



SENIOR PROGRAMS
CITY OF PHOENIX | HUMAN SERVICES

305 W. Pima Street
Phoenix, Arizona 85003
602 262-7249

www.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.



Your Best Years Start Here April. May. June. 2025 Marcos De Niza Senior Center



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.

MEMBERSHIP

18 years of age
Phoenix Resident \$20.00
Non-City of Phoenix \$40.00
Visitor Pass /Guest Pass

- Waiver will be required
- You will have access to All 15 senior centers
- A Visitor is limited two (2) free visits
- They can participate in all activities available at any senior center
- A guest is limited of five (5) free visits with the member
- Visitors /Guest will be given a temporary card and must comply with
- Parks & Recreation facility usage fees
- A Guest who is accompanied by a member in a good standing
- who has agreed to sponsor them.
- A person over the age of 18 years old who completes a registration packet and provides caregiver services or is a Senior Companion for a registered Senior Services Program Member.
- The member who is utilizing the service of the Caregiver must scan in at the kiosk prior to the Caregiver being given access to the senior center for the day.
- Caregiver do not pay a membership fee and only participate in activities for the benefit of the member
- Caregivers may provide Caregiver services to more than one member
- Caregivers will be issued a temporary card and must comply with Parks and Recreation facility usage fees, as applied



Free Wi-Fi
throughout
the building



LUNCH

- Lunch is served at 11:30 a.m. Monday through Friday
- 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

TRANSPORTATION

- MV Transportation provides flexible taxi service to and from your local senior center for eligible members.
- The Senior Shuttle is \$2.00
- The senior shuttle will only pick you from your home and take you to the closest senior center

CASEWORKER

- 9 a.m. to 12 p.m.
- Only 3 clients scheduled per visit
- Sign up at front desk with book
 - Every other Monday

T.E.F.A.P

12:30 p.m. to 1:30 p.m.
Every second
Wednesday & Thursday
of the month

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.

BROWN BAG

12:30 p.m.
Every Tuesday

April On-going Activities



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 10 a.m. Beauty Day by Volunteer 10 a.m. Chair Volleyball 11 a.m. Virtual Meditation 2 p.m. Shaky Tuesday	2 9:30 a.m. Walking Club 10 a.m. Virtual Zumba 10 a.m. Art of Nutrition 1 p.m. Creative Hour 2 p.m. Karaoke	3 10 a.m. Beauty Day by Volunteer 12:30 p.m. Sewing Class by Volunteer 12:30 p.m. Loteria by Volunteer	4 9:30 a.m. Blood Pressure Check by Volunteer 9:30 a.m. Walking Club 1 p.m. Lets Talk—Code of Conduct 1 p.m. Bingo
7 9:30 a.m. Blood Pressure Check by Volunteer Gentle Yoga 12:30p.m. Jewelry Class by Volunteer 12:30 p.m. Loteria by Volunteer 1 p.m. Memory Monday Andrew Drumming	8 10 a.m. Beauty Day by Volunteer 10 a.m. Chair Volleyball 11 a.m. Virtual Meditation 2 p.m. Shaky Tuesday	9 All Staff Meeting Center Closed 	10 10 a.m. Beauty Day by Volunteer 10 a.m. Music Therapy With Shannon 12:30 p.m. Sewing Class by Volunteer 12:30 p.m. Loteria by Volunteer	11 9:30 a.m. Blood Pressure Check by Volunteer 9:30 a.m. Walking Club 12:30 p.m. Movie Day 1 p.m. Bingo 1 p.m. Lets Talk—Code of Conduct
14 9:30 a.m. Blood Pressure Check by Volunteer 9:30 a.m. National Stress awareness month 12:30p.m. Jewelry Class by Volunteer 12:30 p.m. Loteria by Volunteer	15 10 a.m.. Beauty Day by Volunteer 10 a.m. Chair Volleyball 11 a.m. Virtual Meditation 12:30 p.m. Flower Class 2 p.m. Shaky Tuesday	16 9:30 a.m. Walking Club 10 a.m. Virtual Zumba 1 p.m. Creative Hour 12:30 p.m. Flower Class 2 p.m. Karaoke	17 10 am. Beauty Day by Volunteer 12:30 p.m. Sewing Class by Volunteer 12:30 p.m. Loteria by Volunteer	18 9:30 a.m. Blood Pressure Check by Volunteer 9:30 a.m. Walking Club 1 p.m. Bingo 1 p.m. Lets Talk—Code of Conduct
21 9:30 a.m. Blood Pressure Check by Volunteer 12:30p.m. Jewelry Class by Volunteer 12:30 p.m. Loteria by Volunteer	22 10 a.m. Beauty Day by Volunteer 10 a.m. Chair Volleyball 11 a.m. Virtual Meditation 2 p.m. Shaky Tuesday	23 9:30 a.m. Walking Club 10 a.m. Virtual Zumba 10 a.m. Devoted Health 50's- 60's Bingo 2 p.m. Karaoke	24 10 a.m. Beauty Day by Volunteer 12:30 p.m. Sewing Class by Volunteer 12:30 p.m. Loteria by Volunteer	25 9:30 a.m. Blood Pressure Check by Volunteer 9:30 a.m. Walking Club 1 p.m. Bingo 1 p.m. Lets Talk—Code of Conduct
28 9:30 a.m. Blood Pressure Check by Volunteer 12:30p.m. Jewelry Class by Volunteer 12:30 p.m. Loteria by Volunteer	29 10 a.m. Beauty Day by Volunteer 10 a.m. Chair Volleyball 11 a.m. Virtual Meditation 2 p.m. Shaky Tuesday	30 9:30 a.m. Walking Club 10 a.m. Virtual Zumba 10 a.m. El Dia De Nino With/ Head start 2 p.m. Karaoke	 <div>Selena Day Wednesday, April 16 9:30 a.m. "Dress as Selena - Win a Prize"</div> 	


