

Chinese Senior Center

Programs for Active Adults



SENIOR PROGRAMS
CITY OF PHOENIX | HUMAN SERVICES

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

phoenix.gov/seniorcenters

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



Welcome!
The Chinese Senior Center
has been a resource for older
adults in the Melrose District
for over 40 years! We
welcome everyone to our
center.

Transportation

Senior Center Shuttle Program

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

Volunteering

Please see Human Services staff for more information on volunteer opportunities.

Brown Bag

Brown bag distribution takes place weekly on Wednesdays from noon to 12:45 p.m.

2024 Jan. & Feb. Program Schedule

Membership

Annual membership is \$20 for Phoenix residents and \$40 for non-residents. Your membership gives you access to any of the 15 Phoenix senior centers. A visitor pass is available for two FREE visits.

Lunch

Lunch is served daily at noon.

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

If you are in need of Home Delivered Meals please see a staff member or call 602-262-6411 for assistance.

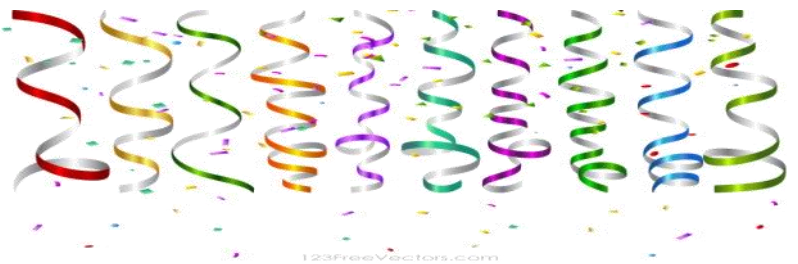
Caseworker













Caseworker is available to current members by appointment only. Applications have to be filled out prior to scheduling appointment. Make sure to bring copies of documentation needed to appointment. Any questions or for further information, please call 602-262-6411.

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 602-535-5500 may be used, if needed.

Jan. 2024

Special Events














Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>New Year's Day Center Closed 中心关闭</p> 	<p>2</p>	<p>3</p>	<p>4</p> <p>Trip to Walmart 1 p.m. 沃尔玛之旅</p> 	<p>5</p> <p>Birthday Celebration 10 a.m. 生日慶典</p> 
<p>8</p> <p>Bingo Every Monday 10:30 a.m.</p> 	<p>9</p> <p>Cooking Demonstration 11 a.m. 烹饪示范</p> 	<p>10</p>	<p>11</p> <p>Blood Pressure Check every Thursday 9 to 11 a.m. 血压检查</p> 	<p>12</p>
<p>15</p> <p>Dr. Martin Luther King, Jr. Day Center Closed 中心关闭</p> 	<p>16</p>	<p>17</p>	<p>18</p> <p>Trip to Mekong 1 p.m. 湄公河之旅</p> 	<p>19</p> <p>Matter of Balance eight weeks, every Friday, 2 to 4 p.m. 平衡问题 每周周五</p>
<p>22</p> <p>Oak Street Health Presentation 10 a.m. 橡树街健康介绍</p> 	<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p> <p>Trip to W-Mart 1 p.m. 乐辉超市之旅</p> 
<p>29</p>	<p>30</p>	<p>31</p> <p>Trip to 99 Ranch Market 1 p.m. 99之旅</p> 	<p>Volunteer Sheets Due 志愿者表到期</p> <p>VOLUNTEER</p> 	

Note: Programs, classes, and events are subject to change or cancellation without notice.

Feb. 2024

Special Events



Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1</p> <p>Blood Pressure Check, every Thursday 9 to 11 a.m.</p> <p>血压检查</p> 	<p>2</p> <p>Birthday Celebration 10 a.m.</p> <p>生日慶典</p> 
<p>5</p> <p>Trip to Walmart 1 p.m.</p> <p>沃尔玛之旅</p> 	<p>6</p>	<p>7</p>	<p>8</p>	<p>9</p>  <p>Lunar New Year Celebration 10 a.m.</p> <p>Welcoming friends from Marcos and Beuf Senior Centers</p> <p>农历新年</p>
<p>12</p>	<p>13</p>	<p>14</p> <p>Dancers visiting SOW to celebrate Lunar New Year</p> 	<p>15</p> <p>Trip to Mekong 1 p.m.</p> <p>湄公河之旅</p> 	<p>16</p>
<p>19</p> <p>Presidents' Day Center Closed</p> <p>中心关闭</p> 	<p>20</p> <p>Trip to Walmart 1 p.m.</p> <p>沃尔玛之旅</p> 	<p>21</p>	<p>22</p>	<p>23</p>
<p>26</p>	<p>27</p> <p>Cooking Demonstration 11 a.m.</p> <p>烹饪示范</p> 	<p>28</p> <p>Trip to W-Mart 1 p.m.</p> <p>乐辉超市之旅</p> 	<p>29</p> <p>Volunteer Sheets Due</p> <p>志願者表到期</p> 	

Activity 活動	Time 時間	Day 日期
Gym Exercise 健身房锻炼	9 a.m. to 4 p.m.	Monday through Friday
Socialization 社会化	9 a.m. to 4 p.m.	Monday through Friday
Stretching Exercise 午飯前的伸展運動	11:30 a.m. to noon	Monday through Friday
Cantonese Singing Group in person (virtual) 語歌唱團	9 to 10:30 a.m.	Monday, Thursday
Crafts 工藝品組	9 a.m. to 3 p.m.	Monday, Thursday, Friday
Beginning English Class 英語初級班	10:30 to 11:30 a.m.	Tuesday
English Singing Group 英文歌唱組	9 to 10:30 a.m.	Tuesday
Bible Study 经查	9 to 10:30 a.m.	Tuesday
Chinese Citizenship Class 公民类	1 to 2 p.m.	Tuesday
Modeling Class 旗袍舞蹈	9:30 to 11 a.m.	Wednesday
Survival English Class in person (virtual) 生存英語課	9:30 to 10:30 a.m.	Wednesday
Computer Class 電腦課	1 to 2 p.m.	Thursday
Mandarin Singing Group 國語歌唱組	9:30 to 11 a.m.	Thursday
Intermediate English class 中級英語班	9:30 to 10:30 a.m.	Thursday
Line Dance 排舞	10:30 to 11:30 a.m.	Thursday, Friday
English Conversation Class in person (virtual) 英語會話課	9:30 to 10:30 a.m.	Friday
Ballroom Dance 交谊舞	1 to 2:30 p.m.	Friday

Note: Programs, classes, and events are subject to change or cancellation without notice.