

Marcos de Niza Senior Center

Stay Young With Us



PROGRAM SCHEDULE

Oct., Nov., Dec., 2025

We welcome everyone!



305 W. Pima Street Phoenix, AZ 85003

602-262-7249

phoenix.gov/humanservices/programs/older

Senior 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.

Happy Fall



Membership

Annual membership fee is \$20 for Phoenix residents and \$40 for non-residents. We offer Visitor passes and guest passes, please see front desk.

Caseworker

Service is available to current members every first and third Monday of the month by appointment ONLY. Or, contact Family Services Center at **602-534-AIDE**

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 \$5.00.

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.

Programs, classes and events are subject to change or cancellation without notice.

Transportation

MV Transportation provides flexible taxi services to and from your local senior center for eligible members. Please contact center staff to register and obtain more detailed information.



For more information, or a copy of this publication in an alternate format, contact 602-262-6610 voice. This city facility is RELAY 7-1-1 trained.

OCT. PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 <u>Creative Hour</u> 10 a.m. Fun Bingo 12:30 p.m. Open Mic Hour / Karaoke 1:30 p.m.	2 RUMMAGE SALE  Rummage Sale Fundraising 10 a.m. 	3 Trip  SOW AZ State Fair Sewing & Social Club 12:30 p.m. Movie Time 1 p.m.
6 Memory Café Program 10 a.m., physical activity 11:45 a.m., educational presentation Jewelry Making 12:30 p.m. Open Mic Hour / Karaoke 1:30 p.m.	7 Walking Club 9:30 a.m. Seft-Care & Social Group 10 a.m. Fun Loteria 10:30 a.m. Geri-Fit Program 1 p.m.	8 <u>Group Fitness</u> 10 a.m. Fun Bingo-Volunteer 12:30 p.m. Open Mic Hour / Karaoke 1:30 p.m.	9 Walking Club 9:30 a.m. Seft-Care & Social Group 10 a.m. Fun Loteria 10:30 a.m. Geri-Fit Program 1 p.m.	10 SPECIAL EVENT Indigenous Peoples' Day & Birthday Celebration DJ Ken Walker 10 a.m. Movie Time 1 p.m.
13 Center closed 	14 Walking Club 9:30 a.m. Seft-Care & Social Group 10 a.m. Fun Loteria 10:30 a.m. Geri-Fit Program 1 p.m.	15 <u>Art with Christy</u> 10 a.m. Fun Bingo 12:30 p.m. Open Mic Hour / Karaoke 1:30 p.m.	16 Walking Club 9:30 a.m. Seft-Care & Social Group 10 a.m. Fun Loteria 10:30 a.m. Geri-Fit Program 1 p.m.	17 Group Exercise 9:30 a.m. Fun Bingo 10:30 a.m. Sewing & Social Club 12:30 p.m. Movie Time 1 p.m.
20 Senior Fitness 10 a.m. Domestic Violence Presentation, 11 a.m. Jewelry Making 12:30 p.m. Open Mic Hour / Karaoke 1:30 p.m.	21 Walking Club 9:30 a.m. Seft-Care & Social Group 10 a.m. Fun Loteria 10:30 a.m. Geri-Fit Program 1 p.m.	22 <u>Natural Health Instruction</u> 10 a.m. Fun Bingo 12:30 p.m. Open Mic Hour / Karaoke 1:30 p.m.	23 Center closed All-Staff Training	24 Trip  Golden Corral Fun Bingo 10:30 a.m. Sewing & Social Club 12:30 p.m. Movie Time 1 p.m.
27 Special Presentation 9:30 a.m. Group Fitness Yoga 10 a.m. Jewelry Making 12:30 p.m. Open Mic Hour / Karaoke 1:30 p.m.	28 Walking Club 9:30 a.m. Seft-Care & Social Group 10 a.m. Fun Loteria 10:30 a.m. Geri-Fit Program 1 p.m.	29 <u>Creative Hour: Pumpkin Carving</u> 10 a.m.  Fun Bingo 12:30 p.m. Open Mic Hour / Karaoke 1:30 p.m.	30 Walking Club 9:30 a.m. Seft-Care & Social Group 10 a.m. Fun Loteria 10:30 a.m. Geri-Fit Program 1 p.m.	31 Trip  Halloween Party at Helen Drake 9:30 a.m. Sewing & Social Club 12:30 p.m. Movie Time 1 p.m.