May On-going Activities



Monday	Tuesday	Wednesday	Thursday	Friday
National Creativity Day 9:30 a.m. Friday, May 30 "Create a work of Art & Display it"			1 10 a.m. Beauty Day by Volunteer 12:30p.m. Sewing Class by Volunteer 12:30 p.m. Loteria by Volunteer	Conference for "All Staff" Center Closed Friday, May 2
5 9:30 a.m. Blood Pressure Check by Volunteer 12:30p.m. Jewelry Class Lead by Volunteer 12:30 p.m. Flower Class 12:30 p.m. Loteria by Volunteer	6 10 a.m. Beauty Day by Volunteer 10 a.m. Chair Volleyball 11 a.m. Virtual Meditation 2 p.m. Shaky Tuesday	7 9:30 a.m. Walking Club 10 a.m. Virtual Zumba 10 a.m. Art of Nutrition 2 p.m. Karaoke	8 10 a.m. Beauty Day by Volunteer 10 a.m. Arts with Christy 12:30p.m. Sewing Class by Volunteer 12:30 p.m. Loteria by Volunteer	9 9:30 a.m. Blood Pressure Check by Volunteer 9:30 a.m. Walking Club 10 a.m. Devoted Tak information 12:30 p.m. Movie Day 12:15 p.m. Dance Fitness 1 p.m. Bingo 1 p.m. Lets Talk—Code of Conduct
12 9:30 a.m. Blood Pressure Check by Volunteer 12:30p.m. Jewelry Class by Volunteer 12:30 p.m. Flower Class 12:30 p.m. Loteria by Volunteer	13 10 a.m. Beauty Day by Volunteer 10 a.m. Chair Volleyball 11 a.m. Virtual Meditation 2 p.m. Shaky Tuesday	14 9:30 a.m. Walking Club 10 a.m. National Dance like a chicken Day 10 a.m. Virtual Zumba 2 p.m. Karaoke	15 10 a.m. Beauty Day by Volunteer 10 a.m. AZ Mobile Presentation with Sonia 12:30p.m. Sewing Class by Volunteer 12:30 p.m. Loteria by Volunteer	16 9:30 a.m. Blood Pressure Check by Volunteer 9:30 a.m. Walking Club 12:15 p.m. Dance Fitness 1 p.m. Bingo 1 p.m. Lets Talk—Code of Conduct
19 9:30 a.m. Blood Pressure Check by Volunteer 12:30p.m. Jewelry Class by Volunteer 12:30 p.m. Loteria by Volunteer	20 10 a.m. Beauty Day by Volunteer 10 a.m. Chair Volleyball 11 a.m. Virtual Meditation 2 p.m. Shaky Tuesday	21 9:30 a.m. Walking Club 10 a.m. Virtual Zumba 10 a.m. Art of Nutrition 1 p.m. Creative Hour 2 p.m. Karaoke	22 10 a.m. Beauty Day by Volunteer 12:30p.m. Sewing Class by Volunteer 12:30 p.m. Loteria by Volunteer	23 9:30 a.m. Blood Pressure Check by Volunteer 9:30 a.m. Walking Club 10 a.m. Remember our Hero's 12:15 p.m. Dance Fitness 1 p.m. Bingo 1 p.m. Lets Talk—Code of Conduct
26  Memorial Day Center Closed	27 10 a.m. Beauty Day by Volunteer 10 a.m. Chair Volleyball 11 a.m. Virtual Meditation 2 p.m. Shaky Tuesday	28 9:30 a.m. Walking Club 10 a.m. Virtual Zumba 2 p.m. Karaoke	29 10 a.m. Beauty Day by Volunteer 12:30p.m. Sewing Class by Volunteer 12:30 p.m. Loteria by Volunteer	30 9:30 a.m. Blood Pressure Check by volunteer 9:30 a.m. Walking Club by Volunteer 1 p.m. Bingo 1 p.m. Lets Talk—Code of Conduct

