

Mind Over Matter

Area Agency On Aging hosts Mind Over Matter, a three-day two-hour series long class focusing on managing bowel and bladder incontinence.

Wednesdays: May 28, June 11 and June 25.

Join Us for Disc Golf

A healthy, recreational activity that provides upper and lower body conditioning, aerobic exercise and mental stimulation. Concentration skills expand by mastering shots and negotiating obstacles. Thursdays at 8:30 a.m.

Center Trips	Date	Time	Cost
Fishing Papago Park	Thursday, April 24	9 a.m.	\$3
Herberger Theater	Wednesday, April 30	11:30 a.m.	\$2 + \$8 ticket
Fishing Steele Indian Park	Thursday, May 8	9 a.m.	\$3
Hall of Flame Museum of Fire Fighting	Wednesday, May 27	10 a.m.	\$2 + \$10 ticket
The Biscuit Cafe	Friday, June 6	10 a.m.	\$2 + lunch
Fry Bread House	Friday,	11 a.m.	\$2 + lunch

Programs for Active Adults
2802 E. Devonshire Ave
Phone 602.262.7807
April to June 2025

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 other is \$5.

Center Operating Hours

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

Programs and Activities

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 of Phoenix Human Services Department 602-262-5500 if

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:30 a.m. Art with Christy	2	3 8:30 a.m. Disc Golf 101 10 a.m. Memory Café	4
7 9:30 a.m. Memory Monday	8 10 a.m. Mahjong	9 Staff Training Center Closed	10 8:30 a.m. Disc Golf 101	11
14	15 9:30 a.m. Art with Christy 10 a.m. Mahjong	16	17 8:30 a.m. Disc Golf 101	18
21	22 10 a.m. Earth Day Celebration	23	24 8:30 a.m. Fishing Trip Papago Park 8:30 a.m. Disc Golf 101	25
28	29 10 a.m. Site Council Meeting 10 a.m. Mahjong	30 11 a.m. Herberger Theater Lunch Trip		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 8:30 a.m. Disc Golf 101 10 a.m. Memory Café	2 Staff Training Center Closed
5 9:30 a.m. Memory Monday 10 a.m. Cinco De Mayo Mocktails and Music	6 9:30 a.m. Art with Christy 10 a.m. Mahjong	7 10 a.m. Brain Games	8 8:30 a.m. Disc Golf 101 9 a.m. Fishing Trip Steele Indian Park	9 Mother's Root Beer
12	13 10 a.m. Mahjong	14	15 11 a.m. Herberger Theater	16

		Mahjong		Herberger Theater Lunch Trip	
19	20 9:30 a.m. Art with Christy 10 a.m. Mahjong	21	22 8:30 a.m. Disc Golf 101	23	
26 Memorial Day Holiday Center Closed	27 10 a.m. Site Council Meeting Hall of Flame Museum of Fire Fighting	28 9:30 a.m. Area Agency on Aging Mind over Matter	29 8:30 a.m. Disc Golf 101	30	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
2 9:30 a.m. Memory Monday	3 9:30 a.m. Art with Christy	4	5 8:30 a.m. Disc Golf 101 10 a.m. Memory Café	6 10 a.m. The Biscuits	
9	10 10 a.m. Art and Crafts with Staff	11 9:30 a.m. Area Agency on Aging Mind over Matter	12 8:30 a.m. Disc Golf 101	13 11 a.m. Nacho Cheese 	
16	17 9:30 a.m. Art with Christy	18 9 a.m. Juneteenth Presentation	19 Juneteenth Holiday Center Closed	20 11 a.m. Fry Bread Lunch	
23	24 10 a.m. Site Council Meeting	25 9:30 a.m. Area Agency on Aging Mind over Matter	26 9:30 a.m. Fishing Trip Granada Park with Sunnyslope Senior Center 	27	
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 Presenters shall not state or imply any endorsement by the City of Phoenix or any of its employees.

Rummikub	Self-Led	Monday to Friday	8 a.m. to 4 p.m.
Walking Club	Self-Led	Monday to Friday	9 a.m.
Indoor Gardening and Aquaponics	Staff and Self-Led	Monday to Friday	8 a.m. to 4 p.m.
Sound and Healing	Instructor	Monday	10 a.m.
3 Day Fit	Staff	Monday Wednesday Friday	2 p.m.
Movie	Staff	Monday	3 p.m.
Tai Chi	Instructor-Led	Tuesday	10 a.m.
Money Bingo	LOSCA	Tuesday Thursday	12:45 p.m.
Prize Loteria	Volunteer-Led	Wednesday	10 a.m.
Mindfulness Meditation	Video and Staff-Led	Wednesday	3 p.m.
Let's Talk *not city sponsored	Volunteer-Led	Thursday	9:30 a.m.
UNO	Staff and Self-Led	Thursday	10 a.m.
Memory Café	Memory Café Staff	First Thursday of Month	10 a.m.
Line Dancing	Instructor-Led	Thursday	12:30 p.m.
Sewing and Knitting	Self-Led	Friday	9 a.m. to noon
Mindful Aromatherapy	Staff and Video-Led	Friday	9:15 a.m.