



4115 W. Thomas Rd. Phoenix, Arizona 85019

602- 262-1609

[phoenix.gov/seniorcenters](http://phoenix.gov/seniorcenters)

Center Hours

Operating Hours: Monday to Friday 8 a.m. to 5 p.m.  
Programming Hours: Monday to Friday 9 a.m. to 4 p.m.



# Adam Diaz Senior Center

## Program for Active Adults

# April, May, and June 2025



### Lunch

#### Lunch is served Daily

Monday through Friday at 11:30 a.m.  
Meal reservations and cancellations must be made at least three days in advance.  
Members 60 + may give a recommended contribution of \$2.50 per meal. The cost of a meal for all others is \$5.

### Trips

Must be a registered and current member, please sign up at front desk.  
Transportation for all field trips is \$2.00  
Any questions, please ask a Staff member.

### Join Us In Person or Virtually

 Contact Center Staff for more information.

### Caseworker

Contact Center Staff for more information.

For more information, or a copy of this publication in an alternate format, contact 602-262-4520 voice.

This City Facility is RELAY 7-1-1 trained.

### Membership

Annual membership is \$20 for Phoenix residents and \$40 for non-residents.

### Transportation

MV Transportation provides flexible taxi services to and from your local senior center for eligible members.  
Please contact center staff to register

### Memory Cafe

Starting January 2025  
The Adam Diaz Senior Center

Memory Café  
Will be every third  
Wednesday of each Month  
at 10 :30 a.m.





# April Special Events



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 10 a.m. Line Dance (IP)	2 9:30 a.m. Art with Christy (V) 10 a.m. NAU Activity (IP)	3 9 a.m. Current Events Discussion (IP)	4 9:30 a.m. Site Council Meeting (IP/V) 
7 10 a.m. NAU Activity (IP) 10:45 a.m. Trip: Az. Traditions Softball Trip (IP)	8 10 a.m. Archwell Zumba (IP)	9 Center Closed for All Staff Training	10 9 a.m. Chair Yoga (IP) 	11 9 a.m. Trip: Palo Verde Library (IP) 10 a.m. Archwell Bingo (IP)
14 10 a.m. NAU Activity (IP) noon: National Gardening Day (IP)	15 10 a.m. Social Bingo with Phoenix Manor (IP)	16 Adam Diaz Closed 9 a.m. to 1:30 p.m. 10 a.m. Memory Café @ Desert West (IP) 9:30 a.m. Trip: Picnic @ Desert West (IP)	17 9 a.m. SBHIS Presents Easter Celebration (IP)	18 9 a.m. Humana Presents Birthday Celebration (IP) 10 a.m. Devoted Health Bingo (IP)
21 9:30 a.m. Price is Right Activity (IP) 10:30 a.m. Rx Matters Presentation (IP)	22 10 a.m. Archwell Zumba (IP)	23 noon: Wellcare Presents National Picnic Day (IP)	24 9 a.m. Chair Yoga (IP) 	25 9 a.m. Attorney General Presentation (IP) Trip: 11:30 a.m. VRE Luncheon (IP)
28 11 a.m. National Tell a Story Day (IP)	29 10 a.m. VRE Breakfast & Spring Craft Activity (IP)	30 9 a.m. National Pretzel Day (IP) noon; SBHIS Movie Day (IP)		



