



SENIOR PROGRAMS
CITY OF PHOENIX | HUMAN SERVICES DEPARTMENT

3546 E. Sweetwater Ave
Phoenix, AZ 85032

602-534-2303

phoenix.gov/seniorcenters

Hours of Operation
9 a.m. to 4 p.m.

Monday through Friday

Hablamos Español

Shadow Mountain is an activity center for seniors and adults, situated in the heart of northeast Phoenix.

Located on the corner of 36th Street and

Sweetwater, we offer a variety of programs.

Take advantage of one of our many FREE classes; borrow a book, search the internet, or shoot some pool. Come on by, we are happy to show you around and answer any questions you may have!

SHADOW MOUNTAIN

Senior Center, Activity Center for Seniors and Adults

2024

JAN. FEB. MARCH

Programs for Active Adults

WINTER SCHEDULE



Be part of the fun! In the above picture (left), members are enjoying our Halloween Costume Party Event. On the top right, the center raised \$3,000 for the Arizona Coalition to End Sexual and Domestic Violence (ACESDV). In the pictures below, members are participating in Geri-Fit Strength Training and Mat Yoga. Come be part of our center and programs!



UPCOMING EVENTS



New Years/Birthday Celebration: Jan. 12

Valentine's Day Party: Feb. 9

St. Patty's Day Celebration: March 15

New/Returning Classes:

Gyrokinesis: Starting Jan. 8

Line Dancing: Starting Jan. 11

Matter of Balance: Starting Jan. 19

TRIPS

 = Very Little Walking  = Some Extra Walking Involved  = Prepare to Walk

JAN.

Sign-up for Jan. trips begins at 9 a.m. on Monday, Dec. 11

DESTINATION	DAY	DATE	DEPARTS	PICK-UP	COST	MAX #	WALK
Lunch: Pappadeaux Restaurant	Thursday	Jan. 11	10:30 a.m.	1 p.m.	Cost of lunch	15	
Trip: AZ Commemorative Air Force Museum	Friday	Jan. 19	10:15 a.m.	1 p.m.	\$10/ sack lunch provided	15	
Lunch: Top Shelf	Tuesday	Jan. 23	10:30 a.m.	1 p.m.	Cost of lunch	15	
Trip: Herberger T.A. Burrows Musical Concert	Monday	Jan. 29	11:15 a.m.	1 p.m.	\$10/ sack lunch provided	15	

FEB.

Sign-up for Feb. trips begins at 9 a.m. on Monday, Jan. 8

DESTINATION	DAY	DATE	DEPARTS	PICK-UP	COST	MAX #	WALK
Lunch: Flamingo Palace Restaurant	Thursday	Feb. 8	10:30 a.m.	1 p.m.	Cost of lunch	15	
Trip: AG Antique Gathering Store	Tuesday	Feb. 13	10:30 a.m.	1 p.m.	FREE/ sack lunch provided	15	
Lunch: Chino Bandido	Thursday	Feb. 22	10:30 a.m.	1 p.m.	Cost of lunch	15	
Trip: Westgate Shopping	Tuesday	Feb. 27	10:30 a.m.	1 p.m.	FREE/ sack lunch provided	15	

MARCH

Sign-up for March trips begins at 9 a.m. on Monday, Feb. 13

DESTINATION	DAY	DATE	DEPARTS	PICK-UP	COST	MAX #	WALK
Trip: Herberger Theater: Broadway Musical	Thursday	March 7	10:30 a.m.	1:30 p.m.	\$8/ sack lunch provided	15	
Lunch: Babbo Italian Eatery	Thursday	March 14	10:30a.m.	1:30 p.m.	Cost of lunch	15	
Lunch: First Watch	Friday	March 22	10:30 a.m.	1 p.m.	Cost of lunch	15	
Trip: Phoenix Sky Harbor Tour	Tuesday	March 26	10:30 a.m.	1 p.m.	FREE/ sack lunch provided	15	

TRIP RULES

- Participants must sign in at the kiosk for “Trip Sign-Up” the day of registration. Trip sign-up begins at 9 a.m.
- Trips are first come, first served.
- The **\$2 cost for transportation** and any trip costs are required at the time of registration.
- Participants are responsible for their own funding on all trips.
- Participants are limited to registering themselves and only **ONE** other current member per trip.
- **CASH** only please, checks will not be accepted.
Exact change will expedite the sign-up process.
- The number of registered participants is determined on bus availability.
- Registration closes two weeks prior to trip date or when registration reaches capacity.

