



Deer Valley Senior Center

Programs for Active Seniors

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



CITY OF PHOENIX **HUMAN SERVICES DEPARTMENT**

Deer Valley Senior Center is an activity center for seniors and adults, located in north Phoenix. We are one block south of Beardsley Road off of 19th Avenue in Deer Valley Park. Our campus includes Deer Valley Pool and Deer Valley Community Center. Our friendly Human Services staff is here to serve you ... stop on by and discover a host of amenities, classes, and programs perfect for you.

STAY YOUNG WITH US!



JAN./FEB.

PROGRAM SCHEDULE

2024



MEMBERSHIP

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

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.

2001 W. Wahalla Lane

Phoenix, AZ. 85027

602.495.3714

phoenix.gov/seniorcenters

Human Services programs offered:

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

Yea! We're going on a FIELD TRIP!



JAN.

Transportation for all field trips is \$2.00

DESTINATION	DAY	DATE	DEPARTS	PICK-UP	COST
Lunch: Hash Kitchen	Thursday	Jan. 4	10:30 a.m.	12:30 p.m.	Cost of lunch
Lunch: The Oink Cafe	Monday	Jan. 8	10:30 a.m.	12:30 p.m.	Cost of lunch
Tour: Phoenix Police Museum	Tuesday	Jan. 16	10:30 a.m.	12:30 p.m.	Free
Lunch: Little Miss BBQ	Friday	Jan. 19	10:30 a.m.	12:30 p.m.	Cost of lunch
Lunch: Rito's Mexican Food	Friday	Jan. 26	10:30 a.m.	12:30 p.m.	Cost of lunch
Lunch: Opa Life Greek Café	Wednesday	Jan. 31	10:30 a.m.	12:30 p.m.	Cost of lunch

FEB.

Transportation for all field trips is \$2.00

DESTINATION	DAY	DATE	DEPARTS	PICK-UP	COST
Lunch: Sugar Factory	Friday	Feb. 2	10:30 a.m.	12:30 p.m.	Cost of lunch
Lunch: Rosso Italian	Thursday	Feb. 8	10:30 a.m.	12:30 p.m.	Cost of lunch
Lunch: Gadzooks Enchiladas and	Monday	Feb. 12	10:30 a.m.	12:30 p.m.	Cost of lunch
Trip: Light Rail	Thursday	Feb. 22	10:30 a.m.	1:30 p.m.	Cost of lunch & \$2 train fare
Lunch: The Vig	Tuesday	Feb. 27	10:30 a.m.	12:30 p.m.	Cost of lunch

Daily Classes

Mondays

CLASS	INSTRUCTOR	TIME
Chair Exercise	Jan	9:15 to 10:15 a.m.
Bridge Class	Diane	11:30 a.m. to noon
Bridge	-	noon to 3 p.m.
Bingo	-	1 to 3 p.m.
Movies	Staff	1 to 3:30 p.m.

Tuesdays

CLASS	INSTRUCTOR	TIME
Mah Jong	-	9 a.m. to 3 p.m.
Poker	-	9 a.m. to 3:30 p.m.
Crochet Olé	Leslie	10:30 to 11:30 a.m.
Geri-Fit	Theresa	1 to 2 p.m.
Smart Phone Class	Mark	2 to 3:30 p.m.
Chair Yoga	Georgianna	2:15 to 3:15 p.m.
Karaoke	Staff	3:15 to 3:45 p.m.

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

Daily Classes *(continued)*

Wednesdays

CLASS	INSTRUCTOR	TIME
Chair Exercise	Jan	9:15 to 10:15 a.m.
Bingo	-	1 to 3 p.m.
Mah Jong	-	1 to 4 p.m.
Movies	Staff	1 to 3:30 p.m.

Thursdays

CLASS	INSTRUCTOR	TIME
Mah Jong Class	Reta	9 to 11:30 a.m.
Poker	-	9 a.m. to 3:30 p.m.
Tai Chi	Rick	10 to 11 a.m.
Mah Jong	-	noon to 3 p.m.
Geri-Fit	Theresa	1 to 2 p.m.
Chair Yoga	Georgianna	2:15 to 3:15 p.m.
Line Dancing	Jane	2:15 to 3:15 p.m.

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

Daily Classes (continued)

Fridays

CLASS	INSTRUCTOR	TIME
Chair Exercise	Jan	9:15 to 10:15 a.m.
Tai Chi	Rick	1 to 2 p.m.
Bingo	-	1 to 3 p.m.

Valentine's Day Craft Day Make and Take Cards

Wednesday, Feb. 13
10 a.m.



Phoenix Art Museum

Monday, Jan. 29
10:30 a.m.

"Art of Colonial America"



Site Council General Meetings

Wednesday, Jan. 3, 2024
Wednesday, Feb. 7, 2024



All are welcome to join

Commodities

Distributed every third Thursday of each month. Please call to verify that the delivery has arrived.

WHILE SUPPLIES LAST

Quarterly Birthday Celebration

Tuesday, Feb. 20
10 a.m.

Entertainment provided by
Darron Weston



Coming Soon ...

Beginning Spanish
Fridays at 10:15 a.m.
Starting Feb. 2, 2023



Deer Valley Senior Center will be **CLOSED**

Monday, Jan. 1 in observance of New Year's Day

Monday, Jan. 15 in observance of Martin Luther King, Jr. Day

Monday, Feb. 19 in observance of Presidents' Day

Memory Mondays Memory Screenings



Memory screenings are offered at City of Phoenix Senior Centers every **first Monday of the month**. A memory screening is a simple and safe evaluation tool that checks memory and other thinking skills. It can indicate whether an additional check up by a qualified professional is needed. Screening times vary per center. Call center to make an appointment.

Congregate Meals

Lunch is served at 11:30 a.m. Monday to Friday. A contribution of \$2.50 is suggested for qualified members. The cost is \$5 for non-qualified members and all others. Please reserve your meal three days in advance on the Kiosk. Please cancel reservations as soon as possible.

Meals are to be consumed onsite.

HUMAN SERVICES DEPARTMENT
SENIOR PROGRAMS



Memory Café

City of Phoenix Memory Café Program

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 memory.cafe@phoenix.gov

Phoenix Parks and Recreation Department offers classes, group activities, and recreation for all ages. To inquire about offerings at Deer Valley Community Center, please call 602.495.3735 or view online at phoenix.gov/recreation.