



WINTER PROGRAM SCHEDULE

Programs for Active Adults

JAN., FEB., MARCH 2024

212 E. Alta Vista Road, Phoenix, AZ 85042 602-262-4093 phoenix.gov/seniorcenter

WELCOME BACK!

The South Mountain Senior Center renovations are complete. Pay us a visit to see what improvements have been made. Join us on our opening day, Jan. 2 at 9 a.m. Take a walk around the facility and enjoy some refreshments. If you have never been or it has been a while since your last visit, stop on by. We are happy to get you started with a membership or renew your previous membership.



WHO WE ARE: The South Mountain Senior Center is comprised of independent adults looking for opportunities to learn, socialize and engage in fun and rewarding activities.

WHAT WE OFFER:

- South Mountain prides itself on providing a friendly and welcoming environment. Each participant is required to follow a code of conduct. Simply put, everyone is welcome and expected to treat one another with kindness and respect.
- Take part in one of the many FREE classes or workshops we have to offer. This includes Tai Chi, Geri-Fit, Fine Arts, Drama, Falls Prevention, Music-Fitness and ESL. See page 3 for more detail. Keep an eye out for new classes throughout the year.
- Experience fun outings to various locations throughout Phoenix and some surrounding locations. Journey to various cultural locations, lunch/brunch with friends at different restaurants and shopping excursions.
- Enjoy everyday activities such as Prize BINGO, table games, Walking Club, Billiards, Chair Volleyball and FREE coffee.
- Volunteers make up a big part of the South Mountain community. For example, the South Mountain Site Council is made up of volunteers who assist with daily operations through their suggestions, input and everyday efforts to make our center a better place for everyone. This includes assisting with daily lunch distribution, blood pressure checks, special events, fundraising and much more. Speak to center staff on how to become a volunteer.
- Celebrate with us each quarter as we party with the best of them. Enjoy refreshments, music, games and giveaways at our quarterly celebrations.



DISCO

Join us as we celebrate the renovation of the South Mountain Senior Center. We're taking you back to 1976, when the facility was constructed, with our throwback Disco Dance. Come dressed in your grooviest outfit and boogie to the music of the 70's. Enjoy refreshments and prizes for the most far-out outfits.

THURSDAY, FEB. 22
9:30 a.m.



Birthday

TUESDAY
MARCH 26
10 a.m.

BINGO

Join us as we celebrate birthdays for Jan. through March 2024 as well as those we missed from Oct. through Dec. 2023 during the renovation. Enjoy cake, ice cream and play BINGO for prizes with special opportunities for those celebrating their birthday month.



South Mountain participants enjoying the Fall Candy Corn Carnival on Oct. 19, 2023.








CLASSES and WORKSHOPS







All classes listed are FREE to paid members of the Human Services Senior Programs. Members are required to check in at the kiosk and sign in for any classes they will be attending that day.

CLASS	INSTRUCTOR	DAY/TIME	START	END	NO CLASS	ATTENDANCE
ESL This course will take Spanish speaking students through steps on learning the English language.	Cookie	Monday 10 to 11 a.m.	Feb. 5	March 25	Feb. 19	Registration starts Jan. 3
TAI CHI 101 Basic understanding of Tai Chi theory and principals. You will develop body awareness skills through exercise drills, balancing/centering, breathing techniques, flexibility and strength training.	Rick	Monday 1 p.m.	Jan. 22	March 25	Feb. 19	Drop-In Sign-Up at Kiosk Upon Arrival
WORKSHOPS: DRAMA Improve your communication skills, empathy, creative thinking and confidence through fun games and activities involving your mind, body and spirit. No acting experience is needed. Just bring yourself and be ready for joy.	Bayyinah	Tuesday 10 to 11:30 a.m.	Jan. 30	N/A	N/A	Registration starts Jan. 3
			Feb. 13			Registration starts Feb. 1
			March 5			Registration starts Feb. 20
GERI-FIT A fun and light workout utilizing a chair, light weights and stretch bands. Participants will supply stretch bands.	Abelina	Wednesday 10 a.m.	Jan. 3	March 27	N/A	Drop-In Sign-Up at Kiosk Upon Arrival
		Friday 10 a.m.				
ART WORKSHOP: Polymer Pendants	Tina	Wednesday 12:30 to 3:30 p.m.	Jan. 31	N/A	N/A	Registration starts Jan. 3
ART WORKSHOP: Watercolor			Feb. 28			Registration starts Feb. 1
ART WORKSHOP: Glass Mosaic			March 27			Registration starts March 1
MOVEMENT WITH MUSIC This movement class is designed for adults to improve their physical and mental well being. It offers opportunities for creativity and expression, while strengthening and stretching the body. Adults will enjoy learning new ways to move to music, in a FUN and welcoming environment!	Michelle	Thursday 10 to 11 a.m.	Jan. 25	March 28	Feb. 22	Drop-In Sign-Up at Kiosk Upon Arrival
MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels for older adults that experience concerns about falling and restrict their activities.	AT Still University	Friday 12:30 to 2:30 p.m.	Jan. 19	March 8	N/A	Registration starts Jan. 3





