



SOUTH MOUNTAIN SENIOR CENTER

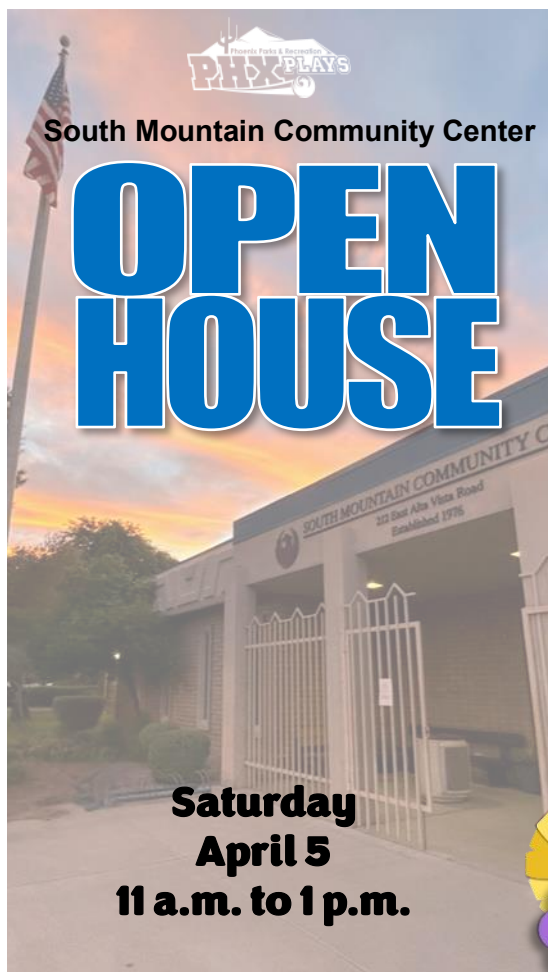
SPRING PROGRAM SCHEDULE

Programs for Active Adults

APRIL, MAY, JUNE 2025

212 E. Alta Vista Road, Phoenix, AZ 85042 602-262-4093 phoenix.gov/seniorcenters

Senior Center facility open Monday to Friday, 8 a.m. to 5 p.m. Programming Hours: 9 a.m. to 4 p.m.



PICK PLAYS

South Mountain Community Center

OPEN HOUSE

Saturday
April 5
11 a.m. to 1 p.m.



SPRING FEST

Thursday
May 15
9:30 a.m.



HUMAN SERVICES DEPARTMENT
SENIOR PROGRAMS

A Memory Café is COMING SOON to a senior center near you!

Starting January 2025, Human Services Department's Memory Café program is expanding to all 15 senior center locations.

For more information, check with your nearest senior center, or visit:
<https://www.phoenix.gov/humanservices/site/Pages/Dementia-Friendly.aspx>
602-534-5750

Memory Café



BUNNY SEARCH

How many bunnies can you find throughout the program schedule? Answer on p. 7



FUN TIMES AT THE SWEET HEART Celebration



The South Mountain Senior Center Party Committee ensures that the quarterly events are always of the best quality and looks amazing. Thank you to (from left to right) Rachel, Glenis, Irene (Party Chair), Rosita, Cookie, Rita and Bruce for being amazing volunteers.

Birthday BINGO

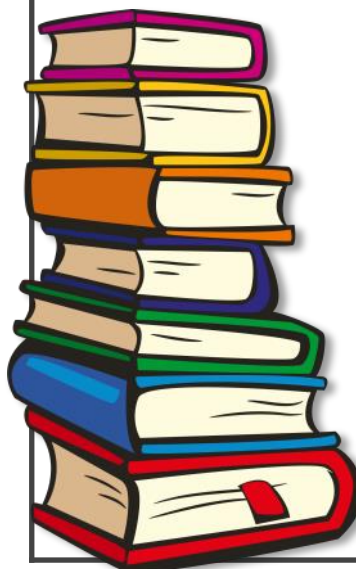
**Monday
June 30
10 a.m.**

Join us as we celebrate birthdays for April, May, June. 2025. Enjoy cake, ice cream and play BINGO for prizes with special opportunities for those celebrating their birthday month.

