



3546 E. Sweetwater Ave
Phoenix, AZ 85032

602-534-2303

phoenix.gov/seniorcenters

Programming Hours:

9 a.m. to 4 p.m.

Monday through Friday

Shadow Mountain is an activity center for seniors and adults, situated in the heart of northeast Phoenix. Located on the corner of 36th Street and Sweetwater, we offer a variety of programs. Take advantage of one of our many FREE classes;

borrow a book, search the internet, or shoot some pool. Come on by, we are happy to show you around and answer any questions you may have!

Hablamos Español



SENIOR PROGRAMS
CITY OF PHOENIX | HUMAN SERVICES

SPRING 2026

April, May, June

Programs for Active Adults

JOIN THE FUN!



In the left photo, Barbara, Jody and Carol, the center's 50/50 ladies! To the right, member Nancy and Supervisor Tyler at our Valentine's Day Party! Below, you'll see our B-Fit exercise class and a group picture from our Easter celebration. We have many other classes, events, and services. Come take a tour today!



Shadow Mountain Memory Café

Provides a safe place for persons living with early to moderate dementia to socialize and participate in activities that stimulate and support brain health.
Every second Tuesday of the month at 10 a.m.

Upcoming Events/Happenings

Matter of Balance: April 10 thru May 29

Volunteer Recognition: April 17

Cinco de Mayo Party: May 5

Birthday Celebration: June 12

TRIPS

 = Very Little Walking  = Some Extra Walking Involved  = Prepare to Walk

***ALL TRIPS HAVE A \$2.00 TRANSPORTATION FEE IN ADDITION TO COST OF TRIP (IF ANY)**

APRIL

Sign-up for April trips begins at 9 a.m. on Monday, March 23

DESTINATION	DAY	DATE	DEPARTS	PICK-UP	COST	MAX #	WALK
Lunch: Cheesecake Factory	Tuesday	April 7	11 a.m.	1 p.m.	Cost of lunch	15	
Trip: Frontier Town	Thursday	April 16	10 a.m.	1 p.m.	Free + sack lunch provided	20	
Lunch: Green Corner Restaurant	Thursday	April 23	11 a.m.	1 p.m.	Cost of lunch	15	




MAY

Sign-up for May trips begins at 9 a.m. on Monday, April 20

DESTINATION	DAY	DATE	DEPARTS	PICK-UP	COST	MAX #	WALK
Lunch: Taste of Thai	Thursday	May 7	11 a.m.	12:30 p.m.	Cost of lunch	15	
Trip: Herberger Theater	Tuesday	May 12	11:15 a.m.	1 p.m.	\$10 + sack lunch provided	20	
Trip: Herberger Theater	Tuesday	May 26	11:15 a.m.	1 p.m.	\$10 + sack lunch provided	20	

JUNE

Sign-up for June trips begins at 9 a.m. on Monday, May 18

DESTINATION	DAY	DATE	DEPARTS	PICK-UP	COST	MAX #	WALK
Lunch: Anzio's Italian Restaurant	Tuesday	June 9	11 a.m.	1 p.m.	Cost of lunch	15	
Trip: Herberger Theater	Tuesday	June 16	11:15 a.m.	1 p.m.	\$10 + sack lunch provided	20	
Lunch: U.S. Egg Breakfast and Lunch	Tuesday	June 23	10:30 a.m.	12:30 p.m.	Cost of lunch	15	

TRIP RULES

- Participants must sign in at the kiosk for “Trip Sign-Up” the day of registration. Trip sign-up begins at 9 a.m.
- Trips are first come, first served.
- The **\$2 cost for transportation** and any trip costs are required at the time of registration.
- Participants are responsible for their own funding on all trips.
- Participants are limited to registering themselves and only **ONE** other current member per trip.
- **CASH** only please, checks will not be accepted.
Exact change will expedite the sign-up process.
- The number of registered participants is determined on bus availability.
- Registration closes two weeks prior to trip date or when registration reaches capacity.

REFUND

- Cancellation refunds will only be given to participants who notify center staff five business days before the trip date.

