



SENIOR PROGRAMS
CITY OF PHOENIX | HUMAN SERVICES

Goelet A.C. Beuf Senior Center

Programs for Active Adults
3435 W. Pinnacle Peak, Phoenix, AZ. 85027
602-534-9743
phoenix.gov/seniorcenters or
goelet.beuf.sc@phoenix.gov



GOELET A.C. BEUF SENIOR CENTER

Beuf Senior Center is a recreation center for seniors and adults, situated in north Phoenix. We are located in the Beuf Community Center at 35th Ave. and Pinnacle Peak. Our Human Services and Parks & Recreation staff are here to serve you. Stop on by!

COMPUTERS & WIFI

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

FITNESS CENTER

The Beuf Fitness Center has treadmills, exercise bikes and much more! Fitness memberships can be purchased from the front desk for \$50 per year.

March to April 2024 Program Schedule

MEMBERSHIP

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

LUNCH

Lunch is served Monday through Friday at noon. Meal reservations and cancellations must be made at least three business days in advance. There are limited stand-by meals available. A recommended contribution of \$2.50 is requested of members 60+ years of age per meal. The cost of a meal for all others is \$5.

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 SERVICES

Caseworker services are available to current members by appointment only. To schedule an appointment call 602-534-9743.

Programs and activities offered 9 a.m. to 4 p.m., Monday through Friday

Parks and Recreation hours:

8 a.m. to 8:30 p.m. Monday - Thursday, 8 a.m. to 5 p.m. Friday, 10 a.m. to 4 p.m. Saturday

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.



Program Schedule

Stay Young
with Us!

CLASS	INSTRUCTOR	DAY	TIME	TYPE
Bingo	Volunteer	Monday	9:15 to 11:30 a.m.	In-person
Yoga	Libby	Monday	10 to 11 a.m.	In-person
Gerit Fit	Fernando	Monday	11 a.m. to noon	In-person
Senior Fit	Cheryl	Monday	1 to 2 p.m.	In-person
Empower Group starts March 4	Rasheda, Instructor	Monday	1 to 2 p.m.	In-person
CLASS	INSTRUCTOR	DAY	TIME	TYPE
H.E.L.P. Paper Bag Volunteer Project	Volunteer	Tuesday	9 to 11 a.m.	In-person
Karaoke Hour	Self-led	Tuesday	11 a.m. to noon	In-person
Line Dance	Jane	Tuesday	1 to 2 p.m.	In-person
CLASS	INSTRUCTOR	DAY	TIME	TYPE
Bible Study ** not city sponsored **	Ken, Volunteer	Wednesday	11 a.m. to noon	In-person
Table Tennis Open Play	Self-led	Wednesday	9 a.m. to noon	In-person
Gerit Fit	Fernando	Wednesday	11 a.m. to noon	In-person
Senior Fit	Cheryl	Wednesday	1 to 2 p.m.	In-person
Beading Group	Volunteer	Wednesday	1 to 3 p.m.	In-person
Mahjong Group (beginner)	Heidi, Volunteer	Wednesday	1 to 3 p.m.	In-person
Art Class	Will, Volunteer	Wednesday	12:30 to 2:30 p.m.	In-person
CLASS	INSTRUCTOR	DAY	TIME	TYPE
Bingo	Volunteer	Thursday	9:15 to 11:30 a.m.	In-person
Tai Chi	Fernando	Thursday	11 a.m. to noon	In-person
Let's Dance Class	Michelle	Thursday	1 to 2 p.m.	In-person
Fiber Arts & Social Games Group	Heidi, Volunteer	Thursday	1 to 4 p.m.	In-Person
CLASS	INSTRUCTOR	DAY	TIME	TYPE
Table Tennis Open Play	Staff	Friday	9 a.m. to noon	In-person
Prize Loteria	Staff	Friday	1 to 2 p.m.	In-person
Matter of Balance ends March 8	Instructor	Friday	1 to 3 p.m.	In-person

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

Billiards

Billiards open play from 9 a.m. to 4 p.m. daily

All members welcome

Please see staff to check out equipment

Billiards Tournaments, must RSVP

Wednesday, March 20, at 9 a.m.