Book Club

Read. Discuss. Repeat.

Hosted by the Ocotillo Library and Workforce Literacy Center at the South Mountain Senior Center.



Thursday, April 3
Our Missing Hearts
By Celeste Ng

Thursday, May 1
Convenience Store Woman
By Sayaka Murata

Thursday, June 5
Bad Cree
By Jessica Johns





CENTER TRIPS



DAY/DATE	LOCATION	DEPARTS FROM CENTER	DEPARTS FROM TRIP	COST	REGISTRATION AVAILABLE	REGISTRATION CLOSES
Thursday April 10	Maricopa County Fair	11 a.m.	2 p.m.	\$9	Friday March 28	Friday April 4
Wednesday April 30	Herberger Theater Gather-Round the Campfire	11 a.m.	1:30 p.m.	\$12	Friday March 28	Friday April 18
Wednesday May 7	Out To Lunch La Pinata	11 a.m.	1 p.m.	\$2	Monday April 28	Thursday May 1
Tuesday May 20	Herberger Theater Solid Gold Soul T.A. Burrows	11 a.m.	1:30 p.m.	\$12	Monday April 28	Friday May 9
Wednesday May 28	Musical Instrument Museum	10 a.m.	2 p.m.	Bus \$2 Other \$ TBD	Monday April 28	Friday May 16
Wednesday June 11	Chandler Museum Tour and optional Lunch at	9:30 a.m.	1 p.m.	\$2	Monday May 26	Friday June 6
Wednesday June 18	Out To Lunch Matt's Big Breakfast	11 a.m.	1 p.m.	\$2	Monday May 26	Friday June 6
Wednesday June 25	Home Depot Craft Project	9:30 a.m.	noon	\$2	Monday May 26	Friday June 13

TRIP RULES

- 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 only.
- **CASH/EXACT CHANGE only please.**
- The number of registered participants is determined on bus availability.
- Registration closes at least 3 business days prior to trip date, when registration reaches capacity or when otherwise noted.
- Participants are responsible for being independent on all trips with the exception for a personal registered caregiver.
- All participants are required to adhere to all rules during trips as stated in the Senior Programs Handbook.
- **Participants attending official South Mountain Senior Center trips on their own must still register with staff and adhere to all rules listed.**










REFUND

- Cancellation refunds will only be given to participants who notify center staff five business days before the trip date unless otherwise noted.
- **Participants who do not cancel ahead of time and are a NO SHOW are subject to being restricted from registering for future trips.**

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.
- The participant must make arrangements with staff to come in and make their payment in a timely manner when called from the waitlist.
- If staff does not hear from the participant in the time allotted, the next participant on the waitlist will be contacted.
- Participants may only get on the bus if they are officially registered or on the official standby list.