NOV. PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Memory Café Program 10 a.m., physical activity 11:45 a.m., educational presentation Day of the Dead Traditions 12:30 p.m. 	4 Walking Club 9:30 a.m. Seft-Care & Social Group 10 a.m. Fun Loteria 10:30 a.m. Geri-Fit Program 1 p.m.	5 <u>Trip</u>  <u>Chinese Senior Center</u> 9:30 a.m. <u>Creative Hour</u> 10 a.m. Fun Bingo 12:30 p.m. Open Mic Hour / Karaoke 1:30 p.m.	6 <div>SPECIAL EVENT</div> Pop-Up Café 9:30 a.m. Honoring our Veterans 11 a.m. Geri-Fit Program 1 p.m.	7 Group Exercise 9:30 a.m. Fun Bingo 10:30 a.m. Sewing & Social Club 12:30 p.m. Movie Time 1 p.m.
10 Chair Exercise 9:30 a.m. Educational Presentation 10 a.m. Jewelry Making 12:30 p.m. Open Mic Hour / Karaoke 1:30 p.m.	11 Center closed 	12 <u>DAB Communications</u> <u>Aromatherapy</u> 10 a.m. Fun Bingo-Volunteer 12:30 p.m. Open Mic Hour - Karaoke 1:30 p.m.	13 Walking Club 9:30 a.m. Seft-Care & Social Group 10 a.m. Fun Loteria 10:30 a.m. Geri-Fit Program 1 p.m.	14 Group Exercise - Staff 9:30 a.m. Fun Bingo 10:30 a.m. Sewing & Social Club 12:30 p.m. Movie Time 1 p.m.
17 Group Fitness 10 a.m. Educational Presentation 11 a.m. Open Mic Hour / Karaoke 1:30 p.m.	18 Walking Club 9:30 a.m. Seft-Care & Social Group 10 a.m. Fun Loteria 10:30 a.m. Geri-Fit Program 1 p.m.	19 <u>Arts with Christy</u> 10 a.m. Fun Bingo 12:30 p.m. Open Mic Hour / Karaoke 1:30 p.m.	20 Walking Club 9:30 a.m. Seft-Care & Social Group 10 a.m. Fun Loteria 10:30 a.m. Geri-Fit Program 1 p.m.	21  <div>SPECIAL EVENT</div> Thanksgiving & Birthday Celebrations Ken Walker 10 a.m. Sewing & Social Club 12:30 p.m. Movie Time 1 p.m.
24 Chair Exercise 9:30 a.m. Educational Presentation 10 a.m. Jewelry Making 12:30 p.m. Open Mic Hour / Karaoke 1:30 p.m.	25 Walking Club 9:30 a.m. Seft-Care & Social Group 10 a.m. Fun Loteria 10:30 a.m. Geri-Fit Program 1 p.m.	26 Thanksgiving Arts & Crafts 10 a.m. Thanksgiving Bingo 12:30 p.m.	27  Thanksgiving Holiday Center closed	
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DEC. PROGRAMS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Memory Café Program 10 a.m., physical activity 11:45 a.m., educational presentation Jewelry Making 12:30 p.m. Open Mic Hour / Karaoke 1:30 p.m.	2 Walking Club 9:30 a.m. Seft-Care & Social Group 10 a.m. Fun Loteria 10:30 a.m. Geri-Fit Program 1 p.m.	3 <u>Creative Hour</u> 10 a.m. Fun Bingo 12:30 p.m. Open Mic Hour / Karaoke 1:30 p.m.	4 Trip  Spaghetti Factory Self-Care & Social Group, 10 a.m. Fun Loteria 10:30 a.m. Geri-Fit Program 1 p.m.	5 Group Exercise - Staff 9:30 a.m. Fun Bingo 10:30 a.m. Sewing & Social Club 12:30 p.m. Movie Time 1 p.m.
8 Sound Bath Meditation 10 a.m. Educational Presentation 11 a.m. Jewelry Making, 12:30 p.m. Open Mic Hour / Karaoke 1:30 p.m.	9 Walking Club 9:30 a.m. Seft-Care & Social Group 10 a.m. Fun Loteria 10:30 a.m. Geri-Fit Program 1 p.m.	10  All Staff Meeting Center closed	11 The Legend of the Poinsette 10 a.m. Geri-Fit Program <u>Area Agency on Aging</u> 1 p.m.	12 Group Exercise - Staff 9:30 a.m. Fun Bingo 10:30 a.m. Sewing & Social Club 12:30 p.m. Movie Time 1 p.m.
15 Spirit Week: Holiday Socks Day  Chair Exercise, 10 a.m. Educational Presentation, 11 a.m. Jewelry Making, 12:30 p.m. Open Mic Hour / Karaoke, 1:30 p.m.	16  Spirit Week: Grinch Day Sound Bath Meditation 10 a.m. Geri-Fit Program 1 p.m.	17  Spirit Week: PJ Day <u>Creative Hour</u> 10 a.m. Fun Bingo 12:30 p.m. Open Mic Hour / Karaoke 1:30 p.m.	18  Spirit Week: Santa Hat Day Walking Club, 9:30 a.m. Self-Care & Social Group, 10 a.m. Fun Loteria, 10:30 a.m. Geri-Fit Program, 1 p.m.	19  Spirit Week: Ugly Sweater Day Holiday & Birthday Celebrations with D.J. Ken Walker, 10 a.m. Sewing & Social Club, 12:30 p.m. Movie Time, 1 p.m.
22 Chair Exercise, 10 a.m. Educational Presentation 11 a.m. Jewelry Making, 12:30 p.m. Open Mic Hour / Karaoke 1:30 p.m.	23 Walking Club 9:30 a.m. Seft-Care & Social Group 10 a.m. Fun Loteria 10:30 a.m. Geri-Fit Program 1 p.m.	24  Holiday Brunch 9 a.m. Holiday Center closed at noon	25 Center Closed HAPPY HOLIDAYS! 	26 Group Exercise 9:30 a.m. Fun Bingo 10:30 a.m. Sewing & Social Club 12:30 p.m. Movie Time 1 p.m.
29 Chair Exercise, 10 a.m. Educational Presentation 11 a.m. Jewelry Making, 12:30 p.m. Open Mic Hour / Karaoke 1:30 p.m.	30 Walking Club 9:30 a.m. Seft-Care & Social Group 10 a.m. Fun Loteria 10:30 a.m. Geri-Fit Program 1 p.m.	31  New Year's Eve Celebration D.J. Ken Walker		