



4115 W. Thomas Rd. Phoenix, Arizona 85019

602- 262-1609

phoenix.gov/seniorcenters

Center Hours

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



Adam Diaz Senior Center

Program for Active Adults



July & Aug.2024

Membership

Annual membership is \$20 for Phoenix residents and \$40 for non-residents.
Visitor pass is available for
Two free visits

Lunch

Lunch is served daily at 11:30 a.m.
Members may give a recommended contribution of \$2.50 per meal. The cost of a meal for all others is \$5.
Reservations and cancellations must be made at least three business days in advance. Members without a morning snack or lunch reservation may have a "standby" meal based on availability.

Transportation

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

Memory Café

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's include care partners for a shared experience.
Advance registration is required; there is no fee to attend.
Please call 602-534-5750 or email.

Trips

Must be a registered and current member, please sign up at front desk. Transportation for all field trips is \$2.00 Any questions, please ask a Staff member.

Caseworker

Contact Center Staff for more information.

Join Us In Person or Virtually

Please contact Adam Diaz Senior Center.

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.



AREA AGENCY ON AGING
REGION ONE, INCORPORATED

Area Agency on Aging
Presents the "Empower Program"
10 a.m. on Mondays starting
June 24 through Sept. 9



Happy Birthday!

Birthday Celebration

9 a.m.

Friday July 12, and Aug. 16

July

Special Events



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3 9:30 a.m. Oak Street Health Presents "Fourth of July Musical Celebration (IP)	4 Center Closed 	5 9:30 a.m. Shuffleboard Competition (IP)
8 11 a.m. World Chocolate Day (IP) 11:30 a.m. Trip: Joe's Diner (IP)	9 9 a.m. Wellcare Activity (IP) noon Site Council Meeting (IP/V)	10 10:30 a.m. iPro's Presents Loteria (IP)	11 9 a.m. Chair Yoga (IP)	12 9:30 a.m. Archwell Presents Karaoke with Friends Day (IP) 
15	16 9 a.m. Oak Street Health Presents Drumming Circle & Donuts (IP)	17	18 9 a.m. Chair Yoga (IP)	19 9:30 a.m. Trip: Desert West Gorgeous Grandma Day Fashion Show (IP)
22 11:30 a.m. Trip: Portillo's (IP)	23 9 a.m. City of Phoenix Library Services (IP) 	24 10:30 a.m. Archwell Presents Zumba (IP) 	25 9 a.m. Chair Yoga (IP)	26 9:30 a.m. Oak Street Presents "Summer Craft" (IP)
29	30 9 a.m. Music Therapy Class (IP)	31	Art with Christy 9:30 a.m. Wednesday 7/10/24 & 8/7/24  	



Aug.

Special Events



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9 a.m. Chair Yoga (IP)	2 9:30 a.m. Site Council Meeting (IP/V) noon: National Watermelon Day (IP)
5 11 a.m. National Ice Cream Sandwich Day (IP)	6 9 a.m. National Wellness Day Activity (IP)	7 11:30 a.m. Trip: Mimi Forno Italiano (IP)	8 9 a.m. Chair Yoga (IP) noon: National Root Beer Float Day (IP)	9 9:30 a.m. Trip: Desert West Senior Center Sock Hop Event (IP)
12 11:30 a.m. Trip: Carlos O'Brien's Mexican Cuisine (IP)	13 9 a.m. City of Phoenix Library Services (IP) 	14 10:30 a.m. iPro's Presents Loteria (IP)	15 9 a.m. Chair Yoga (IP)	16 10:30 a.m. Oak Street Presents "Ice Cream Social" (IP)
19	20 9 a.m. Oak Street Health Presents Tech Talk (IP)	21 10:30 a.m. Wellcare Presents National Senior Citizens Day Activity (IP)	22 9 a.m. Chair Yoga (IP) 9 a.m. Trip: Recycling Tour (IP)	23 10 a.m. Archwell Presents End of Summer Luau Celebration (IP)
26 9 a.m. Music Therapy Class (IP)	27	28 Center Closed	29 9 a.m. Chair Yoga (IP)	30 9:30 a.m. Happy Hour Friday (IP)

ONGOING ACTIVITIES

(IP) In person/ (V) Virtual	Reservations required for in Person (IP) or Virtual (V) Programming
*Mix & Mingle (IP)	9 a.m. to 4 p.m. daily
Billiards & Card Games (IP)	9 a.m. to 4 p.m. daily
Check Out Laptop (IP)	9 a.m. to 4 p.m. daily
Open Gym (IP)	9 a.m. to 4 p.m. daily
Movie Matinee (IP)	1 p.m. every Monday
Memory Monday (IP)	10 a.m. on Monday July 1 & Aug. 5
Crochet (IP)	9 a.m. every Monday
Chair Exercise (IP/V)	10 a.m. every Monday and 2 p.m. every Friday
Chair Dance Techniques (IP/V)	9 a.m. every Tuesday (Note: class resumes Sept. 24)
Geri-Fit (IP/V)	10 a.m. every Tuesday and Thursday
Fun Bingo (IP/V)	10 a.m. every Friday (Note: 9 a.m. on Aug. 16 & 23 & 10:30 a.m. on July 5, 26, & Aug. 2, 30 and 2 p.m. on July 12)
Mexican Train (IP)	12:30 p.m. every Tuesday
Blood Pressure Checks (IP)	9:30 a.m. every Friday
Creative Corner (IP)	9:30 a.m. every Wednesday (Note: No class July 10 & Aug. 7)
Walking Club (IP)	1 p.m. every Wednesday
Brain Games (IP)	2 p.m. every Wednesday
Fun Loteria (IP/V)	10:30 a.m. every Wednesday (Note: 12:30 pm on July 3 & 24 and Aug. 21)
Line Dancing (IP/V)	12:30 p.m. every Friday
Cultural Food's (IP)	2 p.m. every Thursday
T.E.F.A.P (IP)	1 p.m. on Friday, July 19 & Aug. 16
Area Agency on Aging (IP)	9:30 a.m. on Friday, July 12 & Aug. 9

Note: Trips, Programs, Classes and Events are subject to change or cancellation without notice.

The City of Phoenix does not directly or indirectly endorse any products or services presented, or to be presented, by the Screened Presenter. Screened Presenter shall not state or imply any endorsement by the City of Phoenix or any of its employees.

Revised: 05/30/2024