A P R I L	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	MARCH 28 APRIL REGISTRATION	1 BINGO 10 a.m. Chair Yoga 12 p.m. Line Dancing 1 p.m.	2 Chair Exercise 10 a.m. Meditation 12:30 p.m.	3 Color Me Calm 9 a.m. Move 2 Music 10 a.m. Book Club 12:30 p.m.	4 Chair Exercise 10 a.m. Fast BINGO 1 p.m.
	7 ESL 2 9:15 a.m. ESL 1 10:30 a.m. Chair Exercise 10 a.m. Tai Chi 1 p.m.	8 BINGO 10 a.m. Chair Yoga 12 p.m. Line Dancing 1 p.m.	9 ALL STAFF TRAINING 	10 Color Me Calm 9 a.m. Move 2 Music 10 a.m. Benefits of Gratitude 12:30 p.m.  County Fair	11 Site Council 9:30 a.m. Chair Exercise 10 a.m. Fast BINGO 1 p.m.
	14 ESL 2 9:15 a.m. ESL 1 10:30 a.m. Chair Exercise 10 a.m. Tai Chi 1 p.m.	15 BINGO 10 a.m. Chair Yoga 12 p.m. Line Dancing 1 p.m.	16 Chair Exercise 10 a.m. Meditation 12:30 p.m. Beading 1 p.m.	17 Color Me Calm 9 a.m. Move 2 Music 10 a.m. Arts & Crafts Workshop 12:30 p.m.	18 Food Box 9 a.m. Chair Exercise 10 a.m. Fast BINGO 1 p.m.
	21 ESL 2 9:15 a.m. ESL 1 10:30 a.m. Chair Exercise 10 a.m. Memory Café noon Tai Chi 1 p.m.	22 BINGO 10 a.m. Chair Yoga 12 p.m. Line Dancing 1 p.m. 	23 Chair Exercise 10 a.m. Meditation 12:30 p.m. Art w/ Tina 12:30 p.m.	24 Color Me Calm 9 a.m. Move 2 Music 10 a.m. Phoenix Art Museum Presentation 1 p.m.	25 Site Council 9:30 a.m. Chair Exercise 10 a.m. Fast BINGO 1 p.m.
M A Y	28 MAY REGISTRATION ESL 2 9:15 a.m. ESL 1 10:30 a.m. Chair Exercise 10 a.m. Tai Chi 1 p.m.	29 BINGO 10 a.m. Chair Yoga 12 p.m. Line Dancing 1 p.m. 	30 Chair Exercise 10 a.m. Meditation 12:30 p.m.  Herberger Theater		
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Color Me Calm 9 a.m. Move 2 Music 10 a.m. Book Club 12:30 p.m.	2 ALL STAFF TRAINING 
	5 ESL 2 9:15 a.m. ESL 1 10:30 a.m. Chair Exercise 10 a.m. Tai Chi 1 p.m.	6 BINGO 10 a.m. Chair Yoga 12 p.m. Line Dancing 1 p.m.	7 Chair Exercise 10 a.m. Meditation 12:30 p.m.  Lunch: La Pinata	8 Color Me Calm 9 a.m. Move 2 Music 10 a.m. Health Presentation 12:30 p.m.	9 Chair Exercise 10 a.m. Fast BINGO 1 p.m.
	12 ESL 2 9:15 a.m. ESL 1 10:30 a.m. Chair Exercise 10 a.m. Tai Chi 1 p.m.	13 BINGO 10 a.m. Line Dancing 1 p.m.	14 Chair Exercise 10 a.m. Meditation 12:30 p.m. Art w/ Tina 12:30 p.m.	15  SPRING FEST 9:30 a.m. 	16 Food Box 9 a.m. Chair Exercise 10 a.m. Fast BINGO 1 p.m.
	19 ESL 2 9:15 a.m. ESL 1 10:30 a.m. Chair Exercise 10 a.m. Memory Café noon Tai Chi 1 p.m.	20 BINGO 10 a.m. Line Dancing 1 p.m.  Herberger Theater	21 Chair Exercise 10 a.m. Meditation 12:30 p.m.	22 Color Me Calm 9 a.m. Card Making 1 p.m.	23 Chair Exercise 10 a.m. Fast BINGO 1 p.m.
	26 JUNE REGISTRATION ESL 2 9:15 a.m. ESL 1 10:30 a.m. Chair Exercise 10 a.m. Tai Chi 1 p.m.	27 BINGO 10 a.m. Line Dancing 1 p.m.	28 Chair Exercise 10 a.m. Meditation 12:30 p.m.  M.I.M	29 Color Me Calm 9 a.m. Arts & Crafts Workshop 12:30 p.m.	30 Chair Exercise 10 a.m. Fast BINGO 1 p.m.

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	23 ESL 2 9:15 a.m. ESL 1 10:30 a.m. Chair Exercise 10 a.m. Tai Chi 1 p.m.	24 BINGO 10 a.m. Line Dancing 1 p.m. Art w/ Tina 12:30 p.m. 	25 Chair Exercise 10 a.m. Meditation 12:30 p.m.  Home Depot	26 Color Me Calm 9 a.m. Arts & Crafts Workshop 12:30 p.m.	27 Chair Exercise 10 a.m. Fast BINGO 1 p.m.
	30 	 Fresh Fruits and Veggies Distributed on April 22, May 20 and June 24. Time varies depending on delivery. Members must sign in at kiosk to receive the items. First come, first served. 			



