



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

phoenix.gov/humanservices/programs/older

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.



SENIOR PROGRAMS
CITY OF PHOENIX | HUMAN SERVICES

Desert West Senior Center

Programs for Active Adults

SPRING 2025

APRIL MAY JUNE

Membership

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

Transportation

Senior Center Shuttle Program:

MV Transportation provides flexible taxi services to and from the center for eligible members. Please contact center staff to register and for more information.

Caseworker

Service is available to current members every first and third Wednesday of the month by appointment only. Please contact Center Staff for more information.

Center Trips

All passengers must be a registered and current member of the center. Please sign up at the front desk. Transportation for all field trips is \$2.00. Please contact Center Staff for more 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.

Memory Café

Memory Café is a welcoming place providing persons living with early to moderate dementia a safe place to socialize and participate in activities facilitated by professionals to stimulate and support brain health. Classes available third Monday of the month. Please contact Center Staff for more Information.

Center Message

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.

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.

Ongoing Daily Activities

Monday to Friday

Walking in the Gym
(Based on Availability)
9 to 10 a.m.

Socializing, Billiards, Cards, Dominoes,
Crocheting, Check Out a Laptop, Karaoke
9 a.m. to 4 p.m.



Monday

Memory Café and Memory Monday
Third Monday of the Month
noon to 1 p.m.



Tuesday

St. Mary's Food Box
(Application Required)
Fourth Tuesday of the Month
9 to 11 a.m.

Tai Chi
12:15 to 1:15 p.m.
(No class: April 1, May 27, June 17)

Radio Mystery Stories
1:15 to 2:15 p.m.

Wednesday

Sewing Group
(Based on Room Availability)
10 a.m. to 3 p.m.

Chair Exercise with Theresa
12:30 to 1:15 p.m.
(No class: April 2, 9, May 28 June 18)



Thursday

Blood Pressure Checks
First and Third Thursday of the Month
9 to 10 a.m.

Tai Chi
10 to 11 a.m.
(No class: April 3, May 29, June 19)

Sewing Group
(Based on Room Availability)
10 a.m. to 3 p.m.

Thursday Vibes
(Watch for details)
noon to 1 p.m.

Friday

Sewing Group
(Based on Room Availability)
10 a.m. to 3 p.m.

Chair Exercise with Theresa
1 to 1:45 p.m.
(No class: April 4, May 2, 30, June 20)

Afternoon Movie
1:30 to 3:30 p.m.
(No movie: May 2)

Upcoming Events & Announcements

LUNCHTIME LEARNING

Please join us for a casual, informal presentation during lunch to learn about something new.
Check out center bulletin boards for details.



Free Member's Breakfast

The Desert West Site Council gives back to it's members once a month with a *free* breakfast!

First Thursday of the month

9 to 10 a.m.

(While supplies last)

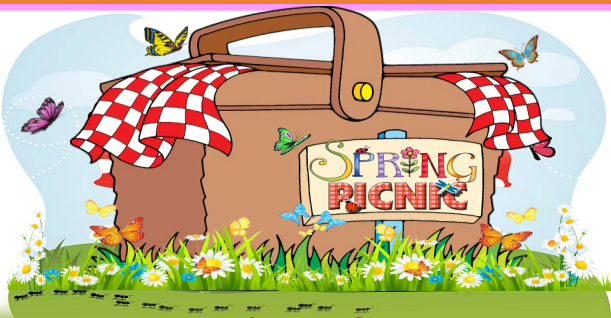


Member's Breakfast Sale

Third Thursday of the month

9 to 10 a.m.

(While supplies last)



**Join us for a
Spring Courtyard Picnic**

Wednesday, April 16, 2025

9:30 a.m. to 12:30 p.m.

**Refreshments
Games
Music**



FRIDAY, MAY 16, 2025

9:30 a.m. to 12:30 p.m.

Special Topic: Older American's Month

Resources

**Health
Screenings**

Snacks



Site Council Fundraising

Help benefit the Desert West Site Council

**Check out the Events & Activities
on the calendar pages for fundraising dates.**



All proceeds raised benefit the Desert West Senior Center



Desert West Site Council

The Desert West 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, and much more.

Second Monday of each month

10 to 11 a.m.

