



**CITY OF PHOENIX
HUMAN
SERVICES
DEPARTMENT**

6501 W. Virginia Ave. Phoenix, AZ 85035

602-495-3711

phoenix.gov/seniorcenters

Center Hours

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

Desert West Senior Center



Programs for Active Adults

SEPT. - OCT. 2023



Membership



Annual membership fee is \$20 for Phoenix residents and \$40 for non-residents.

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 lunch reservation may have a "standby" meal based on availability.

Transportation



Senior Center Shuttle Program: MV Transportation provides flexible taxi services to and from the center for eligible members. Please contact center staff to register and for more information.

Caseworker

Please contact Center Staff for more information.

In Person or Virtually



Please contact Center Staff for more information.

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



Center Message



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 (s) shall not state or imply any endorsement by the City of Phoenix or any of its employees.



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 602-534-5500 may be used, if needed.

SEPT.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

NEW EXERCISE CLASSES

NEW TAI CHI
NEW GERI-FIT

Please see back page for details

Sept. is National Senior Center Month

It's a chance to highlight the value of our senior centers. Come visit Desert West all month long to celebrate!

1
9 a.m. to 12:30 p.m.
Trip: Indoor Labor Day Picnic at Pecos

4
Center Closed
Labor Day Holiday




5
National Cheese Pizza Day
9:30 to 11 a.m.
Loteria
10 a.m.
Talk: Fall Prevention
noon
Planning Committee Meeting

6
9:30 to 11 a.m.
Bingo

7
11 a.m. to 1:30 p.m.
Trip: Popo's Mexican Food Restaurant

8
10 a.m.
Grandparent's Day Craft



11
9/11 Remembrance

10 a.m.
Site Council Meeting
12:15 p.m.
Nutritional Wellness for Seniors

12
9:30 to 11 a.m.
Loteria
Free Loteria

Nacho Sale = \$2

13
9:30 to 11 a.m.
Bingo
11 a.m. to 1:30 p.m.
Trip: U.S. Egg Breakfast & Lunch

14
9:30 a.m.
Art with Christy
"Mini Sketchbook Art" (Scrapbooking)

15
10 a.m.
Mexican Independence Day Celebration with Super Rucco Refreshments by WellCare

18
12:15 p.m.
Nutritional Wellness for Seniors

19
9:30 to 11 a.m.
Loteria

20
9:30 to 11 a.m.
Bingo

21
11 a.m. to 1:30 p.m.
Trip: Fry Bread House

22
10 a.m.
Native American Day Craft

25
National Daughter's Day

(see flyer for details)
12:15 p.m.
Nutritional Wellness for Seniors

26
9:30 to 11 a.m.
Loteria
12:30 p.m.
Phoenix Art Museum Docent Presentation (see flyer for details)

27
9:30 to 11 a.m.
Bingo
Hot Dog Sale = \$2

28
National Son's Day

(see flyer for details)

29
10 a.m.
Birthday Party with Ken Walker Refreshments by Leon Family Consultant



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>2</p> <p>9:30 a.m. Planning Committee</p> <p>11 a.m. to 1:30 p.m. Trip: Village Inn Restaurant</p> <p>12:15 p.m. Nutritional Wellness for Seniors</p>	<p>3</p> <p>9:30 to 11 a.m. Loteria</p>	<p>4</p> <p><u>Wear Pink</u></p> <p>9:30 to 11 a.m. Bingo</p> <p><u>Free Bingo</u> <u>Nacho Sale = \$2</u></p>	<p>5</p> <p>National Taco Day</p> 	<p>6</p> <p>World Smile Day</p>  <p>(see flyer for details)</p> <p><u>Wear Purple</u></p>	
<p>9</p> <p><u>Center Closed</u> <u>Indigenous People Day Holiday</u></p> 	<p>10</p> <p>9:30 to 11 a.m. Loteria</p> <p>10 a.m. Memory Café</p>	<p>11</p> <p><u>Wear Pink</u></p> <p>9 to 11 a.m. Trip: Uptown Farmer's Market</p> <p>9:30 to 11 a.m. Bingo</p>	<p>12</p> <p>9:30 a.m. Art with Christy "Loteria Art" (Paint, Stich & Sew)</p>	<p>13</p> <p><u>Wear Purple</u></p>	
<p>16</p> <p>10 a.m. Site Council Meeting</p> <p>12:15 p.m. Nutritional Wellness for Seniors</p>	<p>17</p> <p>9:30 to 11 a.m. Loteria</p>	<p>18</p> <p><u>Wear Pink</u></p> <p>9:30 to 11 a.m. Bingo</p>	<p>19</p> <p>9 a.m. to 12:30 p.m. Trip: SOW Fun Day Picnic</p>	<p>20</p> <p>TALK: 10 a.m. Medicare Education and Updates in 2024</p> <p><u>Wear Purple</u></p>	
<p>23</p> <p>11 a.m. to 1:30 p.m. Trip: Gus's World Famous Fried Chicken</p> <p>12:15 p.m. Nutritional Wellness for Seniors</p>	<p>24</p> <p>9:30 to 11 a.m. Loteria</p> <p>10 a.m. Memory Café</p>	<p>25</p> <p><u>Wear Pink</u></p> <p>9:30 to 11 a.m. Bingo</p> <p><u>Hot Dog Sale = \$2</u></p>	<p>26</p> <p>National Pumpkin Day Craft</p> 	<p>27</p> <p>10 a.m. Birthday Party with Ken Walker Refreshments by Leon Family Consultant</p> <p><u>Wear Purple</u></p>	
<p>30</p> <p>National Candy Corn Day</p>  <p>10 a.m. Mini Health Fair: Medicare Open Enrollment</p> <p>12:15 p.m. Nutritional Wellness for Seniors</p>	<p>31</p> <p>10 a.m. Halloween Party and Table Decorating Contest Refreshments by WellCare</p> 	 <p>October is National Breast Cancer Awareness Month. Wear pink every Wednesday for the month of October to show your support.</p>		 <p>October is National Domestic Violence Awareness Month. Wear purple every Friday for the month of October to raise awareness.</p>	

ONGOING ACTIVITIES



BILLIARDS	9 a.m. to 4 p.m. Daily
CHECK OUT LAPTOP	9 a.m. to 4 p.m. Daily
CROCHETING	9 a.m. to 4 p.m. Daily
DOMINOES, CARDS	9 a.m. to 4 p.m. Daily
SOCIALIZING	9 a.m. to 4 p.m. Daily
SEWING GROUP	9 a.m. to 4 p.m. Daily (Based on Availability)
WALKING IN THE GYM	9 to 10 a.m. Daily (Based on Availability)
KARAOKE	9:30 to 10 a.m. Monday
LEARN ENGLISH CLASSES (English as a second language)	9:30 to 10:30 a.m. Monday and Thursday
ST. MARY'S FOOD BOX (Application Required)	9 to 11 a.m. fourth Tuesday of the month
TAI CHI	12:15 to 1:15 p.m. Tuesday (Classes Start Tuesday Sept. 5) (No Class Oct. 31)
GERI - FIT	12:45 to 1:45 p.m. Wednesday (Classes Start Wednesday Oct. 4)
RADIO MYSTERY STORIES	1 to 2 p.m. Wednesday
TAI CHI	9:30 to 10:30 a.m. Thursday
THURSDAY VIBES (Games, Crafts, Coloring, Jewelry Making)	12:15 to 1:15 p.m. Thursday
GERI - FIT	12:45 to 1:45 p.m. Friday
AFTERNOON MOVIE	1 to 3 p.m. Friday

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

Revised: 8/3/2023