

# Pecos Senior Center Your Best Years Start Here!

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

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.

#### Membership

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

#### Lunch

Lunch service is Monday through Friday starting 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.

#### **Transportation**

MV Transportation provides flexible taxi service to and from your local senior center for eligible members. Please contact center staff to register, or for more information.

#### **Virtual**

For virtual options, see staff or call 602-253-5366

#### Caseworker

Caseworker assistance available upon request.

### **Upcoming Events**

\* Cruisin' 50 & 60's Rock n Roll

10 a.m. Friday, Oct. 3

\* Luau

10 a.m. Friday, Oct. 24

\* Annual Pumpkin Hunt9:30 a.m. Friday Oct. 31

Oct/Nov/Dec Birthday Party
 10 a.m. Friday, Nov. 7

\* Holiday Spirit Week Dec. 15 to Dec. 19

Holiday Party Sing Along
 10 a.m. Friday Dec. 19



## 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 includes 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



For more information or a copy of this publication in an alternate format, contact 602-262-4520 voice.

This city facility is RELAY 7-1-1 trained.

# SPECIAL EVENTS

RESERVAT	IONS RE	COMME	NDFD
INCOLINATION			

		RES	SERVATIONS RECOMME	NDED	
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Paint Phoenix Purple Domestic Violence Drive Oct. 1 through Oct. 31		1 12:30 p.m. Pecos Down	2	3 10 a.m. Cruisin' 50/60 Rock 'n Roll T.A. Burrows (entertainment)
6	10 a.m. Trivia	7 10 a.m. Trip: Sky Harbor Airport Tour	8 12:15 p.m. Book Club	9 11:15 a.m. Trip: Lunch Bunch Green Chili Love	10 a.m. Oktoberfest
7 13	Indigenous Peoples' Day Center Closed	14	15 12:15 p.m. Site Council Meeting	16 10 a.m. Trip: Cerreta Candy Company	17 10 a.m. Indigenous Peoples' Day Celebration
20	) 10 a.m. Loteria	21 11 a.m. Count Your Buttons Day	22 12:30 p.m. Reel Time Movie: <i>Madea Halloween</i>	23 All Staff Meeting Center Closed	24 10 a.m. Luau
27	7 10 a.m. Good Eating presented by Devoted Health	28	29 10 a.m. Boo Bingo and Table Decorating Contest	30 11:30 a.m. Candy Corn Day	31 9:30 a.m. Pumpkin Hunt
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	10 a.m. Trivia	4	5 9:30 a.m. Trip: Chinese Health Fair 12:30p.m. Pecos Down	6	7 10 a.m. Birthday Party Oct./Nov./Dec Entertainment

12:15 p.m.

13

14

10 a.m.

10

10 a.m.