APRIL

Events & Activities


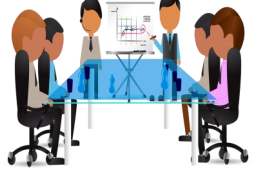


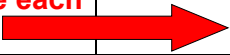

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:30 to 11 a.m. Loteria	2 9:30 to 11 a.m. Bingo	3 9 a.m. Free Member's Breakfast	4 11:30 a.m. Trip: Fam's Fried Fish <u>Hot Dog Sale</u>
7 9:30 to 11 a.m. Bingo 12:45 p.m. Planning Committee Meeting	8 9:30 to 11 a.m. Loteria	9 CENTER CLOSED ALL STAFF MEETING 	10 10:30 to 11:30 a.m. Desert Sage Mobile Library 11:30 a.m. Volunteer Recognition Trip to Outback Steak House 	11 9 a.m. Volunteer Appreciation Coffee & Pastries  <u>Hot Dog Sale</u>
14 10 a.m. Site Council Meeting 10 a.m. Line Dance noon Bingocize	15 9:30 to 11 a.m. Loteria 11:30 a.m. Trip: Pei Wei Asian Kitchen	16 9:30 a.m. Spring Courtyard Picnic 	17 9 a.m. Member's Breakfast Sale noon Bingocize	18 9:30 a.m. Special Easter Bingo with Easter Prizes  <u>Hot Dog Sale</u>
21 10 a.m. Line Dance noon Memory Café	22 9:30 to 11 a.m. Loteria	23 9:30 to 11 a.m. Free Bingo <u>Hamburger Sale</u>	24 11:30 a.m. Trip: First Watch Restaurant noon Bingocize	25 10 a.m. Birthday Party <u>Hot Dog Sale</u>
28 10 a.m. Line Dance noon Bingocize 12:45 p.m. Planning Committee Meeting (May Meeting)	29 9:30 to 11 a.m. Loteria	30 9:30 to 11 a.m. Bingo	VOLUNTEER RECOGNITION DAY Celebrate the spirit of volunteerism and recognize the selfless contributions of volunteers, inspiring others to get involved and make a positive difference in their communities. 	



MAY

Events & Activities



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OLDER AMERICANS MONTH The 2025 theme, Flip the Script on Aging, focuses on transforming how society perceives, talks about, and approaches aging. 			1 9 a.m. Free Member's Breakfast 10 a.m. May Day Crafting Project noon Bingocize	2 <u>CENTER CLOSED</u> <u>ALL STAFF</u> <u>CONFERENCE</u> 
5 9:30 a.m. Trip: Cinco de Mayo Fiesta at Adam Diaz 	6 9:30 to 11 a.m. Loteria	7 9:30 to 11 a.m. Bingo	8 10:30 to 11:30 a.m. Desert Sage Mobile Library 12:30 p.m. Art with Christy	9 9:30 a.m. Mother's Day Tea Party w/Lainie Colon 
12 10 a.m. Site Council Meeting 10 a.m. Line Dance noon Bingocize Older American's Spirit Week: Questionnaire each day! 	13 9:30 to 11 a.m. <u>Free Loteria</u> <u>Hamburger Sale</u>	14 9:30 to 11 a.m. Bingo	15 9 a.m. Member's Breakfast Sale noon Bingocize	16 9 a.m. Mini Health Fair Topic: Older American's Month <u>Hot Dog Sale</u>
19 10 a.m. Line Dance noon Memory Café	20 9:30 to 11 a.m. Loteria	21 9:30 to 11 a.m. Bingo	22 11:30 a.m. Trip: Comedor Guadalajara Mexican Food noon Bingocize	23 10 a.m. Memorial Day Celebration Entertainment by David Swaim <u>Hamburger Sale</u>
26 <u>CENTER CLOSED</u> <u>MEMORIAL DAY</u> <u>HOLIDAY</u> 	27 9:30 to 11 a.m. Loteria noon Camp Kids Pizza Party Summer Kick Off	28 9 a.m. Trip: Dance Party at Adam Diaz Senior Center	29 11:30 a.m. Trip: In & Out Burger noon Bingocize	30 10 a.m. Birthday Party Art Extravaganza Art w/Christy <u>Hot Dog Sale</u>



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10 a.m. Line Dance noon Bingocize 12:45 p.m. Planning Committee Meeting	3 9:30 to 11 a.m. Loteria	4 9:30 to 11 a.m. Bingo	5 9 a.m. Free Member's Breakfast noon Bingocize	6 11:30 a.m. Trip: Five Guys Burgers <u>Hot Dog Sale</u>
9 10 a.m. Site Council Meeting 10 a.m. Line Dance noon Bingocize	10 9:30 to 11 a.m. Loteria	11 9:30 to 11 a.m. Free Bingo <u>Hamburger Sale</u>	12 10 a.m. Father's Day Celebration Wear Blue for Men's Health Awareness 10:30 to 11:30 a.m. Desert Sage Mobile Library noon Bingocize	13 9:30 a.m. Trip: Produce Giveaway at Helen Drake Senior Center <u>Hot Dog Sale</u>
16 9 a.m. Juneteenth Presentation 10 a.m. Line Dance noon Memory Café	17 9:30 to 11 a.m. Loteria	18 9:30 to 11 a.m. Bingo	19 CENTER CLOSED JUNETEENTH CELEBRATE FREEDOM JUNE 19	20 11:30 a.m. Trip: TJ's Homestyle Restaurant <u>Hot Dog Sale</u>
23 10 a.m. Line Dance noon Bingocize	24 9:30 to 11 a.m. Loteria	25 9:30 to 11 a.m. Bingo	26 9 a.m. Member's Breakfast Sale noon Bingocize	27 10 a.m. Birthday Party <u>Hot Dog Sale</u>
30 10 a.m. Line Dance noon Bingocize	<div> JUNETEENTH FREEDOM DAY We commemorate Juneteenth, on June 19, 1865, when enslaved peoples of African decent in Texas finally gained their freedom. We remember them. We honor their memory. We celebrate freedom for all. </div>			