Wednesday, April 17, at 9 a.m.

Memory Mondays

Memory screenings are offered at City of Phoenix Centers every **first Monday of the month**. Call the center to make an appointment.

See flyer for details

Trips

See flyers for details

March 12 Herberger Lunch Time Theater

March 13 McCormick-Stillman Railroad Park

March 19 Famous Dave's Bar-B-Que Restaurant

March 21 Marcos Senior Center

Easter Celebration

April 17 Japanese Friendship Garden

April 24 Rosita's Place Restaurant

Beuf Senior Center will be CLOSED

April 1, Cesar Chavez Day

April 23 All Staff Meeting

TEFAP (Commodities) Distribution

March 25

April 22

Please see staff for more information

Daily Activities

Walking track, Wii Bowling, board games, Puzzles, table tennis and card games



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

Health & Wellness

Note: If you are interested in a presentation, you must RSVP.

RSVP at kiosk or by calling 602-534-9743. See flyers for details.

Empower Group by Area Agency on Aging

Empower is a short-term 8 to 12-week program, that helps older adults lead safe & healthy lives.

Monday, March 4 at 1 p.m.

Hospice 101 Presentation by United Hospice

Monday, March 4, at 12:30 p.m.

Hospice 101 Becoming A Volunteer by Untied Hospice

Monday, March 18, at 12:30 p.m.

Tech Support

Wednesday, March 20, at 12:30 p.m.

Bring your tech gadget questions

Test Your Fitness Level by Area Agency on Aging

Thursday, April 4, at 9 a.m.

10 Early Warning Signs by Parkinson's Foundation Presentation

Monday, April 8, at 12:30 p.m.

Jewish Family & Children's Services Virtual Series

Arizona Opera Preview Series

Don Giovanni, April 11 at 1 p.m.

Please see staff for more information & link

Site Council Meetings at 9:30 a.m.

March 13

April 10

Meetings are open to all members of the center





Special Events March



Monday

Tuesday

Wednesday

Thursday

Friday

				1 12:30 p.m. Ice Cream Social
4 12:30 p.m. Hospice 101 Presentation	5	6	7	8 10 a.m. Birthday Party
11	12 Trip Herberger Lunch Time Theater	13 9:30 a.m. Site Council Meeting Trip McCormick-Stillman Railroad Park	14	15 10 a.m. St. Patrick's Day Party
18 12:30 p.m. Hospice 101 Becoming a Volunteer Presentation	19 Trip Famous Dave's Bar-B-Que Restaurant	20 9 a.m. Billiards Tournament 12:30 p.m. Tech Support Presentation	21 Trip Marcos Senior Center Easter Celebration	22
25 10 a.m. Commodities	26	27	28	29 10 a.m. Field Day Egg Hunt Parks Collaboration



April



Monday

Tuesday

Wednesday

Thursday

Friday

1 Center Closed Cesar Chavez Day	2	3	4 9 a.m. AAA Senior Fitness Test	5 12:30 p.m. Ice Cream Social
8 12:30 p.m. 10 Early Warning Signs Presentation	9	10 9:30 a.m. Site Council Meeting	11 12:30 p.m. Phoenix Art Museum Presentation	12 10 a.m. Birthday Party
15	16 10:30 a.m. Volunteer Recognition Event	17 9 a.m. Billiards Tournament Trip Japanese Friendship Garden	18	19 10 a.m. Spring April Showers Party
22 10 a.m. Commodities	23 Center Closed All Staff Meeting	24 Trip Rosita's Place Restaurant	25	26
29	30			

Note: Programs, Classes, Events, and Trips subject to change or cancellation without notice. Revised 2.6.2024