

# Senior Opportunities West Senior Center

## Programs for Active Adults



CITY OF PHOENIX  
**HUMAN  
SERVICES  
DEPARTMENT**

1220 S. 7th Ave. Phoenix, AZ 85007

602-262-6610

Phoenix.gov/seniorcenter

### Center Hours

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



**WINTER 2024**  
**JAN. - FEB. - MAR.**

## Membership

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

## 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 is \$5.**

Reservations and cancellations must be made at least three business days in advance. Members without a lunch reservation may have a "standby"

## Transportation

### Senior Center Shuttle Program:

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.

## Trips

Passengers must be a registered and current member, please register at the front desk.

## Caseworker

Service is available to current members every first Monday of the month by appointment **ONLY**.

## Join Us Virtual or In person

### Video:

Requires smart phone, tablet or computer with camera.

<https://cityofphoenix.webex.com/meet/SOW.SC>

Select join by browser; app download not Required.

### Telephone:

If you wish to join by phone, call 602-666-0783

Access code: 2461 613 8405

## 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'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)



## Center Message

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.

**For more information, or a copy of this publication in an alternate format, contact 602-262-6610 voice. This city facility is RELAY 7-1-1 trained.**



## Daily Activities

- ⇒ Socialization
- ⇒ Hockey Table
- ⇒ Cards
- ⇒ Will Sports
- ⇒ Billiards
- ⇒ Tennis Table
- ⇒ Puzzles
- ⇒ Fitness Room
- ⇒ Dominoes
- ⇒ Shuffleboard Table
- ⇒ Coloring
- ⇒ Computer Lab

### Monday

10 a.m. Geri-Fit - Abelina B. (Area Agency on Aging)  
 11 a.m. Health and Wellness Social - Volunteer/Staff  
 1 p.m. Karaoke - Volunteer

### Thursday

10 a.m. Fun Loteria - Volunteer  
 12:30 p.m. Bible Study - **Non City Sponsored**

### Tuesday

10:30 am. Chair Dance Techniques - Volunteer  
 12:30 p.m. Creative Corner

### Friday

9 a.m. Blood Pressure Check  
 10:30 a.m. Fun Bingo - Volunteer  
 12:30 p.m. Geri Fit - Abelina B. (Area Agency on Aging)

### Wednesday

10 a.m. Educational Presentations  
 12:30 p.m. Fun Bingo - Volunteer

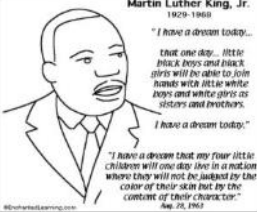

### SOW Advisory Board Meeting

9:30 a.m. Tue., Jan. 9, 2024  
 9:30 a.m. Tue., Feb. 13, 2024  
 9:30 a.m. Tue., Mar. 12, 2024





#### Sew for SOW

Our sewing volunteers will assist with your sewing needs as soon as they are available.  
 Your project will be completed for a monetary donation to the site council.

## JAN. EVENTS & ONGOING PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <b>New Year's Day Holiday Center Closed</b>	2	3 Educational Presentation 10 a.m.	4	5 <b>3-King Day Rosca de Reyes 9:30 a.m.</b>
8	9 <b>Arts &amp; Crafts with Christy 12:30 p.m.</b>	10 Educational Presentation 10 a.m.  <b>Trip to Walmart 12:30 p.m.</b>	11	19 
15 <b>Martin Luther King, Jr Holiday Center Closed</b>	16	17 Educational Presentation 10 a.m.	18 <b>T.E.F.A.P. 12:30 to 3 p.m. First Come First Served</b>	19
22	23 <b>Arts &amp; Crafts with Christy 12:30 p.m.</b>	24 <b>T.A. Burrows Entertainer 10 a.m.</b>	25	26
29	30	31 Educational Presentation 10 a.m.	 <b>MENTAL HEALTH AWARENESS MONTH</b>	

# FEB. EVENTS & ONGOING PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	BLACK HISTORY MONTH		1	2
5	6 <b>Trip to Walmart</b> 12:30 p.m.	7 Educational Presentation 10 a.m.	8	9 
12	13 <b>Arts &amp; Crafts with Christy</b> 12:30 p.m.	14 	15 <b>T.E.F.A.P.</b> 12:30 to 3 p.m. First Come First Served	16
19 <b>President's Holiday Center Closed</b>	20	21 Educational Presentation 10 a.m.	22 <b>Trip to George Washington Carver Museum</b> 9:30 a.m.	23 
26	27 <b>Arts &amp; Crafts with Christy</b> 12:30 p.m.	28 Educational Presentation 10 a.m.	29	

