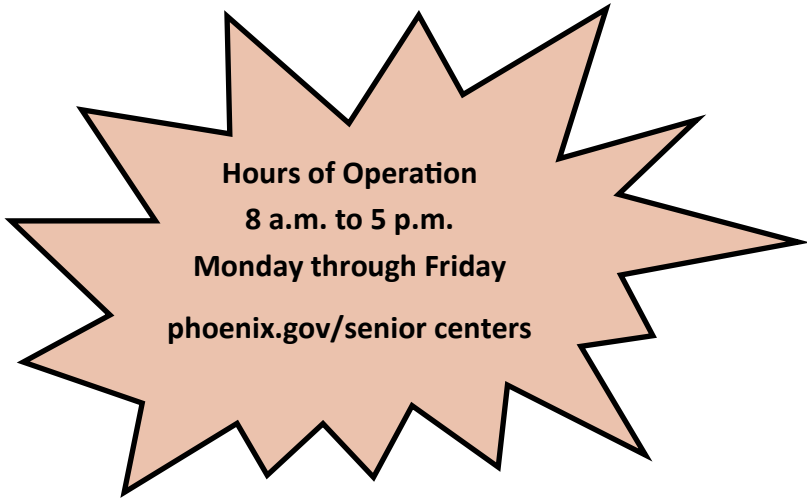




City of Phoenix
HUMAN SERVICES DEPARTMENT

McDowell Place Senior Center Programs for Active Adults



PROGRAM SCHEDULE

Spring 2019

April/May/June

1845 E. McDowell Rd.
Phoenix, AZ 85006

MEMBERSHIP

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

Your membership gives you access to all 15 Phoenix senior centers.

COMPUTERS

& WI-FI

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

LUNCH

Lunch is served at 11:30 a.m. A recommended contribution of \$2.50 is requested of eligible members per meal.

The cost for all others is only \$5. Meal reservations and cancellations must be made at least three days in advance.

FITNESS CENTER

Your membership includes use of the center's fitness equipment.

TRANSPORTATION

MV Transportation provides flexible taxi service to and from the center for eligible members.

Please contact senior center staff to register and obtain more detailed information.

CASEWORKER

Caseworker services are available to current members by appointment only.

Make appointment with staff in person or by calling 602 262-1842

Welcome to McDowell Place Senior Center



McDowell Place Senior Center lies in the heart of Central Phoenix. At one time the building housed riches as a Valley National Bank. Today, it still holds precious riches, our community's senior population. Join us weekdays for recreation and educational classes, trips, special events and much more.



Center Supervisor

Geraldine Trujillo

602 262-1842

Geraldine.Trujillo@phoenix.gov

Center Assistant

Rachel Iniguez

602 534- 3896

Rachel.Iniguez@phoenix.gov

Secretary II

Esmeralda Rivas

602 534-3896

Esmeralda.Rivas@phoenix.gov

Join us for free coffee every morning.....





We celebrate Birthdays with cake and punch on the first
Monday of each month at 10 a.m.

DAILY ACTIVITIES

MONDAYS

- 9:30 a.m. Yoga with Peggy
- 10:30 a.m. Pokeno
- 12:15 p.m. Mystery Drawing
- 12:30 p.m. Jewelry Class
- 12:30 p.m. Prize Bingo

TUESDAYS

- 9:30 a.m. Drawing Class
- 10:15 a.m. Dance Exercise
- 10:30 a.m. Loteria
- 12:45 p.m. Bingo

WEDNESDAYS

- 9:30 a.m. Health Educational Movie
- 10:30 a.m. Pokeno
- 12:15 p.m. Brown Bag
- 12:30 p.m. Movie & Popcorn

THURSDAYS

- 10 a.m. Chair Exercise
- 10:15 a.m. Dance Exercise
- 10:30 a.m. Loteria

FRIDAYS

- 9 a.m. Dance Chair Yoga
- 10:15 a.m. Dance Exercise
- 10:30 a.m. Fun Bingo
- 12:30 p.m. Group Crochet
- 12: 15 p.m. Art/Crafts/Games
- 12:30 p.m. Group Crochet

