	7	8	9	10 Indigenous Peoples' Day Celebration 10 a.m.
13 Indigenous Peoples' Day Center Closed	14 Advisory Committee Meeting 9:30 a.m.	15	16 Educational Presentation 10 a.m.	17
20	21	22 Dance Fitness 10:30 a.m.	23 Center Closed	24
27	28	29 Dance Fitness 10:30 a.m.	30 Educational Presentation 10 a.m.	31 SOW Fun Fest 10 a.m.
November				
Monday	Tuesday	Wednesday	Thursday	Friday
3	4 Advisory Committee Meeting 9:30 a.m.	5	6 Educational Presentation 10 a.m.	7 Veterans Day Brunch 9:30 a.m. <i>Reservations needed</i>
10	11 Veterans Day Center Closed	12 Dance Fitness 10:30 a.m.	13	14
17	18	19	20 Educational Presentation 10 a.m.	21
24	25 Thanksgiving Celebration 10 a.m.	26 Thanksgiving Bingo 10:30a.m.	Thanksgiving Day Center Closed	28 Center Closed
December				
Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4 Educational Presentation 10 a.m.	5
8	9 Advisory Committee Meeting 9:30 a.m.	10 All Staff Meeting Center Closed	11	12
15	16	17	18 Educational Presentation 10 a.m.	19 Holiday Celebration 10 a.m.
22	23 Memory Café 10 a.m.	24 Holiday Brunch 9 a.m. Center closing at noon	25 Christmas Day Center Closed	26
29	30	31 New Year's Eve Celebration 9:30 a.m.		

SOW Senior Center Daily Activities

CLASS	INSTRUCTOR	DAY	TIME
Karaoke	Volunteer	Mondays and Wednesdays	1:30 to 2:30 p.m.
Loteria	Volunteer	Mondays and Thursdays	10:30 to 11:30 a.m.
Brain Fitness	Jan H.	Mondays October and December Only	12:15 to 1:15 p.m.
Chair Exercise	Michelle D.	Tuesdays	10:30 to 11:30 a.m.
SOW Creation Hour	Staff/Volunteer	Tuesdays	12:30 to 1:30 p.m.
Indoor Walking	Self-led	Tuesdays	1:30 to 2:30 p.m.
Matter of Balance	Area Agency on Aging Margaret	Wednesdays, October 8 to December 3	9:30 to 11:30 a.m.
Bingo	Volunteer	Wednesdays	12:30 to 1:30 p.m.
Memory Café	Staff	Second Thursday of each month	10:30 to 11:30 a.m.
T.E.F.A.P. St. Mary's Food Bank	Staff	Third Thursday of each month	<i>While supplies last</i>
Tai Chi (Chair)	Anuradha G.	Thursdays	12:15 to 1:15 p.m.
Bible Study non-City sponsored	Volunteer	Thursdays	12:30 to 1:30 p.m.
Blood Pressure Check	Volunteer	Fridays	9 to 10 a.m.
Chair Fitness	Fernando L.	Fridays <i>October 10 class</i>	10:30 to 11:30 a.m. 12:15 to 1:15 p.m.
Movie	Staff/Volunteer	Fridays	12:30 to 2:30 p.m.
SOW First Friday Bring A Friend	Advisory Council	First Friday of each month	12:30 to 4 p.m.
SOW Jamming Friday	Advisory Council	Fridays	12:30 to 4 p.m.

Wear pink Oct. 6 to Oct. 9



Wear purple Oct. 20 to Oct. 24



Wear blue Nov. 10 to Nov. 14

