



SENIOR PROGRAMS
CITY OF PHOENIX | HUMAN SERVICES

Paradise Valley Senior Center Programs for Active Adults

17402 N. 40th Street, Phoenix, AZ. 85032 602.495.3785

For more information or a copy of this publication in an alternate format, call 602-262-4520 voice. This facility is Relay 7-1-1 trained.



PARADISE VALLEY SENIOR CENTER

Paradise Valley Senior Center is an activity center for seniors and adults, located in Northeast Phoenix. We are one block North of Bell Road on 40th Street in Paradise Valley Park. Our campus includes Paradise Valley Pool and Paradise Valley Community Center. Our friendly Human Services staff is here to serve you ... stop on by and discover a host of amenities, classes, and programs perfect for you.

**YOUR BEST YEARS
START HERE!**

SPRING 2024 PROGRAM SCHEDULE MARCH/APRIL

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.

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.

Human Services Program

9 a.m. to 4 p.m.

Monday through Friday

phoenix.gov/residents/seniors

Parks and Recreation Program

Monday through Thursday: 9 a.m. to 9 p.m.

Friday: 9 a.m. to 6 p.m.

Saturday: 10 a.m. to 6 p.m.

SENIOR AEROBICS

9:30 to 10:30 a.m.
Tuesdays, Thursdays



Join volunteer Joe in the gymnasium for a great workout to fun music!

LINE DANCING

9:30 to 10:45 a.m.
Mondays in April **only**



Note: group meets on Thursdays in March at 10:40 a.m. **only*

Join volunteer Eve for an engaging session. No experience necessary and all are welcome.

CHAIR YOGA

9:30 to 10:30 a.m.
Wednesdays



**Note: class does not meet in March*

Movement teacher Michelle D. will instruct you in yoga movement using a chair. All are welcome.

GERI FIT

noon to 1 p.m.
Mondays, Wednesdays



**Note: class does not meet in March*

Instructor Michele C. provides chair fitness for stretching, toning, strengthening & balance using bands, balls & light weights for all levels.

LET'S DANCE

10:30 to 11:30 a.m.
Wednesdays



Dance teacher Michelle D. will instruct you in dance movement in a fun and playful way. Space is limited in March.

TAI CHI / QIGONG FOR ARTHRITIS

11 a.m. to noon
Tuesdays, Thursdays



Instructor Geraldine provides ways to relieve pain and improve flexibility.

GYM RECREATION

9 a.m. to 1:30 p.m.
Monday thru Friday



Our gymnasium space offers billiards, pickleball, walking, basketball, and more! See Parks and Recreation desk for details.

CHAIR DANCE

9:30 to 10:30 a.m.
Wednesdays in March **only**

Registration Required in advance: see center staff
Movement teacher Michelle D. will instruct you in dance movement using a chair. Space is limited.

PV SENIOR SINGERS

12:30 to 2 p.m.

Mondays

**Note: group does not meet in March*



*Like to sing just for fun? This is for you!
No experience needed.*

CRAFTING STUDIO

9 a.m. to 3 p.m.

Mondays

**Note: group does not meet in March*



Join Hooks and Needles group and others for a variety of crafting fun. Got a fun craft?

LICENSED BINGO

12:30 to 3:30 p.m.

Thursdays

**Note: Bingo does not meet in March*

Minimum fee to play is \$8.

Games conducted by North East Senior Center Association.



QUILTING STUDIO

9 a.m. to 3 p.m.

Wednesdays, Fridays

**Note: group does not meet in March*

Bring your own supplies and share creative space with other quilting enthusiasts.



HAPPY LIVING HABITS

10 to 11 a.m.

Friday

March 8, April 12

Bring your smile and be prepared for laughter and love. Volunteer Cathy leads the group.



ART STUDIO

9 a.m. to 3 p.m.

Tuesdays, Thursdays

**Note: group does not meet in March*

Bring your own equipment and supplies and share creative space with other art enthusiasts.



ART WITH CHRISTY

12:30 to 2 p.m.

Tuesday

March 5 and 19, April 2 and 16

Join art teacher Christy for a free make and keep art project. Supplies are included.

This class is taught virtually. Sign up required.



CERAMICS STUDIO

9 a.m. to 3 p.m.

Mondays

**Note: group does not meet in March*

Bring your own project and supplies and share space with other ceramics creators.



PARDON OUR DUST!

Paradise Valley Community and Senior Center is undergoing facility improvements to serve you better. During the months of March and April new flooring, lighting, fixtures, and more will be replaced to update our buildings. We ask for your patience as we keep you safe while our transformation is happening!



ACTIVITY ZONE

9 a.m. to 3 p.m.
Monday thru Friday



**Note: In March, Activity Zone meets in rm. A44
Our comfortable library/lounge area is open daily for drop-in cards, games, reading, and computers. Laptops are available for checkout.*

POKER

10 a.m. to 3 p.m.
Mondays, Wednesdays, Thursdays



*Bring your group to match, bet, raise and fold.
Must have a basic knowledge of the game.*

TABLE GAMES

9 a.m. to 2 p.m.
Tuesdays, Fridays



*Join us for Pokeno, Skip Bo,
Loteria, and Uno! No experience necessary.
All are welcome!*

BIBLE STUDY

1 to 3 p.m.
Fridays



*Non-denominational bible study group meets weekly to discuss personal journeys and choices.
This is a non-city sponsored activity.*

CITY OF PHOENIX MEMORY CAFE



WHERE:
Paradise Valley Senior Center
17402 North 40th Street
Phoenix, AZ 85032



WHEN:
Every Wednesday
from 10:30 to 11:30 a.m.
Excluding major Holidays



REGISTRATION:
Please call 602-534-5750
or email
memory.cafe@phoenix.gov



VIRTUAL MEMORY CAFÉ:
Available 2nd & 4th Wednesday
of the month from
10:30 to 11:30 a.m.

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



CONGREGATE MEALS

A nutritious plated meal is served daily at 11:30 a.m. Please reserve your meal three days in advance at the self-service kiosk. Meals are to be consumed onsite. A contribution of \$2.50 per meal is suggested for qualified members. Meal price is \$5.00 for all others. Please cancel your reservation if your plans change.

**Paradise Valley Senior Center
will be CLOSED:**

- **Monday, April 1**
in observance of Cesar Chavez Day
- **Tuesday, April 23**
due to staff offsite training event

VOLUNTEERS NEEDED!



Want to lend a helping hand? Volunteers are needed to host bridge, mah-jongg, and craft activities. Licensed Bingo, offered by Northeast Senior Center Association, is also seeking volunteers available on Tuesday and Thursday afternoons.

**Paradise Valley
Site Council
General Meeting dates:**

- Tuesday, March 12 at 1 p.m.**
- Tuesday, April 16 at 1 p.m.**

Phoenix Parks and Recreation Department offers classes, group activities, and recreation for all ages.
To inquire about offerings at Paradise Valley Community Center, please call 602.495.3777
or view online at phoenix.gov/recreation.