



17010 S. 48th Street
Phoenix, AZ 85048
602-534-5366

www.phoenix.gov/humanservices/programs/older



SENIOR PROGRAMS
CITY OF PHOENIX | HUMAN SERVICES

Center Hours

Operating Hours: Monday to Friday 8 a.m. to 5 p.m.
Programming Hours: Monday to Friday 9 a.m. to 4 p.m.

Pecos Senior Center

Your Best Years Start Here!

Jan. & Feb. 2025

Membership

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

Lunch

Lunch is served Monday through Friday starting at 11:30 a.m. Meal reservations and cancellations must be made at least three business days in advance. Members 60+ may give a recommended contribution of \$2.50 per

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 to register or for more information.

Join Us

For Virtual Options
See Staff
Or
Call 602-253-5366

Caseworker

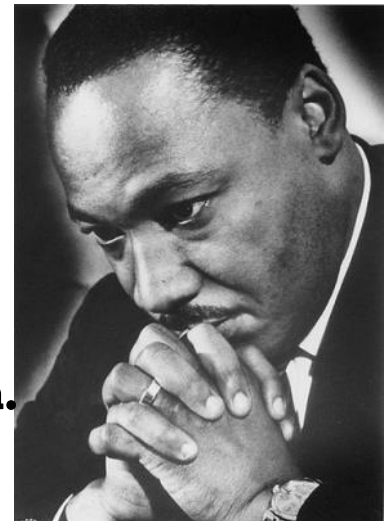
Caseworker Assistance available upon request.

MLK Day

**Please reserved
your spot for a
breakfast in**

**Honor of Martin
Luther King Jr.**

Jan. 17 at 9:30 a.m.



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 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

For more information, or a copy of this publication in an alternative format, contact 602-262-4520 voice. This City facility is Relay 7-1-1 trained

Jan.

SPECIAL EVENTS

**Good Eating
Food Demo
Jan. 16
10:45 a.m.**



RESERVATIONS RECOMMENDED:

Monday	Tuesday	Wednesday	Thursday	Friday
A.T. Stills University Presents Matter of Balance (MOB*) 8 week course Jan.17 through March 7 (sign up require. Limited spaces)		1 Happy New Year  Center Closed	2	3 10 a.m. Start 2025 with Us Day
6 9:30 a.m. Trivia 11:15 a.m. Trip: Lunch Bunch	7	8 12:15 p.m. Book Club	9	10 10 a.m. Phx Art Museum
13 10 a.m. Memory Cafe	14	15 12:15 p.m. Site Council	16 10:45 a.m. Good Eating	17 9:30 a.m. MLK Breakfast 1p.m. MOB*
20 Martin Luther King Jr. Day Center Closed 	21 10:45 a.m. Integrity Financial Solutions Presents New Year New You	22 12:30 p.m. Reel Time Movie: Selma	23 12:10 p.m. Trip: Herberger Theater	24 10 a.m. Loteria 1 p.m. MOB*
27 10 a.m. Trivia	28	29	30 11:30 a.m. Trip: Lavender Farms	31 10 a.m. Strawberry Ice Cream Day 1 p.m. MOB*

Feb.

SPECIAL EVENTS



RESERVATIONS RECOMMENDED:

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:30 a.m. Trivia 11 a.m. Trip: Lunch Bunch	4	5 12:30 p.m. Pecos Down	6 12:10 p.m. Trip: Herberger Theater	7 10 a.m. Jan/Feb Birthday Party 1 p.m. MOB*
10 10 a.m. Memory Café Drumming Circle	11 10 a.m. Trip: Desert Botanicals	12 12:15 p.m. Book Club	13	14  10 a.m. Valentines Day Party 1p.m. MOB*
17  Center Closed	18	19 12:15 p.m. Site Council Meeting	20 10:45 a.m. Good Eating	21 10 a.m. Loteria and Tortilla Chip Day 1 p.m. MOB*
24 10 a.m. Trivia	25	26 12:30 p.m. Reeltime Movie: It Ends With Us.	27	28 10 a.m. National Banana Nut Bread Day 1p.m. MOB*



Valentines Day Party

Feb. 14, at 10 a.m.

entertainment provided by Dave Swain



ONGOING ACTIVITIES

RESERVATIONS RECOMMENDED

American Mah Jong	12:30 p.m. every Thursday Beginners 9 a.m. every Friday Advance 12:30 p.m. 1st Monday and 3rd Tuesday of every month Advance
Barre Yoga	10:30 a.m. Every Wednesday
Blood Pressure Checks	9 a.m. and 11 a.m. every Wednesday
Bridge	12:30 p.m. every Wednesday Duplicate Bridge
Cards	12:30 p.m. Spades 2nd and 4th Friday of every month 12:30 p.m. 500 Bid 1st and 3rd Friday of every month 12:30 p.m. Hand, Foot & Toe every Wednesday & Friday
Creative Corner	1 p.m. Creative Corner 1st Tuesday of every month 1 p.m. Hue got it (painting) every 2nd Tuesday of every month 1 p.m. Art with Christy on Jan. 14 & Feb 11 (SEE STAFF FOR SIGN UP Limited Space)
Chair Exercises	10 a.m. every Tuesday & Thursday
Color and Conversation	1 p.m. every Monday
What's New? Discussion Group	noon every other Thursday Jan. 2, 16, 30 & Feb. 13, 27
Fun Bingo	10 a.m. every Wednesday & 12:15 p.m. every Friday
Games / Cards	9 a.m. to 3:30 p.m. daily <i>(time and space permitting)</i>
Gentle Yoga	10 a.m. every Tuesday & Thursday
Line Dancing	1 to 2 p.m. on Monday & Wednesday <i>(dance for all levels)</i> 1 to 3 p.m. on Friday <i>(1 to 2 p.m. teach and learn; 2 to 3 p.m. dance for all levels)</i>
Memory Monday Screening	2nd Monday of every month 9 to 10 a.m. and 1 to 3 p.m.
Pickle Ball <i>(Sponsored by Parks)</i>	9 a.m. to noon every Monday & Wednesday
Pinochle	9 a.m. daily 12:30 p.m. 1st Tuesday & 4th Wednesday of every month
Social Hour	9 a.m. to 3:30 p.m. daily
Walking	9 a.m. every Tuesday & Thursday
Wii Bowling	12:30 p.m. every Monday & Tuesday