



SENIOR PROGRAMS  
CITY OF PHOENIX | HUMAN SERVICES

# Paradise Valley Senior Center

## Programs for Active Adults

17402 N. 40th Street, Phoenix, AZ. 85032 602.495.3785

For more information or a copy of this publication in an alternate format, call 602-262-4520 voice. This facility is Relay 7-1-1 trained.



### PARADISE VALLEY SENIOR CENTER

Paradise Valley Senior Center is an activity center for seniors and adults, located in Northeast Phoenix. We are one block North of Bell Road on 40th Street in Paradise Valley Park. Our campus includes Paradise Valley Pool and Paradise Valley Community Center. Our friendly Human Services staff is here to serve you ... stop on by and discover a host of amenities, classes, and programs perfect for you.

**YOUR BEST YEARS  
START HERE!**

# SPRING 2025

## PROGRAM SCHEDULE

### APRIL/MAY/JUNE

### 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.

### 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.

### Human Services Program

**9 a.m. to 4 p.m.**

**Monday through Friday**

Senior Center operating hours 8 a.m. to 5 p.m.

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

### Parks and Recreation Program

Monday through Thursday: 9 a.m. to 9 p.m.

Fri: 9 a.m. to 6 p.m. Sat: 10 a.m. to 6 p.m.

## SENIOR AEROBICS

9:30 to 10:30 a.m.  
Tuesdays, Thursdays



*Join volunteer Joe in the gymnasium for a great workout to fun music! Bring your own hand weights (optional).*

## LINE DANCING

9:30 to 10:30 a.m.  
Mondays, Fridays



*Join volunteers Eve and Carol for an engaging session. No experience necessary and all are welcome.*

## CHAIR YOGA

9:30 to 10:30 a.m.  
Wednesdays



*No class May 14, 21, or 28*

*Movement teacher Michelle D. will instruct you in yoga movement using a chair. All are welcome.*

## GERI FIT

Tuesdays at 11 a.m.  
Thursdays at 9:45 a.m.



*Instructor Geraldine provides chair fitness for stretching, toning, strengthening & balance.*

## LET'S DANCE

10:30 to 11:30 a.m.  
Wednesdays



*No class May 14, 21, or 28*

*Dance teacher Michelle D. will instruct you in dance movement in a fun and playful way.*

## TAI CHI / QIGONG FOR ARTHRITIS

11 a.m. to noon  
Thursdays



*Instructor Geraldine provides ways to relieve pain and improve flexibility.*

## GYM RECREATION

9 a.m. to 1:30 p.m.  
Monday thru Friday



*Our gymnasium space offers billiards, pickleball, basketball, and more! See Parks and Recreation desk for details.*

## WALKING GROUP

9 to 9:30 a.m.  
Monday thru Friday



*The gymnasium is open daily for walking time in the cool air. Don't forget your water bottle!*

## PV SENIOR SINGERS

12:30 to 2 p.m.

Mondays

*No group May 12, 19, or 26*

*Patriotic Performance: May 5 at 11:30 a.m.*

*Like to sing just for fun? This is for you!*

*No experience needed.*



## CRAFTING STUDIO

9 a.m. to 3 p.m.

Mondays

*No group in June*

*Join Hooks and Needles group and others for a variety of crafting fun. Got a fun craft?*

*Bring it in and share with us!*



## LICENSED BINGO

12:30 to 3:30 p.m.

Tuesdays, Thursdays

*Minimum fee to play is \$9*

*Games conducted by North East Senior Center Association. First game called promptly at 1 p.m.*

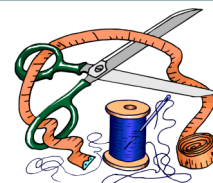


## QUILTING STUDIO

9 a.m. to 3 p.m.

Wednesdays, Fridays

*Bring your own supplies and share creative space with other quilting enthusiasts.*



## HAPPY LIVING HABITS

10:30 to 11:30 a.m.

Friday

April 11, May 9, June 13

*Bring your smile and be prepared for laughter and love. Instructor Cathy leads the group.*



## ART STUDIO

9 a.m. to 3 p.m.

Tuesdays, Thursdays

*Bring your own equipment and supplies and share creative space with other art enthusiasts.*



## ART WITH CHRISTY

12:30 to 2 p.m.

Tuesday

April 1, May 6

*Join art teacher Christy for a free make and keep art project. Supplies are included.*

*This class is taught virtually. **Sign up required.***



## CERAMICS STUDIO

9 a.m. to 3 p.m.

Mondays

*Bring your own project and supplies and share space with other ceramics creators.*



# BIRTHDAY CLUB

10:30 a.m.  
Friday, May 16



Join us to celebrate  
April, May, June birthdays!  
*Music by D.J. Ken! Treats!*

## ACTIVITY ZONE

9 a.m. to 3 p.m.  
Monday thru Friday



*Our comfortable library/lounge area is open daily for drop-in cards, games, reading, and computers. Laptops are available for checkout.*

## POKER

10 a.m. to 3 p.m.  
Mondays, Wednesdays, Thursdays



*Bring your group to match, bet, raise and fold. Must have a basic knowledge of the game.*

## TABLE GAMES

9 a.m. to 2 p.m.  
Tuesdays, Fridays



*Join us for Pokeno, Skip Bo, Loteria, and Uno! No experience necessary. All are welcome!*

## BIBLE STUDY

1 to 3 p.m.  
Fridays



*Non-denominational bible study group meets weekly to discuss personal journeys and choices. This is a non-city sponsored activity.*

## NEW! MAT YOGA SPECIAL 8-WEEK SESSION

Join us for Mat Yoga class combining postures, breathing, and meditation to improve your health!



11 a.m. to noon

Fridays

April 7 to May 26

(no class April 18)

Please see center flyer for pricing details, yoga mat purchase optional.



# MEMORY CAFÉ



The City of Phoenix Senior Programs Division of the Human Service Department has expanded the Memory Café Program to all 15 senior centers!

Memory Café provides support and activities for individuals living with early to moderate Alzheimer's disease and other dementias, and their care partners, family, and friends.

**Memory Café at Paradise Valley Senior Center is held:  
Second and fourth Wednesday monthly from 10:30 to 11:30 a.m.**

*No Memory Café at Paradise Valley April 9, June 11, or June 25*

Center membership is required. Caregiver must remain with individual during program.

## CONGREGATE MEALS

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.

## Paradise Valley Senior Center Closures:

**Wednesday, April 9** due to  
Senior Program staff offsite training

**Friday, May 2** due to  
Senior Program staff offsite training

**Monday, May 26** in observance of  
Memorial Day

**Thursday, June 19** in observance of  
Juneteenth

## VOLUNTEERS NEEDED!



Want to lend a helping hand? Volunteers are needed to host bridge, mah-jongg, and craft activities. Licensed Bingo, offered by Northeast Senior Center Association, is also seeking volunteers available on Tuesday and Thursday afternoons.

**Paradise Valley  
Site Council  
general meetings:**

**Friday, April 4 at noon**

**Friday, June 20 at noon**

Phoenix Parks and Recreation Department offers classes, group activities, and recreation for all ages.

To inquire about offerings at Paradise Valley Community Center, please call 602.495.3777

or view online at [phoenix.gov/recreation](http://phoenix.gov/recreation).