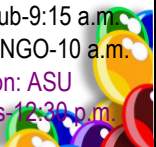
JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1  New Year's Day	2 <ul style="list-style-type: none"> Welcome Back Reception 	3 <ul style="list-style-type: none"> Geri Fit-10 a.m. JAN. TRIP SIGN-UP 	4 <ul style="list-style-type: none"> Fast BINGO-12:30 p.m. 	5 <ul style="list-style-type: none"> Geri Fit-10 a.m.
8 <ul style="list-style-type: none"> Chair Volleyball-9:30 a.m. 	9 <ul style="list-style-type: none"> Walking Club-9:15 a.m. Fun BINGO-10 a.m. 	10 <ul style="list-style-type: none"> Geri Fit-10 a.m. 	11 <ul style="list-style-type: none"> Fast BINGO-12:30 p.m. 	12 <ul style="list-style-type: none"> Geri Fit-10 a.m.
15  M.L.K. Holiday CENTER CLOSED	16 <ul style="list-style-type: none"> FEB. TRIP SIGN-UP 	17 <ul style="list-style-type: none"> Geri Fit-10 a.m. 	18 <ul style="list-style-type: none"> Fast BINGO-12:30 p.m. TRIP: Out to Lunch Venezia's Pizza 10:30 a.m. 	19 <ul style="list-style-type: none"> Food Box-9 a.m. Geri Fit-10 a.m. M.O.B.-12:30 p.m.
22 <ul style="list-style-type: none"> Chair Volleyball-9:30 a.m. Tai Chi-1 p.m. 	23 <ul style="list-style-type: none"> Walking Club-9:15 a.m. Fun BINGO-10 a.m. TRIP: Shopping at Town & Country 9:30 a.m. 	24 <ul style="list-style-type: none"> Geri Fit-10 a.m. Presentation: Stress-12:30 p.m. 	25 <ul style="list-style-type: none"> Move to Music-10 a.m. Presentation: Phoenix Art Museum-12:30 p.m. 	26 <ul style="list-style-type: none"> Geri Fit-10 a.m. M.O.B.-12:30 p.m.
29 <ul style="list-style-type: none"> Chair Volleyball-9:30 a.m. Tai Chi-1 p.m. 	30 <ul style="list-style-type: none"> Walking Club-9:15 a.m. Drama Workshop-10 a.m. Presentation: ASU Alzheimer's-12:30 p.m. 	31 <ul style="list-style-type: none"> Geri Fit-10 a.m. Art Workshop-12:30 p.m. 	 212 E. Alta Vista Road, Phoenix, AZ 85042 602-262-4093 phoenix.gov/seniorcenter Programs for Active Adults	

FEBRUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 <ul style="list-style-type: none"> Move to Music-10 a.m. Fast BINGO-12:30 p.m. 	2 <ul style="list-style-type: none"> Geri Fit-10 a.m. M.O.B.-12:30 p.m.
5 <ul style="list-style-type: none"> Chair Volleyball-9:30 a.m. ESL-10 a.m. Tai Chi-1 p.m. 	6 <ul style="list-style-type: none"> Walking Club-9:15 a.m. Fun BINGO-10 a.m. TRIP: Herberger Theater 11:15 a.m. 	7 <ul style="list-style-type: none"> Geri Fit-10 a.m. 	8 <ul style="list-style-type: none"> Move to Music-10 a.m. Fast BINGO-12:30 p.m. 	9 <ul style="list-style-type: none"> Site Council-9:15 a.m. Geri Fit-10 a.m. M.O.B.-12:30 p.m.
12 <ul style="list-style-type: none"> Chair Volleyball-9:30 a.m. ESL-10 a.m. Tai Chi-1 p.m. 	13 <ul style="list-style-type: none"> Walking Club-9:15 a.m. Drama Workshop-10 a.m. 	14 <ul style="list-style-type: none"> Geri Fit-10 a.m. Presentation: Stress (SPA)-12:30 p.m. 	15 <ul style="list-style-type: none"> Move to Music-10 a.m. Fast BINGO-12:30 p.m. TRIP: Out to Brunch Butters Pancakes 9:30 	16 <ul style="list-style-type: none"> Food Box-9 a.m. Geri Fit-10 a.m. M.O.B.-12:30 p.m.
19  President's Day CENTER CLOSED	20 <ul style="list-style-type: none"> Walking Club-9:15 a.m. MARCH TRIP SIGN-UP	21 <ul style="list-style-type: none"> Geri Fit-10 a.m. TRIP: Tempe Marketplace 9:30 a.m. 	22 	23 <ul style="list-style-type: none"> Geri Fit-10 a.m. M.O.B.-12:30 p.m.
26 <ul style="list-style-type: none"> Chair Volleyball-9:30 a.m. ESL-10 a.m. Tai Chi-1 p.m. 	27 <ul style="list-style-type: none"> Walking Club-9:15 a.m. Fun BINGO-10 a.m. Presentation: ASU Alzheimer's-12:30 p.m. 	28 <ul style="list-style-type: none"> Geri Fit-10 a.m. Art Workshop-12:30 p.m. 	29 <ul style="list-style-type: none"> Move to Music-10 a.m. Presentation: Phoenix Art Museum-12:30 p.m. TRIP: Devonshire Senior Center 9:15 a.m.  	

MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 212 E. Alta Vista Road, Phoenix, AZ 85042 602-262-4093 phoenix.gov/seniorcenter Programs for Active Adults				1 <ul style="list-style-type: none"> • Geri Fit-10 a.m. • M.O.B.-12:30 p.m.
4 <ul style="list-style-type: none"> • Chair Volleyball-9:30 a.m. • ESL-10 a.m. • Tai Chi-1 p.m. 	5 <ul style="list-style-type: none"> • Walking Club-9:15 a.m. • Drama Workshop-10 a.m. 	6 <ul style="list-style-type: none"> • Geri Fit-10 a.m. 	7 <ul style="list-style-type: none"> • Move to Music-10 a.m. • Fast BINGO-12:30 p.m. TRIP: Lunch at Middle Eastern Deli 10:30 a.m. 	8 <ul style="list-style-type: none"> • Site Council-9:15 a.m. • Geri Fit-10 a.m. • M.O.B.-12:30 p.m.
11 <ul style="list-style-type: none"> • Chair Volleyball-9:30 a.m. • ESL-10 a.m. • Tai Chi-1 p.m. 	12 <ul style="list-style-type: none"> • Walking Club-9:15 a.m. • Fun BINGO-10 a.m. TRIP: Desert Botanical Gardens 9:30 a.m. 	13 <ul style="list-style-type: none"> • Geri Fit-10 a.m. 	14 <ul style="list-style-type: none"> • Move to Music-10 a.m. • Fast BINGO-12:30 p.m. 	15 <ul style="list-style-type: none"> • Food Box-9 a.m. • Geri Fit-10 a.m.
18 <ul style="list-style-type: none"> • Chair Volleyball-9:30 a.m. • ESL-10 a.m. • Tai Chi-1 p.m. • APRIL TRIP SIGN-UP 	19 <ul style="list-style-type: none"> • Walking Club-9:15 a.m. • Fun BINGO-10 a.m. TRIP: Phoenix Premium Outlets 9:30 a.m. 	20 <ul style="list-style-type: none"> • Geri Fit-10 a.m. • Presentation: Grief Processing -12:30 p.m. 	21 <ul style="list-style-type: none"> • Move to Music-10 a.m. • Fast BINGO-12:30 p.m. 	22 <ul style="list-style-type: none"> • Geri Fit-10 a.m.
25 <ul style="list-style-type: none"> • Chair Volleyball-9:30 a.m. • ESL-10 a.m. • Tai Chi-1 p.m. 	26 <ul style="list-style-type: none"> • Walking Club-9:15 a.m. • Birthday BINGO-10 a.m. • Presentation: ASU Alzheimer's-12:30 p.m. 	27 <ul style="list-style-type: none"> • Geri Fit-10 a.m. • Art Workshop-12:30 p.m. 	28 <ul style="list-style-type: none"> • Move to Music-10 a.m. • Presentation: Phoenix Art Museum-12:30 p.m. 	29 <ul style="list-style-type: none"> • Geri Fit-10 a.m.

