



City of Phoenix
HUMAN SERVICES DEPARTMENT

Sunnyslope Senior Center Programs for Active Adults

SPRING 2019

PROGRAM SCHEDULE April, May, June



**802 E. Vogel Avenue
Phoenix, AZ 85020
602.262.7572**

phoenix.gov/seniorcenters

**Hours of Operation
8 a.m. to 5 p.m.
Monday through Friday**

The Sunnyslope Senior Center is a recreational center for adults age 18 and over. The center is located in the heart of northeast Phoenix, co-located with the Sunnyslope Community Center. A variety of activities and games, health programs, and free classes are offered by the City of Phoenix Human Services and Parks and Recreation Departments. Come visit and learn what the Sunnyslope Senior Center has to offer!

MEMBERSHIP

The annual membership fee is \$20 for Phoenix residents and \$40 for non-residents. Your membership gives you access to any of 15 Phoenix senior centers. A visitor pass is available for two FREE visits.

LUNCH

Lunch is served at 11:30 a.m. A recommended contribution of \$2.50 is requested of eligible members per meal. The cost for all others is only \$5. Meal reservations and cancellations must be made at least three days in advance. Members without a lunch reservation may have a "standby" lunch based on availability.

TRANSPORTATION

MV Transportation provides flexible taxi service to and from the center for eligible members. Please contact Human Services staff to register and obtain more detailed information.

CASEWORKER

Casework assistance is available to current members by appointment only. Make an appointment with staff in person or by calling 602-262-7572.

COMPUTERS & WIFI

Your membership includes use of the computer lab or bring your own device and surf the net!

FITNESS CENTER

Your membership includes use of treadmills, recumbent bike, and professional resistance equipment.

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.

SPRING 2019 CLASS SCHEDULE

HEALTH & FITNESS

Chair Yoga Build functional strength, flexibility, and balance needed to perform normal daily activities.

INSTRUCTOR	TIME	ROOM	DAYS	DATES	COST	ATTENDANCE
P. Harbort	12:30 p.m.	Dance Rm	Tuesday Thursday	4/2 - 5/23 (no class 4/9, 4/11, 4/25)	Free	Drop In (Max 30)

Hiking Attend this class and travel to various hiking trails within Phoenix. Class is chaperoned and facilitated by a staff member. Hiking class is catered to students with no mobility barriers. Students must supply their own walking stick, water, and appropriate hiking attire.

INSTRUCTOR	TIME	ROOM	DAYS	DATES	COST	ATTENDANCE
D. Rosenberg	8 to 11:30 a.m.	Varies	Monday	4/8, 4/22, 5/6	\$2 Transportation	Pre-Registration

Line Dancing This class uses various dance techniques including: Right and Left Vines with turns, Jazz Box basic, Sailor Steps plus with turns, Pivot turns, Triple steps, Cha-Cha steps, Rumba Box steps, and Waltz Steps. No previous dance or fitness experience required.

INSTRUCTOR	TIME	ROOM	DAYS	DATES	COST	ATTENDANCE
B. Hueter	12:30 p.m.	Dance Rm	Monday	Ongoing	FREE	Drop In (Max 25)

Zumba This class is designed for members who want to learn different aspects of cardio workout. The class targets the abs, thighs, arms and other muscles in the body. The class can be modified to meet many ability levels.

INSTRUCTOR	TIME	ROOM	DAYS	DATES	COST	ATTENDANCE
M. Dionisio	10:30 a.m.	Dance Rm	Thursday	4/4 - 4/11	FREE	Sign up (Max 20)

Pilates Develop core strength for individuals with physical challenges or individuals that have limitations. Class can be modified to fit all body types, age, flexibility, and fitness level. The class includes floor work.

INSTRUCTOR	TIME	ROOM	DAYS	DATES	COST	ATTENDANCE
S. Prater	10:30 a.m.	Dance Rm	Monday	On-going	FREE	Drop-In
S. Prater	2:30 p.m.	Dance Rm	Wednesday	On-going	FREE	Drop-In
S. Prater	2:30 p.m.	Dance Rm	Friday	On-going	FREE	Drop-In

Mat Yoga This class is a combination of mat, standing, and balancing. This class is for members who can easily transition to and from the floor safely. Students work at their own comfort level.

INSTRUCTOR	TIME	ROOM	DAYS	DATES	COST	ATTENDANCE
P. Harbort	12:30 p.m.	Dance Rm	Wednesday	4/3 - 5/22 No class on 4/10	FREE	Sign up

Strength Training Participate in this fun, video-led class that aims to increase balance and maintain strength. Members work together to meet their fitness goals.