ONGOING DAILY OPPORTUNITIES





ACTIVITY	DAYS	TIME	ROOM	ATTENDANCE
COFFEE and CONVERSATION	MONDAY to FRIDAY	9 a.m. to 4 p.m.	Century	Drop-In Sign-Up at Kiosk Upon Arrival
LAPTOP STATION	MONDAY to FRIDAY	9 a.m. to 4 p.m.	Lobby	
BILLIARDS	MONDAY to FRIDAY	9 a.m. to 4 p.m.	Game Room	
TABLE GAMES	MONDAY to FRIDAY	9 a.m. to 4 p.m.	Lobby	
PUZZLE TABLE	MONDAY to FRIDAY	9 a.m. to 4 p.m.	Lobby	
WALKING	MONDAY to FRIDAY	9 to 10 a.m.	Gym/Park	
FUN BINGO	TUESDAY	10 to 11 a.m.	Century	
BLOOD PRESSURE CHECK	WEDNESDAY	9 a.m. to 10 a.m.	Lobby	
FRIDAY'S FUN FAST BINGO	FRIDAY	1 to 1:30 p.m.	Century	

CLASSES



All classes listed are FREE to paid members of the Human Services Senior Programs. Members are required to check in at the kiosk and sign in for any classes they will be attending that day.

CLASS	DAY/TIME	START	END	NO CLASS	SIGN-IN
ESL 2 This course is an extension of ESL 1. Students must have completed ESL 1 or get permission from the instructor to attend.	Monday 9:15 a.m.	April 7	June 23	N/A	Registration begins March 28
ESL 1 This course will take Spanish speaking students through steps on learning the English language.	Monday 10:30 a.m.	April 7	June 23	N/A	Registration begins March 28
TAI CHI 101 Basic understanding of Tai Chi theory and principals. You will develop body awareness skills through exercise drills, balancing/centering, breathing techniques, flexibility and strength training.	Monday 1 p.m.	April 7	June 30	N/A	Drop-In Sign-Up at Kiosk Upon Arrival
Chair Yoga This class offers breathing exercises, gentle stretching and postures to benefit muscles, joi and increase flexibility and strength It also creates a focus of the Mind-Body connection while increasing body awareness, stamina and energy as part of the stretching and slow body movements. The class is seated with some chair supported standing poses. Students are encouraged to bring their own props such as a yoga strap and block.	Tuesday noon	April 1	May 7	N/A	Drop-In Members must Sign-Up at Kiosk Upon Arrival. Space is limited. First come first served
LINE DANCING Beginner to Advanced Beginner line dance lessons. Learn basic line dance moves and terminology. Dance to a variety of genres: Pop, Funk, Country and Latin. Last half of class will be songs by request.	Tuesday 1 p.m.	April 1	June 24	N/A	Drop-In Sign-Up at Kiosk Upon Arrival
CHAIR EXERCISES A fun and light workout utilizing a chair, stretch bands and light weights. Members are encourage to bring their own stretch bands. Weights are provided.	Monday 10 a.m.	April 7	June 27	April 9	Drop-In Sign-Up at Kiosk Upon Arrival
	Wednesday 10 a.m.				
	Friday 10 a.m.				
 MEDITATION The meditation class consists of a beginners guide to meditation. People will learn breathing and relaxation techniques that they can use when they need to relax or to control any anxiety. Members will then take part in guided imagery medications were they will be able to experience a peaceful and tranquil time. Members will be encouraged to use the meditation techniques that they learn in their daily lives.	Wednesday 10 a.m.	April 2	June 25	April 9	Drop-In Sign-Up at Kiosk Upon Arrival 
MOVING TO THE MUSIC This movement class is designed for adults to improve their physical and mental well being. It offers opportunities for creativity and expression, while strengthening and stretching the body. Adults will enjoy learning new ways to move to music in a FUN and welcoming environment!	Thursday 10 a.m.	April 3	May 8	N/A	Drop-In Sign-Up at Kiosk Upon Arrival
COLOR ME CALM Enjoy a self guided coloring project of your choice, while enjoying quiet time as you enjoy the sounds of peaceful meditation sounds/music.	Thursday 9 a.m.	April 3	June 26	May 15 June 19	Drop-In Sign-Up at Kiosk Upon Arrival

ONE DAY WORKSHOPS/PRESENTATION

All programs listed are FREE to paid members of the Human Services Senior Programs. Members are required to check in at the kiosk and sign in for any classes they will be attending that day.

