Shadow Mountain is an activity center for seniors and adults, situated in the heart of northeast Phoenix. We are located on the corner of 36th Street and Sweetwater and offer a variety of programs. Take advantage of one of our many FREE classes; utilize our fitness center, borrow a book, search the internet, shoot some pool or go on one of our many trips. Come on by, we are happy to show you around and answer any questions you may have.

For more information, or a copy of this publication in an alternate format, contact (602)262-4520 Voice.
## JAN.

**Sign-up for Jan. trips begins at 8:30 a.m. on Thursday, Dec. 19**

<table>
<thead>
<tr>
<th>DESTINATION</th>
<th>DAY</th>
<th>DATE</th>
<th>DEPARTS</th>
<th>PICK-UP</th>
<th>COST</th>
<th>MAX #</th>
<th>WALK</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lunch: Cracker Barrel</td>
<td>Friday</td>
<td>Jan. 10</td>
<td>10:30 a.m.</td>
<td>1 p.m.</td>
<td>Cost of Lunch</td>
<td>15</td>
<td>🟡 = Very Little Walking</td>
</tr>
<tr>
<td>Herberger Theater: Priority Seat</td>
<td>Wednesday</td>
<td>Jan. 15</td>
<td>11 a.m.</td>
<td>1 p.m.</td>
<td>$7</td>
<td>15</td>
<td>🟠 = Some Extra Walking Involved</td>
</tr>
<tr>
<td>Lunch: Blue Agave Mexican Cantina</td>
<td>Friday</td>
<td>Jan. 17</td>
<td>10:30 a.m.</td>
<td>1 p.m.</td>
<td>Cost of Lunch</td>
<td>15</td>
<td>🟠 = Some Extra Walking Involved</td>
</tr>
<tr>
<td>Japanese Friendship Garden / Lunch: Pita Jungle</td>
<td>Thursday</td>
<td>Jan. 23</td>
<td>9:30 a.m.</td>
<td>1 p.m.</td>
<td>TBD</td>
<td>15</td>
<td>🟠 = Some Extra Walking Involved</td>
</tr>
<tr>
<td>Lunch: Olive Garden</td>
<td>Tuesday</td>
<td>Jan. 28</td>
<td>10:30 a.m.</td>
<td>1 p.m.</td>
<td>Cost of Lunch</td>
<td>15</td>
<td>🟠 = Some Extra Walking Involved</td>
</tr>
</tbody>
</table>

## FEB.

**Sign-up for Feb. trips begins at 8:30 a.m. on Monday, Jan. 6**

<table>
<thead>
<tr>
<th>DESTINATION</th>
<th>DAY</th>
<th>DATE</th>
<th>DEPARTS</th>
<th>PICK-UP</th>
<th>COST</th>
<th>MAX #</th>
<th>WALK</th>
</tr>
</thead>
<tbody>
<tr>
<td>Out to Lunch: Carlos O’Brien’s</td>
<td>Tuesday</td>
<td>Feb. 11</td>
<td>10:30 a.m.</td>
<td>1 p.m.</td>
<td>Cost of Lunch</td>
<td>15</td>
<td>🟠 = Some Extra Walking Involved</td>
</tr>
<tr>
<td>Herberger Theater: When Douglas met Lincoln</td>
<td>Wednesday</td>
<td>Feb. 12</td>
<td>11 a.m.</td>
<td>1 p.m.</td>
<td>$7</td>
<td>15</td>
<td>🟠 = Some Extra Walking Involved</td>
</tr>
<tr>
<td>Ballet AZ: A Midsummer Nights Dream</td>
<td>Thursday</td>
<td>Feb. 13</td>
<td>10 a.m.</td>
<td>12 p.m.</td>
<td>$5</td>
<td>30</td>
<td>🟠 = Some Extra Walking Involved</td>
</tr>
<tr>
<td>Lunch: Oregano’s Pizza Bistro</td>
<td>Friday</td>
<td>Feb. 21</td>
<td>10:30 a.m.</td>
<td>1 p.m.</td>
<td>Cost of Lunch</td>
<td>15</td>
<td>🟠 = Some Extra Walking Involved</td>
</tr>
<tr>
<td>Lunch: Old Spaghetti Factory</td>
<td>Tuesday</td>
<td>Feb. 25</td>
<td>10:30 a.m.</td>
<td>1 p.m.</td>
<td>Cost of Lunch</td>
<td>15</td>
<td>🟠 = Some Extra Walking Involved</td>
</tr>
</tbody>
</table>