June On-going Activities



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 9:30 a.m. Blood Pressure Check by Volunteer 10 a.m. Memory Monday Gentle Yoga 12:30p.m. Jewelry Class by Volunteer 12:30 p.m. Loteria by Volunteer</p>	<p>3 10 a.m. Beauty Day by Volunteer 10 a.m. Chair Volleyball 11 a.m. Virtual Meditation 2 p.m. Shaky Tuesday</p>	<p>4 9:30 a.m. Walking Club 10 a.m. Art of Nutrition 10 a.m. Virtual Zumba 2 p.m. Karaoke</p>	<p>5 10 a.m. Beauty Day by Volunteer 10 a.m. Arts with Christy 12:30p.m. Sewing Class by Volunteer 12:30 p.m. Loteria by Volunteer</p>	<p>6 9:30 a.m. Blood Pressure Check by Volunteer 9:30 a.m. Walking Club 1 p.m. 12:15 p.m. Dance Fitness Bingo 1 p.m. Lets Talk—Code of Conduct</p>
<p>9 9:30 a.m. Blood Pressure Check by Volunteer 10 a.m. Medicare 101 /Bingo 12:30p.m. Jewelry Class by Volunteer 12:30 p.m. Loteria by Volunteer</p>	<p>10 10 a.m. Beauty Day by Volunteer 10 a.m. Chair Volleyball 11 a.m. Virtual Meditation 2 p.m. Shaky Tuesday</p>	<p>11 9:30 a.m. Walking Club 10 a.m. Virtual Zumba 2 p.m. Karaoke</p>	<p>12 10 a.m. Beauty Day by Volunteer 12:30p.m. Sewing Class by Volunteer 12:30 p.m. Loteria by Volunteer</p>	<p>13 9:30 a.m. Blood Pressure Check by Volunteer 9:30 a.m. Walking Club 12:15 p.m. Dance Fitness 12:30 p.m. Movie Day 1 p.m. Bingo 1 p.m. Lets Talk—Code of Conduct</p>
<p>16 9:30 a.m. Blood Pressure Check by Volunteer 12:30p.m. Jewelry Class by Volunteer 12:30 p.m. Loteria by Volunteer</p>	<p>17 10 a.m. Beauty Day by Volunteer 10 a.m. Chair Volleyball 11 a.m. Virtual Meditation 2 p.m. Shaky Tuesday</p>	<p>18 9:30 a.m. Walking Club 10 a.m. Virtual Zumba 10 a.m. Art of Nutrition 1 p.m. Creative hour 2 p.m. Karaoke</p>	<p>19  Juneteenth Center Closed</p>	<p>20 9:30 a.m. Blood Pressure Check by Volunteer 9:30 a.m. Walking Club 10 a.m. 10 a.m. Music Therapy With Shannon 10 a.m. International Yoga Day 1 p.m. Bingo 1 p.m. Lets Talk—Code of Conduct</p>
<p>23 9:30 a.m. Blood Pressure Check by Volunteer 12:30p.m. Jewelry Class by Volunteer 12:30 p.m. Loteria by Volunteer</p>	<p>24 10 a.m. Beauty Day by Volunteer 10 a.m. Chair Volleyball 11 a.m. Virtual Meditation 2 p.m. Shaky Tuesday</p>	<p>25 9:30 a.m. Walking Club 10 a.m. Virtual Zumba 2 p.m. Karaoke </p>	<p>26 10 a.m. Beauty Day by Volunteer 12:30 p.m. Sewing Class by Volunteer 12:30 p.m. Loteria by Volunteer</p>	<p>27 9:30 a.m. Blood Pressure Check by Volunteer 9:30 a.m. Walking Club 1 p.m. Bingo 1 p.m. Lets Talk—Code of Conduct</p>
<p>30 9:30 a.m. Blood Pressure Check by Volunteer 12:30p.m. Jewelry Class by Volunteer 12:30 p.m. Loteria by Volunteer</p>			<p>National Beatles Day Wednesday, June 25 9:30 a.m. " Trivia & Name that Tune"</p>	