INSTRUCTOR	TIME	ROOM	DAYS	DATES	COST	ATTENDANCE
NONE	9:30 a.m.	3A	Monday Wednesday Friday	On-going	FREE	Drop-In

Tai Chi / Qi Gong Develop body awareness skills through exercise drills, balancing/centering, breathing techniques, flexibility, and strength training. Students will be introduced to the Tai Chi 13 posture form.

INSTRUCTOR	TIME	ROOM	DAYS	DATES	COST	ATTENDANCE
R. Clark	10:30 a.m.	Dance Rm	Tuesday	4/2 - 6/11	FREE	Drop In (Max 20)

ARTS & EDUCATION

Fine Arts This, member led group creates an environment where artists can be inspired. Artists learn how to sketch and use watercolors. Members can bring their own projects, or work as assigned by the instructor.

INSTRUCTOR	TIME	ROOM	DAYS	DATES	COST	ATTENDANCE
B. Spano	12:30 to 2:30 p.m.	1AB	Tuesday	Ongoing	FREE	Drop in (Max 20)

Ceramics Students will learn the proper brush use and technique. Students will work with stains and glaze paints. Each student will create finished ceramic pieces. The first three pounds of clay are provided, additional supplies may be purchased by students.

INSTRUCTOR	TIME	ROOM	DAYS	DATES	COST	ATTENDANCE
B. White	1 to 3 p.m.	1AB	Wednesday	3/20 - 5/8	FREE	Drop In (Max 15)

Art With Christy Learn how to use different mediums to create eclectic pieces of art.

INSTRUCTOR	TIME	ROOM	DAYS	DATES	COST	ATTENDANCE
C. Puetz	9:30 to 11:30 a.m.	MPR	Tuesday	4/23, 5/14	FREE	Drop in (Max 20)

Aroma Therapy Learn about basic aromatherapy, including the types of essential oils and how to use them safely. Learn about mixing oils. Class limited to 15, please sign up in advance.

INSTRUCTOR	TIME	ROOM	DAYS	DATES	COST	ATTENDANCE
V. Curry	1 to 2:30 p.m.	1AB	Monday	4/22 - 5/20	FREE	Sign up (Max 15)

Ballet Engage your mind, body, and spirit through a dance program designed to increase balance, strength, and flexibility.

INSTRUCTOR	TIME	ROOM	DAYS	DATES	COST	ATTENDANCE
Fabiola	10:30 a.m.	Dance Rm.	Wednesday	4/3 - 6/5	FREE	Sign Up (Max 25)

PRESENTATIONS

9:30 a.m.

Diabetes Workshop

Tuesday, April 2, 9

Presented by: HSAG

10 a.m.

STD Education

Monday, April 8

Presented by: Terros

11 a.m.

Blood Pressure Check

Monday, April 15, May 13, June 10 & 24

Presented by: Volunteer

10 a.m.

Brain Power

Tuesday, April 23, May 28, June 17

Presented by: Center Assistant

10 a.m.

Stroke Presentation

Monday, April 29

Presented by: Abrazo Health

9 a.m.

Chronic Pain Management Class

Wednesday, May 1, 8, 15, 22, 29, June 5

Presented by: Area Agency on Aging

10 a.m.

HIV Presentation

Monday, May 6

Presented by: Terros

10 a.m.

HCS

Monday, June 3

Presented by: Terros

10 a.m.

How to Pay for Care

Monday, June 10

Presented by: FSL

8:30 a.m.

Garden Club

Every Friday

GROUPS

PINOCHLE

Every Tuesday (9 to 11:30 a.m.)

Come check out this fun group! These members can teach anyone who would like to learn!

NEEDLEWORK WITH NANCY

Every Wednesday (12:30 to 2:30 p.m.)

Come join this friendly group! Participants will knit and crochet their own pieces. For beginning or advanced members.

MAHJONG

Every Thursday (noon to 3 p.m.)

Join our Mahjong group! This group of members can teach anyone who would like to learn.

CURRENT EVENTS

Last Friday of the Month (11 to 11:30 a.m.)

This group provides an open and respectful environment to discuss the news.

BLOOD PRESSURE CHECK

Every Monday (noon to 1 p.m.)

Free blood pressure check for members!

ACTIVITIES

BINGO \$\$\$

Every Monday at 1 p.m.

"BRAIN POWER" WORKSHOP

Fourth Tuesday of the month at 10 a.m.

COMMODITIES

April 3, May 8, June 5

INDOOR WALKING

Daily at 9 a.m.

BOARD GAMES

Daily at 9 a.m.