## MARCH

**Sign-up for Mar. trips begin at 8:30 a.m. on Monday, Feb. 10**

<table>
<thead>
<tr>
<th>DESTINATION</th>
<th>DAY</th>
<th>DATE</th>
<th>DEPARTS</th>
<th>PICK-UP</th>
<th>COST</th>
<th>MAX #</th>
<th>WALK</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lunch: TEXAZ Grill</td>
<td>Thursday</td>
<td>March 5</td>
<td>10:30 a.m.</td>
<td>1 p.m.</td>
<td>Cost of Lunch</td>
<td>15</td>
<td>🟠 = Some Extra Walking Involved</td>
</tr>
<tr>
<td>Botanical Gardens</td>
<td>Tuesday</td>
<td>March 10</td>
<td>9:30 a.m.</td>
<td>11:30 a.m.</td>
<td>TBD</td>
<td>15</td>
<td>🟠 = Some Extra Walking Involved</td>
</tr>
<tr>
<td>Herberger: Bits N Pieces</td>
<td>Wednesday</td>
<td>March 11</td>
<td>11 a.m.</td>
<td>1 p.m.</td>
<td>$7</td>
<td>15</td>
<td>🟠 = Some Extra Walking Involved</td>
</tr>
<tr>
<td>Friendship Picnic with Marcos De Niza</td>
<td>Friday</td>
<td>March 20</td>
<td>9 a.m.</td>
<td>12:30 p.m.</td>
<td>FREE</td>
<td>15</td>
<td>🟠 = Some Extra Walking Involved</td>
</tr>
<tr>
<td>Lunch: Sweet Tomatoes</td>
<td>Thursday</td>
<td>March 26</td>
<td>10:30 a.m.</td>
<td>1 p.m.</td>
<td>Cost of Lunch</td>
<td>15</td>
<td>🟠 = Some Extra Walking Involved</td>
</tr>
</tbody>
</table>
TRIP RULES

- Trip sign-up begins at 8:30 a.m. Members will grab a lottery ticket (at random) upon arrival and then sit in the multi-purpose room and wait for their lottery number to be called. (No need to come early!)
- Numbers will be chosen through a lottery system at 1:50 p.m. to determine where in line participants will register for the trips.
- Trips are first come, first served.
- The $2 cost for transportation and any trip costs are required at the time of registration.
- Participants are responsible for their own funding on all trips.
- Participants are limited to registering themselves and only one other current member per trip.
- CASH only please, checks will no longer be accepted. **Exact change will expedite the sign-up process.**
- The number of registered participants is determined on bus availability.
- Registration closes two weeks prior to trip date or when registration reaches capacity.

REFUND

- Cancellation refunds will only be given to participants who notify center staff five business days before the trip date.

WAITLIST

- When a trip has reached capacity, participants will be placed on a limited waitlist.
- If a cancellation occurs, participants will be notified in the order they were placed on the waitlist.
- If the participant is notified before noon, they have until the close of business that day to respond.
- If the participant is notified after noon, they have until noon the following business day to respond.
- The participant must make arrangements with staff to come in and make their payment in a timely manner.
- If staff do not hear from the participant in the time allotted, the next participant on the waitlist will be contacted.

NO-SHOWS

- Participants who register and are a no-show for the trip, without notification, are subject to having trip privileges temporarily revoked. Trip suspension can be anywhere from the remainder of that trip month up to six months, depending on the amount of no-shows.

PARKING

- **WHEN ATTENDING FIELD TRIPS.** Please be mindful of the daily visitors (as we have limited disabled and front parking). If you are able, please park towards the back of the parking lot.
- As a courtesy, due to the limited disabled parking, we ask our members if they are able, to park in additional parking spaces available.
GAME RULES

- Table games are open to current paid members of the City of Phoenix Senior Centers.
- Private games or reserved tables are not permitted.
- In order to be fair to current players, participants must have an understanding of the game and the rules of play.
- At times, classes are available to learn specific table games. See staff for more details.
- Incorporating money into table games is not permitted.
- Participants are expected to be welcoming, kind and courteous at all times.
- Game times listed in the program schedule are official start times. Games may not begin early and participants coming in after the start time may not interrupt game play.