ONGOING DAILY OPPORTUNITIES

ACTIVITY	DAYS	TIME	ROOM	ATTENDANCE
COFFEE and CONVERSATION	MONDAY to FRIDAY	9 a.m. to 4 p.m.	Century	Drop-In Sign-Up at Kiosk Upon Arrival
LAPTOP LAB	MONDAY to FRIDAY	9 a.m. to 4 p.m.	Lobby	
BILLIARDS	MONDAY to FRIDAY	9 a.m. to 4 p.m.	Game Room	
TABLE GAMES	MONDAY to FRIDAY	9 a.m. to 4 p.m.	Lobby	
CHAIR VOLLEYBALL	MONDAY	9:30 to 10 a.m.	Century	
WALKING GROUP	TUESDAY	9:15 to 10 a.m.	Park	
FUN BINGO	TUESDAY- Excludes some days, see calendar for details.	10 to 11 a.m.	Century	
BLOOD PRESSURE CHECK	WEDNESDAY	9 a.m. to 10 a.m.	Lobby	
FUN FAST BINGO	THURSDAY- Excludes some days, see calendar for details.	12:30 to 1 p.m.	Century	



CENTER TRIPS

DAY/DATE	LOCATION	DEPARTS FROM CENTER	DEPARTS FROM TRIP	COST	REGISTRATION AVAILABLE	REGISTRATION CLOSES
THUR JAN.18	OUT TO LUNCH: Venezia's Pizza	10:30 a.m.	1 p.m.	\$2 BUS	Jan. 3	Jan. 12
TUE JAN. 23	SHOPPING: Town and Country Mall	9:30 a.m.	1:30 p.m.	\$2 BUS	Jan. 3	Jan. 19
TUE FEB. 6	CULTURAL: Herberger Theater T.A. Burrows	11:15 a.m.	1:30 p.m.	\$2 BUS \$10 TICKET	Jan. 16	Feb. 2
THUR FEB. 15	OUT TO BRUNCH: Butters Pancakes & Cafe	9:30 a.m.	noon	\$2 BUS	Jan. 16	Feb. 9
WED FEB. 21	SHOPPING: Tempe Market Place	9:30 a.m.	1:30 p.m.	\$2 BUS	Jan. 16	Feb. 16
THUR FEB. 29	SENIOR CENTER TRIP Devonshire Senior Center Leap Year Party	9:15 a.m.	noon	\$2 BUS	Jan 16	Feb. 23
THUR MARCH 7	OUT TO LUNCH: Middle Eastern Bakery/Deli	10:30 a.m.	12:30 p.m.	\$2 BUS	Feb. 20	March 1
TUE MARCH 12	CULTURAL: Desert Botanical Gardens	9:30 a.m.	1:30 p.m.	\$2 BUS FREE DAY	Feb. 20	March 8
TUE MARCH 19	SHOPPING: Phoenix Premium Outlets	9:30 a.m.	1:30 p.m.	\$2 BUS	Feb. 20	March 15

TRIP RULES

- 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 only.
- CASH/EXACT CHANGE only please, checks will not be accepted.
- The number of registered participants is determined on bus availability.
- Registration closes at least 3 business days prior to trip date, when registration reaches capacity or when otherwise noted.
- Participants are responsible for being independent on all trips with the exception for a personal registered caregiver.
- All participants are required to adhere to all rules during trips as stated in the Senior Programs Handbook.

6.

REFUND

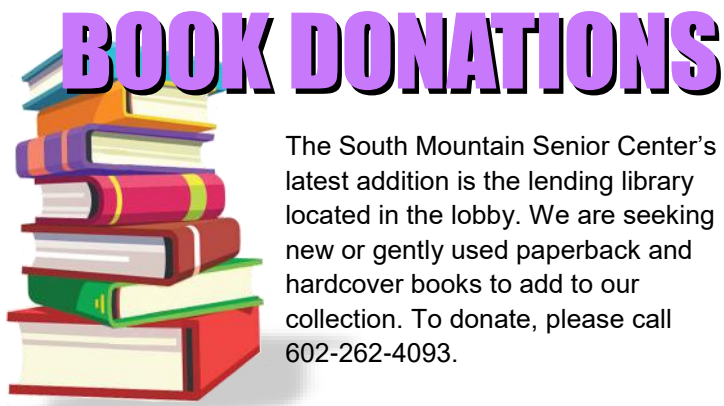
- Cancellation refunds will only be given to participants who notify center staff five business days before the trip date unless otherwise noted.

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.
- The participant must make arrangements with staff to come in and make their payment in a timely manner when called from the waitlist.
- If staff does not hear from the participant in the time allotted, the next participant on the waitlist will be contacted.

