

Spring Edition

McDowell Place Senior Center

The City of Phoenix Senior Centers offer active adult programs. For more information or details regarding Senior Center programming, memberships, list of services, meals or hours of operation you can visit phoenix.gov/seniorcenters



**PROGRAM SCHEDULE
March & April
2024**

**1845 E. McDowell Rd
Phoenix, AZ 85006
602-262-1842
Hours of Operation
9 a.m. to 4:00 p.m.
Monday through Friday**

Things to know...

MEMBERSHIP

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

TRANSPORTATION

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

LUNCH

Lunch is served Monday to Friday at 11:30 a.m. A recommended contribution of \$2.50 is requested of eligible members per meal. The cost for all others is only \$5.00. Meal reservations and cancellations must be made at least three business days in advance.

CASEWORKER

Caseworker services are available to current members by appointment only. Make appointment with staff or in person by calling 602.262.1842

**HABLAMOS
ESPAÑOL**

ONGOING ACTIVITIES

MONDAY

- 9 a.m. Color & Puzzles
- 10:30 a.m. Game Hour
- 11:30 a.m. Lunch

TUESDAY

- 9 a.m. Color & Puzzles
- 10 a.m. Chair Exercise
- 10:30 a.m. Fun Bingo
- 11:30 a.m. Lunch

WENDSDAY

- 9 a.m. Art's & Crafts
- 10:30 a.m. Loteria
- 11:30 a.m. Lunch

THURSDAY

- 9 a.m. Color & Puzzles
- 10 a.m. Chair Exercise
- 10:30 a.m. Fun Bingo
- 11:30 a.m. Lunch

FRIDAY

- 9 a.m. Color & Puzzles
- 10:30 a.m. Game Hour
- 11:30 a.m. Lunch
- 1:30 p.m. Healthy Recipes & Story telling

LAPTOPS & FREE Wi-Fi

Your membership includes use of the laptops. Please see staff for check out

FITNESS EQUIPMENT

Your membership includes use of the center's fitness equipment

DAILY ACTIVITIES

BILLIARDS, CARD GAMES &

SOCIALIZING

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 it's employees.



Let's Get Creative

Virtual Art Classes with Christy

- **March 7, at 9:30 a.m. (Totes)**
- **April 4, at 9:30 a.m. (Folk Art Paper Doll)**



Please register for class

Materials for virtual art classes will be

Art's & Craft's with Rachel

- **March 13, at 9:30 a.m. (Mandalas)**
- **April 17, at 9:30 a.m. (Fabric Creatures)**

Please register for class

Materials for classes will be provided at the Senior Center



ANNOUNCEMENTS

The Emergency Food Assistance Program

T.E.F.A.P Food Box Distribution Date's

March, 5 (Tuesday)

April, 2 (Tuesday)



St. Mary's
Food Bank
ALLIANCE®

Site Council Meetings

Site Council meetings take place once a month to discuss senior center programming, events and other pending topics. Meetings are held at the Senior Center.

March, 5 at 9:30 a.m.

April, 2 at 9:30 a.m.





ANNOUNCEMENTS

Birthday Clubs

**Join us for our monthly
Birthday Club Celebration
Cake, coffee and music by
David Swaim**

Wednesday, March 6

&

Wednesday, April 10

At the Multipurpose Room

10:30 a.m.

Programs, classes, events and trips subject to change or cancellation without notice.



VOLUNTEER RECOGNITION CELEBRATION

Please join us to celebrate our dedicated volunteers. We will be honoring our McDowell Senior Center volunteers for the many hours of time and talents.

Cake & Coffee will be served

Thursday

April 25

9:00 A.M.

McDowell Senior Center

Multipurpose Room

ANNOUNCEMENTS

St Patrick's Day

Lucky You! You're invited to a
St. Patrick's day Party

Friday, March 15, 10 A.M.

At The Multipurpose Room

Reminder to make meal

reservations 3 days in advance for this event



EASTER INDOOR PICNIC

Hop on over and join us for a fun
filled day to celebrate Spring

Wednesday, March 27, 10 A.M.

At The Multipurpose Room

Reminder to make meal

reservations 3 days in advance for this event



ANNOUNCEMENTS

Volunteers

McDowell Place Senior Center is looking for volunteers. Volunteers interested must be 18 years of age, meet with center personnel and fill out a volunteer application.