### Ongoing Activities

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
<th>Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intro to Bridge</td>
<td>8:30 a.m.</td>
<td>Monday</td>
</tr>
<tr>
<td>Walking Club</td>
<td>11:45 a.m.</td>
<td>Monday through Friday</td>
</tr>
<tr>
<td>Color me Calm</td>
<td>9 a.m.</td>
<td>Monday</td>
</tr>
<tr>
<td>Canasta</td>
<td>12:30 p.m.</td>
<td>Monday, Wednesday, Friday</td>
</tr>
<tr>
<td>Advanced Mah-Jongg</td>
<td>12:30 p.m.</td>
<td>Monday &amp; Thursday</td>
</tr>
<tr>
<td>Bridge</td>
<td>12:30 p.m.</td>
<td>Wednesday</td>
</tr>
<tr>
<td>Games for the Brain</td>
<td>9:30 a.m.</td>
<td>Tuesday</td>
</tr>
<tr>
<td>Intermediate Mah-Jongg</td>
<td>12:30 p.m.</td>
<td>Tuesday &amp; Friday</td>
</tr>
<tr>
<td>Chair Volleyball</td>
<td>10:45 a.m.</td>
<td>Tuesday &amp; Thursday</td>
</tr>
<tr>
<td>Pinochle</td>
<td>12:30 p.m.</td>
<td>Wednesday</td>
</tr>
<tr>
<td>Scrabble</td>
<td>12:30 p.m.</td>
<td>Wednesday</td>
</tr>
<tr>
<td>Prize BINGO</td>
<td>10 a.m.</td>
<td>Wednesday</td>
</tr>
<tr>
<td>Stretching</td>
<td>9 a.m.</td>
<td>Thursday</td>
</tr>
<tr>
<td>Quilting</td>
<td>8 a.m.</td>
<td>Thursday &amp; Friday</td>
</tr>
<tr>
<td>Loteria</td>
<td>10 a.m.</td>
<td>Friday</td>
</tr>
<tr>
<td>In-House Movie</td>
<td>9:15 a.m. and 12:30 p.m.</td>
<td>Friday</td>
</tr>
<tr>
<td>Open Game Play</td>
<td>12:30 to 5 p.m.</td>
<td>Monday, Wednesday, Friday</td>
</tr>
</tbody>
</table>
# 2020 Winter Program Schedule

## JAN.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Presenter</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday, 9</td>
<td>9:30 to 10:30</td>
<td>Cyber Security</td>
<td>Learn tips to stay safe while on your electronic devices and certain pop-ups and information to look out for.</td>
</tr>
<tr>
<td>Tuesday, 21</td>
<td>10 to 11:00</td>
<td>United Health Care Medicare Bingo</td>
<td>A fun way to learn about Medicare terminology and benefits while winning prizes!</td>
</tr>
<tr>
<td>Thursday, 30</td>
<td>9:30 to 10:30</td>
<td>Banner Health: Understanding Dementia</td>
<td>Learn main components on how to deal with dementia as well as how to help individuals with dementia.</td>
</tr>
</tbody>
</table>

## FEB.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Presenter</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday, 18</td>
<td>10 to 11 a.m.</td>
<td>United Health Care Medicare BINGO</td>
<td>A fun way to learn about Medicare terminology and benefits while winning prizes!</td>
</tr>
<tr>
<td>Thursday, 20</td>
<td>9:30 to 10:30</td>
<td>IRA Mistakes &amp; Rethink Taxes</td>
<td>Learn in depth information on taxes as well as tips and pointers when filing.</td>
</tr>
</tbody>
</table>

## MARCH

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Presenter</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday, 24</td>
<td>10 to 11 a.m.</td>
<td>United Health Care Medicare BINGO</td>
<td>A fun way to learn about Medicare terminology and benefits while winning prizes!</td>
</tr>
<tr>
<td>Thursday, 26</td>
<td>9:30 to 10:30</td>
<td>Banner Health: Healthy Aging</td>
<td>Learn main components on how social engagement and activities keep your brain stimulated and active.</td>
</tr>
</tbody>
</table>

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.
Sweet as Candy!

Valentines Party
Friday, Feb. 14
9 to 11 a.m.

GAMES • RAFFLES • FUN

St. Patty's Day themed
Birthday Celebration
Monday, March 16
9 to 11 a.m.
DO YOU HAVE concerns about falling?

