



4115 W. Thomas Rd. Phoenix, Arizona 85019

602- 262-1609

phoenix.gov/seniorcenters

Center Hours

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



# Adam Diaz Senior Center

## Program for Active Adults

### March & April 2024



#### Membership

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

#### 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.

#### Trips

Must be a registered and current member, please sign up at front desk. Transportation for all field trips is \$2.00. Any questions, please ask a Staff member.

#### Caseworker

Contact Center Staff for more information.

#### Join Us In Person or Virtually

 Please contact Adam Diaz Senior Center.

#### 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 morning snack or lunch reservation may have a "standby" meal based on availability.

#### Memory Cafe

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

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.



Fall Prevention  
Program ends 3/8/24

# MARCH Special Events

9 a.m.  
Birthday Celebration  
March 8, & April 12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 <b>9:30 a.m.</b> <b>Trip:</b> <b>Intergenerational</b> <b>Event</b> <b>West High School</b> <b>(IP)</b>
4 <b>9:45 a.m.</b> <b>Trip: Arizona</b> <b>Tradition Center &amp;</b> <b>Softball Field (IP)</b> noon: <b>National Oreo</b> <b>Cookie Day (IP)</b>	5 noon: <b>Site Council Meeting</b> <b>(IP/V)</b>	6 <b>10:30 a.m.</b> <b>iPro's Presents</b> <b>Loteria (IP)</b>	7 <b>9 a.m.</b> <b>Chair Yoga (IP)</b> noon: <b>United Hospice</b> <b>Presents "Seniors</b> <b>Helping Seniors</b> <b>Craft" (IP)</b>	8 <b>10 a.m.</b> <b>Archwell Presents</b> <b>Bingo (IP)</b>
11	12 <b>11 a.m.</b> <b>Women's History</b> <b>Presentation (IP)</b> 	13 <b>10:30 a.m.</b> <b>Archwell Presents</b> <b>Zumba (IP)</b>	14 <b>9 a.m.</b> <b>Gardening Project</b> <b>(IP)</b>	15 <b>10 a.m.</b> <b>WellCare Presents</b> <b>St. Patrick's Day</b> <b>Celebration (IP)</b> 
18	19 noon: <b>National Let's Laugh</b> <b>Day Activity (IP)</b>	20 <b>11 a.m.</b> <b>Trip:</b> <b>Popo's Fiesta</b> <b>Del Sol Mexican</b> <b>Restaurant (IP)</b>	21 <b>9 a.m.</b> <b>Chair Yoga (IP)</b> noon: <b>National Strawberry</b> <b>Day Activity (IP)</b>	22 <b>9:30 a.m.</b> <b>Spring Cleaning</b> <b>Rummage Sale (IP)</b>
25	26 <b>11 a.m.</b> <b>Wear your Purple Day</b> <b>Activity (IP)</b> 	27 noon: <b>Alignment Health</b> <b>Presents</b> <b>"Breathwork" (IP)</b>	28 <b>9 a.m.</b> <b>Gardening Project</b> <b>(IP)</b>	29 <b>9:30 a.m.</b> <b>Trip: Easter &amp; Cesar</b> <b>Chavez Celebration</b> <b>to SOW (IP)</b>



