



City of Phoenix
HUMAN SERVICES DEPARTMENT

Goelet A.C. Beuf Senior Center

3435 W. Pinnacle Peak, Phoenix, AZ. 85027
602-534-9743
phoenix.gov/residents/seniors
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 and surf the net!

FITNESS CENTER

The Beuf fitness center has treadmills, elliptical, exercise bikes and a fully equipped weight training area. Fitness memberships can be purchased from the front desk for \$50 per year.

2019

Program Schedule

April May June

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.

Programs and activities offered 8 a.m. to 5 p.m., Monday through Friday

Parks and Recreation Hours:

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

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.

Special Events



Volunteer Recognition Event

Friday, April 12
10 a.m.

Join us as we celebrate all the awesome volunteers at the Beuf Senior Center. We will have a variety show from Electric Blue Entertainment, volunteer awards, special volunteer gifts and refreshments. If you plan to stay for lunch please make lunch reservation by April 8. There is a \$2.50 contribution for lunch.



Picnic in the Park

Friday, April 5
10 a.m.

Mother's Day Party

Friday, May 10
10 a.m.

Father's Day Party

Friday, June 14
10 a.m.



Winter & Spring Session Classes

Session II - Feb. 25 to April 6

Session III - April 15 to May 25

Please see flyers at the front desk for detailed information.

Classes are FREE, sign in at the Senior Center Kiosk.

Groups

Billiards

Daily
8 a.m. to 5 p.m.

Pinochle

Daily
9 to 11 a.m.



Walking Club

Daily
8 a.m. to 3 p.m.
Lap Counter available at front desk.

Wii Bowling

Monday, Wednesday, Friday
10:30 to 11:30 a.m.

BINGO

Monday and Thursday
9:30 to 11:30 a.m.



Movie Monday

Every Monday
12:30 p.m.
See flyer for details.

Knitting/Crochet

Monday
1 p.m.

Bible Study* (*non city sponsored)

Wednesday
10 a.m.

Table Games

Tuesday & Wednesday
1 p.m.

Computer Class

Thursdays
1 p.m.



Table Tennis

Fridays
10 a.m.

Zumba
Monday
9:30 to 10:30 a.m.



Swinging Exercise
Tuesday
10:45 to 11:45 a.m.

Yoga
Thursday
10 to 11 a.m.
Please be on time and bring your own yoga mat.

Get Fit with Veronica
Wednesdays
10 to 11 a.m.



Line Dance
Tuesday
1 to 2 p.m.

Beading
Wednesday
1 to 3 p.m.
\$3.00 fee for supplies

Oil/Acrylic Painting
Wednesday
1 to 3 p.m.
All levels welcome!

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



APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED FOR HOLIDAY	2	3	4	5 9 a.m. Picnic in the Park 12:30 p.m. Ice Cream Social
8	9	10 9:30 a.m. Site Council Meeting 11 a.m. Presentation Difference between Independent/Care living	11 11 a.m. Trip - Lunch at Comedor Guadalajara	12 10 a.m. Beuf Volunteer Recognition
15	16	17 9 a.m. AARP Safe Driving Class 11 a.m. Herberger Theater 11 a.m. Trip - Jazz Festival	18	19 9:30 a.m. Birthday Party 
22 12:30 p.m. Commodities 	23	24 9 a.m. Billiard's Tournament 11 a.m. Anna's Let's Talk	25	26 10 a.m. Wii Bowling Tourney
29	30 11 a.m. Herberger Theater			

MAY

		1	2	3 9:30 a.m. Trip - Cinco de Mayo at Desert West Senior Center
6	7	8 9:30 a.m. Site Council Meeting	9	10 10 a.m. Mother's Day Party
13 11 a.m. Trip - Lunch at Lolo's Chicken & Waffles	14	15	16	17 10 a.m. Wii Bowling Tourney 12:30 p.m. Ice Cream Social
20 12:30 p.m. Commodities 	21 11 a.m. Herberger Theater	22 11 a.m. Older American's Month	23	24 9:30 a.m. Birthday Party 
27 CLOSED FOR HOLIDAY	28	29 11 a.m. Anna's Let's Talk	30	31

JUNE

3	4 11 a.m. Herberger Theater	5	6	7 9 a.m. Trip - Chinese Senior Center Dragon Boat Festival 12:30 p.m. Ice Cream Social
10	11 11 a.m. Trip - Lunch at Bobby Q's	12 9 a.m. AARP Safe Driving Class 9:30 a.m. Site Council Meeting	13	14 10 a.m. Father's Day Party
17	18 11 a.m. Herberger Theater	19 11 a.m. Presentation - Benefits of Therapy Dogs	20	21 9:30 a.m. Birthday Party 
24 12:30 p.m. Commodities 	25	26 9 a.m. Billiard's Tournament 11 a.m. Anna's Let's Talk	27	28 10 a.m. Wii Bowling Tourney

Billiards

Billiards open play from 8 a.m. to 5 p.m. daily.
All members welcome.
Please see staff to check out equipment.

9 Ball Singles

Wednesday, April 24, 9 a.m.

3 Player Team, Blind Draw

Wednesday, June 26, 9 a.m.

Please sign up at the front desk kiosk.

Wii Bowling Tournaments

Play begins at 10 a.m., warm up 9:30

Friday, April 26

Friday, May 17

Friday, June 28



Trips

Please sign up in the trip notebook at the front desk and see staff for additional information.

April 11 - Out to lunch at The Comedor

April 17 - Herberger Lunch Time Theater

April 30 - Herberger Lunch Time Theater

May 3 - Desert West SC Cinco de Mayo Party

May 13 - Out to lunch at Lo Lo's Chicken

May 21 - Herberger Lunch Time Theater

June 4 - Herberger Lunch Time Theater

June 7 - Chinese SC Dragon Boat Festival

June 11 - Out to lunch Bobby Q's

June 18 - Herberger Lunch Time Theater

Health and Wellness

Blood Pressure Check

Every Friday

11 a.m.



Anna's Lets Talk Time

Wednesdays, 11 a.m.

April 24 - Eating Alone

May - 29 Getting Motivated

June 26 - Nutrition Health

AARP Driver Safety Class

Wednesday, April 17

9 a.m. to 1 p.m.

Please call to sign up.

Independent vs. Care Living

Wednesday, April 10

11 a.m.

Older Americans Month "Connect, Create, Contribute"

Wednesday, May 22

11 a.m.

Benefits of Therapy Dogs

Wednesday, June 19

11 a.m.

Site Council Meetings

9:30 a.m.

April 10

May 8

June 12



Meetings are open to all members of the center.

Commodities:

Commodities (TEFAP) are distributed the fourth Monday monthly. Please sign in the kiosk. First come, first served, 12:30 p.m.



Caseworker:

Please see Human Services staff.
Prescreening required.

Beuf Senior Center will be CLOSED:

Monday, April 1, 2019

Monday, May 27, 2019

Goelet A.C. Beuf Human Services Staff

Shelly Miller, Senior Programs Supervisor I

Anna Madrid, Senior Center Assistant

April Raab, Secretary II