



# Marcos De Niza Senior Center

305 W. Pima Street Phoenix, Arizona 85003  
602 262-7249 Phoenix.gov/seniorcenters

## Center Hours

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

## Program for Active Adults Sept. & Oct. 2023



**Fiesta Patrias**



**Friday, Sept. 15**

**12:30 p.m.**

**Banner Sun Health Research Presents**

**The Truth of Alzheimer's**



**Monday, Sept. 18**

**10 a.m.**



**Signature Solutions Presents**

**Scams & Medicare 101**



**Thursday, Sept. 28**

**10 a.m.**



**Harvest Celebration**

**Tuesday, Oct. 31**

**12:30 p.m.**



## Caseworker

Contact Center Staff for more information.

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## Membership

Annual membership is \$20 for Phoenix residents and \$40 for non-residents. Your membership gives you access to any of the 15 Phoenix senior centers. A visitor pass is available for two FREE visits.

## Lunch

Lunch is served daily at 11:30 a.m. A recommended contribution of \$2.50 is requested of members per meal. The cost of a meal for all others is only \$5. Meal reservations and cancellations must be made at least three business days in advance. Members without a lunch reservation may have a "standby" lunch based on availability.

## Transportation

Senior Center Shuttle Program: MV Transportation provides flexible taxi service to and from your local senior center for eligible members. Please contact center staff.

## Memory Café

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](mailto:memory.cafe@phoenix.gov)



Please see Human Services Staff for more Information on Volunteer Opportunities.

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.

**Presentation**  
Thursday, Sept. 7  
10 a.m.

# Sept.

## Special Events

Birthday Celebration

12:30 p.m.

Thursday, Sept. 21

Thursday, Oct. 19



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>September is Fall Prevention Month</b></p> <ul style="list-style-type: none"> <li>Find a Good Balance Exercise Program</li> <li>Keep Your Home Safe Wear Proper Footwear</li> </ul>				<p><b>1</b></p> <p>9:15 a.m. Trip: Pecos Indoor Labor Day Picnic</p>
<p><b>4</b></p> <p>Labor Day Center Closed</p> <p><b>HAPPY LABOR DAY</b></p>	<p><b>5</b></p> <p>12:30 p.m. Brown Bag</p>	<p><b>6</b></p> <p>Trip 11 a.m. Munchin and Lunchin Sizzlers</p> <p>1 p.m. Creative Hour</p>	<p><b>7</b></p> <p>11 a.m. National Salami Day 1 p.m. Mindfulness Activity</p>	<p><b>8</b></p> <p>10 a.m. Coffee with a Cop</p>
<p><b>11</b></p>	<p><b>12</b></p> <p>Trip 10 a.m. Desert Botanical Garden 12:30 p.m. Brown Bag</p>	<p><b>13</b></p> <p>12:30 p.m. T.E.F.A.P Distribution</p>	<p><b>14</b></p> <p>10 a.m. Better Food, Better Mood  12:30 p.m. T.E.F.A.P Distribution</p>	<p><b>15</b></p> <p>Fiestas Patrias Friday, Sept. 15 12:30 p.m.</p>
<p><b>18</b></p> <p>10 a.m. Banner Sun Health Research Presents: The Truth of Alzheimer's</p>	<p><b>19</b></p> <p>12:30 p.m. Brown Bag</p>	<p><b>20</b></p> <p>1 p.m. Creative Hour</p>	<p><b>21</b></p> <p>10 a.m. Wellness Bingo "Diabetes"  12:30 p.m. Birthday Celebration Entertainment</p>	<p><b>22</b></p>
<p><b>25</b></p>	<p><b>26</b></p> <p>12:30 p.m. Brown Bag</p>	<p><b>27</b></p> <p>10 a.m. National Chocolate Milk Day  12:30 p.m. Site Council Meeting</p>	<p><b>28</b></p> <p>10 a.m. Signature Senior Solutions Presents Scams &amp; Medicare 101  1 p.m. Mindfulness Activity</p>	<p><b>29</b></p> <p>Trip 9:30 a.m. Senior Opportunities West Sr. Center Monthly/Open House</p>



Wear **Purple**  
every Friday in  
October for  
Domestic Violence  
Awareness Month

# Oct. Special Events

Harvest Celebration  
Entertainment

12:30 p.m.

Tuesday, Oct 31



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 12:30 p.m. Brown Bag	4 10 a.m. National Cinnamon Roll Day	5	6 10 a.m. Senior Med Solutions Presents Bingo
9 Indigenous Peoples Day Center Closed 	10 Trip 9:30 a.m. Cerreta Candy Factory  12:30 p.m. Brown Bag	11 12:30 p.m. T.E.F.A.P Distribution  1 p.m. Creative Hour	12 10 a.m. Better Food, Better Mood  12:30 p.m. T.E.F.A.P Distribution	13 Trip 9:30 a.m. ZOO with South Mtn. Partners
16	17 12:30 p.m. Brown Bag	18 	19 10 a.m. Wellness Bingo "Healthy Living"  12:30 p.m. Tea Party Birthday Celebration Entertainment	20 10 a.m. Senior Med Solutions Presents Bingo
23	24 12:30 p.m. Brown Bag	25 Trip 10 a.m. Sunnyslope Fall Festival Costume Party  12:30 p.m. Site Council Meeting  1 p.m. Creative Hour	26 1 p.m. Mindfulness Activity	27 10 a.m. National Tell a Story Day
30	31 12:30 p.m. Harvest Celebration Entertainment	 <p>Wear <b>Pink</b> for Breast Cancer Awareness Month Oct. 1 through Oct. 31</p>		

# ONGOING ACTIVITIES

Coffee Club	9 a.m.	Daily
Billiards, Games, Cards	9 a.m.	Daily
Socializing with Friends	9 a.m.	Daily
Happy Body Exercise	11 a.m.	Daily
Blood Pressure Check	9:30 a.m.	Monday and Friday
Loteria	10 a.m. 1 p.m.	Monday and Thursday <b>*No Class Sept. 18 Thursday, Oct. 19</b>
Let's Talk	10 a.m.	Monday
Walking Group	9:30 a.m.	Monday and Friday
Jewelry Class Lead by Volunteer	1 p.m.	Monday
Chair Yoga	10 a.m.	Tuesday
Brown Bag	12:30 p.m.	Tuesday
Shaky Tuesday	2 p.m.	Tuesday
Coloring	1 p.m.	Wednesday
Karaoke	2 p.m.	Wednesday
Chair Volley ball	10 a.m.	Wednesday
T.E.F.A.P	12:30 p.m.	Second Wednesday and Thursday of the month
Sewing Class Lead by Volunteer	1 p.m.	Thursday
Bingo	1 p.m.	Friday
Movie Day	1 p.m.	Friday, Sept. 8 Friday, Oct. 13

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

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