**11 Veterans Day** 

12





Memory Monday ScreeningSecond Monday of every month 9 to 11 a.m. and 1 to 3 p.m.Pinochle9 a.m. daily 12:30 p.m. first Tuesday & fourth Wednesday of every monthSocial Hour9 a.m. to 4 p.m. dailyTai Chi10 a.m. every Monday & WednesdayWalking9 a.m. every Tuesday & Thursday	RESERVATIONS RECOMMENDED				
Blood Pressure Checks  Bridge  12:30 p.m. every Monday, Bridge 101 12:30 p.m. Wednesday and Friday  12:30 p.m. Spades second and fourth Friday of every month 12:30 p.m. 500 Bid first and third Friday of every month 12:30 p.m. Hand, Foot & Toe every Monday, Wednesday & Friday  1 p.m. Creative Corner first & third Tuesday of every month 1 p.m. Art with Christy: Oct. 14, Nov. 18, Dec. 9 (SEE STAFF FOR SIGN UP, limited space)  Chair Exercises  10:30 a.m. every Tuesday & 10 a.m. every Thursday  Color and Conversation  What's New? Discussion Group  Fun Bingo  10 a.m. every Wednesday 12:15 p.m. every Friday  Games / Cards  9 a.m. to 4 p.m. daily (time and space permitting)  Gentle Yoga  1 to 2 p.m. on Monday & Wednesday (dance for all levels) 1 to 3 p.m. on Friday (1 to 2 p.m. teach and learn; 2 to 3 p.m. dance for all levels)  Memory Monday Screening  Pinochle  Social Hour  9 a.m. to 4 p.m. daily 12:30 p.m. first Tuesday & fourth Wednesday of every month Social Hour 9 a.m. to 4 p.m. daily 10 a.m. every Monday & Wednesday 9 a.m. to 4 p.m. daily 11 a.m. and 1 to 3 p.m.	American Mah Jong	9 a.m. every Friday <b>Advanced</b>			
Bridge  12:30 p.m. every Monday, Bridge 101 12:30 p.m. Wednesday and Friday  12:30 p.m. Spades second and fourth Friday of every month 12:30 p.m. 500 Bid first and third Friday of every month 12:30 p.m. Hand, Foot & Toe every Monday, Wednesday & Friday  1 p.m. Creative Corner first & third Tuesday of every month 1 p.m. Art with Christy: Oct. 14, Nov. 18, Dec. 9 (SEE STAFF FOR SIGN UP, limited space)  Chair Exercises  10:30 a.m. every Tuesday & 10 a.m. every Thursday  Color and Conversation  1 p.m. every Monday  What's New? Discussion Group  Fun Bingo  10 a.m. every Wednesday 12:15 p.m. every Friday  Games / Cards  9 a.m. to 4 p.m. daily (time and space permitting)  Gentle Yoga  1 to 2 p.m. on Monday & Wednesday (dance for all levels) 1 to 3 p.m. on Friday (1 to 2 p.m. teach and learn; 2 to 3 p.m. dance for all levels)  Memory Monday Screening  Pinochle  9 a.m. to 4 p.m. daily  12:30 p.m. first Tuesday & fourth Wednesday of every month Social Hour  9 a.m. to 4 p.m. daily  Tai Chi  10 a.m. every Tuesday & Wednesday Walking  9 a.m. every Tuesday & Wednesday Walking  10 a.m. every Monday & Wednesday Wednesday of every month	Ballet Yoga	10:30 a.m. every Wednesday			
12:30 p.m. Wednesday and Friday  12:30 p.m. Spades second and fourth Friday of every month 12:30 p.m. 500 Bid first and third Friday of every month 12:30 p.m. Hand, Foot & Toe every Monday, Wednesday & Friday  1 p.m. Creative Corner first & third Tuesday of every month 1 p.m. Art with Christy: Oct. 14, Nov. 18, Dec. 9 (SEE STAFF FOR SIGN UP, limited space)  Chair Exercises  10:30 a.m. every Tuesday & 10 a.m. every Thursday  Color and Conversation  1 p.m. every Monday  What's New? Discussion Group  10 a.m. every Wednesday 12:15 p.m. every Friday  Games / Cards  9 a.m. to 4 p.m. daily (time and space permitting)  Gentle Yoga  1 to 2 p.m. on Monday & Wednesday (dance for all levels) 1 to 3 p.m. on Friday (1 to 2 p.m. teach and learn; 2 to 3 p.m. dance for all levels)  Memory Monday Screening  Pinochle  Pinochle  12:30 p.m. first Tuesday & fourth Wednesday of every month 9 a.m. to 4 p.m. daily 10 a.m. every Monday & Wednesday of every month 9 a.m. to 4 p.m. daily 11 a.m. every Monday & Wednesday of every month 11 a.m. and 1 to 3 p.m.	Blood Pressure Checks	9 a.m. and 11 a.m. every Wednesday			
