



WELCOME

The Chinese Senior Center has been a resource for older adults in the Melrose District for over 40 years! We welcome everyone to our center!

CASEWORKER

Caseworker available to current members by appointment only. For further information, please call 602-262-6411.

BROWN BAG

Brown Bag distribution takes place Wednesdays, from noon to 1 p.m.

MEMORY CAFÉ

Human Services Department's Memory Café program is offered at all 15 senior center locations!

Chinese Senior Center hosts an in-person Memory Café the third Tuesday of each month, from 10:30 to 11:30 a.m.



Call 602-262-6411 for more information.

Chinese Senior Center
Your Best Years Start Here
734 W Elm Street
Phone 602.262.6411
April to June 2026

MEMBERSHIP

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.

LUNCH

Lunch is served Monday through Friday at 11:30 a.m. Meal reservations and cancellations must be made at least three business 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.

Center Operating Hours

Monday through Friday, 8 a.m. to 5 p.m.

Programming Hours

Monday through Friday, 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.

The city's TTY Relay phone number 602-534-5500 may be used, if needed. This facility is Relay 7-1-1 trained.

phoenix.gov/seniorservices

A P R I L

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:30 a.m. Paper Lantern Craft 紙燈籠工藝	2 10 a.m. Mini Health Fair 迷你健康博覽會	3 9:30 a.m. April Birthday Party 四月生日慶祝活動
6 9 a.m. Memory Screening 記憶篩選	7 1 p.m. Site Council Meeting 理事會會議	8	9 1 p.m. Trip to 99 Ranch Market 99大華之旅	10 .
13	14 10:30 a.m. Memory Cafe 記憶咖啡館	15 10 a.m. Health Needs Assessment 健康需求評估	16 1 p.m. Trip to Mekong 湄公河之旅	17
20	21 9:30 a.m. Volunteer Recognition Event 義工表彰會	22 Center Closed for All Staff Meeting 員工培訓 - 中心暫停開放	23	24 9 a.m. "Bag Your Block" Walk 地球日清理街道行
27	28 9:30 a.m. Volunteer Recognition Event 義工表彰會	29	30	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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4 9 a.m. Memory Screening 記憶篩選	5	6 9 a.m. Trip to Adam Diza Adam Diaz 老年中心之旅 Center Closed after 9:30 a.m. 中心上午9:30後關閉	7	8 9:30 a.m. Birthday & Mother's Day Party 五月慶生&母親節活動
11	12 1 p.m. Site Council Meeting 理事會會議	13	14 1 p.m. Trip to Mekong 湄公河之旅	15
18	19	20	21	22

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18	19 9:45 a.m. Brain Health Workshop & Memory Café 大腦健康工作坊&記憶咖啡館	20	21	22 1 p.m. Trip to 99 Ranch Market 99大華之旅
25 Memorial Day Center Closed 總統日-中心暫停開放	26 10:30 a.m. Dumpling Making Workshop (AAPI Heritage Month) 餃子製作	27	28	29

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9 a.m. Memory Screening 記憶篩選	2 10:30 a.m. 602 Day Scavenger Hunt 602天的尋寶遊戲	3	4 1 p.m. Trip to Mekong 湄公河之旅	5
8	9	10 1 p.m. Site Council Meeting 理事會會議	11 1 p.m. Trip to Lee Lee Market 利利市場之旅	12 9:30 p.m. Birthday & Father's Day Party 六月庆生&父親節活動
15	16 10:30 a.m. Memory Café 記憶咖啡館	17	18 10 a.m. Dragon Boat Festival 端午节慶祝	19 Juneteenth Center Closed 塞薩爾·查維斯日-心暫停開放
22	23	24	25 1 p.m. 99 Ranch Market 99大華之旅	26
29	30			

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

Activity 活動	Time 時間	Day 日期
Gym Exercise (I) 健身房鍛煉	9 a.m. to 4 p.m.	Monday through Friday
Socialization (I) 社會化	9 a.m. to 4 p.m.	Monday through Friday
Ping Pong (I) 乒乓球	9 a.m. to 4 p.m.	Monday through Friday
Mah Jong (I) 麻將	9 a.m. to 4 p.m.	Monday through Friday
Card Games (I) 紙牌遊戲	9 a.m. to 4 p.m.	Monday through Friday
Cantonese Singing (I) (V) 廣東歌唱團	9 to 11 a.m.	Monday, Thursday
Fun Bingo (I) 賓果遊戲	10 to 11 a.m.	Monday
Cantonese Dance Group (I) 廣東舞蹈組	1 to 2:30 p.m.	Monday
Cantonese Opera (I) 粵劇	1 to 3 p.m.	Monday
Technology Class (I)(V) 技術課程	2 to 3 p.m.	Monday
English Singing Group (I) 英文歌唱組	9 to 10 a.m.	Tuesday
Walking Club 步行活動(I)	9 to 9:30 a.m.	Tuesday
Tai Chi for Beginner (I) 太極拳課	9:30 to 10:30 a.m.	Tuesday
Bible Study (not City sponsored) (I)	9 to 10:30 a.m.	Tuesday
Modern Dance Group (I) 現代舞舞蹈	1 to 3:30 p.m.	Tuesday & Thursday
Chinese Literature (I) 文學講座	8:30 to 9:30 a.m.	2nd & 4th Wednesday
Social Services (I) 社會服務	9:30 to 11:30 a.m.	Wednesday
Female Singing Group (I) 女生小合唱	9:30 to 11:15 a.m.	Wednesday
Modeling Class (I) 時裝隊表演	9:30 to 11:15 a.m.	Wednesday
Conversational English Class (I) (V) 英語會話課	10 to 11 a.m.	Wednesday
Arts and Crafts (I) 工藝組	9:30 to 11:30 a.m.	Wednesday
Brown Bag Distribution (I) 棕色袋子分發	noon to 1 p.m.	Wednesday
Chair Fitness (I) (V) 椅子健身	9 to 9:45 a.m.	Thursday
Mandarin Singing Group (I) 國語歌唱團	9:30 to 11 a.m.	Thursday
Intermediate English class (I) (V) 中級英語班	10 to 11 a.m.	Thursday
Citizenship Class (I) 公民課程	1 to 2 p.m.	Thursday
Loteria (I) 洛特里亞	1 to 2 p.m.	Thursday
Karaoke (I) 卡拉OK	2:30 to 4:30 p.m.	Thursday & Friday
Ballet Barre (I) 芭蕾把桿	9:30 to 10:15 a.m.	Friday
Conversational English Class (I) (V) 英語會話課	9:30 to 10:30 a.m.	Friday
Ballroom Dance (I) 交誼舞	1 to 2:30 p.m.	Friday

Note: Programs, classes, and events are subject to change or cancellation without notice.* I - in-person class 實體課程, V - virtual class 網上課程