This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

This program is being conducted at this location by A.T. Still University as public service.

Classes are held once a week for 8 weeks for 2 hours each

Register at
SHADOW MOUNTAIN SENIOR CENTER
3546 E. Sweetwater Avenue
Phoenix, AZ. 85032
Phone: 602-534-2303

For Questions, contact
Jacqueline Kalinsky at:
480-219-6174

START: Jan. 17, 2020
DAY: Friday
TIME: 9 to 11:00 a.m.

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

A Matter of Balance Lay Leader Model


A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).
SPECIAL EVENTS and ANNOUNCEMENTS

book club

9 to 10 a.m. Thursday, Jan. 30
Brain on Fire
by Susannah Cahalan (264 pages)

9 to 10 a.m. Thursday, Feb. 27
The Sweetness at the Bottom of the Pie
by Alan Bradley (416 pages)

9 to 10 a.m. Thursday, March 26
Stiff
by Mary Roach (303 pages)

Book Club is sponsored by the Phoenix Public Library, Mesquite Branch and is FREE to current paid members.

Birthday Party
One party to celebrate birthdays in Jan., Feb. and March
Join us for cake, door prizes and fun.
(St. Patrick's theme)
9 to 11 a.m.
Monday, March 16

Site Council Meetings
The Shadow Mountain Site Council is made up of a group of members/volunteers. They meet once a month to collaborate with staff on the development of programming, fundraising, philanthropy and much more. They dedicate their time and talents to improving the quality of life for Shadow Mountain participants. Meetings are held in the Conference Room and are open to all.

• 9:30 a.m. Monday, Jan. 27
• 9:30 a.m. Monday, Feb. 24
• 9:30 a.m. Monday, March 23

Volunteers
Shadow Mountain is always looking for quality volunteers, looking to give back to our community. Two main areas of need are assisting in the snack shack and teaching a class or program.

• Volunteers must be at least 18 years of age.
• Meet with center staff before volunteering.
• Fill out and sign the Volunteer application.

Staff are not allowed to sign off on any volunteer paperwork from an outside organization.

NAU OT (Occupational Therapy) Students will be visiting once a week for eight weeks to do interactive workshops with our members. All are welcome to participate!

9:15 to 10:15 a.m.
Thursdays
Jan. 23 to March 10

NORTHERN ARIZONA UNIVERSITY
**Intro to Mah-Jongg**

Learn Mah-Jongg at a fun and easy pace. No experience necessary. Space limited to 12 participants per session.

<table>
<thead>
<tr>
<th>INSTRUCTOR</th>
<th>TIME</th>
<th>DAY</th>
<th>DATE</th>
<th>NO CLASS</th>
<th>COST</th>
<th>ATTENDANCE</th>
<th>SIGN UP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Katy, Lu and Judith</td>
<td>1 to 3 p.m.</td>
<td>Wednesday</td>
<td>Jan. 8 to Feb. 5 5 Weeks</td>
<td>N/A</td>
<td>FREE</td>
<td>Registration Required</td>
<td>Dec. 20</td>
</tr>
</tbody>
</table>

**TAI CHI**

**Beginning Tai Chi/Qigong**

This class emphasis on beginning Tai Chi techniques and focuses on the basics of breathing. No experience necessary.

<table>
<thead>
<tr>
<th>INSTRUCTOR</th>
<th>TIME</th>
<th>DAY</th>
<th>DATE</th>
<th>NO CLASS</th>
<th>COST</th>
<th>ATTENDANCE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rick C.</td>
<td>3 to 4 p.m.</td>
<td>Tuesday</td>
<td>Jan. 14 to March 10 8 Weeks</td>
<td>TBD</td>
<td>FREE</td>
<td>Drop-In</td>
</tr>
</tbody>
</table>

**Beginning Tai Chi**

This class focuses on the beginning Tai Chi principals of balance, body mechanics and breath work. No experience necessary.

<table>
<thead>
<tr>
<th>INSTRUCTOR</th>
<th>TIME</th>
<th>DAY</th>
<th>DATE</th>
<th>NO CLASS</th>
<th>COST</th>
<th>ATTENDANCE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rick C.</td>
<td>3 to 4 p.m.</td>
<td>Thursday</td>
<td>Jan. 16 to March 12 8 Weeks</td>
<td>TBD</td>
<td>FREE</td>
<td>Drop-In</td>
</tr>
</tbody>
</table>

**Intermediate Tai Chi**

This class is for the next level Tai Chi student who is ready to move on from Beginning Tai Chi. Students will continue to work on the basics but will also begin to apply the learning form.

