

Chinese Senior Center

Programs for Active Adults



SENIOR PROGRAMS
CITY OF PHOENIX | HUMAN SERVICES

734 W. Elm Street
Phoenix AZ 85013
602-262-6411

phoenix.gov/seniorcenters

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



Welcome!

The Chinese Senior Center has been a resource for older adults in the Melrose District for over 40 years! We welcome everyone to our center.

Transportation

Senior Center Shuttle Program

MV Transportation provides flexible taxi service to and from your nearest senior center for eligible members. Please contact center staff to register or obtain more detailed information.

Volunteering

Please see Human Services staff for more information on volunteer opportunities.

Brown Bag

Brown bag distribution takes place weekly on Wednesdays from noon to 12:45 p.m.

2024 March & April Program Schedule

Membership

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

Lunch

Lunch is served daily at noon.

A recommended contribution of \$2.50 (60+ years of age) is requested of members 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.

If you are in need of Home Delivered Meals please see a staff member or call 602-262-6411 for assistance.

Caseworker












Caseworker is available to current members by appointment only. Applications have to be filled out prior to scheduling appointment. Make sure to bring copies of documentation needed to appointment. Any questions or for further information, please call 602-262-6411.

For more information or a copy of this publication in an alternate format, contact 602-262-4520 voice. The City's TTY relay phone number 602-535-5500 may be used, if needed.

March 2024

Special Events



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|---|
| | | | <p>Blood Pressure Check Every Thursday 9 to 11 a.m. 血压检查</p> | 1 |
| <p>Bingo Every Monday 10:30 a.m. 宾果游戏</p>  | <p>Painting Class Every Tuesday 1 to 2 p.m. 绘画类</p>  | | <p>Trip to Walmart 1 p.m. 沃尔玛之旅</p>  | <p>Birthday Celebration 10 a.m. 生日慶典</p>  |
| 11 | <p>Trip to Desert Botanical Garden 9 to 11:30 a.m. 植物园之旅</p>  | <p>Site Council Meeting 1 to 2 p.m. 工地理事会会议</p>  | 14 | <p>Trip to Mekong 1 p.m. 湄公河之旅</p>  |
| 18 | <p>Cooking Demonstration 11 a.m. 烹饪示范</p>  | <p>Trip to W-Mart 1 p.m. 乐辉超市之旅</p>  | 21 | 22 |
| 25 | 26 | 27 | <p>Trip to 99 Ranch Market 1 p.m. 99之旅</p>  | <p>Volunteer Sheets Due 志愿者表到期</p>  |

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

April 2024

Special Events



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|---|
| <p>1</p> <p>Cesar Chavez Day (Center Closed)</p> <p>中心关闭</p>  | <p>2</p> <p>Trip to Walmart 1 p.m.</p> <p>沃尔玛之旅</p>  | <p>3</p> | <p>4</p> <p>Blood Pressure Check Every Thursday 9 to 11 a.m.</p> <p>血压检查</p>  | <p>5</p> <p>Birthday Celebration 10 a.m.</p> <p>生日慶典</p>  |
| <p>8</p> <p>Bingo Every Monday 10:30 a.m.</p> <p>宾果游戏</p>  | <p>9</p> <p>Painting Class Every Tuesday 1 to 2 p.m.</p> <p>绘画类</p>  | <p>10</p> <p>Site Council Meeting 1 to 2 p.m.</p> <p>工地理事会会议</p>  | <p>11</p> <p>Picnic Steele Indian Park 10 to 12:30</p> <p>在公园野餐</p>  | <p>12</p> |
| <p>15</p> | <p>16</p> | <p>17</p> | <p>18</p> | <p>19</p> <p>Trip to Mekong 1 p.m.</p> <p>湄公河之旅</p>  |
| <p>22</p> <p>Volunteer Recognition Event 9:30 to 1:30</p> <p>志愿者活动</p>  | <p>23</p> <p>Staff Meeting (Center Closed)</p> <p>员工会议 中心关闭</p>  | <p>24</p> | <p>25</p> | <p>26</p> |
| <p>29</p> | <p>30</p> <p>Trip to W-Mart 1 p.m.</p> <p>乐辉超市之旅</p>  | <p>Volunteer Sheets Due 志愿者表到期</p>  | | |

| Activity 活動 | Time 時間 | Day 日期 |
|---|---------------------|--------------------------|
| Gym Exercise 健身房锻炼 | 9 a.m. to 4 p.m. | Monday through Friday |
| Socialization 社会化 | 9 a.m. to 4 p.m. | Monday through Friday |
| Stretching Exercise 午飯前的伸展運動 | 11:30 a.m. to noon | Monday through Friday |
| Cantonese Singing Group in-person and virtual 語歌唱團 | 9 to 10:30 a.m. | Monday, Thursday |
| Crafts 工藝品組 | 9 a.m. to 3 p.m. | Monday, Thursday, Friday |
| Beginning English Class 英語初級班 | 10:30 to 11:30 a.m. | Tuesday |
| English Singing Group 英文歌唱組 | 9 to 10:30 a.m. | Tuesday |
| Bible Study (not City sponsored) 经查 (非城市赞助) | 9 to 10:30 a.m. | Tuesday |
| Chinese Citizenship Class in-person 公民类 and virtual 虚拟 | 1 to 2 p.m. | Tuesday |
| Modeling Class 旗袍舞蹈 | 9:30 to 11 a.m. | Wednesday |
| Survival English Class in-person and virtual 生存英語課 | 9:30 to 10:30 a.m. | Wednesday |
| Computer Class 電腦課 | 1 to 2 p.m. | Thursday |
| Mandarin Singing Group 國語歌唱組 | 9:30 to 11 a.m. | Thursday |
| Intermediate English class 中級英語班 | 9:30 to 10:30 a.m. | Thursday |
| Line Dance 排舞 | 10:30 to 11:30 a.m. | Thursday, Friday |
| English Conversation Class in person and virtual 英語會話課 | 9:30 to 10:30 a.m. | Friday |
| Ballroom Dance 交谊舞 | 1 to 2:30 p.m. | Friday |

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