PRESENTATIONS

DATE	TOPIC	TIME	ATTENDANCE
WEDNESDAY JAN. 24	Stress Management	12:30 p.m.	Drop-In Sign-Up at Kiosk Upon Arrival
THURSDAY JAN. 25	Phoenix Art Museum A different museum Docent will provide a new topic each month. Check with center staff for updates on each presentation topic.	12:30 p.m.	Drop-In Sign-Up at Kiosk Upon Arrival
TUESDAY JAN. 30	Introduction to Alzheimer's and Risk Factors This presentation covers general information about Alzheimer's, how it progresses, how it is diagnosed, what it is, etc. Then, we will discuss the risk factors associated with Alzheimer's and discuss the strategies to reduce these risk factors to reduce the risk of developing Alzheimer's.	12:30 p.m.	Drop-In Sign-Up at Kiosk Upon Arrival
WEDNESDAY FEB. 14	Stress Management (SPANISH ONLY)	12:30 p.m.	Drop-In Sign-Up at Kiosk Upon Arrival
TUESDAY FEB. 27	Exercise and Alzheimer's This topic will cover the different types of exercise and how each type will impact disease progression. We will go over the evidence-based strategies on how to implement exercise into a daily routine.	12:30 p.m.	Drop-In Sign-Up at Kiosk Upon Arrival
THURSDAY FEB. 29	Phoenix Art Museum A different museum Docent will provide a new topic each month. Check with center staff for updates on each presentation topic.	12:30 p.m.	Drop-In Sign-Up at Kiosk Upon Arrival
WEDNESDAY MARCH 20	Processing Grief Grief is a complex emotional response to loss, typically associated with the death of a loved one, but it can also result from various other life changes, such as the end of a relationship or a significant loss of any kind. It encompasses a range of feelings, including sadness, anger, guilt, and even physical symptoms like fatigue and loss of appetite. Grief is a highly individual experience, and there is no one-size-fits-all approach to coping with it.	12:30 p.m.	Drop-In Sign-Up at Kiosk Upon Arrival
TUESDAY MARCH 26	Cognitive Training and Alzheimer's This presentation covers what cognitive training is and how it differs from mental leisure activities. It will discuss the evidence on how this type of brain activity will impact cognitive impairments. There is some interaction built into the presentation so that your residents can see how to do this type of activity.	12:30 p.m.	Drop-In Sign-Up at Kiosk Upon Arrival
THURSDAY MARCH 28	Phoenix Art Museum A different museum Docent will provide a new topic each month. Check with center staff for updates on each presentation topic.	12:30 p.m.	Drop-In Sign-Up at Kiosk Upon Arrival



The South Mountain Senior Center's latest addition is the lending library located in the lobby. We are seeking new or gently used paperback and hardcover books to add to our collection. To donate, please call 602-262-4093.

SITE COUNCIL ELECTIONS

The South Mountain Senior Center's Site Council Elections will be held through the month of January 2024. Being on the council is a two year commitment and is a very rewarding way to give back to our community. If you are interested in joining the council, see Supervisor Phillip Moreno for more details.



The South Mountain Senior Center is located within the South Mountain Community Center in the heart of South Phoenix. A variety of programs, classes, presentations, trips and various activities are made available Monday to Friday from 9 a.m. to 4 p.m. for active adults. Take advantage of one of our FREE classes, presentations or special events. Join us for one of our trips and enjoy lunch with friends, shopping and cultural opportunities. Lunch is served daily for members 60 and over at a recommended contribution of only \$2.50. Reservations are required for a guaranteed meal. Stop by for a visit. We are happy to show you around and answer any questions you may have. We look forward to seeing you.

MEMBERSHIP: 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.

Membership is open to adults ages 18 and older who are **independent** in the following areas: toileting, eating and mobility. **City of Phoenix senior centers and staff are not licensed to provide one-on-one care.** Senior Center staff reserve the right to assess participant's health and behavior for appropriateness in participation in programs, activities and trips. Individuals needing assistance with self-care due to a cognitive impairment may be eligible to attend senior center programs and activities with the aid of a one-on-one personal care attendant. The personal care attendant must remain with the member for the duration of their visit to the senior center.

TRANSPORTATION: MV Transportation provides flexible taxi services 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 daily at 11:30 a.m. Members may give a recommended contribution of \$2.50 per meal. The cost of a meal for all others under 60 is \$5. Reservations and cancellations must be made at least three business days in advance. Members without a lunch reservation may have a "standby" meal based on availability. Reservations must be made in person. Over the phone orders are not permitted.

T.E.F.A.P.: Food boxes are distributed on the third Friday of the month and are first come, first served.

CASEWORKER: Services are available to current members. A Caseworker will be on site the first Thursday of each month from 9 a.m. to noon. Caseworker services are open to current senior center members. See senior center staff to schedule an appointment.

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

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

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

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

