



Sign up for one of our trips!

Destination	Date	Time	Cost
Chino Bandido	Friday, Jan. 5	11 a.m. to 12:30 p.m.	\$2 + Lunch
Red Lobster	Wednesday, Jan. 10	11 a.m. to 12:30 p.m.	\$2 + Lunch
Manuel's Mexican Restaurant & Cantina	Thursday, Jan. 25	11 a.m. to 1 p.m.	\$2 + Lunch
Cerreta Candy	Monday, Jan. 29	10:45 a.m. to 12:15 p.m.	\$2 + Spending money
Japanese Friendship Garden	Thursday, Feb. 8	10 to 11:30 a.m.	\$2
Applebee's	Wednesday, Feb. 21	11 a.m. to 12:30 p.m.	\$2 + Lunch
Olive Garden	Thursday, Feb. 29	11 a.m. to 12:30 p.m.	\$2 + Lunch

Helen Drake Senior Center

Programs for Active Adults

7600 N. 27th Ave
Phone 602.262.4949

Jan. - Feb. 2024

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

MEMBERSHIP

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.

LUNCH

Lunch is served daily at noon. A recommended contribution of \$2.50 is requested 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. Members without a reservation may have a standby meal based on availability.

Note: Programs, classes, events, and trips subject to change or cancellation without notice. Trip transportation cost is \$2. 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.

Programs and activities offered 9 a.m. to 4 p.m., Monday through Friday
For more information or a copy of this publication in an alternate format, contact 602-262-4520 voice.

phoenix.gov/residents/seniors

The City's TTY Relay phone number 602-534-5500 if needed.

This facility is Relay 7-1-1 trained.

Jan. 2024

Events & Activities






Monday

Tuesday

Wednesday

Thursday

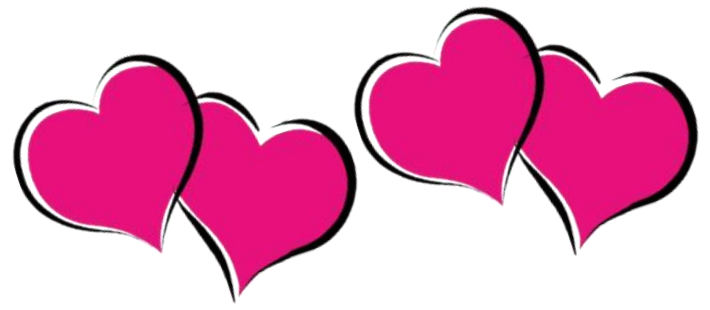
Friday

1	2	3	4	5
New Year's Day Center Closed	 Picnic with Members and Staff noon	Journaling Day 9 a.m.	Coloring with Amanda 1 p.m.	Picnic with Members and Staff noon
8 Picnic with Members and Staff noon	9 Book Club 10 a.m.	10 Crafts with Staff 2:30 p.m.	11 Site Council Meeting 10:30 a.m. Coloring with Amanda 1 p.m.	12 Journaling Day 9 a.m.
15 Martin Luther King Jr., Day Center Closed	16 Picnic with Members and Staff Noon	17 Journaling Day 9 a.m.	18 Coloring with Amanda 1 p.m.	19 National Popcorn Day Noon Matter of Balance 10 a.m.
22 National Polka Dot Day: Wear Your Best Polka Dots 9 a.m.	23 Book Club 10 a.m.	24 Crafts with Staff 2:30 p.m.	25 Coloring with Amanda 1 p.m.	26 National Peanut Brittle Day 12:30 p.m. Matter of Balance 10 a.m.
29 Card Making 1 p.m.	30 Birthday Bingo 12:30 p.m.	31 Picnic with Members and Staff noon		

Fitness Center and Library open daily, 9 a.m. to 4 p.m.

Feb. 2024

Events & Activities







Monday

Tuesday

Wednesday

Thursday

Friday

			<p>1 Coloring with Amanda 1 p.m.</p>	<p>2 Journaling Day 9 a.m. Matter of Balance 10 a.m.</p>
<p>5 Memory Monday 9 a.m. Picnic with Members and Staff Noon</p>	<p>6 Journaling Day 9 a.m.</p>	<p>7 Crafts with Staff 2:30 p.m.</p>	<p>8 Site Council Meeting 10:30 a.m. Coloring with Amanda 1 p.m.</p>	<p>9 Scavenger Hunt 9 a.m. Matter of Balance 10 a.m.</p>
<p>12 Spirit Week: Wear Red Card Making 1 p.m.</p>	<p>13 Valentine's Day Party 10 a.m. Book Club 10 a.m.</p>	<p>14 Spirit Week: Wear Heart PJ's</p>	<p>15 Spirit Week: Wear Pink Coloring with Amanda 1 p.m.</p>	<p>16 Spirit Week: Wear Hearts 9 a.m. Matter of Balance 10 a.m.</p>
<p>19 Presidents' Day Center Closed</p>	<p>20 Picnic with Members and Staff noon</p>	<p>21 Crafts with Staff 2:30 p.m.</p>	<p>22 Coloring with Amanda 1 p.m.</p>	<p>23 Journaling Day 9 a.m. Matter of Balance 10 a.m.</p>
<p>26 Card Making 1 p.m.</p>	<p>27 Birthday Bingo 9:30 a.m. Book Club 10 a.m.</p>	<p>28 Picnic with Members and Staff Noon</p>	<p>29 Coloring with Amanda 1 p.m.</p>	

Fitness Center and Library open daily, 9 a.m. to 4 p.m.

Helen Drake Senior Center Daily Activities

CLASS	INSTRUCTOR	DAY	TIME
Happy Quilters Club	Member-led	Monday	9:30 to 11 a.m.
Card Games	Member-led	Monday—Friday	10 to 3 p.m.
Walking Club	Member-led	Monday	10 to 11 a.m.
Geri Fit	Zeek O.	Monday Wednesday	11 a.m. to noon
Dancing with Staff	David G.	Monday	2 to 3 p.m.
Ceramics	<i>On hold</i>	<i>On hold</i>	<i>On hold</i>
Technology Assistance	Terrance T.	Tuesday	10 to 2 p.m.
Veil Dancing	Yolanda F	Tuesday	1 to 2 p.m.
Canvas Painting	Staff	Wednesday	9 to 11 a.m.
Improv for Beginners	Laurie S.	Wednesday	10 to 11 a.m.
Tai Chi	Rick Clark	Wednesday	1 to 2 p.m.
Bible Study <i>* not City sponsored *</i>	Member-led	Thursday	10 to 11 a.m.
Sketching Class	Staff	Friday	9:30 to 10:30 a.m.
Line Dancing	Jane R.	Friday	10 to 11 a.m.
Karaoke	Member-led	Friday	1 to 2 p.m.
Bingo	Nancy S.	Friday	1:30 to 3:30 p.m.