# MAR. EVENTS & ONGOING PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4	5	6 Educational Presentation 10 a.m.  <b>Trip to Walmart</b> 12:30 p.m.	7	8 <b>Trip to Tempe Festival of Arts</b> 10 a.m.
11	12 <b>Arts &amp; Crafts with Christy</b> 12:30 p.m.	13 Educational Presentation 10 a.m.	14	15 
18	19	20 Educational Presentation 10 a.m.	21 <b>T.E.F.A.P.</b> 12:30 to 3 p.m. First Come First Served	22
25	26 <b>Arts &amp; Crafts with Christy</b> 12:30 p.m.	27 Educational Presentation 10 a.m.	28	29 

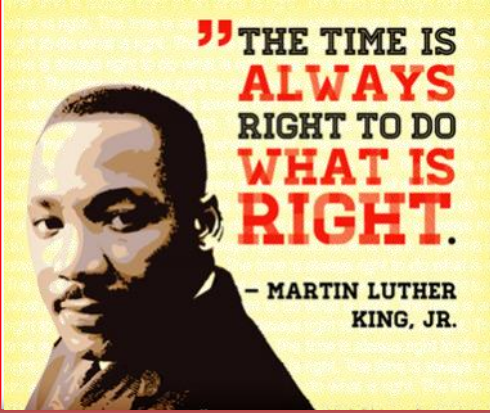


# SPECIAL EVENTS

## Martin Luther King Jr. Celebration

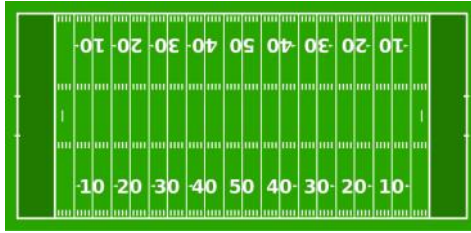
Friday, Jan. 12  
10 a.m.

Music with T.A. Burrows



## Super Bowl Party

Friday, Feb. 9  
10 a.m.



## Chinese New Year's Celebration

Wednesday, Feb. 14  
10 a.m.



## Valentines Day Party

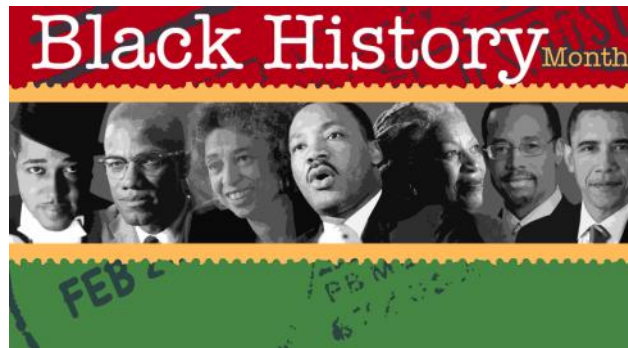
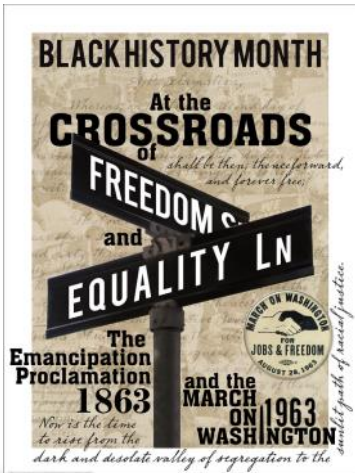
Wednesday, Feb. 14  
noon



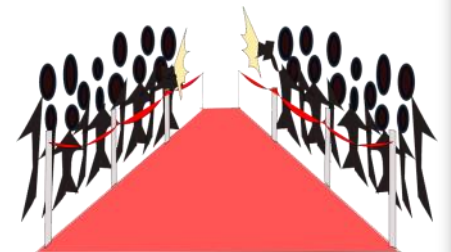
## Black History Month Celebration

Friday, Feb. 23  
10 a.m.

Music with T.A. Burrows



## Fashion Show



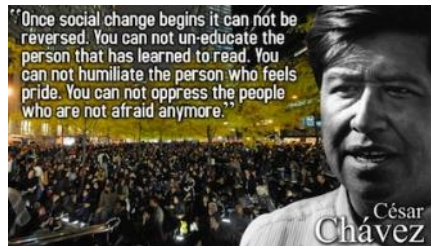
## St. Patrick's Day Celebration

Friday, Mar. 15  
10 a.m.



## Cesar Chavez Day

Friday, Mar. 29  
9:30 a.m.



## Easter Celebration

Friday, Mar. 29  
10:30 a.m.



## Jan.- Feb.- Mar. Birthday Celebration

Friday, Mar. 29  
12:30 p.m.



Note: Programs, classes and events are subject to change or cancellation without notice.