# May Special Events




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9 a.m. Chair Yoga (IP)	2 <b>Center Closed</b>
5 9:30 a.m. Cinco de Mayo Celebration (IP) 	6 10 a.m. Line Dance (IP) noon: Site Council Meeting (IP/V)	7 9:30 a.m. Art with Christy (V) 10:30 a.m. A Matter of Life Presentation (IP)	8 9 a.m. Chair Fitness (IP)	9 10 a.m. Humana Presents Mother's Day Celebration (IP) 
12 9 a.m. National Animal Cracker Day (IP) 11:30 a.m. Trip: Hop Diddy Restaurant (IP)	13 10 a.m. Archwell Zumba (IP) noon: National Fruit Cocktail Day (IP)	14 10:30 a.m. Humana Presents Loteria (IP)	15 9 a.m. Chair Yoga (IP) 	16 9:30 a.m. Trip: Health Fair @ Desert West (IP)
19 11:30 a.m. Trip: Black Bear Diner (IP)	20 9 a.m. Chair Fitness (IP) 10 a.m. Archwell Zumba (IP)	21 9:30 a.m. Dementia Friendly Presentation (IP) 10:30 a.m. Memory Café (IP)	22 9:30 a.m. Devoted Health Laundry Give-Away Event (IP)	23 9 a.m. Birthday Celebration (IP) 10 a.m. Devoted Health Bingo (IP)
26 <b>Center Closed Memorial Day</b>	27 9 a.m. Chair Fitness (IP) 10 a.m. Heat Awareness Presentation (IP) 11 a.m. Library Presentation (IP)	28 10:30 a.m. Archwell Loteria (IP) noon: Wellcare Presents National Senior Health & Fitness Day (IP)	29 9 a.m. Older Americans Presentation (IP)	30 11 a.m. National Creativity Day Activity (IP)



# June Special Events



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>  <b>11 a.m.</b> <b>Brain Awareness</b> <b>Presentation (IP)</b>	<b>3</b>  <b>9 a.m.</b> <b>Chair Fitness (IP)</b> <b>10 a.m.</b> <b>Line Dance (IP)</b>	<b>4</b>  <b>9:30 a.m.</b> <b>Art with Christy (V)</b> <b>noon:</b> <b>National Cheese</b> <b>Day (IP)</b>	<b>5</b>  <b>9 a.m.</b> <b>Code of Conduct</b> <b>Review (IP)</b>	<b>6</b>  <b>9:30 a.m.</b> <b>Site Council Meeting</b> <b>(IP/V)</b> 
<b>9</b>  <b>10:30 a.m.</b> <b>Trip:</b> <b>Harkins Norterra</b> <b>Movie Monday (IP)</b>	<b>10</b>  <b>9 a.m.</b> <b>Chair Fitness (IP)</b> <b>10 a.m.</b> <b>Line Dance (IP)</b>	<b>11</b>  <b>10:30 a.m.</b> <b>Humana Loteria (IP)</b> 	<b>12</b>  <b>9 a.m.</b> <b>Chair Yoga (IP)</b> <b>noon:</b> <b>National Flag Day</b> <b>Activity (IP)</b>	<b>13</b>  <b>10 a.m.</b> <b>WellCare Presents</b> <b>Father Day</b> <b>Celebration : T.A.</b> <b>Burrows (IP)</b>
<b>16</b>  <b>10 a.m.</b> <b>Juneteenth</b> <b>Presentation &amp;</b> <b>Celebration (IP)</b>	<b>17</b>  <b>9 a.m.</b> <b>Walking Activity (IP)</b> <b>10 a.m.</b> <b>World Elder Abuse</b> <b>Awareness Day</b> <b>Presentation (IP)</b>	<b>18</b>  <b>9:30 a.m.</b> <b>Dementia Friendly</b> <b>Presentation (IP)</b> <b>10:30 a.m.</b> <b>Memory Café (IP)</b>	<b>19</b>  <b>Center Closed</b> <b>Juneteenth Holiday</b>	<b>20</b>  <b>9 a.m.</b> <b>Birthday</b> <b>Celebration (IP)</b> <b>10 a.m.</b> <b>Devoted Health Bingo</b> <b>(IP)</b>
<b>23</b>  <b>11:30 a.m.</b> <b>Trip:</b> <b>Fired Pie (IP)</b>	<b>24</b>  <b>9 a.m.</b> <b>Chair Fitness (IP)</b> <b>10 a.m.</b> <b>Line Dance (IP)</b> <b>11 a.m.</b> <b>Library Presentation</b> <b>(IP)</b>	<b>25</b>  <b>noon:</b> <b>Devoted Health</b> <b>Comedy Movie &amp;</b> <b>Popcorn Event (IP)</b>	<b>26</b>  <b>9 a.m.</b> <b>Chair Yoga (IP)</b> <b>noon:</b> <b>National Bomb Pop Day</b> <b>(IP)</b>	<b>27</b>  <b>10 a.m.</b> <b>Archwell Bingo (IP)</b>
<b>30</b>				