<table>
<thead>
<tr>
<th>INSTRUCTOR</th>
<th>TIME</th>
<th>DAY</th>
<th>DATE</th>
<th>NO CLASS</th>
<th>COST</th>
<th>ATTENDANCE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rick C.</td>
<td>9 to 10 a.m.</td>
<td>Tuesday</td>
<td>Jan. 14 to March 10 8 Weeks</td>
<td>TBD</td>
<td>FREE</td>
<td>Drop-In</td>
</tr>
</tbody>
</table>

**Advanced Tai Chi: The Gems of Taijiquan Series**

This class will dive deeper into the study of Taijiquan and Qigong. One year of study and/or able to perform the first section of the Tai Chi Short Form required. Subject matter includes: Posting (I-Chuan), Coiling in Tai Chi, Two-Person Tai Chi Set, Six Healing Sounds Qigong, Breath Work in Tai Chi Qigong. **This class requires a minimum of 13 registered participants to make happen.**

*Registration/payment deadline is TUESDAY, JAN 21. Class will run through the break week.*

<table>
<thead>
<tr>
<th>INSTRUCTOR</th>
<th>TIME</th>
<th>DAY</th>
<th>DATE</th>
<th>NO CLASS</th>
<th>COST</th>
<th>ATTENDANCE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rick C.</td>
<td>4 to 5 p.m.</td>
<td>Thursday</td>
<td>Jan. 23 to March 12 8 Weeks</td>
<td>TBD</td>
<td>$25</td>
<td>Pre-Registration and Payment Required</td>
</tr>
</tbody>
</table>
## 30 Minute Chair Yoga

This 30 minute class teaches various yoga techniques and is designed so that all movement is done while seated in a chair. *Members may only enroll in 1 class per session. Sessions are 4 weeks long. Please let Instructor or staff know if you plan on missing a class or discontinuing the session.*

### Class 1

<table>
<thead>
<tr>
<th>INSTRUCTOR</th>
<th>TIME</th>
<th>DAY</th>
<th>DATE</th>
<th>NO CLASS</th>
<th>COST</th>
<th>ATTENDANCE</th>
<th>SIGN UP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Libby H.</td>
<td>Noon to 12:30 p.m.</td>
<td>Wednesday</td>
<td>Jan.15 to Feb.5</td>
<td>N/A</td>
<td>FREE</td>
<td>Registration Required</td>
<td>Dec.20</td>
</tr>
</tbody>
</table>

### Class 2

<table>
<thead>
<tr>
<th>INSTRUCTOR</th>
<th>TIME</th>
<th>DAY</th>
<th>DATE</th>
<th>NO CLASS</th>
<th>COST</th>
<th>ATTENDANCE</th>
<th>SIGN UP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Libby H.</td>
<td>12:45 to 1:15 p.m.</td>
<td>Wednesday</td>
<td>Jan.15 to Feb.5</td>
<td>N/A</td>
<td>FREE</td>
<td>Registration Required</td>
<td>Dec.20</td>
</tr>
</tbody>
</table>

### Mat Yoga

The Mat Yoga class is designed to practice Yoga techniques while seated, standing or in laying down positions. Participants must provide their own mat.

<table>
<thead>
<tr>
<th>INSTRUCTOR</th>
<th>TIME</th>
<th>DAY</th>
<th>DATE</th>
<th>NO CLASS</th>
<th>COST</th>
<th>ATTENDANCE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Libby H.</td>
<td>1:30 to 2:30 p.m.</td>
<td>Thursday</td>
<td>Jan.16 to March 12 8 Weeks</td>
<td>TBD</td>
<td>FREE</td>
<td>Drop-In</td>
</tr>
</tbody>
</table>

### Chair and Standing Yoga

This Yoga class is designed to be the next step from the 30 Minute Chair class. Students will practice Yoga techniques seated but also standing while still utilizing the chair.

