



SENIOR PROGRAMS
CITY OF PHOENIX | HUMAN SERVICES

Sunnyslope Senior Center

Your Best Years Start Here

802 E. Vogel Ave. Phoenix, AZ 85020

Email us at: sunnyslope.sc.hsd@phoenix.gov

phoenix.gov/seniorservices

602.262.7572



SUNNYSLOPE SENIOR CENTER

Sunnyslope Senior Center is a recreation center for seniors and adults, situated in north central Phoenix. We are located next to the Sunnyslope Community Center at 8th St. and Vogel Ave.

MEMORY CAFÉ

Memory Café is a welcoming place to provide persons living with early to moderate dementia a safe place to social and participate in activities facilitated by professionals to simulate brain health. Advance registration required. Memory Café is held the first Wednesday of the month from 10 to 11 a.m. See flyer for details.

April to June 2026 Program Schedule

MEMBERSHIP

Membership gives you access to all 15 Phoenix senior centers. The annual membership fee is \$20 for Phoenix residents and \$40 for non-residents.

LUNCH

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.

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.

CASEWORKER SERVICES

Caseworker services are available to current members by appointment only. To schedule an appointment call 602.262.7572

Senior 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.

For more information, or a copy of this publication in an alternate format, contact 602-262-7572 voice. The City's TTY Relay phone number, 602-534-5500 may be used, if needed.



Program Schedule

Your Best Years
Start Here!

CLASS	DAY	TIME
Intermediate Tai Chi	Monday	9:15 to 10:15 a.m.
Beginner Tai Chi	Monday	10:30 to 11:30 a.m.
Fun Bingo	Monday	12:15 to 1:15 p.m.
Dancercise	Monday	1 to 2 p.m.
Bridge	Monday	1 to 2 p.m.
Beginner Spanish	Monday	2 to 3 p.m.
CLASS	DAY	TIME
Beginner Mahjong	Tuesday	9 to 11 a.m.
Geri-fit	Tuesday	10 to 11 a.m.
Beginner Ukulele	Tuesday	noon to 2 p.m.
Intermediate Ukulele	Tuesday	12:30 to 1:30 p.m.
Chair Volleyball	Tuesday	1:30 p.m. to 2:30 p.m.
CLASS	DAY	TIME
Tai Chi Fan and Swords	Wednesday	9 to 11 a.m.
<i>Life Lines</i> Writing Class	Wednesday	9:30 to 11:30 a.m.
Computer Class	Wednesday	noon to 1 p.m.
Prize Loteria	Wednesday	12:15 to 1:15 p.m.
Canasta	Wednesday	12:30 to 4 p.m.
Dancercise	Wednesday	12:30 to 1:30 p.m.
Karaoke	Wednesday	1:30 to 4 p.m.
CLASS	DAY	TIME
Gentle Chair Yoga	Thursday	10 to 11 a.m.
Creative Crafts	Thursday	10 to 11 a.m.
Mat Yoga	Thursday	11:15 to 12:15 p.m.
Belly and Veil Dance	Thursday	12:30 to 1:30 p.m.
Intermediate Mahjong	Thursday	12:30 to 3:30 p.m.
Disco Ball Walking Club	Thursday	1:30 to 2:30 p.m.
Line Dance with Ruth	Thursday	2 to 3 p.m.
CLASS	DAY	TIME
Geri-fit	Friday	10 to 11 a.m.
Bible Study <i>not city sponsored</i>	Friday	10 to 11 a.m.
<i>Sew Much Fun</i> Sewing Class	Friday	1 to 4 p.m.
Ukulele Jam Sesh	Friday	1 to 2 p.m.
Needlework	Friday	1 to 4 p.m.

