



**SENIOR PROGRAMS**  
CITY OF PHOENIX | HUMAN SERVICES

# **Goelet A.C. Beuf Senior Center**

Programs for Active Adults

3435 W. Pinnacle Peak, Phoenix, AZ 85027

602-534-9743

Email us at:

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



## **GOELET A.C. BEUF SENIOR CENTER**

Beuf Senior Center is a recreation center for seniors and adults, situated in north Phoenix. We are located in the Beuf Community Center at 35th Ave. and Pinnacle Peak. Our Human Services and Parks & Recreation staff are here to serve you. Stop on by!

## **MEMORY CAFÉ AT BEUF**

Memory Café is a welcoming place to provide persons living with early to moderate dementia a safe place to social and participate in activities facilitated by professionals to simulate brain health. Advance registration required. Memory Café is held the first Friday of the month from 10 to 11:30 a.m. See flyer for details.

## **July to Sep. 2025 Program Schedule**

### **MEMBERSHIP**

Your membership gives you access to all 15 Phoenix senior centers. The annual membership fee is \$20 for Phoenix residents and \$40 for non-residents.

### **LUNCH**

Lunch is served Monday through Friday at noon. 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.

### **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.

### **CASEWORKER SERVICES**

Caseworker services are available to current members by appointment only. To schedule an appointment call 602-534-9743.

### **Senior Center Hours**

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

**Programing Hours: Monday to Friday 9 a.m. to 4 p.m.**

### **Parks and Recreation hours:**

**8 a.m. to 8:30 p.m. Monday - Thursday, 8 a.m. to 5 p.m. Friday, 10 a.m. to 4 p.m. Saturday**

**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.**



# Program Schedule

Your best  
years start  
here!

CLASS	INSTRUCTOR	DAY	TIME	TYPE
Bingo	Volunteer	Monday	9:15 to 11:30 a.m.	In-person
Geri Fit	Fernando	Monday	11 a.m. to noon	In-person
Mahjong Group (Beginner)	Volunteer	Monday	1 to 3 p.m.	In-person
Senior Fit	Cheryl	Monday	1 to 2 p.m.	In-person
CLASS	INSTRUCTOR	DAY	TIME	TYPE
Art Class	Will, Volunteer	Tuesday	9 to 11 a.m.	In-person
Yoga	Video	Tuesday	10 to 11 a.m.	In-person
Line Dance	Volunteer	Tuesday	1 to 2 p.m.	In-person
CLASS	INSTRUCTOR	DAY	TIME	TYPE
Geri Fit	Fernando	Wednesday	11 a.m. to noon	In-person
Senior Fit Beginning Aug. 6	Cheryl	Wednesday	1 to 2 p.m.	In-person
Beading Group	Volunteer	Wednesday	1 to 3 p.m.	In-person
Mahjong Group (Intermediate/Advanced)	Heidi, Volunteer	Wednesday	1 to 3 p.m.	In-person
CLASS	INSTRUCTOR	DAY	TIME	TYPE
Bingo	Volunteer	Thursday	9:15 to 11:30 a.m.	In-person
Salsa Dance Class	Fernando	Thursday	10 to 11 a.m.	In-person
Tai Chi	Fernando	Thursday	11 a.m. to noon	In-person
Social Games Group	Heidi, Volunteer	Thursday	1 to 4 p.m.	In-person
CLASS	INSTRUCTOR	DAY	TIME	TYPE
Coloring Corner	Self-led	Friday	9 a.m. to noon	In-person
Blood Pressure Checks	Joseph, Volunteer	First and last Friday of the month	11 to 11:30 a.m.	In-person
Prize Loteria	Staff	Friday	1 to 2 p.m.	In-person

Note: Programs, Classes, Events, and Trips subject to change or cancellation without notice. Revised 6/23/25

### **Billiards**

Billiards open play from 8 a.m. to 4 p.m. daily

All members welcome

*Please see staff to check out equipment*

### **Billiards Tournament, must RSVP prior to events**

Wednesday, Aug. 6, at 9 a.m. qualifier to play  
Buckeye team

Thursday, Aug. 14, at 9 a.m. Beuf vs Buckeye  
Wednesday, Sep. 10, at 9 a.m.

### **Trips**

*See flyers for details*

**July 1** Lin's Grand Buffet

**July 15** Naked BBQ Restaurant

**Aug. 5** Cheddar's Scratch Kitchen

**Aug. 12** Main Event (Parks Collaborative Trip)

**Aug. 19** La Piñata Restaurant

**Aug. 29** Labor Day Picnic at Pecos Senior Center

**Sep. 9** The Fry Bread House Restaurant

**Sep. 18** Charity Event at Helen Drake  
Senior Center

### **TEFAP (Commodities) Distribution**

**July 28**

**Aug. 25**

**Sep. 22**

*Please see staff for more information*

### **Beuf Senior Center will be CLOSED**

**July 4**, Independence Day

**Aug. 13**, All Staff

**Sep. 1**, Labor Day

### **Daily Activities**

Walking track, Wii bowling, board games,  
puzzles, table tennis, and card games

### **Computer and Wi-Fi**

Your membership includes use of the computer lab or  
bring your own device to surf the 'net!

