



Sunnyslope Senior Center

Programs for Active Adults

802 E Vogel

Phone 602.262-7572

March - April 2024

Sign up for one of our trips!

Programs, classes, events, and trips subject to change or cancellation without notice. Trip transportation cost is \$2 .

Exact change only

Destination	Date	Time	Cost
Lin's Buffet	Wednesday, March 8	11: a.m. to 12:45 p.m.	\$2
Martin Auto Museum	Friday, March 20	11 a.m. to 12:45 p.m.	\$2 + \$10 Ticket
Black Theatre Troupe	Thursday, March 28	10:30 a.m. to 1 p.m.	\$2 + \$25 Ticket
Joe's Diner	Friday, April 19	10:30 a.m. to noon	\$2
Liberty Wildlife	Wednesday, April 24	10 a.m. to noon	\$2 + \$10 Ticket

City of Phoenix 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.

MEMBERSHIP

Membership gives you access to all 15 Phoenix senior centers. The annual membership fee is \$20 for Phoenix residents and \$40 for non residents.

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.

LUNCH

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

Note: 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.

Programs and activities offered 9 a.m. to 4 p.m., Monday through Friday
For more information or a copy of this publication in an alternate format, contact 602-262-4520 voice.

phoenix.gov/residents/seniors

The City's TTY Relay phone number 602-534-5500 if needed.

This facility is Relay 7-1-1 trained.

March 2024



Events & Activities

Monday	Tuesday	Wednesday	Thursday	Friday
				1 noon Matter of Balance
4 12:30 p.m. Chronic Pain Therapies Presentation	5	6	7 noon Phoenix Art Museum Docent Presentation	8 11 a.m. Yoga with Yasmin noon Matter of Balance 11 a.m. Lin's Buffet
11 10 a.m. Site Council Meeting 10 a.m. Scrapbooking with Kirsten	12	13 10:30 a.m. St. Patrick's Day Party	14	15 noon Matter of Balance
18	19	20 11 a.m. Martin Auto Museum Field Trip	21	22 noon Matter of Balance
25 10 a.m. Scrapbooking with Kirsten	26	27	28 1:45 p.m. Black Theatre Troupe Field Trip	29 11 a.m. Yoga with Yasmin

April 2024



Events & Activities

Monday	Tuesday	Wednesday	Thursday	Friday
1 Cesar Chavez Day Center Closed	2	3	4	5 11 a.m. Yoga with Yasmin
8 10 a.m. Scrapbooking with Kirsten	9	10	11	12
15 10 a.m. Site Council Meeting	16	17 1 p.m. Volunteer Recognition Party	18	19 11 a.m. Yoga with Yasmin 10 a.m. Joe's Diner Field Trip
22 10 a.m. Scrapbooking with Kirsten	23	24 10 a.m. Liberty Wildlife Field Trip	25	26
29	30			

Sunnyslope Senior Center Daily Activities

Laptop Lab	Monday to Friday	9 a.m. to 4 p.m.
Billiards	Monday to Friday	9 a.m. to 4 p.m.
YouTube Virtual Stretch	Monday to Friday	9 a.m.
Tai Chi: Intermediate	Monday	9:15 a.m.
Tai Chi: Beginner	Monday	10:30 a.m.
Fun Bingo	Monday	12:15 p.m.
Bridge	Monday	1 p.m.
Beginner Ballet	Monday & Wednesday	1 p.m.
Mahjong: Beginner	Tuesday	9 a.m.
Geri-Fit	Tuesday	10 a.m.
Line Dancing	Tuesday	11 a.m.
Fine Art	Tuesday	11 a.m. to 3 p.m.
Ukulele	Tuesday	12:30 p.m.
Bingocize AAA	Tuesday & Thursday	1:30 p.m.
Movie	Wednesday & Friday	1 p.m.
Computer Class	Wednesday	9:30 a.m.
Tai Chi: Fans & Swords	Wednesday	9 to 11 a.m.
Prize Loteria	Wednesday	12:15 p.m.
Canasta	Wednesday	12:30 to 4 p.m.
Yoga: Gentle Chair	Thursday	10 a.m.
Creative Crafts	Thursday	10 a.m.
Yoga: Mat	Thursday	11 a.m.
Belly Veil Dancing	Thursday	12:30 p.m.
Mahjong: Intermediate	Thursday	12:30 p.m.
Geri-Fit	Friday a.m. & p.m. class	10 a.m. & 1 p.m.
Bible Study *not City sponsored*	Friday	10 a.m.
Needlework	Friday	1 to 4 p.m.