Cards  12:30 p.m. 500 Bid first and third Friday of every month 12:30 p.m. Hand, Foot & Toe every Monday, Wednesday & Friday  1 p.m. Creative Corner first & third Tuesday of every month 1 p.m. Art with Christy: Oct. 14, Nov. 18, Dec. 9 (SEE STAFF FOR SIGN UP, limited space)  Chair Exercises  10:30 a.m. every Tuesday & 10 a.m. every Thursday  Color and Conversation  1 p.m. every Monday  What's New? Discussion Group  10 a.m. every Wednesday 12:15 p.m. every Friday  Games / Cards  9 a.m. to 4 p.m. daily (time and space permitting)  Gentle Yoga  10 a.m. every Tuesday & Thursday  Line Dancing  1 to 2 p.m. on Monday & Wednesday (dance for all levels) 1 to 3 p.m. on Friday (1 to 2 p.m. teach and learn; 2 to 3 p.m. dance for all levels)  Memory Monday Screening  Pinochle  Pinochle  12:30 p.m. first Tuesday & fourth Wednesday of every month 9 a.m. to 4 p.m. daily 12:30 p.m. first Tuesday & Wednesday  Wednesday & Fourth Wednesday  Pa.m. daily 12:30 p.m. first Tuesday & Fourth Wednesday  Pa.m. daily 10 a.m. every Monday & Wednesday	Bridge	l			
Creative Corner  1 p.m. Art with Christy: Oct. 14, Nov. 18, Dec. 9 (SEE STAFF FOR SIGN UP, limited space)  Chair Exercises  10:30 a.m. every Tuesday & 10 a.m. every Thursday  Color and Conversation  1 p.m. every Monday  Noon, Thursday: Oct. 9; Nov. 6, Nov. 20; Dec. 4, Dec. 18  Fun Bingo  10 a.m. every Wednesday 12:15 p.m. every Friday  Games / Cards  9 a.m. to 4 p.m. daily (time and space permitting)  Gentle Yoga  1 to 2 p.m. on Monday & Wednesday (dance for all levels) 1 to 3 p.m. on Friday (1 to 2 p.m. teach and learn; 2 to 3 p.m. dance for all levels)  Memory Monday Screening  Pinochle  Pinochle  12:30 p.m. first Tuesday & fourth Wednesday of every month Social Hour  9 a.m. to 4 p.m. daily 10 a.m. every Monday & Wednesday 8 fourth Wednesday of every month 9 a.m. to 4 p.m. daily 12:30 p.m. first Tuesday & Wednesday 9 a.m. every Monday & Wednesday 9 a.m. every Monday & Wednesday 9 a.m. every Monday & Wednesday	Cards	12:30 p.m. <b>500 Bid</b> first and third Friday of every month			
Color and Conversation1 p.m. every MondayWhat's New? Discussion Groupnoon, Thursday: Oct. 9; Nov. 6, Nov. 20; Dec. 4, Dec. 18Fun Bingo10 a.m. every Wednesday 12:15 p.m. every FridayGames / Cards9 a.m. to 4 p.m. daily (time and space permitting)Gentle Yoga10 a.m. every Tuesday & ThursdayLine Dancing1 to 2 p.m. on Monday & Wednesday (dance for all levels) 1 to 3 p.m. on Friday (1 to 2 p.m. teach and learn; 2 to 3 p.m. dance for all levelsMemory Monday ScreeningSecond Monday of every month 9 to 11 a.m. and 1 to 3 p.m.Pinochle9 a.m. daily 12:30 p.m. first Tuesday & fourth Wednesday of every monthSocial Hour9 a.m. to 4 p.m. dailyTai Chi10 a.m. every Monday & WednesdayWalking9 a.m. every Tuesday & Thursday	Creative Corner	1 p.m. Art with Christy: Oct. 14, Nov. 18, Dec. 9			
What's New? Discussion Groupnoon, Thursday: Oct. 9; Nov. 6, Nov. 20; Dec. 4, Dec. 18Fun Bingo10 a.m. every Wednesday 12:15 p.m. every FridayGames / Cards9 a.m. to 4 p.m. daily (time and space permitting)Gentle Yoga10 a.m. every Tuesday & ThursdayLine Dancing1 to 2 p.m. on Monday & Wednesday (dance for all levels) 1 to 3 p.m. on Friday (1 to 2 p.m. teach and learn; 2 to 3 p.m. dance for all levelsMemory Monday ScreeningSecond Monday of every month 9 to 11 a.m. and 1 to 3 p.m.Pinochle9 a.m. daily 12:30 p.m. first Tuesday & fourth Wednesday of every monthSocial Hour9 a.m. to 4 p.m. dailyTai Chi10 a.m. every Monday & WednesdayWalking9 a.m. every Tuesday & Thursday	Chair Exercises	10:30 a.m. every Tuesday & 10 a.m. every Thursday			