Center Trips

Senior Center Group Trip Requirements

All trips are submitted two weeks before the trip day.

All passengers must be a registered and current senior center member.

Trip fees of \$2 per trip. **(Cash only)**

Senior center members may travel with caregivers associated with their case.

Participants must follow all senior center policies and procedures.

Participants must not leave the field trip site without informing senior center staff.

Everyone goes together and comes back together.

Cancellation/No Show

Participants must notify center staff as soon as possible before the trip date.

Standby

Stand-by is permitted, but not guaranteed.

Stand-by may replace cancellation/no show.



Trip Date	Location	Arrival Time	Return Time	Cost
Friday April 4	Fam's Fried Fish	11:30 a.m.	1:30 p.m.	\$2
Tuesday April 15	Pei Wei Asian Kitchen	11:30 a.m.	1:30 p.m.	\$2
Thursday April 24	First Watch Restaurant	11:30 a.m.	1:30 p.m.	\$2
Monday May 5	Cinco De Mayo Fiesta at Adam Diaz Senior Center	9:30 a.m.	12:30 p.m.	\$2
Thursday May 22	Comedar Guadalajara Mexican Food	11:30 a.m.	1:30 p.m.	\$2
Wednesday May 28	Dance Party at Adam Diaz Senior Center	9 a.m.	12:30 p.m.	\$2
Thursday May 29	In & Out Burger	11:30 a.m.	1:30 p.m.	\$2
Friday June 6	Five Guys Restaurant	11:30 a.m.	1:30 p.m.	\$2
Friday June 13	Produce Giveaway at Helen Drake Senior Center	9:30 a.m.	1 p.m.	\$2
Friday June 20	TJ's Home Style Restaurant	11:30 a.m.	1:30 p.m.	\$2

CITY OF PHOENIX SENIOR CENTERS



CENTRAL PHOENIX	NORTHWEST PHOENIX
<p>CHINESE 734 W. Elm Street Phoenix, AZ 85013 602-262-6411</p> <p>MARCOS DE NIZA 305 W. Pima Street Phoenix, AZ 85003 602-262-7249</p> <p>SENIOR OPPORTUNITIES WEST 1220 S. 7th Avenue Phoenix, AZ 85007 602-262-6610</p>	<p>DEER VALLEY 2001 W. Wahalla Lane Phoenix, AZ 85027 602-495-3714</p> <p>GOELET. A.C. BEUF 3435 W. Pinnacle Peak Road Phoenix, AZ 85027 602-534-9743</p> <p>HELEN DRAKE 7600 N. 27th Avenue Phoenix, AZ 85051 602-262-4949</p>
CENTRAL-EAST PHOENIX	WEST PHOENIX
<p>DEVONSHIRE 2802 E. Devonshire Avenue Phoenix, AZ 85016 602-262-7807</p> <p>MCDOWELL PLACE 1845 E. McDowell Road Phoenix, AZ 85006 602-262-1842</p>	<p>ADAM DIAZ 4115 W. Thomas Road Phoenix, AZ 85019 602-262-1609</p> <p>DESERT WEST 6501 W. Virginia Avenue Phoenix, AZ 85035 602-495-3711</p>
SOUTH PHOENIX	NORTHEAST PHOENIX
<p>PECOS 17010 S. 48th Street Phoenix, AZ 85048 602-534-5366</p> <p>SOUTH MOUNTAIN 212 E. Alta Vista Road Phoenix, AZ 85042 602-262-4093</p>	<p>PARADISE VALLEY 17402 N. 40th Street Phoenix, AZ 85032 602-495-53785</p> <p>SHADOW MOUNTAIN 3546 E. Sweetwater Avenue Phoenix, AZ 85032 602-534-2303</p> <p>SUNNYSLOPE 802 E. Vogel Avenue Phoenix, AZ 85020 602-262-7572</p>

Note: Trips, Programs, Classes and Events are subject to change or cancellation without notice. All fundraising proceeds to go Desert West Council to benefit Desert West Senior Center. Revised: 3/11/25