



SENIOR PROGRAMS
CITY OF PHOENIX | HUMAN SERVICES

DEER VALLEY SENIOR CENTER

Programs for Active Adults

2001 W. Wahalla Lane

Phone 602.495.3714

April- May - June 2025



SPRING

Note: Programs, classes, events, and trips subject to change or cancellation without notice. Trip transportation cost is \$2. The City of Phoenix does not directly or indirectly endorse any products or services presented, or to be presented, by the Screened Presenters. Screened Presenter(s) shall not state or imply any endorsement by the City of Phoenix or any of its employees.



Human Services Department's Memory Café program has expanded to all 15 senior center locations!

For more information, check with your nearest senior center, or visit:

<https://www.phoenix.gov/humanservicessite/Pages/Dementia-Friendly.aspx>

602-534-5750

Operating Hours 8 a.m. to 5 p.m. Monday to Friday

Programming Hours: 9 a.m. to 4 p.m.

For more information or a copy of this publication in an alternate format, contact 602-262-4520 voice. [phoenix.gov/seniorcenters](https://www.phoenix.gov/seniorcenters)

The City's TTY Relay phone number 602-534-5500 if needed.

This facility is Relay 7-1-1 trained.



Events & Activities

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2 Site Council Meeting 10:30 a.m. 	3	4
7 Memory Monday 9 a.m. 	8 Trip: Desert Botanical Garden, departs 9:30 a.m.	9 Center closed All Staff Meeting	10	11
14	15 Fitness Testing noon Trip: Flamingo Palace, departs 10:30 a.m.	16	17 Rock Painting 10:30 a.m. Commodities Medicare Assistance 9 a.m.	18
21	22 T.A. Burrows 10 a.m. Memory Café 10 a.m.	23 Trip: Ava Bakery and Persian Restaurant, departs 10:30 a.m.	24	25
28	29 Phoenix Art Museum Presentation 10:30 a.m.	30		



May 2025

Events & Activities

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Trip: Cubanitas Kitchen, departs 10:30 a.m.	2 Center Closed Staff Training
5 Cinco De Mayo Mariachi 10 a.m. Memory Monday 9 a.m.	6	7 Site Council Meeting 10:30 a.m. 	8	9
12	13	14 Duplicate Bridge Trip: Puerto Rico Latin Restaurant, departs 10:30 a.m.	15 Rock Painting 10:30 a.m. MPR Commodities upon arrival	16
19	20 Medicare Assistance 9 a.m.	21	22	23
26 Center closed Memorial Day	27 Memory Café 10 a.m.	28 Duplicate Bridge noon, Room 9	29	30 Trip: Condesa, departs 10:30 a.m.



June 2025

Events & Activities

Monday	Tuesday	Wednesday	Thursday	Friday
2 Memory Monday 9 a.m. 	3	4	5	6
9	10 Trip: Biscuits Café, departs 10:30 a.m.	11 Duplicate Bridge noon, Room 9	12	13
16	17	18	19 Center closed Juneteenth	20 Trip: Phoenix Police Museum, departs 10:30 a.m.
23	24 Memory Café 10 a.m. Trip: The Sicilian Butcher, departs 10:30 a.m.	25 Duplicate Bridge noon, Room 9	26 Rock Painting 10:30 a.m. MPR Commodities upon arrival	27
30				

Deer Valley Senior Center Daily Activities

CLASS	LOCATION	DAY	TIME
Movies	Room 7	Mondays, Wednesdays	1 to 3:30 p.m.
Chair Exercise	MPR	Mondays, Wednesdays, Fridays	9:15 to 10:15 a.m.
<i>Bingo</i> <i>(on temporary break, please call for more information)</i>	<i>MPR</i>	<i>Mondays, Wednesdays, Fridays</i>	<i>1 to 3 p.m.</i>
Senior Fitness with Theresa	MPR	Mondays, Wednesdays, Fridays	3:30 to 4:15 p.m.
Bridge Class	Room 8	Mondays	11:30 a.m. to noon
Bridge	Room 8	Mondays	noon to 3 p.m.
Advanced Poker	Room 7	Tuesdays, Thursdays	9 a.m. to 2 p.m.
Mat Yoga	Room 8	Tuesdays, Thursdays	10 to 11 a.m.
Geri Fit	MPR	Tuesdays, Thursdays	1 to 2 p.m.
Chair Yoga	Room 9	Tuesdays, Thursdays	2:15 to 3:15 p.m.
Smartphone Assistance	Room 8	Returning April 29, 2025	2 to 3:30 p.m.
Beginning Spanish	Room 7	Tuesdays	2:30 to 3:30 p.m.
Advanced Line Dance	MPR	Tuesdays	2:30 to 3:30 p.m.
Euchre	Room 7	Wednesdays	9 to 11 a.m.
Guitar Group	Room 10	Wednesdays	1 to 3 p.m.
Mah Jong	Room 8	Wednesdays	1 to 4 p.m.
Tai Chi	Room 9	Thursdays	10 to 11 a.m.
Canasta	Lounge	Thursdays	1 to 4 p.m.
Computer Assistance	Room 8	Returning May 1, 2025	2 to 3:30 p.m.
Beginning Line Dance	MPR	Thursdays	2:30 to 3:30 p.m.
Tai Chi	Room 9	Fridays	1 to 2 p.m.
Swoop	Room 7	Fridays	1 to 4 p.m.
Tai Chi Fan Form	Room 9	Fridays	2:15 to 3:15 p.m.

Center Closures

April 9, Staff Meeting

May 2, Staff Training

May 26, Memorial Day



June 19, Juneteeth

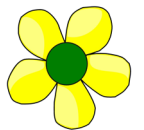


ROCK PAINTING

Thursday, April 17 at 10:30 a.m.

Thursday, May 15 at 10:30 a.m.

Thursday, June 26 at 10:30 a.m.





Deer Valley Memory Café

Memory Café at Deer Valley Senior Center will be held the fourth Tuesday of each month from 10 to 11 a.m.

The City of Phoenix Senior Programs Division of the Human Service Department has expanded the Memory Café Program to all 15 senior centers. Memory Café provides support and activities for individuals living with early to moderate Alzheimer's disease and other dementias, and their care partners, family, and friends.



Center membership is required. Caregiver must remain with the individual during program.

Deer Valley Site Council Meetings:

April 2 at 10 a.m.

May 7 at 10 a.m.



Beginning Spanish

Tuesdays at 2 p.m.

Room 7



SENIOR PROGRAMS
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City of Phoenix Senior Centers



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 85042
602-262-4093



West Phoenix

Adam Diaz

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

Desert West

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



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

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