Daily Activities

Coffee Club	9 a.m.to 11 a.m.	Daily
Snack Club	9 a.m. to 11 a.m.	Daily
Billiards, Games, Cards, Puzzles	9 a.m. to 4 p.m.	Daily
Socializing with Friends	9 a.m. to 4 p.m.	Daily
Happy Body Exercise	11 a.m. to 4 p.m.	Daily
Color with Style	9 a.m. to 4 p.m.	Daily
Cardio Corner *Waiver Required	9 a.m. to 4 p.m.	Daily
Laptop Self Check out	9 a.m. to 4 p.m.	Daily

• Senior Center Group Trip Requirements

- All trips are submitted two weeks before the trip day.
- Passengers must be a registered and current senior center member.
- Trip fees **\$1 per trip (\$1 each way)** applies to center trips **(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.
 - **No Show - No Call Rules:**
 - **1st No Show:** Warning
 - **2nd No Show:** Reservation privileges suspended for the remainder of the quarter
 - **3rd No Show:** not allowed to make trip reservations for six (6) months
- **Stand-by is permitted, but not guaranteed - Stand-by may replace cancelation/no show.**

Date	Destination	Departure Time	Return Time	Cost
Thursday, April 3	Peter Piper	11 a.m.	1 p.m.	\$2.00
Wednesday, April 16	Spring Courtyard Picnic at Desert West	9:30 a.m.	12:30 p.m.	\$2.00
Tuesday, April 22	Earth Day Devonshire	9:45 a.m.	12:45 p.m.	\$2.00
Wednesday, May 7	Valle Luna	11 a.m.	1 p.m.	\$2.00
Wednesday, May 14	Johnny Rockets	11 a.m.	1 p.m.	\$2.00
Wednesday, June 4	Ihop	11 a.m.	1 p.m.	\$2.00
Wednesday, June 18	Red Devil	11 a.m.	1 p.m.	\$2.00

Special Events

Volunteer Week	April 7 through April 11	9 a.m. to 11 a.m.
Easter Celebration	Thursday, April 17	9:30 a.m. to 12:30 p.m.
Cinco De Mayo	Monday, May 5	9:30 a.m. to 12:30 p.m.
Mother's Day Celebration	Friday, May 9	9:30 a.m. to 12:30 p.m.
Father's Day Celebration	Friday, June 13	9:30 a.m. to 12:30 p.m.

Site Council Meetings



1 p.m.
 Wednesday, April 30
 Wednesday, May 28
 Wednesday, June 25



Marcos De Niza Senior Center

Is made up of members who meet monthly with staff to develop programming, fundraise and more.

Volunteers dedicate their time and talents to improve the center and activities by listening to fellow members and providing feedback to staff.

To learn more, please contact staff

Volunteering 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 and clerical support
- ♦ Shopping assistance
- ♦ Helping with daily activities and holiday programs Special events



Please see front desk staff for more information

Birthday Celebration

Join Marcos De Niza Senior Center members to Celebrate Monthly Birthdays !!!

Noon
 Thursday, April 17
 Thursday, May 15
 Thursday, June 12



Central Phoenix

Chinese

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

Marcos de Niza

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

Senior Opportunities West

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

Central-East Phoenix

Devonshire

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

McDowell Place

1845 E. McDowell Road
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

Northwest Phoenix

Deer Valley

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

Goelet Beuf

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

Helen Drake

7600 N. 27th Avenue

West Phoenix

Adam Diaz

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

Desert West

6501 W. Virginia Avenue

Northeast Phoenix

Paradise Valley

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

Shadow Mountain

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

Sunnyslope

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

Note: Trips, Programs, Classes and Events are subject to change or cancellation without notice.

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