MONTHLY BIRTHDAY PARTY

Third Wednesday at 10 a.m.

MOVIE & SNACK

Every Friday at noon

POOL TOURNAMENT

Every fourth Thursday at 9 a.m.

RHYTHM & DRUMS

Fourth Thursday at 9 a.m.

SITE COUNCIL

Fourth Wednesday at 10 a.m.

MINDFULNESS

Every Thursday at 10 a.m.

TRIPS

- Transportation times are an estimate, so please arrive early.
- **Staff receives exact departure time one week prior to trip.**
- Sign-up closes two weeks prior to trip date, space is limited.
- Trip fees are due on the day of sign-up.
- The \$2 cost for transportation is due the day of the field trip.
- Refund requests must be made 2 weeks in advance.
- Sign up for the following month trips will be available on the first Monday of the current month.

*Don't forget to wear
your Sunnyslope Shirt!*



A P R I L	<u>DESTINATION</u>	<u>DATE</u>	<u>*MEETING TIME</u>	<u>COST</u>	<u>SACK LUNCH</u>
	Lunch Bunch Farm at South Mountain	Friday, April 5	10:30 a.m.	Round Trip \$2	No
	Hiking Club - Deems Hill	Monday, April 8	8 a.m.	Round Trip \$2	NO
	Herberger Dance Theatre	Wednesday, April 17	11 a.m.	Round Trip \$2 + \$7	YES
	AZ Opera	Thursday, April 18	11 a.m.	Round Trip \$2	YES
	Hiking Club - Phoenix Mountain Preserve	Monday, April 22	8 a.m.	Round Trip \$2	NO
	MIM Percussion Ensemble	Wednesday, April 24	9:15 a.m.	Round Trip \$2 + \$7	NO

M A Y	<u>DESTINATION</u>	<u>DATE</u>	<u>*MEETING TIME</u>	<u>COST</u>	<u>SACK LUNCH</u>
	Lunch Bunch - Mama Toledos	Thursday, May 2	10:30 a.m.	Round Trip \$2 + Lunch	NO
	Herberger Theatre - Luna & Solis	Thursday, May 9	9 a.m.	Round Trip \$2 + \$7	YES
	Cave Creek Museum Tour	Monday, May 13	9 a.m.	Round Trip \$2 + \$5	NO
	Desert Botanical Garden	Tuesday, May 14	8:15 a.m.	Round Trip \$2	YES
Herberger Theatre - Miranda's Curse	Thursday, May 23	11 a.m.	Round Trip \$2 + \$7	YES	

J U N E	<u>DESTINATION</u>	<u>DATE</u>	<u>*MEETING TIME</u>	<u>COST</u>	<u>SACK LUNCH</u>
	Herberger Theatre - Tribute to Bing	Thursday, June 6	11 a.m.	Round Trip \$2 + \$7	YES
	Lunch Bunch - Olive Garden	Wednesday, June 12	10:30 a.m.	Round Trip \$2 + Lunch	NO
	AZ Historical Society	Monday, June 17	9 a.m.	Round Trip \$2 + \$10	NO
	S.O.W. Junteenth	Wednesday, June 19	9 a.m.	Round Trip \$2	NO
	Let's Go To The Movies	Wednesday, June 26	9:15 a.m.	Round Trip \$2 + Tic.	YES
Herberger Theatre - Reversal	Thursday, June 27	11 a.m.	Round Trip \$2 + \$7	YES	

SPRING AT THE SLOPE

10 A.M.
APRIL 16
PARADISE VALLEY
SENIOR CENTER
CHOIR PERFORMANCE

10 A.M.
MAY 10
MOTHER'S DAY CELEBRATION
WITH PARTNERS

10 A.M.
APRIL 17
MAY 15
JUNE 19
BIRTHDAY CELEBRATION



9 A.M.
APRIL 6
SLOPE FEST
COMMUNITY EVENT AT
PALMA PARK
LOOK OUT FOR FLIERS

11:30 A.M.
APRIL 26
VOLUNTEER
RECOGNITION

10 A.M.
MAY 22
MEMORIAL DAY
CELEBRATION

9:30 A.M.
MAY 7
SLOPE WELLNESS OPEN HOUSE
FOOD DEMO
ART THERAPY
AROMA THERAPY
AND MORE

9:30 to 10:20 a.m.
INTERGENERATIONAL SUMMER ACTIVITIES
June 4 - Back to Summer Welcome Week
June 11 - Wizard Week
June 18 - FitPhoenix Week
June 25 - Decades

APRIL 1
CENTER CLOSED

MAY 27
CENTER CLOSED