<table>
<thead>
<tr>
<th>INSTRUCTOR</th>
<th>TIME</th>
<th>DAY</th>
<th>DATE</th>
<th>NO CLASS</th>
<th>COST</th>
<th>ATTENDANCE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Libby H.</td>
<td>8:15 to 9:15 a.m.</td>
<td>Friday</td>
<td>Jan.17 to March 13 8 Weeks</td>
<td>TBD</td>
<td>FREE</td>
<td>Drop-In</td>
</tr>
</tbody>
</table>
# DANCE/MOVEMENT

## Zumba
Follow along with our instructor as she works students through various movements, set to upbeat music. Students will exercise in both a standing and seated position, however students may utilize a chair throughout the class if preferred.

<table>
<thead>
<tr>
<th>INSTRUCTOR</th>
<th>TIME</th>
<th>DAY</th>
<th>DATE</th>
<th>NO CLASS</th>
<th>COST</th>
<th>ATTENDANCE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maria M.</td>
<td>12:45 to 1:45 p.m.</td>
<td>Tuesday</td>
<td>Jan.14 to March 10 On going</td>
<td>TBD</td>
<td>FREE</td>
<td>Drop-In</td>
</tr>
</tbody>
</table>

## Line Dancing
Dance along with our Instructor as she demonstrates basic line dance choreography as well as steps to some of the most popular dances!

<table>
<thead>
<tr>
<th>INSTRUCTOR</th>
<th>TIME</th>
<th>DAY</th>
<th>DATE</th>
<th>NO CLASS</th>
<th>COST</th>
<th>ATTENDANCE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maria M.</td>
<td>12:30 to 1:15 p.m.</td>
<td>Thursday</td>
<td>Jan.16 to March 12 On going</td>
<td>Jan. 2</td>
<td>FREE</td>
<td>Drop-In</td>
</tr>
</tbody>
</table>

# PAINTING

## Acrylics and Water Color with Marjory Boyer
Enjoy fun projects in both Acrylics and Watercolor where you will learn the versatility of both medias, painting techniques, color mixing and more in a relaxed atmosphere. Materials provided by students.

<table>
<thead>
<tr>
<th>INSTRUCTOR</th>
<th>TIME</th>
<th>DAY</th>
<th>DATE</th>
<th>NO CLASS</th>
<th>COST</th>
<th>ATTENDANCE</th>
<th>SIGN-UP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Marjory B.</td>
<td>12:30 to 2:30 p.m.</td>
<td>Monday</td>
<td>Jan.13 to March 16 5 Weeks</td>
<td>TBD</td>
<td>$15</td>
<td>Registration Required</td>
<td>Dec.20</td>
</tr>
</tbody>
</table>

## Multi-Media Painting with Joe
This open studio-style class allows participants to bring their individual pieces and seek guidance and advice from the instructor who shares his time among the students. Materials provided by students.

<table>
<thead>
<tr>
<th>INSTRUCTOR</th>
<th>TIME</th>
<th>DAY</th>
<th>DATE</th>
<th>NO CLASS</th>
<th>COST</th>
<th>ATTENDANCE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Joe C.</td>
<td>1 to 3:30 p.m.</td>
<td>Wednesdays</td>
<td>Jan. 22, 29 Feb.19,26 March 4,11</td>
<td>TBD</td>
<td>FREE</td>
<td>Drop-In</td>
</tr>
</tbody>
</table>

## Creative Painting with Acrylics
Learn to paint from a talented experienced artists, Leland Beaman. This instructor lead class allows students the opportunity to experiment with acrylic paints and other mediums on canvas. Learn techniques to have fun creating your own masterpieces and discover your unique originality. Students supply their own material (Canvas, paints, brushes, etc.).

<table>
<thead>
<tr>
<th>INSTRUCTOR</th>
<th>TIME</th>
<th>DAY</th>
<th>DATE</th>
<th>NO CLASS</th>
<th>COST</th>
<th>ATTENDANCE</th>
<th>SIGN-UP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leland B.</td>
<td>1 to 3 p.m.</td>
<td>Friday</td>
<td>Jan.17 to March 13 8 Weeks</td>
<td>TBD</td>
<td>FREE</td>
<td>Registration Required</td>
<td>Dec.20</td>
</tr>
</tbody>
</table>
**CRAFTS**

**Crochet and Knitting**
This instructor led class shows students the basics in crochet and knitting techniques. Basic materials are provided but students are encouraged to provide their own as they progress in the program. No experience necessary.