WAITLIST

- When a trip has reached capacity, participants will be placed on a limited waitlist.
- If a cancellation occurs, participants will be notified in the order they were placed on the waitlist.
- If the participant is notified before noon, they have until the close of business that day to respond.
- If the participant is notified after noon, they have until the close of next business day to respond.
- The participant must make arrangements with staff to come in and make their payment in a timely manner.
- If staff do not hear from the participant in the time allotted, the next participant on the waitlist will be contacted.

NO-SHOWS

- Participants who register and are a no-show for the trip, without notification, are subject to having trip privileges temporarily revoked. Trip suspension can be anywhere from the remainder of that trip month up to six months, depending on the amount of no-shows.

PARKING

- **WHEN ATTENDING FIELD TRIPS:** Please be mindful of the daily visitors, as we have limited disabled and front parking. If you are able, please park towards the back of the parking lot.
- As a courtesy, due to the limited disabled parking, we ask our members if they are able, to park in alternate parking spaces available.

GAME RULES

- Table games are open to current members of the City of Phoenix Senior Centers.
- Private games or reserved tables are not permitted.
- In order to be fair to current players, participants must have an understanding of the game and the rules of play.
- At times, classes are available to learn specific table games. See staff for more details.
- Participants are expected to be welcoming, kind and courteous at all times.
- Game times listed in the program schedule are official start times. Games may not begin early, and if arriving late, please speak to a staff member prior to joining the activity.

Ongoing Activities	Time	Day
Morning Socialization	9 to 11 a.m.	Monday through Friday
Walking Club	9 a.m.	Monday through Friday
Afternoon Open Game Play	12:30 to 4 p.m.	Monday through Friday
Euchre	9 to 11 a.m.	Monday
Intermediate Mah-Jongg	1 p.m.	Monday
Canasta	noon to 3:30 p.m.	Monday, Wednesday, Friday
Crazy Poker	10 a.m. to 1 p.m.	Tuesday
Prize BINGO	10 a.m.	Wednesday
Bridge	12:30 p.m.	Wednesday
Scrabble Group	12:30 p.m.	Wednesday
Open Art Studio	10 a.m. to noon	Wednesday
Beginning/Intermediate Mah-Jongg	1 p.m.	Wednesday
Quilting	9 a.m.	Thursday & Friday
Advanced Mah-Jongg	1 p.m.	Thursday
GOLF Card Game	9 a.m.	Friday
Loteria	10:15 a.m.	Friday

Please note: All programming is subject to change or cancellation with or without notice

FITNESS/HEALTH & WELLNESS

Chair Yoga

Sitting practice helps with strengthening, lengthening, balance and coordination.

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
Instructor	9 to 10 a.m.	Friday	Ongoing	May 29, June 19	FREE	Drop-in	N/A

B-Fit Strength Training

B-Fit is a progressive resistance strength training exercise program designed to increase strength, flexibility, range of motion, mobility, gait, and balance. Exercises are performed seated or standing.

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
Theresa	1 to 2 p.m.	Monday	Ongoing	TBD	FREE	Drop-in	N/A
Theresa	10 to 11 a.m.	Thursday	April	TBD	FREE	Drop-in	N/A
Theresa	12:15 to 1 p.m.	Friday	Ongoing	June 19	FREE	Drop-in	N/A

Line Dancing

Follow along with our instructor and learn various line dances and styles. Pace is geared towards older adults. *Occurs every second and fourth Monday of the month.*

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
Ruth	10 to 11 a.m.	Monday	April 13 & 27 May 11 June 8 & 22	May 25	FREE	Drop-in	N/A

Beginning Tai Chi

This class focuses on the beginning Tai Chi principals of balance, body mechanics and breath work. No experience necessary.

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
Volunteer	1 to 2 p.m.	Tuesday	Ongoing	TBD	FREE	Drop-in	N/A

Intermediate Tai Chi

This class is for the next level Tai Chi student who is ready to move on from Beginning Tai Chi. Students will continue to work on the basics but will also begin to apply the learning form.