Areas of interest are: Teaching a class, crochet, sewing, gardening, computer basics, smart phone basics and ESL

A message from Site Council

Dear members, we encourage you to stay tuned with the latest announcements from Site Council. Will be announcing upcoming Nacho's, Quesadillas, Rummage and Snack Sales. We thank you for your continued support.

ANNOUNCEMENTS

It's Coffee Time!

Monday to Friday, morning's

.50 cents per cup



Now Accepting Donations

Items donated should be gently used
clean and resaleable. Please see staff for more
information.



ANNOUNCEMENTS

Devonshire Senior Center
2802 E. Devonshire Ave
Phoenix, AZ 85016

Every Thursday

10:30 to 11:30 a.m.

Todos los jueves
de 10:30 a 11:30 a.m.

Free program
Registration is required
Please call 602.534.5750 or
email memory.cafe@phoenix.gov

Programa gratis, se requiere registro
Por favor llame a 602-534-5750 o
envíe un correo electrónico a
memory.cafe@phoenix.gov

HUMAN SERVICES DEPARTMENT
SENIOR PROGRAMS



Memory Café

City of Phoenix Memory Café Program

Memory Café is a wonderfully welcoming place that provides persons living with early to moderate dementia a safe place to socialize and participate in activities facilitated by professionals that stimulate and support brain health. They are designed to include the care partner as well, for a shared experience.

Registration is required in advance to join a Memory Café; there is no fee to attend. Please call

602-534-5750 or email memory.cafe@phoenix.gov

Programs, classes, events and trips subject to change or cancellation without notice.

RESOURCES and INFORMATION

24-Hour Senior HELP LINE 602-264-4357

The *Senior* Help Line is a 24-hour information and assistance resource and central intake of the Area Agency on Aging. The *Senior* Help Line can assist in navigating several resource choices related to: Transportation, housing, long-term care, home delivered meals, home care, and other numerous services including, but not limited to: Information on Benefits, Recreation/Senior Centers and More!



AREA AGENCY ON AGING

REGION ONE, INCORPORATED



IMPORTANT DATES

Cesar Chavez Day Holiday

**McDowell Place Senior Center will be
CLOSED on Monday April 1**

Spring Fling

**Let's celebrate Spring
With Special Musical Guest**

T.A. Burrows

Singing the oldies but goodies

Friday, April 12, 10 A.M.

**Please make meal reservations for
this celebration 3 days in advance**



CITY OF PHOENIX SENIOR CENTERS

**Your membership gives you access to 15
City Of Phoenix Senior Centers**

Chinese Center

734 E. Elm St.
Phoenix, Arizona 85013
602-262-6411

Marcos De Niza

305 W. Pima St.
Phoenix, Arizona 85003
602-262-7249

Senior Opportunities West

1220 S. 7th Avenue
Phoenix, Arizona 85007
602-262-6610

Devonshire

2802 E. Devonshire Avenue
Phoenix, Arizona 85016
602-262-7807

McDowell Place

1845 E. McDowell Road
Phoenix, Arizona 85006
602-262-1842

Pecos

1710 S. 48th St
Phoenix, Arizona 85048
602 -534-5366

South Mountain

212 E. Alta Vista Road
Phoenix, Arizona 85040
602-262-4093

Adam Diaz

4115 W. Thomas Road
Phoenix, Arizona 85019
602-262-1609

Desert West

6501 W. Virginia Avenue
Phoenix, AZ 85035
602-495-3711

Helen Drake

7600 N. 27th Avenue
Phoenix, Arizona 85051
602-262-4949

Paradise Valley

17402 N. 40th St
Phoenix, Arizona 85032
602-495-3785

Shadow Mountain

3546 E. Sweetwater Avenue
Phoenix, Arizona 85032
602-534-2303

Sunnyslope

802 E. Vogel Avenue
Phoenix, Arizona 85020
602-262-7572

Deer Valley

2001 W. Wahalla Lane
Phoenix, Arizona 85027
602-495-3714

Goelet Beuf

3435 W. Pinnacle Peak Road
Phoenix, Arizona 85027
602-534-9743