## **Special Events**

**Note: RSVP required,  
RSVP at kiosk or by calling  
602-534-9743. See flyers for details.**

### **10 Habits for Happy People Presentation**

Learn tips to boost positive mental health  
Monday, July 14, at 12:30 p.m.

### **Consumer Scams Presentation**

A representative from the Arizona Attorney  
General's Office will be presenting on consumer scams  
and how to keep your personal information safe  
Thursday, July 24, at 12:30 p.m.

### **National Awareness Documentaries**

Join us for refreshments and a documentary  
Disability Pride: Thursday, July 31, at 12:30 p.m.  
Hispanic Heritage: Thursday, September 25, at  
12:30 p.m.

### **Healthy Sleeping Presentation**

Learns tips to getting a better nights rest  
Monday, Aug. 11, at 12:30 p.m.

### **Senior Day Summer Mocktails Happy Hour**

Stop by for a refreshing mocktail as we  
celebrate National Senior Day!  
Thursday, Aug. 21, at 12:30 p.m.

### **Rate My Plate Presentation**

Take a deep dive into nutrition and healthy  
eating habits  
Wednesday, Sep. 17, at 12:30 p.m.

### **Site Council Meetings at 9:30 a.m.**

**July 30**

**Aug. 27**

**Sep. 24**

Meetings are open to all members of the center

### **Ice Cream Social/ Show & Tell**

Friday, July 11, at 12:30 p.m.

Join us for a multigenerational event with the Parks  
Summer Youth Program. Bring a special item to show  
& tell. Must RSVP, if you would like to bring an item  
speak with Senior Supervisor Mariana

# Special Events

July				
Monday	Tuesday	Wednesday	Thursday	Friday
	1 <b>Trip</b> Lin's Grand Buffet	2	3	4 <b>Center Closed</b> <b>Independence Day</b>
7	8	9	10	11 <b>12:30 p.m.</b> Ice Cream Social/Show & Tell Multigenerational Parks Collaboration
14 <b>12:30 p.m.</b> 10 Habits for Happy People Presentation	15 <b>Trip</b> Naked BBQ Restaurant	16	17	18 <b>10 a.m.</b> Birthday Party Celebration
21	22	23	24 <b>12:30 p.m.</b> Consumer Scams Presentation	25 <b>10 a.m.</b> Great Gatsby Roaring 20s Party
28 <b>10 a.m.</b> Commodities (TEFAP)	29	30 <b>9:30 a.m.</b> Site Council Meeting	31 <b>12:30 p.m.</b> National Disability Pride Month Film	
Aug.				
Monday	Tuesday	Wednesday	Thursday	Friday
				1 <b>10 a.m.</b> Memory Café <b>12:30 p.m.</b> Ice Cream Social
4	5 <b>Trip</b> Cheddar's Scratch Kitchen	6 <b>9 a.m.</b> Billiards Tournament Qualifier	7	8
11 <b>12:30 p.m.</b> Healthy Sleeping Presentation	12 <b>Trip</b> Main Event	13 <b>Center Closed</b> <b>All Staff Meeting</b>	14 <b>9 a.m.</b> Beuf vs Buckeye Billiards Tournament	15 <b>10 a.m.</b> Birthday Party Celebration
18	19 <b>Trip</b> La Piñata Restaurant	20	21 <b>12:30 p.m.</b> Senior Day Summer Mocktails Happy Hour	22 <b>10 a.m.</b> Luau Party
25 <b>10 a.m.</b> Commodities (TEFAP)	26	27 <b>9:30 a.m.</b> Site Council Meeting	28	29 <b>Trip</b> Labor Day Picnic at Pecos Senior Center
Sep.				
Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>Center Closed</b> <b>Labor Day</b>	2	3	4	5 <b>10 a.m.</b> Memory Café <b>12:30 p.m.</b> Ice Cream Social
8	9 <b>Trip</b> The Fry Bread House	10 <b>9 a.m.</b> Billiards Tournament	11	12 <b>10 a.m.</b> Birthday Party Celebration
15 <b>Spirit Week:</b> Sports Day	16 <b>Spirit Week:</b> Tie Dye Day	17 <b>Spirit Week:</b> Fitness Day <b>12:30 p.m.</b> Rate My Plate Presentation	18 <b>Spirit Week</b> Wilderness Day <b>Trip</b> Chairty Event at Helen Drake Senior Center	19 <b>Spirit Week</b> Around the World Day <b>10 a.m.</b> Around the World Party
22 <b>10 a.m.</b> Commodities (TEFAP)	23	24 <b>9:30 a.m.</b> Site Council Meeting	25 <b>12:30 p.m.</b> National Hispanic Heritage Month Documentary	26
29	30			