DAILY

- 9:30 to 10 a.m. Morning Snack
- 11:30 a.m. Lunch
- Billiards
- Computer
- Socialize
- Card games

TRIPS

Location	Departure	Date
Herberger Theater	11:15 a.m.	Tuesday, April 30
Herberger Theater	11:15 a.m.	Tuesday, May 7
Musical Museum	11:15 a.m.	Thursday, June 20

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

SPECIAL EVENTS

**** There will be no classes in June; Classes will return in July. ****

APRIL

Event	Time	Date
Crafts w/Christy	8:30 a.m.	Friday, April 5 and Friday, April 19
Crafts w/Christy	12:30 p.m.	Friday, April 12 and Friday, April 26
Rummage Sale	9 a.m.	April 9 to April 11
Sit Be Fit	12:15 p.m.	Wednesday, April 17

MAY

Event	Time	Date
Crafts w/Christy	8:30 a.m.	Friday, May 3 and Friday, May 17
Crafts w/Christy	12:30 p.m.	Friday, May 10 and Friday, May 17
Rummage Sale	9 a.m.	May 7 to May 9

JUNE

Event	Time	Date
Rummage Sale	9 a.m.	June 11 to June 13
Musical Theater Trip	11:15 a.m.	Thursday, June 20

Thank you for joining our classes
at McDowell Place Senior Center!



12:30 to 2:00 p.m.
Join us for Bingo every
Tuesday & Thursday
Please call for details.

**McDowell Place Senior Center
will be closed on the following
dates:**



**April 1
Cesar Chavez Birthday**



**May 27
Memorial Day**

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

PRESENTATIONS

April

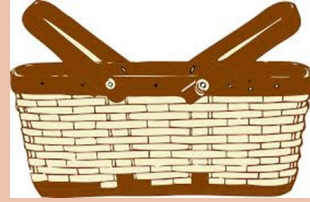
Matter of Life Part II 10 a.m. Tuesday, April 23
Medicare Fraud 10 a.m. Thursday, April 25

May

Alzheimer's 10 a.m. Tuesday, May 28
Veterans Home 10 a.m. Thursday, May 30

June

Avoiding Fraud 10 a.m. Thursday, June 20
HIV Prevention 10 a.m. Tuesday, June 25



Indoor Picnic 9 a.m.

Monday, April 15



Mother's Day Celebration 9 a.m.

Monday, May 6



Father's Day Celebration 9 a.m.















Friday, June 14



We celebrate Birthdays with cake and punch on the first Monday of every month at 10 a.m.

April 2019

Notes: Brown bag every Wednesday; T.E.F.A.P. Distributed every first Wednesday of the month.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p>  <p>CLOSED Cesar Chavez Holiday</p>	<p>2</p> <p>Brown Bag 12:15 p.m.</p> 	<p>3</p> <p>T.E.F.A.P. Brown Bag 12:15 p.m.</p> 	<p>4</p>	<p>!</p>  <p>Christy Art Class 8:30 a.m.</p>
<p>8</p> <p>Yoga 9:30 a.m.</p>  <p>Birthday Celebration 10 a.m.</p> 	<p>9</p> <p>Rummage sale 9 a.m.</p>	<p>10</p> <p>Rummage sale 9 a.m.</p> <p>Brown Bag 12:15 p.m.</p> 	<p>11</p> <p>Rummage sale 9 a.m.</p>	<p>1:</p>  <p>Christy Art Class 12:30 p.m.</p>
<p>15</p> <p>Yoga 9:30 a.m.</p>  <p>Indoor Picnic 9 a.m.</p> 	<p>16</p>	<p>17</p> <p>Sit Be Fit 12:15 p.m.</p>  <p>Brown Bag 12:15 p.m.</p> 	<p>18</p>	<p>1</p>  <p>Christy Art Class 8:30 a.m.</p>
<p>22</p> <p>Yoga 9:30 a.m.</p> 	<p>23</p>	<p>24</p> <p>Brown Bag 12:15 p.m.</p> 	<p>25</p>	<p>2:</p>  <p>Christy Art Class 12:30 p.m.</p> <p>Ice cream social 1 p.m.</p> 
<p>29</p> <p>Jewelry Class 12:30 p.m.</p> 	<p>30</p> <p>Herberger Theater Trip 11:15 a.m.</p> 			