REFUND

- Cancellation refunds will only be given to participants who notify center staff five business days before the trip date.

WAITLIST

- When a trip has reached capacity, participants will be placed on a limited waitlist.
- If a cancellation occurs, participants will be notified in the order they were placed on the waitlist.
- If the participant is notified before noon, they have until the close of business that day to respond.
- If the participant is notified after noon, they have until the close of next business day to respond.
- The participant must make arrangements with staff to come in and make their payment in a timely manner.
- If staff do not hear from the participant in the time allotted, the next participant on the waitlist will be contacted.

NO-SHOWS

- Participants who register and are a no-show for the trip, without notification, are subject to having trip privileges temporarily revoked. Trip suspension can be anywhere from the remainder of that trip month up to six months, depending on the amount of no-shows.

PARKING

- **WHEN ATTENDING FIELD TRIPS:** Please be mindful of the daily visitors, as we have limited disabled and front parking. If you are able, please park towards the back of the parking lot.
- As a courtesy, due to the limited disabled parking, we ask our members if they are able, to park in alternate parking spaces available.

GAME RULES

- Table games are open to current members of the City of Phoenix Senior Centers.
- Private games or reserved tables are not permitted.
- In order to be fair to current players, participants must have an understanding of the game and the rules of play.
- At times, classes are available to learn specific table games. See staff for more details.
- Participants are expected to be welcoming, kind and courteous at all times.
- Game times listed in the program schedule are official start times. Games may not begin early, and if arriving late, please speak to a staff member prior to joining the activity.

Ongoing Activities	Time	Day
Morning Socialization	9 to 11 a.m.	Monday through Friday
Walking Club	9 a.m.	Monday through Friday
Crazy Poker	10 a.m. to 1 p.m.	Tuesday
Canasta	12:30 p.m.	Monday, Wednesday, Friday
Advanced Mah-Jongg	1 p.m.	Monday & Thursday
Bridge	12:30 p.m.	Wednesday
Open Art Studio	1 p.m.	Wednesday
Beginning/Intermediate Mah-Jongg	1 p.m.	Wednesday
Scrabble Group	12:30 p.m.	Wednesday
Prize BINGO	10 a.m.	Wednesday
Quilting	9 a.m.	Thursday & Friday
Loteria	10 a.m.	Friday
Movie Friday!	9 a.m. and 1 p.m.	Friday
Afternoon Open Game Play	12:30 to 4 p.m.	Monday through Friday
Mending	9 a.m. to 12:30 p.m.	Thursday

FITNESS/HEALTH & WELLNESS

Gyrokinesis

Gyrokinesis is a movement method that addresses the entire body, opening energy pathways, increasing range of motion, through flowing movement sequences.

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
Jeannie M.	12 to 1 p.m.	Monday	Beginning Jan. 8	TBD	FREE	Drop-in	N/A

Chair Yoga

Sitting practice helps with strengthening, lengthening, balance and coordination.

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
Libby H.	9 to 10 a.m.	Friday	Beginning Jan. 12	TBD	FREE	Drop-in	N/A

Mat Yoga

Breathing techniques, poses to support with strengthening, lengthening, balance and coordination.

Session may include a Yoga Nidra practice.

