



SENIOR PROGRAMS
CITY OF PHOENIX | HUMAN SERVICES

Sunnyslope Senior Center

Your Best Years Start Here

802 E. Vogel Ave
Phoenix, AZ 85020 602-262.7572

www.phoenix.gov/humaservices/programs/older

FALL 2025



OCT. NOV. DEC.

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

Membership gives you access to all 15 City of Phoenix senior centers. Annual membership fee is \$20 for Phoenix Residents and \$40 for nonresidents.

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 the center for eligible members. Please contact center staff to register and for more Information.

Special Events

- * **Oct. 6:** National Noodle Day, 10:30 a.m.
- * **Oct. 9:** Intergenerational Ice Cream Social, 1 p.m.
- * **Oct. 22:** National Color Day, 10:30 a.m.
- SPIRIT WEEK, Oct. 27 to Oct. 31**
 - Oct. 27:** Fall Flannel Day
 - Oct. 28:** Blackout Day
 - Oct. 29:** Spooky Socks Day
 - Oct. 30:** Halloween Shirt Day
 - * **Oct. 31:** Monster Bash at noon
- * **Nov. 12:** Sadie Hawkins Dance, 10:30 a.m.
- * **Nov. 26:** Friendsgiving, 10:30 a.m.
- * **Dec 22:** Christmas Party, 10 a.m.
- * **Dec 30:** New Year's Toast, noon

CASEWORKER

Service is available every second and fourth Tuesday of the month from 9 a.m. to noon. Make an appointment in person or by calling 602.262.7572

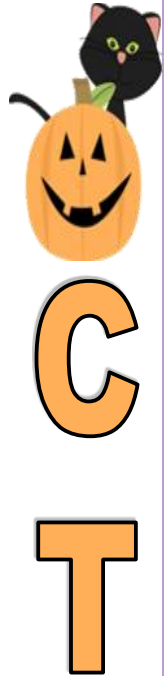
For more information or a copy of this publication in an alternate format, contact 602-262-4520 voice.

This City Facility is RELAY 7-1-1 trained.

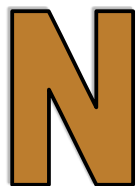
Programs are subject to change /
cancel without notice.

SPECIAL EVENTS

Reservations
Recommended



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:30 a.m. Pop-up Café 10 a.m. Memory Café	2	3
6 10:30 a.m. National Noodle Day	7	8 1 p.m. Intergenerational Dancercise and Ice Cream Social	9	10 11a.m. Chair Yoga with Yasmin
13 Center Closed Indigenous Peoples' Day	14 9 a.m. Social Services Noon Humana Presentation	15 Arrival time: 10 a.m. Trip: Uptown Farmers' Market	16	17
20 Trip Arrival: 11:30 a.m. Lunch: MacAlpines Diner	21	22 10:30 a.m. National Color Day Wear your favorite color!	23 Center Closed All Staff Meeting	24 11 a.m. Chair Yoga with Yasmin
27	28 9 a.m. Social Services	29 Arrival time: 9:30 a.m. Trip: Rio Salado Audubon Center	30	31 noon Halloween Monster Bash



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 Arrival time: 11:30 a.m. Lunch: Colado's Coffee and Crepes	5 10 a.m. Memory Café	6 noon PHX Art Museum Docent Talk	7 11 a.m. Chair Yoga with Yasmin
10	11	12	13	14



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	Center Closed Veterans Day	10:30 a.m. Sadie Hawkins Dance		Arrival Time: 10 a.m. Trip: The Farm at South Mountain
17	18 noon Humana Presentation	19 Trip: Phx Art Museum Arrival time: 11:30 a.m.	20	21 11 a.m. Chair Yoga with Yasmin
24	25	26 10:30 a.m. Friendsgiving Bring a store bought dessert	27 Center Closed for Thanksgiving Holiday	28 Center Closed for Thanksgiving Holiday observed

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 10 a.m. Christmas Cookie Decorating	3 10 a.m. Memory Café Arrival Time: 11:45 a.m. Trip Lunchtime Opera	4 noon. PHX Art Museum Docent Talk	5 11 a.m. Chair Yoga with Yasmin
8	9 9 a.m. Social Services noon Humana Presentation	10 Center Closed All Staff Meeting	11	12
15 Arrival Time: 11:30 a.m. Trip: Elly's Brunch & Café	16	17	18	19 11 a.m. Chair Yoga with Yasmin
22 10 a.m. Christmas Party	23 9 a.m. Social Services	24 Christmas Eve Center open 8 to noon 9:30 a.m. Christmas Movie	25 Center Closed Christmas Day	26
29	30 noon New Year's Toast	31		

Daily Activities

Activity	Day	Time
Socialization	Monday to Friday	8 a.m. to 5 p.m.
Billiards	Monday to Friday	9 a.m. to 4 p.m.
Laptop Lab	Monday to Friday	9 a.m. to 4 p.m.
Intermediate Tai Chi	Monday	9:15 a.m.
Beginner Tai Chi	Monday	10:30 a.m.
Fun Bingo	Monday	12:15 p.m.
Dancercise	Monday	1 p.m.
Bridge	Monday	1 p.m.
Beginner Spanish	Monday	2 p.m.
Mahjong: Beginner	Tuesday	9 a.m.
Geri-Fit	Tuesday	10 a.m.
Ukulele: Beginner <i>student-led</i>	Tuesday	noon
Ukulele: Intermediate <i>student-led</i>	Tuesday	12:30 p.m.
Senior Fitness with Theresa <i>virtual</i>	Tuesday, Thursday	1 p.m.
Tai Chi: Fans & Swords	Wednesday	9 a.m.
Writing Class	Wednesday	9:30 a.m.
Computer Class	Wednesday	ON HOLD
Prize Loteria	Wednesday	12:15 p.m.
Canasta	Wednesday	12:30 p.m.
Dancercise	Wednesday	12:30 p.m.
Karaoke	Wednesday	1:30 p.m.
Yoga: Gentle Chair	Thursday	10 a.m.
Creative Crafts	Thursday	10 a.m.
Yoga: Mat	Thursday	11:15 a.m.
Belly & Veil Dancing	Thursday	12:30 p.m.
Mahjong: Intermediate	Thursday	12:30 p.m.
Line Dance with Ruth	Thursday	2 p.m.
Geri-Fit	Friday	10 a.m.
Bible Study *not City sponsored*	Friday	10 a.m.
<i>SEW Much Fun</i> Sewing Class	Friday	1 p.m.
Ukulele Jam Sesh	Friday	1 p.m.
Needlework	Friday	1 p.m.

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