# ONGOING ACTIVITIES



(IP) In person/ (V) Virtual	Reservations required for in Person (IP) or Virtual (V) Programming
<b>*Mix &amp; Mingle (IP)</b>	9 a.m. to 4 p.m. daily
<b>Billiards &amp; Card Games (IP)</b>	9 a.m. to 4 p.m. daily
<b>Check Out Laptop (IP)</b>	9 a.m. to 4 p.m. daily
<b>Open Gym (IP)</b>	9 a.m. to 4 p.m. daily
<b>Movie Matinee (IP/V)</b>	1 p.m. every Monday
<b>Memory Wednesday</b>	9 a.m. Every third Wednesday of the Month
<b>Crochet Self Led (IP)</b>	9 a.m. every Monday
<b>Chair Exercise (IP/V)</b>	10 a.m. every Monday and 2 p.m. every Friday
<b>Chair Dance Techniques</b>	9 a.m. every Tuesday (Note last class on May 6)
<b>Strength &amp; Balance Class (IP/V)</b>	10:30 a.m. every Thursday
<b>Fun Bingo (IP/V)</b>	10 a.m. every Friday (Note: 9 a.m. on May 9, 10:30 a.m. on April 4, & June 6, 12:30 p.m. on June 13 & 2 p.m. on April 25)
<b>Traditional Dominoes (IP)</b>	12:30 every Tuesday
<b>Blood Pressure Checks</b>	9:30 a.m. every Friday
<b>Creative Corner (IP)</b>	9:30 a.m. every Wednesday (Note: No class on April 2, 16, May 7, 21, & June 4, 18)
<b>Walking Club (IP)</b>	1 p.m. every Wednesday
<b>Brain Games (IP)</b>	2 p.m. every Wednesday
<b>Fun Loteria (IP/V)</b>	10:30 a.m. every Wednesday (Note: noon on April 2, May 7, 21 & June 18)
<b>Line Dancing (IP/V)</b>	12:30 p.m. every Friday (Note: no class on April 11, 18, May 16, 23 & June 6, 13)
<b>Walk with Ease</b>	Noon: Every Tuesday & Thursday April 1 through May 8
<b>Garden Club</b>	9 a.m. Every Friday
<b>T.E.F.A.P (IP)</b>	9 a.m. on Friday April 18, May 16, & June 20
<b>Area Agency on Aging (IP)</b>	9:30 a.m. on Friday April 11, May 9, & June 13
<b>Memory Café (IP)</b>	10:30 a.m. Every third Wednesday of the Month

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

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*Revised: March 3, 2025*





### **CODE OF CONDUCT**

**The Human Services Department, Senior Programs supports and believes that all persons deserve to be treated with respect and courtesy.**

**In accordance, conduct that disrupts the friendly and safe environment offered in a senior center will not be allowed.**

**Senior Center staff have the right to exclude any person who repeatedly and intentionally does not follow the guidelines.**

### **EL CODIGO DE CONDUCTA**

**El Departamento de Servicios Humanos, Programas para Personas Mayores apoya y cree que todas las personas merecen ser tratadas con respeto y cortesía.**

**De conformidad, no se permitirán conductas que perturben la oferta de ambiente amigable y seguro en un centro para personas mayores.**

**El personal del Centro para personas mayores tiene derecho a excluir a cualquier persona que repetida e intencionalmente no siga las reglas.**

