



Marcos De Niza Senior Center

305 W. Pima Street Phoenix, Arizona 85003

602 262-7249 Phoenix.gov/seniorcenters



Center Hours

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



March & April 2024

Program for Active Adults



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.**

Trips

Please see staff to sign up for trips.

Caseworker

Contact Center Staff for more information.

St. Patrick Day Event

10 a.m.

Thursday, March 14

Drumming Circle with Andrew

1 p.m.

Wednesday, March 20

Easter Celebration & Egg Hunt

10 a.m.

Thursday, March 21

Cesar Chavez Celebration

10 a.m.

Wednesday, March 27

Volunteer Recognition Event

11 a.m.

Wednesday, April 10

Friendship Picnic at Cesar Chavez Park

10 a.m.

Thursday, April 18

Health Fair Event

9:30 a.m.

Lunch

Lunch is served daily at 11:30 a.m.

A recommended contribution of \$2.50 is requested of members per meal. The cost of a meal for all others is only \$5. Meal reservations and cancellations must be made at least **three business days** in advance.

Members without a lunch reservation may have a "standby" lunch based on availability.

Transportation

Senior Center Shuttle Program: MV Transportation provides flexible taxi service to and from your local senior center for eligible members.

Please contact center staff.

Memory Café

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



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



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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.



St. Patrick Day Celebration
10 a.m.
Thursday, March 14

March Special Events



National Peanut Butter Day
9:30 a.m.
Friday, March 1

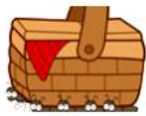
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>10 a.m. Easter Celebration & Egg hunt Thursday, March 21</p>		 <p>10 a.m. Cesar Chavez Celebration Wednesday, March 27</p>		1
4 10 a.m. Memory Monday Higher Octave Learning	5 12:30 p.m. Brown Bag	6 10 a.m. Creative Hour	7	8 10 a.m. Trip Goodwill
11 International Woman's Day 9:30 a.m.	12 12:30 p.m. Brown Bag	13 12:30 p.m. T.E.F.A.P Distribution	14  10 a.m. Oak Street Presentation 12:30 p.m. T.E.F.A.P Distribution	15  11 a.m. Trip TEE PEE
18	19 12:30 p.m. Brown Bag	20 10 a.m. Arts with Christy 1 p.m. Drumming Circle with Andrew	21 	22 9:30 a.m. Trip Spring Cleaning Rummage Sale at Adam Diaz & Desert West
25 	26 12:30 p.m. Brown Bag	27 	28 10 a.m. Site Council Meeting	29

ONGOING ACTIVITIES

Coffee Club	9 a.m.	Daily
Billiards, Games, Cards	9 a.m.	Daily
Socializing with Friends	9 a.m.	Daily
Color with Style	9 a.m.	Daily
Happy Body Exercise	11 a.m.	Daily
Blood Pressure Check	9:30 a.m.	Every Monday Every Friday
Loteria	10 a.m. 1 p.m.	Every Monday Every Thursday
Walking Group	9:30 a.m.	Every Monday Every Friday
Geri Fit	12:30 p.m.	Every Monday Every Wednesday
Jewelry Class Lead by Volunteer	2 p.m.	Every Monday
Let's Talk	10 a.m.	Every Monday
Tai Chi	10:30 a.m.	Every Tuesday
Brown Bag	12:30 p.m.	Every Tuesday
Shaky Tuesday	2 p.m.	Every Tuesday
Karaoke	2 p.m.	Every Wednesday
T.E.F.A.P	12:30 p.m.	Second Wednesday Thursday of the month
Sewing Lead by Volunteer	2 p.m.	Every Thursday
Bingo	1 p.m.	Every Friday
Movie Day	12:30 p.m.	Friday, Mar. 8 Friday, Apr. 12

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

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Revised 1/29/2024



Friendship Picnic
Cesar Chavez Park
10 a.m.
Thursday, April 18

April

Special Events



9:30 a.m.
Monday, April 8

MONDAY	TUESDAY	WENDESDAY	THURSDAY	FRIDAY
1 Center Closed Cesar Chavez Holiday 	2 12:30 p.m. Brown Bag	3 10 a.m. Creative Hour	4	5 11 a.m. Trip Harbor Seafood Buffet
8 10 a.m. Memory Monday Higher Octave Learning 	9 12:30 p.m. Brown Bag	10 11 a.m. Trip Volunteer Recognition Event 12:30 p.m. T.E.F.A.P Distribution	11 12:30 p.m. T.E.F.A.P Distribution	12 11 a.m. Trip Walmart
15	16 10 a.m. Selena Day 12:30 p.m. Brown Bag	17 10 a.m. Site Council Meeting 1 p.m. Creative Hour	18 	19 
22 9:30 a.m. Earth Day	23 12:30 p.m. Brown Bag	24 All Staff Meeting Center Closed	25	26 9:30 a.m. Health Fair Event
29 9:30 a.m. Arbor Day with Head Start	30 12:30 p.m. Brown Bag	 Birthday Celebration 12:30 p.m. Friday, March 15 Friday, April. 19 		