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
Volunteer	1:15 to 2:15 p.m.	Thursday	Ongoing	TBD	FREE	Drop-in	N/A

FITNESS/HEALTH & WELLNESS

Fascia Release Class

Discover the power of your body's "internal web" in this class designed to release deep-seated physical and emotional tension through specialized stretching maneuvers and integrated breathwork. By unlocking these fascial adhesions, you'll create the space necessary to significantly reduce pain, reset your nervous system, and improve total-body mobility.

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
Volunteer	TBD	TBD	TBD	TBD	FREE	Drop-in	N/A

TECHNOLOGY

Tech Tutor Time

Having trouble figuring out how to use your smart phone, tablet, or electronic devices? *Please schedule an appointment* to see our tech tutor.

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
Hollie N.	10:30 a.m. to 1:30 p.m.	Wednesday	Ongoing	TBD	FREE	Registration required	One week prior

EDUCATIONAL

Beginning Spanish

Beginning Spanish is for students who have little to no experience with the Spanish language.

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
Yesenia S.	1 to 2 p.m.	Monday	Ongoing	TBD	FREE	Drop-in	N/A

Intermediate Spanish (Hybrid)

This class is designed specifically for intermediate Spanish learners who are ready to move beyond foundational grammar and truly activate their communication skills. The core of this class is personal expression and storytelling. Each week, students will write and prepare a short, personal story in Spanish (e.g., a memorable trip, a funny anecdote, a family tradition, or a recent challenge).

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
Joseph B.	3 to 4 p.m.	Tuesday	Ongoing	TBD	FREE	Registration required	N/A

Matter of Balance

This program emphasizes practical strategies to manage falls. *Students are required to commit to the eight week course.* No new members allowed after week two.

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
Area Agency on Aging	1 to 3 p.m.	Friday	April 10 thru May 29	TBD	FREE	Registration required	One week prior

EDUCATIONAL

Intro to Mah-Jongg

Learn Mah-Jongg at a fun easy pace. No experience necessary. Space limited to **8** participants.

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
Katy K. Judith M.	1 to 3:30 p.m.	Wednesday	April 15 thru May 18	TBD	FREE	Registration required	One week prior

Intro to Bridge

Learn how to play bridge at a fun and easy pace. Class if for beginners and those needing a refresher.

Space is limited to 16 students.

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
Judy G.	10:30 to 11:30 a.m.	Tuesday	Starting May 5	TBD	FREE	Registration required	One week prior

ARTS & CRAFTS

Rock Painting

Impress your friends by making some creative rock painting art! Space is limited to 10 members.

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
Cassandra	10 to 11 a.m.	Thursday	Ongoing	May 28	FREE	Registration required	One week prior

Creating Greeting Cards Group

This group is catered to those already experienced in card making.

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
Karen O.	12:30 to 2 p.m.	Tuesday	Ongoing	TBD	FREE	Registration required	One week prior

Collage Art With Susie!

Follow along with the as she demonstrates how to create unique collage art using various craft materials and water color paper. **Space limited to 12 students.**

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
Susie	9:30 to 11 a.m.	Tuesday	Ongoing	Second Tuesday of Month	FREE	Drop In	N/A

ARTS & CRAFTS

Paper Crafters

This is a relaxed time to craft, share ideas, and connect with others who share a passion for paper art. Bring your projects, share new techniques, and enjoy some inspiration and conversation with fellow crafters. Let's have fun creating together!

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
Suzie	9 to 11 a.m.	Monday	Ongoing	TBD	FREE	Drop In	One week prior

Acrylic and Watercolor Painting

Paint alongside the instructor with Acrylic, Oils, and Watercolor. Please bring canvas and paint brushes. Space limited to **8 students**.

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
Myriam C.	2 to 4 p.m.	Monday	Ongoing	TBD	FREE	Registration required	One week prior

SOCIAL GROUPS

Memory Café

Providing a safe place for persons living with early to moderate dementia to socialize and participate in activities that stimulate and support brain health.