CLASS	DAY/TIME	DATE	SIGN-IN
Art Workshop with Tina	Wednesday, 12:30 p.m.	April 23	Registration Begins Friday, March 28
Art Workshop with Tina	Wednesday, 12:30 p.m.	May 14	Registration Begins Monday, April 28
Art Workshop with Tina	Wednesday, 12:30 p.m.	June 24	Registration Begins Monday, May 26
Presentation: The Benefits of Gratitude	Thursday, 12:30 p.m.	April 10	Drop-In Sign-Up at Kiosk Upon Arrival
Health Presentation: Subject TBD	Thursday, 12:30 p.m.	May 8	Drop-In Sign-Up at Kiosk Upon Arrival
Health Presentation: Subject TBD	Thursday, 12:30 p.m.	June 12	Drop-In Sign-Up at Kiosk Upon Arrival
Beading Workshop	Wednesday, 1 p.m.	April 16	Registration Begins Friday, March 28
Arts and Crafts Workshop	Thursday, 12:30 p.m.	April 17	Registration Begins Friday, March 28
Arts and Crafts Workshop	Thursday, 12:30 p.m.	May 29	Registration Begins Monday, April 28
Arts and Crafts Workshop	Thursday, 12:30 p.m.	June 26	Registration Begins Monday, May 26
Card Making Workshop	Thursday, 1 p.m.	May 22	Registration Begins Monday, April 28
Phoenix Art Museum Presentation Under-Represented Art: Stories of Diversity, Equity and Inclusion	Thursday, 1 p.m.	April 24	Drop-In Sign-Up at Kiosk Upon Arrival
BOOK CLUB Calling all readers! The South Mountain Senior Center is excited to welcome the Ocotillo Branch Library as they host the new monthly Book Club. Books that have been chosen are easily accessible. Pick up the listed book, read it, come ready to discuss. Book titles are listed on page 2.	Thursday, 12:30 p.m.	April 3	Drop-In Sign-Up at Kiosk Upon Arrival 
	Thursday, 12:30 p.m.	May 1	
	Thursday, 12:30 p.m.	June 5	



The South Mountain Senior Center is located within the South Mountain Community Center in the heart of South Phoenix. A variety of programs, classes, presentations, trips and various activities are made available Monday to Friday from 9 a.m. to 4 p.m. for active adults. Take advantage of one of our FREE classes, presentations or special events. Join us for one of our trips and enjoy lunch with friends, shopping and cultural opportunities. Lunch is served daily for members 60 and over at a recommended contribution of only \$2.50. Reservations are required for a guaranteed meal. Stop by for a visit. We are happy to show you around and answer any questions you may have. We look forward to seeing you.

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.

Membership is open to adults ages 18 and older who are **independent** in the following areas: toileting, eating and mobility. **City of Phoenix senior centers and staff are not licensed to provide one-on-one care.** Senior Center staff reserve the right to assess participant's health and behavior for appropriateness in participation in programs, activities and trips. Individuals needing assistance with self-care due to a cognitive impairment may be eligible to attend senior center programs and activities with the aid of a one-on-one personal care attendant. The personal care attendant must remain with the member for the duration of their visit to the senior center.

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.

LUNCH: Lunch is served daily at 11:30 a.m. Members may give a recommended contribution of \$2.50 per meal. The cost of a meal for all others under 60 is \$5. Reservations and cancellations must be made at least three business days in advance. Members without a lunch reservation may have a "standby" meal based on availability. Reservations must be made in person. Over the phone orders are not permitted.

T.E.F.A.P.: Food boxes are distributed on the third Friday of the month and are first come, first served.

CASEWORKER: Services are available to current members. A Caseworker will be on site the first Thursday of each month from 9 a.m. to noon. Caseworker services are open to current senior center members. See senior center staff to schedule an appointment.

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

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

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 85031
602-262-4949

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

