



City of Phoenix
HUMAN SERVICES DEPARTMENT

Senior Opportunities West Senior Center Programs for Active Adults

1220 S. 7th Ave., Phoenix, AZ. 85007
602-262-6610

phoenix.gov/seniorcenters
Open Monday to Friday, 8 a.m. to 5 p.m.



SPRING 2019 PROGRAM SCHEDULE APRIL - MAY - JUNE

CELEBRATIONS AND EVENTS



Easter Bonnet Parade
12:30 p.m., Thursday, April 18



10 a.m., Friday, May 3



10 a.m., Friday, May 10



Celebration
10 a.m.
Friday, May 24



10 a.m.
Friday, June 14

Juneteenth

Celebration

10 a.m., Wednesday, June 19

Membership

The annual membership is \$20 for Phoenix residents and \$40 for non-residents. Your membership gives you access to any of 15 Phoenix senior centers. Try out the center with a visitors pass, good for two FREE visits.

Lunch

Lunch is served daily at 11:30 a.m.

A recommended contribution of \$2.50 is requested of eligible 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.

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 and obtain more detailed information.

Caseworker

Service is available to current members every Monday by appointment ONLY.

First appointment: **8:30 a.m.** Final appointment: **10:30 a.m.**

Make an appointment by meeting with senior center staff for initial screening.

For more information or a copy of this publication in an alternate format, contact 602-262-4520 voice.

This City Facility is RELAY 7-1-1 trained.

SPECIAL EVENTS

Please see back page for ongoing activities ****NOTE**** All trips require reservations and \$2 for the bus



A P R I L

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED Cesar Chavez Birthday	2 TRIP-Walmart 1 to 3 p.m.	3 Chicanos Por La Causa 10 a.m. Jewelry Class 12:30 to 2:30 p.m.	4	5 TRIP-Picnic at Goelet Beuf 9 a.m. to 1 p.m.
8	9	10 Care To You Caregiver Services 10 a.m. Jewelry Class 12:30 to 2:30 p.m.	11	12 TRIP-Maricopa County Fair 10:30 to 1:30 p.m.
15	16 TRIP-Walmart 1 to 3 p.m.	17	18 Birthday Party 9:30 a.m. 🎈 Easter Bonnet Parade 12:30 p.m.	19 Art Class 12:30 to 2:30 p.m.
22	23	24 Beatitudes Campus Retirement Community 10 a.m.	25	26 TRIP-Pecos Rummage Sale 9 a.m. to 1 p.m. Watercolor Class 12:30 to 2:30 p.m.
29 TRIP-Light Rail Station 10:30 a.m. to 2:30 p.m.	30			

FLOWERS



- | | | |
|----------------|---------------|------------|
| BABYS BREATH | GERANIUM | ROSE |
| CARNATION | HIBISCUS | SNAPDRAGON |
| CHRYSANTHEMIUM | HONEYSUCKLE | SUNFLOWER |
| DAFFODIL | IRIS | TULIP |
| DAISY | LAVENDER | |
| | LILAC | |
| | LOTUS | |
| | MORNING GLORY | |
| | ORCHID | |
| | PEONY | |





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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3 Cinco De Mayo Celebration 10 a.m.
6 TRIP-Phoenix Zoo 9 a.m. to 2 p.m.	7 TRIP-Walmart 1 to 3 p.m.	8 Wellness Bingo Steward Health Choice 10 a.m. Jewelry Class 12:30 to 2:30 p.m.	9	10 Mother's Day Celebration 10 a.m. Watercolor Class 12:30 to 2:30 p.m.
13	14	15 Major League Co. 10 a.m. Jewelry Class 12:30 to 2:30 p.m.	16 Birthday Party 9:30 a.m.	17 Art Class 12:30 to 2:30 p.m.
20	21 TRIP-Walmart 1 to 3 p.m.	22 Area Agency On Aging Medicare Fraud 10 a.m.	23	24 Memorial Day Celebration 10 a.m. Watercolor Class 12:30 to 2:30 p.m.
27 CLOSED Memorial Day Holiday	28	29 TRIP-Recycle Center, North Gateway Transfer Station 12:45 to 2:30 p.m.	30	31

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 TRIP-Walmart 1 to 3 p.m.	5 Adelante Healthcare 10 a.m. Jewelry Class 12:30 to 2:30 p.m.	6	7 TRIP-AMF Bowling 10 a.m. to 1 p.m.
10 TRIP-Sweet Tomatoes Restaurant 11 a.m. to 1:30 p.m.	11	12 Jewelry Class 12:30 to 2:30 p.m.	13	14 Father's Day Celebration 10 a.m. Watercolor Class 12:30 to 2:30 p.m.
17	18 TRIP-Walmart 1 to 3 p.m.	19 Juneteenth Celebration 10 a.m.	20 Birthday Party 9:30 a.m.	21
24	25	26	27	28

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

ONGOING ACTIVITIES

Time	Activity	Day
8:30 to 10 a.m.	Morning Snack	Daily
10 a.m.	Advisory Board/Site Council	First Wednesday of each month
8:30 a.m. to 4:30 p.m.	Billiards	Daily
10 a.m.	Bingo	Thursday
9:30 a.m.	Birthday Party	Third Thursday of each Month
9:30 a.m.	Blood Pressure Screening	Friday
8:30 a.m. to 4:30 p.m.	Dominoes & Cards	Daily
10:30 a.m.	Loteria	Monday and Tuesday
10 a.m.	Health Presentations	Wednesday
12:30 to 4:30 p.m.	Karaoke	Wednesday
9:30 a.m.	Line Dancing	Monday
9 a.m.	Sewing for SOW	Monday and Thursday
10:30 a.m.	Stretch Exercise	Friday
8:30 a.m. to 4:30 p.m.	Wii Sports	Daily

T.E.F.A.P.	Food Plus	Food Finds/Food Bag
12:30 p.m. Third Thursday of each month April 18, May 16, June 20	8:30 to 10:30 a.m. Friday, April 19 and Monday, April 22 8:30 to 10:30 a.m. Friday, May 17 and Monday, May 20 8:30 to 10:30 a.m. Friday, June 21 and Monday, June 24	12:30 p.m. First, Second and Fourth Thursday of each month

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