



CITY OF PHOENIX
**HUMAN
 SERVICES**
 DEPARTMENT

6501 W. Virginia Ave. Phoenix, AZ 85035

602-495-3711

phoenix.gov/seniorcenters

Center Hours

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

Desert West Senior Center

Programs for Active Adults

MARCH/APRIL 2024



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" meal based on availability.

Transportation

Senior Center Shuttle Program: MV Transportation provides flexible taxi services to and from the center for eligible members. Please contact center staff to register and for more information.

Caseworker

Service is available to current members every first and third Wednesday of the month by appointment only. Please contact Center Staff for more information.

In Person or Virtually

Please contact Center Staff for more information.

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

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 602-262-4520 voice. The City's TTY Relay phone number 602-534-5500 may be used, if needed.

Daily Activities

Walking in the Gym
9 to 10 a.m. (Based on Availability)

Socializing, Billiards, Cards, Dominoes,
Check Out a Laptop, Crocheting
9 a.m. to 4 p.m.



Monday

Memory Monday
First Monday of the Month

Memory Café
First and Third Monday of the Month
10 to 11 a.m.

Farm Express
March 11, 25, and April 8, 22
9:30 to 10:30 a.m.



Tuesday

St. Mary's Food Box
(Application Required)
Fourth Tuesday of the Month
9 to 11 a.m.

Tai Chi
12:15 to 1:15 p.m.

Radio Mystery Stories
1:15 to 2:15 p.m.

Wednesday

Sewing Group
(Learn to sew or have garments altered)
(Based on Instructor Availability)
10 a.m. to 3 p.m.

Geri-Fit
12:30 to 1:30 p.m.



Thursday

Blood Pressure Checks
Second and Fourth Thursday of the Month
9:30 to 10:30 a.m.

Karaoke
9:30 to 11 a.m. (Based on Availability)

Tai Chi
10 to 11 a.m.

Sewing Group
(Based on Instructor Availability)
10 a.m. to 3 p.m.

Thursday Vibes
noon to 1 p.m. (Based on Instructor Availability)

Friday

Karaoke
(Based on Availability)
9:30 to 11 a.m.

Sewing Group
(Based on Instructor Availability)
10 a.m. to 3 p.m.

Geri-Fit
12:30 to 1:30 p.m.

Afternoon Movie
1:30 to 3:30 p.m.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;"> March Fun Facts </p> <p>March has two birthstones, not unlike some other months. Aquamarine is one birthstone for March, and it symbolizes youth, health, and hope. Bloodstone is the other March birthstone. It is a type of quartz known for its fiery flecks of red, representing strength and stealth.</p>				<p>1 9:30 to 11 a.m. St. Patrick's Bingo</p> <p style="text-align: center; color: red; font-weight: bold;"><u>Nachos Sale</u></p>
<p>4 9:30 a.m. Soup It Forward Day</p> <p>12:30 p.m. Planning Committee Meeting</p>	<p>5 9:30 to 11 a.m. Loteria</p>	<p>6 9:30 to 11 a.m. Bingo</p>	<p>7 9 to 10 a.m. Member's Breakfast</p>	<p>8 9 to 11 a.m. March Into Your Health Mini Health Fair</p>
<p>11 10 a.m. Site Council Meeting</p> <p>12:30 p.m. Line Dancing Class</p>	<p>12 9:30 to 11 a.m. Free Loteria <u>Nachos Sale</u></p>	<p>13 9:30 to 11 a.m. Bingo</p>	<p>14 9:30 a.m. Art with Christy "Butterfly Tapestry" (Registration Required: Limit 10)</p>	<p>15 10 to 11 a.m. St. Patrick's Birthday Party with Darren the Guitar Guy</p>
<p>18 11:30 a.m. to 1:30 p.m. Trip: Rainforest Café (Sign Up Required)</p>	<p>19 9:30 to 11 a.m. Loteria</p>	<p>20 9:30 to 11 a.m. Bingo</p>	<p>21 12:45 p.m. Crafts in the Courtyard with Artsy Smartsy "Umbrella Making" (Registration Required: Limit 10)</p>	<p>22 9:15 a.m. to 1 p.m. Trip: Spring Cleaning Rummage Sale at Adam Diaz (Sign Up Required) <u>Hot Dog Sale</u></p>
<p>25 11:30 a.m. to 1:30 p.m. Trip: WTF Express (Sign Up Required)</p>	<p>26 National Hat Day</p> <p>9:30 to 11 a.m. Loteria</p> <p>12:15 p.m. Phoenix Art Museum Presentation "Wyeth's World"</p>	<p>27 9:30 to 11 a.m. Bingo</p>	<p>28 9:30 to 10 a.m. Easter Craft "Footprints in Sand"</p> <p>12:30 p.m. Drum Circle Music Therapy</p>	<p>29 9:30 a.m. to 12:30 p.m. Trip: Easter Celebration at SOW (Sign Up Required)</p> <p>10 to 11 a.m. Easter Scavenger Hunt</p>

Note: Trips, Programs, Classes and Events are subject to change or cancellation without notice. Revised: 2/26/2024

APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 Center Closed Cesar Chavez Holiday</p>	<p>2 9:30 to 11 a.m. Loteria</p>	<p>3 9:30 to 11 a.m. Bingo</p>	<p>4 9:30 a.m. to 1:30 p.m. Spring Courtyard Picnic</p>	<p>5 9 to 11 a.m. National Self Care Day Senior Fitness Testing by Area Agency on Aging</p> <p>Hot Dog Sale</p>
<p>8 10 a.m. Site Council Meeting</p> <p>12:30 p.m. Line Dancing Class</p>	<p>9 9:30 to 11 a.m. Loteria</p> <p>11:30 a.m. to 1:30 p.m. Trip: Raising Cane's (Sign Up Required)</p>	<p>10 9:30 to 11 a.m. Free Bingo Nachos Sale</p>	<p>11 9:30 a.m. Art with Christy "Bead Jewelry" (Registration Required: Limit 10)</p>	<p>12 9:30 to 11 a.m. Springtime Bingo</p> <p>Hot Dog Sale</p>
<p>15 noon to 2 p.m. World Art Day</p>	<p>16 9:30 to 11 a.m. Loteria</p>	<p>17 9:30 to 11 a.m. Bingo</p> <p>11:30 a.m. to 1:30 p.m. Trip: Miracle Mile Deli (Sign Up Required)</p>	<p>18 9 to 10 a.m. Members Breakfast</p> <p>12:45 p.m. Crafts in the Courtyard with Artsy Smartsy "Watercolor Painting" (Registration Required: Limit 10)</p>	<p>19 10 a.m. Birthday Party with Darron the Guitar Guy</p> <p>Hot Dog Sale</p>
<p>22 9:30 to 10:30 a.m. Volunteer Training</p>	<p>23 Center Closed All Staff Meeting</p>	<p>24 9:30 to 11 a.m. Special Volunteer Bingo</p>	<p>25 12:30 p.m. Helping Hands Manicure Day</p> <p>Helping Hands</p>	<p>26 9 a.m. to noon Spring Volunteer Recognition</p> <p><i>A heartfelt</i> Thank You TO OUR VOLUNTEERS</p>
<p>29 11:30 a.m. to 1:30 p.m. Trip: Angry Crab (Sign Up Required)</p>	<p>30 9:30 to 11 a.m. Loteria</p>	<p><i>Happy Volunteer Appreciation Week</i> <i>April 22 through April 26</i></p>		