



## Sign up for one of our trips

Date	Destination	Time	Cost
Friday, April 11	Scheels Sporting Good	10 a.m. to 1 p.m.	\$2 + spending money
Thursday, April 17	Scramble Restaurant	10:30 a.m. to noon	\$2 + lunch
Monday, May 5	Adam Diaz Senior Center	9:30 a.m. to 12:30 p.m.	\$2 + spending money
Tuesday, May 13	Herberger Theater	11:45 a.m. to 1:15 p.m.	\$2 + lunch
Friday, May 23	Federal Pizza	11 a.m. to 12:30 p.m.	\$2 + lunch
Tuesday, June 10	The Rama's Restaurant	11 a.m. to 12:30 p.m.	\$2 + lunch
Monday, June 16	Chelsea's Kitchen	11 a.m. to 12:30 p.m.	\$2 + lunch
Thursday, June 26	The Hub	11 a.m. to 12:30 p.m.	\$2 + lunch

**Note:** Programs, classes, events, and trips subject to change or cancellation without notice. Trip transportation cost is \$2. 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.

## Helen Drake Senior Center Programs for Active Adults

7600 N. 27th Ave

Phone 602.262.4949

**April to June 2025**

### City of Phoenix Memory Café Program

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. Memory Café's include care partners for a shared experience. Advance registration is required; there is no fee to attend. Please call 602-534-5750 or email [memory.cafe@phoenix.gov](mailto:memory.cafe@phoenix.gov)

### 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 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.

**Monday through Friday center hours of operation  
8 a.m. to 5 p.m.**

**Programs and activities 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.**  
[phoenix.gov](http://phoenix.gov)

**The City's TTY Relay phone number 602-534-5500 if needed.**  
**This facility is Relay 7-1-1 trained.**

# April 2025

## Events & Activities



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**





	<p><b>1</b></p> <p>Senior Fitness 1 p.m.</p>	<p><b>2</b></p> <p>Suvida Doc Talk 10 a.m. Devoted Bingo 2:30 p.m.</p>	<p><b>3</b></p> <p>Life in Bio 11 a.m. Senior Fitness 1 p.m.</p>	<p><b>4</b></p> <p>FUN Bingo 1:30 p.m.</p>
<p><b>7</b></p> <p>Memory Monday 9 a.m. Dementia Presentation 12:30 p.m. Paper Flower Art 1 p.m.</p>	<p><b>8</b></p> <p>Journaling Day 9 a.m. Senior Fitness 1 p.m.</p>	<p><b>9</b></p> <p>All Staff Meeting Center Closed</p> 	<p><b>10</b></p> <p>World Homeopathy Day 11 a.m. Life in Bio 11 a.m. Senior Fitness 1 p.m.</p>	<p><b>11</b></p> <p>PHX Youth Theatre 12:30 p.m. FUN Bingo 1:30 p.m.</p>
<p><b>14</b></p> <p>Journaling Day 9 a.m. Paper Flower Art 1 p.m.</p>	<p><b>15</b></p> <p>Coloring Day 9 a.m. Senior Fitness 1 p.m.</p>	<p><b>16</b></p> <p>Suvida Crafts 10 a.m. Devoted Bingo 2:30 p.m.</p>	<p><b>17</b></p> <p>Life in Bio 11 a.m. Senior Fitness 1 p.m.</p>	<p><b>18</b></p> <p>Easter Celebration 11 a.m. FUN Bingo 1:30 p.m.</p>
<p><b>21</b></p> <p>Journaling Day 9 a.m. Paper Flower Art 1 p.m.</p>	<p><b>22</b></p> <p>Senior Fitness 1 p.m. Movie Day with Devoted 2:30 p.m.</p>	<p><b>23</b></p> <p>Coloring Day 9 a.m. Crafty Hands 1 p.m.</p>	<p><b>24</b></p> <p>Memory Café 10 a.m. Life in Bio 11 a.m. Senior Fitness 1 p.m.</p>	<p><b>25</b></p> <p>PHX Youth Theatre 12:30 p.m. FUN Bingo 1:30 p.m.</p>
<p><b>28</b></p> <p>Beading &amp; More 10 a.m. Paper Flower Art 1 p.m.</p>	<p><b>29</b></p> <p>Senior Fitness 1 p.m.</p>	<p><b>30</b></p> <p>Journaling Day 9 a.m. Book Club 1 p.m.</p>		