<table>
<thead>
<tr>
<th>INSTRUCTOR</th>
<th>TIME</th>
<th>DAY</th>
<th>DATE</th>
<th>NO CLASS</th>
<th>COST</th>
<th>ATTENDANCE</th>
<th>SIGN UP</th>
</tr>
</thead>
<tbody>
<tr>
<td>N/A</td>
<td>12:15 to 1:15 p.m.</td>
<td>Thursday</td>
<td>Jan. 16 to March 12 8 Weeks</td>
<td>TBD</td>
<td>FREE</td>
<td>Drop-In Welcome</td>
<td></td>
</tr>
</tbody>
</table>

**Let’s get Crafty**
Follow along with the instructor as she demonstrates how to create unique and various craft projects. Sign up and make some beautiful crafts to share with family and friends! No supplies needed. Space limited to 12 students.

<table>
<thead>
<tr>
<th>INSTRUCTOR</th>
<th>TIME</th>
<th>DAY</th>
<th>DATE</th>
<th>NO CLASS</th>
<th>COST</th>
<th>ATTENDANCE</th>
<th>SIGN UP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Irene C.</td>
<td>12:30 to 2:30 p.m.</td>
<td>Tuesday</td>
<td>Jan. 14 to Feb. 4 4 weeks</td>
<td>N/A</td>
<td>FREE</td>
<td>Registration Required</td>
<td>Dec. 20</td>
</tr>
</tbody>
</table>

**Creating Greeting Cards**
Impress your friends, make your own cards and notecards. Some supplies will be provided, but come with blank notecard stock. (Michaels or Hobby Lobby) Space limited to 10 students.

<table>
<thead>
<tr>
<th>INSTRUCTOR</th>
<th>TIME</th>
<th>DAY</th>
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<th>NO CLASS</th>
<th>COST</th>
<th>ATTENDANCE</th>
<th>SIGN-UP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Karen O.</td>
<td>10 to 11:30 a.m.</td>
<td>Monday</td>
<td>Jan. 13 to Feb. 10 5 weeks</td>
<td>Jan. 20</td>
<td>FREE</td>
<td>Registration Required</td>
<td>Dec. 20</td>
</tr>
</tbody>
</table>

**SPANISH**

**Beginning Spanish**
Beginning Spanish is for students who have little to no experience with the Spanish language. Students are highly encouraged to purchase the book utilized in this course. Students will be given the name of the book upon registration. The book can be purchased online.

<table>
<thead>
<tr>
<th>INSTRUCTOR</th>
<th>TIME</th>
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<th>NO CLASS</th>
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<th>ATTENDANCE</th>
<th>SIGN-UP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Joseph B.</td>
<td>9 to 10 a.m.</td>
<td>Tuesday</td>
<td>Jan. 14 to March 10 8 Weeks</td>
<td>Jan. 20</td>
<td>FREE</td>
<td>Registration Required</td>
<td>Dec. 20</td>
</tr>
</tbody>
</table>

**Intermediate Spanish**
Intermediate Spanish is for students who have previously studied the language. Students are highly encouraged to purchase the book utilized in this course. Students will be given the name of the book upon registration. The book can be purchased online.

<table>
<thead>
<tr>
<th>INSTRUCTOR</th>
<th>TIME</th>
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<th>DATE</th>
<th>NO CLASS</th>
<th>COST</th>
<th>ATTENDANCE</th>
<th>SIGN-UP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Joseph B.</td>
<td>9 to 10 a.m.</td>
<td>Monday</td>
<td>Jan. 13 to March 9 8 Weeks</td>
<td>TBD</td>
<td>FREE</td>
<td>Registration Required</td>
<td>Dec. 20</td>
</tr>
</tbody>
</table>
Beginning Computers I
This class will take you through the Beginning curriculum in four weeks. Students learn through visuals and handouts created by the instructor. Students are welcome to bring laptop, but it is not necessary.

<table>
<thead>
<tr>
<th>INSTRUCTOR</th>
<th>TIME</th>
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<th>NO CLASS</th>
<th>COST</th>
<th>ATTENDANCE</th>
<th>SIGN-UP DATE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dr. Kinglow</td>
<td>9 to 10 a.m.</td>
<td>Tuesday</td>
<td>Jan.14 to Feb.4</td>
<td>N/A</td>
<td>FREE</td>
<td>Registration Required</td>
<td>Dec.20</td>
</tr>
</tbody>
</table>

Beginning Computers II
This class will take you through a more in depth curriculum. Students learn through visuals and handouts created by the instructor. Students are welcome to bring laptop, but it is not necessary.