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
Libby H.	9:30 to 10:30 a.m.	Thursday	Beginning Jan. 11	TBD	FREE	Drop-in	N/A

Geri-Fit Strength Training

Geri-fit is a progressive resistance strength training exercise program designed to increase strength, flexibility, range of motion, mobility, gait, and balance. Exercises are performed seated or standing.

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
Theresa	1 to 1:45 p.m.	Monday	Ongoing	TBD	FREE	Drop-in	N/A
Theresa	noon to 12:45 p.m.	Wednesday	Ongoing	TBD	FREE	Drop-in	N/A
Michele C.	12:15 to 1 p.m.	Friday	Ongoing	TBD	FREE	Drop-in	N/A

Line Dancing

Follow along with our instructor and learn various line dances and styles. Pace is geared towards older adults.

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
Jane	10:30 to 11:30 a.m.	Thursday	Beginning Jan. 11	TBD	FREE	Drop-in	N/A

FITNESS/HEALTH & WELLNESS

Beginning Tai Chi

This class focuses on the beginning Tai Chi principals of balance, body mechanics and breath work. No experience necessary.

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
Rick C.	1 to 2 p.m.	Tuesday	Ongoing	TBD	FREE	Drop-in	N/A

Intermediate Tai Chi

This class is for the next level Tai Chi student who is ready to move on from Beginning Tai Chi. Students will continue to work on the basics but will also begin to apply the learning form.

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
Rick C.	1 to 2 p.m.	Thursday	Ongoing	TBD	FREE	Drop-in	N/A

TECHNOLOGY

Beginning Computers

This class will take you through the Beginning curriculum in four weeks. Students learn through visuals and handouts created by the instructor. Students are welcome to bring laptop, but it is not necessary.

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
Volunteer	9 to 10 a.m.	Monday	Ongoing	TBD	FREE	Registration required	One week prior

Intermediate Computers

This class will take you through a more in depth curriculum. Students learn through visuals and handouts created by the instructor. Students are welcome to bring laptop, but it is not necessary.

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
Dr. Kinglow	TBD	TBD	ON HOLD	TBD	FREE	Registration required	One week prior

Tech Tutor Time

Having trouble figuring out how to use your smart phone, tablet, or electronic devices? *Please schedule appointment* to see our tech tutor.

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
Hollie N.	10:30 a.m. to 1:30 p.m.	Tuesday	Ongoing	TBD	FREE	Registration required	One week prior

EDUCATIONAL

Beginning Spanish

Beginning Spanish is for students who have little to no experience with the Spanish language.

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
Yesenia S.	1 to 2 p.m.	Monday	Beginning Jan.8	TBD	FREE	Drop-in	N/A

Intermediate Spanish (Hybrid)

Intermediate Spanish is for students who have previously studied the language. Students are highly encouraged to purchase the book utilized in this course. Students will be given the name of the book upon registration.

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
Joseph B.	1 to 2 p.m.	Tuesday	Ongoing	TBD	FREE	Registration required	N/A

Intro to Mah-Jongg

Learn Mah-Jongg at a fun easy pace. No experience necessary. Space limited to **8** participants.

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
Katy K. Judith M.	1 to 3:30 p.m.	Wednesday	Jan. 10 through Feb. 14	TBD	FREE	Registration required	One week prior

Intro to Bridge

Learn how to play bridge at a fun and easy pace. Class if for beginners and those needing a refresher.

Space is limited to 16 students.

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
Judy G.	10:30 to 11:30 a.m.	Tuesday	Beginning Jan. 9	TBD	FREE	Registration required	One week prior

Diabetes Empowerment Workshop

Space limited to 16 students.

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
Area Agency on Aging	1 to 3 p.m.	TBD	TBD	TBD	FREE	Registration required	One week prior

Matter of Balance

Space limited to 16 students.

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
A.T. Still University	1 to 3 p.m.	Friday	Jan. 19 through March 8	TBD	FREE	Registration required	One week prior

ARTS & CRAFTS

Creative Beading

Learn basic techniques of beading and jewelry making by creating earrings, necklaces, and more!