11 a.m.  
Volunteer Appreciation  
"Fiesta"  
Thursday April 25



# APRIL

## Special Events



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>Center Closed in Observance of Cesar Chavez Day</b> 	<b>2</b>	<b>3</b> <b>9:30 a.m.</b> <b>Trip: A.S.U. Farmer Education Building (IP)</b>	<b>4</b> <b>9:30 a.m.</b> <b>Trip: Desert West Senior Center Spring Courtyard Picnic (IP)</b>	<b>5</b>
<b>8</b>	<b>9</b>	<b>10</b> <b>10:30 a.m.</b> <b>Archwell Presents Zumba (IP)</b>	<b>11</b> <b>9 a.m.</b> <b>Walking &amp; Stretch Activity (IP)</b>	<b>12</b> <b>10 a.m.</b> <b>Archwell Presents Bingo (IP)</b>
<b>15</b> <b>10 a.m.</b> <b>World Art Day Activity (IP)</b>	<b>16</b> <b>11:30 a.m.</b> <b>Trip: Volunteer Recognition Event (IP)</b>	<b>17</b> <b>11 a.m.</b> <b>Trip: P.F. Chang's (IP)</b>	<b>18</b> <b>9 a.m.</b> <b>Chair Yoga (IP)</b> <b>noon:</b> <b>Site Council Meeting (IP/V)</b>	<b>19</b> <b>10 a.m.</b> <b>Oak Street Health Presents Craft Time (IP)</b> <b>11 a.m.</b> <b>Who's That Baby Activity (IP)</b>
<b>22</b> <b>11 a.m.</b> <b>Library Services Presents Story Time (IP)</b> 	<b>23</b> <b>All Staff Meeting</b> <b>Center Closed</b>	<b>24</b> <b>noon:</b> <b>WellCare Presents: National Picnic Day (IP)</b>	<b>25</b> <b>9 a.m.</b> <b>Chair Yoga (IP)</b> <b>noon:</b> <b>Oak Street Health Presents Ice Cream Social (IP)</b>	<b>26</b> <b>10 a.m.</b> <b>Alignment Health Presents Music Bingo (IP)</b> <b>11 a.m.</b> <b>National Pretzel Day Activity (IP)</b>
<b>29</b> <b>11 a.m.</b> <b>Trip: Miracle Mile Deli (IP)</b> <b>11 a.m.</b> <b>Honesty Day Activity (IP)</b>	<b>30</b> <b>11:30 a.m.</b> <b>International Dance Day Activity with Ken Walker (IP)</b>	<b>Art with Christy</b> <b>9:30 a.m.</b> <b>Wednesday, March 6 &amp; 27 and</b> <b>April 3, &amp; 24</b>		



# ONGOING ACTIVITIES

(IP) In person/ (V) Virtual	Reservations required for in Person (IP) or Virtual (V) Programming
<b>*Mix &amp; Mingle (IP)</b>	9 a.m. to 4 p.m. daily
<b>Billiards &amp; Card Games (IP)</b>	9 a.m. to 4 p.m. daily
<b>Check Out Laptop (IP)</b>	9 a.m. to 4 p.m. daily
<b>Open Gym (IP)</b>	9 a.m. to 4 p.m. daily
<b>Movie Matinee (IP)</b>	1 p.m. every Monday
<b>Memory Monday</b>	10 a.m. on Monday March 4 & April 8
<b>Crochet</b>	9 a.m. every Monday
<b>Chair Exercise (IP/V)</b>	10 a.m. every Monday and 2 p.m. every Friday
<b>Chair Dance Techniques (IP/V)</b>	9 a.m. every Tuesday
<b>Geri-Fit (IP/V)</b>	10 a.m. every Tuesday and Thursday
<b>Fun Bingo (IP/V)</b>	10 a.m. every Friday ( Note: 9 a.m. on March 15, April 19 & 1 p.m. on March 22)
<b>Mexican Train (IP)</b>	12:30 p.m. every Tuesday
<b>Blood Pressure Checks</b>	9:30 a.m. Fridays
<b>Creative Corner (IP)</b>	9 a.m. every Wednesday (Note : No class on March 6 & 27, and April 3 & 24)
<b>Walking Club (IP)</b>	1 p.m. every Wednesday
<b>Brain Games (IP)</b>	2 p.m. every Wednesday
<b>Fun Loteria (IP/V)</b>	10:30 a.m. every Wednesday (Note: 1 p.m. March 13 and April 10)
<b>Line Dancing (IP/V)</b>	12:30 p.m. every Friday
<b>Cultural Food's (IP)</b>	2 p.m. every Thursday
<b>T.E.F.A.P (IP)</b>	1 p.m. on Friday, March 22 & April 19
<b>Area Agency on Aging (IP)</b>	9:30 a.m. on Friday March 8 and April 12

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

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 shall not state or imply any endorsement by the City of Phoenix or any of its employees.

Revised: 01/29/2024