



SENIOR PROGRAMS
CITY OF PHOENIX | HUMAN SERVICES

Goelet A.C. Beuf Senior Center

Programs for Active Adults
3435 W. Pinnacle Peak, Phoenix, AZ 85027
602-534-9743
Email us at:
phoenix.gov/seniorcenters
goelet.beuf.sc@phoenix.gov



GOELET A.C. BEUF SENIOR CENTER

Beuf Senior Center is a recreation center for seniors and adults, situated in north Phoenix. We are located in the Beuf Community Center at 35th Ave. and Pinnacle Peak. Our Human Services and Parks & Recreation staff are here to serve you. Stop on by!

COMPUTERS & WIFI

Your membership includes use of the computer lab or bring your own device to surf the 'net!

FITNESS CENTER

The Beuf Fitness Center has treadmills, exercise bikes and much more! Fitness memberships can be purchased from the front desk for \$50 per year.

July to Aug. 2024 Program Schedule

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.

LUNCH

Lunch is served Monday through Friday at noon. Meal reservations and cancellations must be made at least three business days in advance. There are limited stand-by meals available. A recommended contribution of \$2.50 is requested of members 60+ years of age per meal. The cost of a meal for all others is \$5.

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.

CASEWORKER SERVICES

Caseworker services are available to current members by appointment only. To schedule an appointment call 602-534-9743.

Programs and activities offered 9 a.m. to 4 p.m., Monday through Friday

Parks and Recreation hours:

8 a.m. to 8:30 p.m. Monday - Thursday, 8 a.m. to 5 p.m. Friday, 10 a.m. to 4 p.m. Saturday

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.



Program Schedule

Stay Young
with Us!

CLASS	INSTRUCTOR	DAY	TIME	TYPE
Bingo	Volunteer	Monday	9:15 to 11:30 a.m.	In-person
Geri Fit	Fernando	Monday	11 a.m. to noon	In-person
Mahjong Group (Beginner)	Volunteer	Monday	1 to 3 p.m.	In-person
CLASS	INSTRUCTOR	DAY	TIME	TYPE
H.E.L.P. Paper Bag Volunteer Project	Volunteer	Tuesday	9 to 11 a.m.	In-person
Art Class	Will, Volunteer	Tuesday	9:30 to 11:30 a.m.	In-Person
Fitness Xpress Series	Zoe (Virtual)	Tuesday	10:15 to 10:45 a.m.	Hybrid
Line Dance	Mary/Jane	Tuesday	1 to 2 p.m.	In-person
CLASS	INSTRUCTOR	DAY	TIME	TYPE
Bible Study ** not city sponsored **	Ken, Volunteer	Wednesday	11 a.m. to noon	In-person
Table Tennis Open Play	Self-led	Wednesday	9 a.m. to noon	In-person
Geri Fit	Fernando	Wednesday	11 a.m. to noon	In-person
Senior Fit	Cheryl	Wednesday	1 to 2 p.m.	In-person
Beading Group	Volunteer	Wednesday	1 to 3 p.m.	In-person
Mahjong Group (intermediate/Advance)	Heidi, Volunteer	Wednesday	1 to 3 p.m.	In-person
CLASS	INSTRUCTOR	DAY	TIME	TYPE
Bingo	Volunteer	Thursday	9:15 to 11:30 a.m.	In-person
Tai Chi	Fernando	Thursday	11 a.m. to noon	In-person
Fiber Arts & Social Games Group	Heidi, Volunteer	Thursday	1 to 4 p.m.	In-person
CLASS	INSTRUCTOR	DAY	TIME	TYPE
Table Tennis Open Play	Staff	Friday	9 a.m. to noon	In-person
Coloring Corner	Self-led	Friday	9 a.m. to noon	In-person
Blood Pressure Checks	Volunteer	First & last Friday of the month	11 to 11:30 a.m.	In-person
Prize Loteria	Staff	Friday	1 to 2 p.m.	In-person

Note: Programs, Classes, Events, and Trips subject to change or cancellation without notice. Updated 6/26/24

Billiards

Billiards open play from 9 a.m. to 4 p.m. daily

All members welcome

Please see staff to check out equipment

Billiards Tournament, Must RSVP

Wednesday, Aug. 14, at 9 a.m.

Memory Mondays

Memory screenings are offered at City of Phoenix Centers every **first Monday of the month**. Call the center to make an appointment.

See flyer for details

Trips

See flyers for details

July 9 Angry Crab Shack Restaurant

July 16 Brass Armadillo Antique Mall

July 23 Ripley's Believe It Or Not Museum

Aug. 6 Cheesecake Factory Restaurant

Aug. 14 Arizona Humane Society

Aug. 15 Tufts Doctor of Physical

Therapy Collaboration

Aug. 20 Chili's Restaurant

Beuf Senior Center will be CLOSED

July 4, Independence Day

Aug. 28, All Staff Meeting

TEFAP (Commodities) Distribution

July 22

Aug. 26

Please see staff for more information

Daily Activities

Walking track, Wii bowling, board games, puzzles, and card games



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

Health & Wellness

Note: If you are interested in a presentation, you must RSVP.

RSVP at kiosk or by calling 602-534-9743. See flyers for details.

Theft Protection Presentation by Western State Bank

Learn helpful tips to keep your identity safe
Thursday, July 11, at 12:30 p.m.

Pain Management Presentation by Abbot

Learn about non-surgical pain management
from a local physician
Monday, July 15, at 12:30 p.m.

Hearing and Brain Presentation by Hearing & Brain Center

Learn about how hearing affects the brain.
Thursday, July 18, at 12:30 p.m.

Trusts & Succession Planning Presentation by Western State Bank

Learn about financial planning for the future.
Thursday, Aug. 8 at 12:30 p.m.

Blood Pressure Checks

Every first and last Friday of the month
at 11 a.m.

Show & Tell/ Ice Cream Social Multigenerational Event

Friday, July 5 at 12:30 p.m.

Join us as we celebrate Independence Day. Bring a sentimental item to show and tell with members and Parks summer youth program. Sign up with Mariana if you would like to bring an item. Must RSVP.

Site Council Meetings at 9:30 a.m.

July 24

Aug. 21

Meetings are open to all members of the center





Special Events

July



Monday

Tuesday

Wednesday

Thursday

Friday

1	2	3	4 Center Closed Independence Day	5 12:30 p.m. Show & Tell/ Ice Cream Social Multigenerational Event
8	9 Trip Angry Crab Shack Restaurant	10	11 12:30 p.m. Theft Protection Presentation	12 10 a.m. Birthday Party
15 12:30 p.m. Pain Management Presentation	16 Trip Brass Armadillo Antique Mall	17	18 12:30 p.m. Hearing & Brain Presentation	19 10 a.m. 70s Motown Party
22 10 a.m. Commodities	23 Trip Ripley's Believe It or Not Museum	24 9:30 a.m. Site Council Meeting	25	26
29	30	31		



August



Monday

Tuesday

Wednesday

Thursday

Friday

			1	2 12:30 p.m. Ice Cream Social
5	6 Trip Cheesecake Factory Restaurant	7	8 12:30 p.m. Trust & Succession Planning Presentation	9 10 a.m. Birthday Party
12	13	14 9 a.m. Billiards Tournament Trip Arizona Humane Society	15 Trip Tufts Doctor of Physical Therapy Collaboration	16 10 a.m. Luau Party
19	20 Trip Chili's Restaurant	21 9:30 a.m. Site Council Meeting 12:30 p.m. Senior Day Happy Hour Summer Mocktails	22	23
26 10 a.m. Commodities	27	28 Center Closed All Staff Meeting	29	30

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