**Fitness Center and Library open daily, 9 a.m. to 4 p.m.**

# May 2025

## Events & Activities



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Life in Bio 11 a.m. Senior Fitness 1 p.m.	2 Conference Center Closed 
5 Journaling Day 9 a.m. Memory Monday 9 a.m.	6 Coloring Day 9 a.m. Senior Fitness 1 p.m.	7 Crafty Hands 1 p.m. Devoted Bingo 2:30 p.m.	8 National brunch for lunch 11 a.m. Life in Bio 11 a.m. Senior Fitness 1 p.m.	9 Mother's Day Celebration 10 a.m. PHX Youth Theatre 12:30 p.m. FUN Bingo 1:30 p.m.
12 Journaling Day 9 a.m.	13 Slice of Apple Pie Day 12:30 p.m. Senior Fitness 1 p.m.	14 Memory Café Presentation 2:30 p.m. Coloring Day 9 a.m.	15 Life in Bio 11 a.m. Senior Fitness 1 p.m.	16 FUN Bingo 1:30 p.m.
19 Beading & More 10 a.m. Journaling Day 9 a.m.	20 Senior Fitness 1 p.m.	21 Crafty Hands 1 p.m. Devoted Bingo 2:30 p.m.	22 Memory Café 10 a.m. Life in Bio 11 a.m. Senior Fitness 1 p.m.	23 Memorial Day Celebration with Devoted 11 a.m. PHX Youth Theatre 12:30 p.m. FUN Bingo
26 Memorial Day Center Closed 	27 Senior Fitness 1 p.m.	28 Journaling Day 9 a.m. Book Club 1 p.m.	29 Life in Bio 11 a.m. Senior Fitness 1 p.m.	30 FUN Bingo 1:30 p.m.

**Fitness Center and Library open daily, 9 a.m. to 4 p.m.**

# June 2025



## Events & Activities


**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

<p>2</p> <p>Suvida Doc Talk</p> <p>10 a.m.</p> <p>Memory Monday</p> <p>9 a.m.</p>	<p>3</p> <p>Coloring Day</p> <p>9 a.m.</p> <p>Senior Fitness</p> <p>1 p.m.</p>	<p>4</p> <p>Ice-cream Social</p> <p>12:30 p.m.</p> <p>Crafty Hands</p> <p>1 p.m.</p> <p>.Devoted Bingo</p> <p>2:30 p.m.</p>	<p>5</p> <p>Life in Bio</p> <p>11 a.m.</p> <p>Senior Fitness</p> <p>1 p.m.</p>	<p>6</p> <p>FUN Bingo</p> <p>1:30 p.m.</p>
<p>9</p> <p>Journaling Day</p> <p>9 a.m.</p>	<p>10</p> <p>Coloring Day</p> <p>9 a.m.</p> <p>Senior Fitness</p> <p>1 p.m.</p>	<p>11</p> <p>Ice-cream Social</p> <p>12:30 p.m.</p>	<p>12</p> <p>Life in Bio</p> <p>11 a.m.</p> <p>Senior Fitness</p> <p>1 p.m.</p>	<p>13</p> <p>Produce Giveaway with Devoted</p> <p>11 a.m.</p> <p>FUN Bingo</p> <p>1:30 p.m.</p>
<p>16</p> <p>Journaling Day</p> <p>9 a.m.</p>	<p>17</p> <p>Coloring Day</p> <p>9 a.m.</p> <p>Senior Fitness</p> <p>1 p.m.</p>	<p>18</p> <p>Ice-cream Social</p> <p>12:30 p.m.</p> <p>Crafty Hands</p> <p>1 p.m.</p>	<p>19</p> <p>Juneteenth</p> <p>Center Closed</p> 	<p>20</p> <p>FUN Bingo</p> <p>1:30 p.m.</p>
<p>23</p> <p>Coloring Day</p> <p>9 a.m.</p> <p>Journaling Day</p> <p>9 a.m.</p>	<p>24</p> <p>Senior Fitness</p> <p>1 p.m.</p>	<p>25</p> <p>Ice-cream Social</p> <p>12:30 p.m.</p> <p>Book Club</p> <p>1 p.m.</p>	<p>26</p> <p>Memory Café</p> <p>10 a.m.</p> <p>Life in Bio</p> <p>11 a.m.</p> <p>Senior Fitness</p> <p>1 p.m.</p>	<p>27</p> <p>FUN Bingo</p> <p>1:30 p.m.</p>
<p>30</p> <p>Journaling Day</p> <p>9 a.m.</p> <p>Beading &amp; More</p> <p>10 a.m.</p>				

**Fitness Center and Library open daily, 9 a.m. to 4 p.m.**

## City of Phoenix Memory Café Program



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. Memory Café's include care partners for a shared experience.