Class is limited to 12 participants.

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
Cheryl V.	10 to 11:30 a.m.	Monday	Ongoing	TBD	FREE	Drop In	N/A

Rock Painting

Impress your friends by making some creative rock painting art! Space is limited to 12 members. **This class is held every other week.**

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
Michelle B.	1 to 3 p.m.	Wednesday	TBD	TBD	FREE	Registration required	One week prior

Creating Greeting Cards Group

This group is catered to those already experienced in card making.

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
Karen O.	12:30 to 2 p.m.	Tuesday	Ongoing	TBD	FREE	Registration required	One week prior

Lets Get Crafty!

Follow along with the instructor as she demonstrates how to create unique and various craft projects. This class is designed so that anyone, skilled in crafts or not, can participate. **Space limited to 12 students.**

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
Volunteer	10 to 11 a.m.	Thursday	TBD	TBD	FREE	Drop In	N/A

Easy Abstract Style Painting

Learn to have fun freely expressing yourself with color, design, and simple techniques! Please bring acrylic paint (red, blue, yellow, white, and black) and a canvas no larger than 12" x 16" (workspace is limited).

Space limited to 8 students.

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
Leland B.	10 a.m. to Noon	Wednesday	Ongoing	TBD	FREE	Drop In	One week prior

ARTS & CRAFTS

Art With Christy (Hybrid)

This class is for artists of ALL levels. Participants are provided with all materials necessary for the class. Follow along with the instructor and create some fantastic art pieces! *(One class per month)*

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
Christy P.	2 to 3:30 p.m.	Tuesday	TBD	TBD	FREE	Registration required	One week prior

Acrylic and Watercolor Painting

Paint alongside the instructor with Acrylic, Oils, and Watercolor. Please bring canvas and paint brushes. Space limited to **8 students**.

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
Myriam C.	2 to 4 p.m.	Monday	Ongoing	TBD	FREE	Registration required	One week prior

Creative Drawing with Peggy

Learn how to draw shapes, characters, and more in this class. Space is limited.

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
Peggy	10 to 11 a.m.	Monday	Ongoing	TBD	FREE	Drop In	N/A

Mosaics with Ginny

Follow along with the instructor and learn how to draw and create basic mosaics using different techniques. *This class will be once a month occurring on the second Thursday of the month, space is limited.*

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
Ginny Z.	1 to 3 p.m.	Thursday	TBD	TBD	\$3 Per Class	Registration required	One week prior

SOCIAL GROUPS

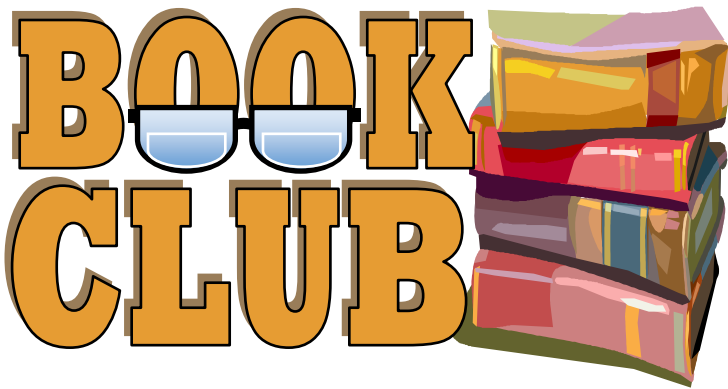
Crochet

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
Monika P. Sara Q.	1 to 3 p.m.	Thursday	Ongoing	TBD	FREE	Drop In	N/A

Quilting & Sewing Groups

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
N/A	9 a.m. to 12:30 p.m.	Thursday & Friday	Ongoing	TBD	FREE	Drop In	N/A

SPECIAL EVENTS and ANNOUNCEMENTS



The Trunk Murderess, Winnie Ruth Judd

by Jana Bommersbach

10 to 11 a.m. Thursday, Jan. 25

Remarkably Bright Creatures

by Shelby Van Pelt

10 to 11 a.m. Thursday, Feb. 15

The Mysterious Case of Rudolf Diesel

by Douglas Brunt

10 to 11 a.m. Thursday, Mar. 28

Book Club is FREE for members.