<table>
<thead>
<tr>
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<th>DATE</th>
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<th>COST</th>
<th>ATTENDANCE</th>
<th>SIGN-UP DATE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dr. Kinglow</td>
<td>10 to 11 a.m.</td>
<td>Tuesday</td>
<td>Jan.14 to Feb.4</td>
<td>N/A</td>
<td>FREE</td>
<td>Registration Required</td>
<td>Dec.20</td>
</tr>
</tbody>
</table>

Tech Tutor Time
Having trouble figuring out how to use your smart phone, tablet, or electronic devices? Come see our new Tech Tutor during tutor time hours and she will be happy to help!

<table>
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<tr>
<th>INSTRUCTOR</th>
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<th>SIGN-UP DATE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hollie N.</td>
<td>9 to Noon</td>
<td>Tuesday</td>
<td>Jan.14 to March 10</td>
<td>TBD</td>
<td>FREE</td>
<td>Drop In</td>
<td></td>
</tr>
</tbody>
</table>

AARP Course Dates

To sign up, please visit Shadow Mountain Senior Center or call 602.534.2303

Center Closures/Contacts

STAFF CONTACT
 Supervisor
 Tyler Smith
 602-534-4945
tyler.smith@phoenix.gov

Senior Center Assistant
 Maria Medina
 602-534-4944
maria.medina@phoenix.gov

Secretary
 Anjelica Barcelo
 602-534-2303
anjelica.barcelo@phoenix.gov

P. 13  Shadow Mountain Senior Center

2020 Winter Program Schedule
The annual membership fee is $20 for Phoenix residents and $40 for non-residents. Your membership gives you access to any of the 15 senior centers the City of Phoenix has to offer listed below. Try out the Shadow Mountain Senior Center with a visitors pass, good for two FREE visits.

**TRANSPORTATION**

**Senior Shuttle Program**

MV Transportation provides flexible taxi service to and from your local senior center for eligible members. Please contact center staff to register and obtain more detailed information.

**LUNCH**

Lunch is served at 11:30 a.m.

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 only $5.

Meal reservations and cancellations must be made at least three business days in advance.

**CASEWORKER**

Service is available to current members by appointment only.

First appointment: 9 a.m.
Final appointment: 11 a.m.

Make an appointment in person or by calling 602-534-2303.

**COMMODITIES**

Commodities are distributed on the first Monday of every month.

**MEDICARE ASSISTANCE**

Available the fourth Tuesday of the month, by appointment only.

10 a.m. to noon

Make an appointment at the front desk or by calling 602-534-2303.

**EMAIL LIST**

To receive this quarterly calendar, monthly lunch menus, movie schedules and special program announcements, register your email at the front desk or by calling 602-534-2303.

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**Central Phoenix**

**Chinese**
734 W. Elm Street
Phoenix, AZ 85013
602-262-6411

**Marcos de Niza**
305 W. Pima Street
Phoenix, AZ 85003
602-262-7249

**Senior Opportunities West**
1220 S. 7th Avenue
Phoenix, AZ 85007
602-262-6610

---

**Central-East Phoenix**

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

**McDowell Place**
1845 E. McDowell Road
Phoenix, AZ 85006
602-262-1842

---

**South Phoenix**

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

**South Mountain**
212 E. Alta Vista Road
Phoenix, AZ 85040
602-262-4093

---

**Northwest Phoenix**

**Deer Valley**
2001 W. Wahalla Lane
Phoenix, AZ 85027
602-495-3714

**Goelet Beuf**
3435 W. Pinnacle Peak Road
Phoenix, AZ 85027
602-534-9743

**Helen Drake**
7600 N. 27th Avenue
Phoenix, AZ 85051
602-262-4949

---

**West Phoenix**

**Adam Diaz**
4115 W. Thomas Road
Phoenix, AZ 85019
602-262-1609

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

---

**Northeast Phoenix**

**Paradise Valley**
17402 N. 40th Street
Phoenix, AZ 85032
602-495-3785

**Shadow Mountain**
3546 E. Sweetwater Avenue
Phoenix, AZ 85032
602-534-2303

**Sunnyslope**
802 E. Vogel Avenue
Phoenix, AZ 85020
602-262-7572

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