Fun Bingo  Games / Cards  Gentle Yoga  Line Dancing  Memory Monday Screening  Pinochle  Pinochle  Pinochle  Tai Chi  Tai Chi  Tai Chi  To Bingo  10 a.m. every Wednesday 12:15 p.m. every Friday  10 a.m. every Tuesday & Thursday  10 a.m. every Monday & Wednesday (dance for all levels) 10 a.m. every Monday & Wednesday of every month 10 a.m. every Monday & Wednesday  10 a.m. every Monday & Wednesday  10 a.m. every Tuesday & Thursday  10 a.m. every Tuesday & Thursday	Color and Conversation	1 p.m. every Monday			
Games / Cards  9 a.m. to 4 p.m. daily (time and space permitting)  Gentle Yoga  10 a.m. every Tuesday & Thursday  Line Dancing  1 to 2 p.m. on Monday & Wednesday (dance for all levels) 1 to 3 p.m. on Friday (1 to 2 p.m. teach and learn; 2 to 3 p.m. dance for all levels  Memory Monday Screening  Pinochle  Pinochle  12:30 p.m. first Tuesday & fourth Wednesday of every month Social Hour  9 a.m. to 4 p.m. daily 10 a.m. every Monday & Wednesday Wednesday Walking  9 a.m. every Monday & Wednesday  9 a.m. every Monday & Wednesday		noon, Thursday: Oct. 9; Nov. 6, Nov. 20; Dec. 4, Dec. 18			
Gentle Yoga  10 a.m. every Tuesday & Thursday  1 to 2 p.m. on Monday & Wednesday (dance for all levels) 1 to 3 p.m. on Friday (1 to 2 p.m. teach and learn; 2 to 3 p.m. dance for all levels)  Memory Monday Screening  Pinochle  Pinochle  12:30 p.m. first Tuesday & fourth Wednesday of every month  Social Hour  9 a.m. to 4 p.m. daily 10 a.m. every Monday & Wednesday  Walking  9 a.m. every Tuesday & Thursday	Fun Bingo	· · · · · · · · · · · · · · · · · · ·			
Line Dancing  1 to 2 p.m. on Monday & Wednesday (dance for all levels) 1 to 3 p.m. on Friday (1 to 2 p.m. teach and learn; 2 to 3 p.m. dance for all levels  Memory Monday Screening  Pinochle  Pinochle  12:30 p.m. first Tuesday & fourth Wednesday of every month  Social Hour  9 a.m. to 4 p.m. daily 10 a.m. every Monday & Wednesday  Walking  9 a.m. every Tuesday & Thursday	Games / Cards	9 a.m. to 4 p.m. daily (time and space permitting)			
Memory Monday Screening  Pinochle  1 to 3 p.m. on Friday (1 to 2 p.m. teach and learn; 2 to 3 p.m. dance for all levels  Second Monday of every month 9 to 11 a.m. and 1 to 3 p.m.  9 a.m. daily 12:30 p.m. first Tuesday & fourth Wednesday of every month  9 a.m. to 4 p.m. daily  Tai Chi  10 a.m. every Monday & Wednesday  9 a.m. every Tuesday & Thursday	Gentle Yoga	10 a.m. every Tuesday & Thursday			
Screening  Pinochle  12:30 p.m. first Tuesday & fourth Wednesday of every month  Social Hour  9 a.m. to 4 p.m. daily  10 a.m. every Monday & Wednesday  Walking  9 a.m. every Tuesday & Thursday	Line Dancing	1 to 2 p.m. on Monday & Wednesday <i>(dance for all levels)</i> 1 to 3 p.m. on Friday <i>(1 to 2 p.m. teach and learn; 2 to 3 p.m. dance for all levels)</i>			
12:30 p.m. first Tuesday & fourth Wednesday of every month  Social Hour 9 a.m. to 4 p.m. daily  Tai Chi 10 a.m. every Monday & Wednesday  Walking 9 a.m. every Tuesday & Thursday	5	Second Monday of every month 9 to 11 a.m. and 1 to 3 p.m.			
Tai Chi 10 a.m. every Monday & Wednesday  Walking 9 a.m. every Tuesday & Thursday	Pinochle	,			
Walking 9 a.m. every Tuesday & Thursday	Social Hour	9 a.m. to 4 p.m. daily			
	Tai Chi	Chi 10 a.m. every Monday & Wednesday			
Wii Rowling 12:30 n m, every Monday & Tuesday	Walking	9 a.m. every Tuesday & Thursday			
12.50 p.iii. every interioral & ruesday	Wii Bowling	12:30 p.m. every Monday & Tuesday			