Please make a reservation in advance by calling 602.534.2303

Birthday Party



One party to celebrate birthdays in Oct., Nov., and Dec. Join us for games, raffles and fun.

10:15 to 11:30 a.m.

Friday, Jan. 12

Site Council Meetings

The Shadow Mountain Site Council is made up of a group of members/volunteers. They meet once a month to collaborate with staff on the development of programming, fundraising, philanthropy and much more. They dedicate their time

9:30 a.m.

Monday, Jan. 22

Monday, Feb. 26

Monday, March 25

and talents to improving the quality of life for Shadow Mountain participants. Meetings are held in the Conference Room and are open to all.

Center closures & contacts

<p>MONDAY JAN. 1 NEW YEAR'S</p>	<p>MONDAY JAN. 15 MLK DAY</p>	<p>MONDAY FEB. 19 PRESIDENTS' DAY</p>	<p>FRIDAY MARCH 29 CESAR CHAVEZ DAY</p>
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Phoenix Art Museum

MEXICANIDAD by Sharon Bowden

Feb. 15 at 11:30 a.m.

THE UNTOLD STORY: Women Artist from Renaissance to Baroque

By Mary Hecker
April 11 at 11:30 a.m.

VOLUNTEERS

Shadow Mountain is always looking for quality volunteers looking to give back to our community. One main area of need is teaching a class or program.

*** Zumba, line dancing, and computer volunteers needed! ***

- Volunteers must be at least 18 years of age
- Meet with center staff before volunteering.
- Fill out and sign the volunteer application



SWEET AS CANDY VALENTINES



PARTY



Friday, Feb. 9 | 10:15 to 11:30 a.m.



St. Patty's Day Themed..

**Birthday
Celebration!**



Friday, March 15

10 to 11:30 a.m.

HUMAN SERVICES DEPARTMENT
SENIOR PROGRAMS



Memory Café



Join us!

The City of Phoenix Memory Café Program 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.

Memory Cafes also offer opportunities for care partners to engage in supportive conversations with others and learn how best to support their loved ones.

Music + Art + Socialization + Support



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.



MEMBERSHIP

The annual membership fee is \$20 for Phoenix residents and \$40 for non-residents. Your membership gives you access to any of the 15 senior centers the City of Phoenix has to offer listed below. Try out the Shadow Mountain Senior Center with a visitor pass, good for two FREE visits.

TRANSPORTATION

Senior Shuttle Program

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

LUNCH

Lunch is served at 11:30 a.m.

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 only \$5. Meal reservations and cancellations must be made at least three business days in advance.

CASEWORKER

Service is available every second and fourth Monday of the month. Make an appointment in person or by calling 602-534-2303.

COMMODITIES

Commodities are distributed on the first Monday of every month.

MEDICARE ASSISTANCE

See our Medicare specialist every Tuesday at 10a.m. schedule an appointment at 602.534.2303

TTY Information

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.

Central Phoenix

Chinese

734 W. Elm Street
Phoenix, AZ 85013
602-262-6411

Marcos de Niza

305 W. Pima Street
Phoenix, AZ 85003
602-262-7249

Senior Opportunities West

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

Central-East Phoenix

Devonshire

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

McDowell Place

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

South Phoenix

Pecos

17010 S. 48th Street
Phoenix, AZ 85048
602-534-5366

South Mountain

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

Northwest Phoenix

Deer Valley

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

Goelet Beuf

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

Helen Drake

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

West Phoenix

Adam Diaz

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

Desert West

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

Northeast Phoenix

Paradise Valley

17402 N. 40th Street
Phoenix, AZ 85032
602-495-3785

Shadow Mountain

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

Sunnyslope

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