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

May 2019

Notes: Brown bag every Wednesday; T.E.F.A.P. Distributed every first Wednesday of the month.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3  Christy Art Class 8:30 a.m.
6  Cinco De Mayo Celebration 9 a.m.	7 Rummage Sale Herberger Theater Trip 11:15 a.m. Brown Bag 12:15 p.m.	8 Rummage Sale T.E.F.A.P. Brown Bag 12:15 p.m. 	9 Rummage Sale	10  Mother's Day Celebration 9 a.m. Christy Art Class 12:30 p.m. 
13  Yoga 9:30 a.m. Birthday Celebration 10 a.m. 	14	15 Brown Bag 12:15 p.m. 	16	17  Christy Art Class 8:30 a.m.
20  Yoga 9:30 a.m. Jewelry Class 12:30 p.m. 	21	22 Brown Bag 12:15 p.m. 	23	24  Christy Art Class 12:30 p.m.
27  MEMORIAL DAY CLOSED Memorial Day Holiday	28	29 Brown Bag 12:15 p.m. 	30	31  Ice Cream Social 1 p.m.

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

June 2019

Notes: Brown bag every Wednesday; T.E.F.A.P. Distributed every first Wednesday of the month.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Birthday Celebration 10 a.m. 	4 Brown Bag 12:15 p.m. 	5 T.E.F.A.P. Brown Bag 12:15 p.m. 	6	7
10	11 Rummage Sale 9 a.m.	12 Rummage Sale 9 a.m. Brown Bag 12:15 p.m. 	13 Rummage Sale 9 a.m.	14 <i>Happy Father's Day</i> Fathers Day Celebration 9 a.m.
17	18	19 Brown Bag 12:15 p.m. 	20 Musical Instrument Museum Field Trip 11:15 a.m.	21
24	25	26 Brown Bag 12:15 p.m. 	27	28  Ice Cream Social 1 p.m.

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

Your membership gives you access to 15 senior center locations listed below

Central Phoenix
Central- East Phoenix

Chinese Center

734 E. Elm St.
Phoenix, Arizona 85013
602 262-6411

Marcos De Niza

305 W. Pima St.
Phoenix, Arizona 85003
602 262-7249

Senior Opportunities West

1220 S. 7th Avenue
Phoenix, Arizona 85007
602 262-6610

Devonshire

2802 E. Devonshire Avenue
Phoenix, Arizona 85016
602 262-7807

McDowell Place

1845 E. McDowell Road
Phoenix, Arizona 85006
602 262-1842



South Phoenix /West Phoenix
West Phoenix

Pecos

1710 S. 48th St
Phoenix, Arizona 85048
602 534-5366

South Mountain

212 E. Alta Vista Road
Phoenix, Arizona 85040
602 262-4093

Adam Diaz

4115 W. Thomas Road
Phoenix, Arizona 85019
602 262-1609

Desert West

6501 W. Virginia Avenue
Phoenix, AZ 85035
602 495-3711



Thank you again for joining
our senior centers. Please
continue to visit our senior
centers and see what we
have to offer.

Central Phoenix
Central- East Phoenix

Paradise Valley

17402 N. 40th St
Phoenix, Arizona 85032
602 495-3785

Shadow Mountain

3546 E. Sweetwater Avenue
Phoenix, Arizona 85032
602 534-2303

Sunnyslope

802 E. Vogel Avenue
Phoenix, Arizona 85020
602 262-7572

Deer Valley

2001 W. Wahalla Lane
Phoenix, Arizona 85027
602 495-3714

Goelet Beuf

3435 W. Pinnacle Peak Road
Phoenix, Arizona 85027
602 534-9743

Helen Drake

7600 N. 27th Avenue
Phoenix, Arizona 85051
602 262-4949