Note: Programs, classes, events, and trips subject to change or cancellation without notice.

revised 2-11-2026



Field Trips

Trip	Date and Time	Cost	Sign Up Date
Musical Instrument Museum Guided Tour	April 2 10:30 a.m.	\$24.50 Includes sack lunch	March 9
Earth Day Celebration at Devonshire	TBD	\$2 bus	TBD
Lunch: Mrs. White's Golden Rule Café	April 27 11:30 a.m.	\$2 bus + lunch	April 6
Cinco de Mayo Celebration at Desert West	May 5 9:30 a.m.	\$2 bus	April 13
Mother's Day Celebration at Marcos de Niza	May 8 10 a.m.	\$2 bus	April 13
Herberger Lunch Time: <i>Post 41</i>	May 20 11:45 a.m.	\$14.50 Includes sack lunch	April 20
Lunch: Butters Pancakes and Café	June 1 11 a.m.	\$2 bus + Cost of lunch	May 11
Herberger Lunch Time: <i>The Adventures of Karen and Keith</i>	June 17 11:45 a.m.	\$14.50 Includes sack lunch	May 18
Martin Auto Museum Tour	June 24 11 a.m.	\$14.50 Includes sack lunch	May 25

Daily Activities

Socialization, walking, Wii Bowling, board games, puzzles, and card games

Class Spotlight

Creative Crafts with Atheana

Join us Thursdays from 10 to 11 a.m. for fun, easy crafts that spark creativity



No experience needed!

Sunnyslope Senior Center will be CLOSED

April 22, All Staff Meeting
May 25, Memorial Day
June 19, Juneteenth

Tag & Craft Sale – Rent a Table!

On May 6 & May 7 from 11 a.m. to 3 p.m.
Rent a table for just \$10 to sell your crafts or treasures.

See the front desk for more information!



New Class Alert

Scrap Happy with Analisa

Get creative and turn scraps into treasures! Join us **every other Monday at 10:15 a.m.** for a fun hour of junk journaling.

See back page for scheduled dates



Class Break Schedule

Class	No class on
Beginner Spanish	April 10, April 20, June 8, June 15
Creative Crafts with Atheana	April 16, April 23, June 11, June 18
Chair Yoga with Peggy	April 6, June 4, June 11, June 18, June 25
Line Dance with Ruth	May 21, June 25

Computer and Wi-Fi

Your membership includes use of the computer lab or bring your own device to surf the 'net!

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April

Monday	Tuesday	Wednesday	Thursday	Friday
		1 10 a.m. Memory Café 12:15 p.m. Walk with Ease	2	3 12:15 p.m. Walk with Ease
6 10:15 a.m. Scrap Happy with Analisa	7 1:30 p.m. Site Council Meeting	8	9	10
13 No Spanish Class	14	15	16 No Craft Class	17 9 a.m. Area Agency on Aging Fitness Test
20 No Spanish Class	21	22 Center Closed All Staff Meeting	23 No Craft Class	24
27 10:15 a.m. Scrap Happy with Analisa	28 noon National Blueberry Pie Day	29 1:30 p.m. Karaoke Party	30 11 a.m. Volunteer Recognition (Invite Only)	

May

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4 10:15 a.m. Scrap Happy with Analisa	5 noon Cinco de Mayo Celebration	6 10 a.m. Memory Café 11 a.m. Craft Sale	7 11 a.m. Craft Sale	8
11 10 a.m. Mother's Day Celebration	12	13	14	15 noon National Chocolate Chip Day
18 10:15 a.m. Scrap Happy with Analisa	19 noon Humana Talk	20	21 No Line Dance Class	22
25 Center Closed Memorial Day	26	27	28 Last Yoga Class	29

June

Monday	Tuesday	Wednesday	Thursday	Friday
1 10:15 a.m. Scrap Happy with Analisa	2 noon 602 Day	3 10 a.m. Memory Café	4	5
8 No Spanish Class	9	10	11 No Craft Class	12
15 10:30 a.m. Juneteenth Celebration No Spanish Class	16	17	18 No Craft Class	19 Center Closed Juneteenth
22 10 a.m. April-June Birthday Party	23	24	25 No Line Dance	26
29 10:15 a.m. Scrap Happy with Analisa	30			