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
Staff	10 to 11 a.m.	Tuesday	Every second Tuesday of the month	TBD	FREE	Drop In	N/A

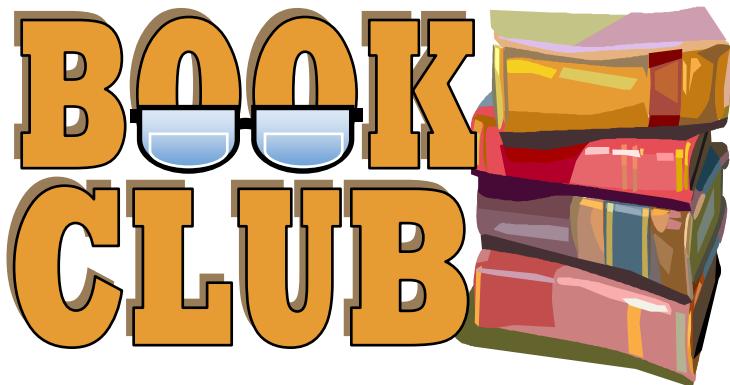
Crochet

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
Monika P. Sara Q.	1 to 3 p.m.	Thursday	Ongoing	TBD	FREE	Drop In	N/A

Quilting & Sewing Groups

INSTRUCTOR	TIME	DAY	DATE	NO CLASS	COST	ATTENDANCE	SIGN UP
N/A	9 a.m. to 12:30 p.m.	Thursday & Friday	Ongoing	June 19	FREE	Drop In	N/A

SPECIAL EVENTS and ANNOUNCEMENTS



Book Title: *The Seven Husbands of Evelyn Hugo*

by Taylor Jenkins Reid

10 to 11 a.m. Thursday, April 30

Book Title: *Spectacular Things*

By Beck Dorey-Stein

10 to 11 a.m. Thursday, May 28

Book Title: *All the Light We Cannot See*

By Anthony Doerr

10 to 11 a.m. Thursday, June 25

Book Club is FREE for members. Please make a reservation in advance by calling 602.534.2302



Birthday Party

One party to celebrate birthdays for April, May, and June. Join us for games, raffles, fun and show us your heritage and pride!

10 to 11 a.m.

Friday, June 12

Site Council Meetings

The Shadow Mountain Site Council is made up of a group of members/volunteers. They meet once a month to collaborate with staff on the development of programming, fundraising, philanthropy and much more. They dedicate their time

April 27, 2026
May 18, 2026
No meetings in June or July

and talents to improving the quality of life for Shadow Mountain participants. Meetings are held in the Conference Room and are open to all.

Center Closures



Reminders

VOLUNTEERS

Shadow Mountain is always looking for quality volunteers looking to give back to our community. One main area of need is **teaching a class or program.**

*** Zumba, line dancing, and computer volunteers needed! ***

- Volunteers must be at least 18 years of age
- Meet with center staff before volunteering
- Fill out and sign the volunteer application



City of Phoenix



Human Services Department

SENIOR PROGRAMS

PROGRAMS FOR ACTIVE ADULTS



Follow us on Facebook!

Stay Connected for Our Latest News & Updates



www.phoenix.gov/humanservices



Stay Young With Us

MEMBERSHIP

The annual membership fee is \$20 for Phoenix residents and \$40 for non-residents. Your membership gives you access to any of the 15 senior centers the City of Phoenix has to offer listed below. Try out the Shadow Mountain Senior Center with a visitor pass, good for two FREE visits.

TRANSPORTATION

Senior Shuttle Program

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

LUNCH

Lunch is served at 11:20 a.m.

A recommended contribution of \$2.50 is requested of members (+60 years of age) per meal. The cost of a meal for all others is only \$5. Meal reservations and cancellations must be made at least three business days in advance.

CASEWORKER

Service is available by appointment only. Make an appointment in person or by calling 602-534-2303.

COMMODITIES

Commodities are distributed on the first Thursday of every month on a first come first serve basis.

MEDICARE ASSISTANCE

See our Medicare specialist by appointment only. To schedule an appointment at 602.534.2303.

TTY Information

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.

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
Phoenix, AZ 85051
602-262-4949

West Phoenix

Adam Diaz

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

Desert West

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

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