Helen Drake hosts Memory Café the fourth Thursday of each month at 10 a.m.

## Volunteer Opportunities

Senior Centers offer a wide variety of opportunities for individuals to share their time and talents, learn new skills, and socialize with others. Volunteers contribute their time and talents in many ways:

- ◆ Meal service assistance
- ◆ Greeters
- ◆ Shoppers
- ◆ Site council assistance
- ◆ Helping with daily activities and holiday programs special events

**Please see staff for more details**

### **Visitor Pass, 18 +**

- Visitors limited to two (2) free visits
- Visitors may participate in all activities at any City of Phoenix senior center
- Visitors receive a temporary card and must comply with Parks & Recreation facility usage fees, as applicable
- **Waiver required**

**VISITOR**

**Guest Pass**

**CASEWORKER**

Every second Wednesday  
9 a.m. to noon

*Please make an appointment with staff*





City of Phoenix



Human Services Department

# SENIOR PROGRAMS

PROGRAMS FOR ACTIVE ADULTS



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



*Stay Young With Us*



□ **Membership gives you access to everything the City of Phoenix Human Services Department's 15 senior centers have to offer!**

**Central Phoenix**

**Chinese**

734 W. Elm St.  
Phoenix, AZ 85013  
602-262-6411

**Marcos de Niza**

305 W. Pima St.  
Phoenix, AZ 85003  
602-262-7249

**Senior Opportunities West**

1220 S. 7th Ave.  
Phoenix, AZ 85007  
602-262-6610

**West Phoenix**

**Adam Diaz**

4115 W. Thomas Rd.  
Phoenix, AZ 85019  
602-262-1609

**Desert West**

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

**Northwest Phoenix**

**Deer Valley**

2001 W. Wahalla Lane  
Phoenix, AZ 85027  
602-495-3714

**Goelet Beuf**

3435 W. Pinnacle Peak Rd.  
Phoenix, AZ 85027  
602-534-9743

**Helen Drake**

7600 N. 27th Ave.  
Phoenix, AZ 85051  
602-262-4949

**Central-East Phoenix**

**Devonshire**

2802 E. Devonshire Ave.  
Phoenix, AZ 85016  
602-262-7807

**McDowell Place**

1845 E. McDowell Rd.  
Phoenix, AZ 85006  
602-262-1842

**South Phoenix**

**Pecos**

17010 S. 48th Street  
Phoenix, AZ 85048  
602-534-5366

**South Mountain**

212 E. Alta Vista Road  
Phoenix, AZ 85040  
602-262-4093

**Northeast Phoenix**

**Paradise Valley**

17402 N. 40th St.  
Phoenix, AZ 85032  
602-495-3785

**Shadow Mountain**

3546 E. Sweetwater Ave.  
Phoenix, AZ 85032  
602-534-2303

**Sunnyslope**

802 E. Vogel Ave.  
Phoenix, AZ 85020  
602-262-7572

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# Helen Drake Senior Center Daily Activities

CLASS	INSTRUCTOR	DAY	TIME
Walking Club	Member-led	Monday	10 to 11 a.m.
Cardio Blast	David G.	Monday Wednesday	11 a.m. to noon
Happy Quilters Club	Joan A.	Monday Friday	9 a.m. to noon
Card Games	Member-led	Monday Friday	9 a.m. to 4 p.m.
Technology Assistance	Terrance T.	Tuesday Thursday	10 a.m. to noon
Pleasures of the Palette	Member-led	Wednesday	9 to 11 a.m.
Improv for Beginners	Laurie S.	Wednesday	10 to 11 a.m.
Tai Chi	Rick Clark	Wednesday	1 to 2 p.m.
Yoga	Peggy B	Thursday	10 to 11 a.m.
Bible Study (not city sponsored)	Member-led	Thursday	10 to 11 a.m.
SketchCraft School	David G.	Thursday	10 to 11 a.m.
Line Dancing	Jane R.	Friday	10 to 11 a.m.
Movie Day	Staff-led	Friday	2:30 p.m. to 4 p.m.