

Senior Opportunities West Senior Center

Your Best Years Start Here



SENIOR PROGRAMS
CITY OF PHOENIX | HUMAN SERVICES



1220 S. 7th Ave. Phoenix, AZ 85007

602-262-6610

phoenix.gov/humanservices/programs/older

Senior Center Operating Hours

Monday to Friday 8 a.m. to 5 p.m.

Programming Hours

Monday to Friday 9 a.m. to 4 p.m.

PROGRAM SCHEDULE

APRIL MAY JUNE 2025



We Celebrate Diversity!



For more information, or a copy of this publication in an alternate format, contact 602-262-6610 voice.

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

Revised 3/17/2025

UPCOMING EVENTS

MARK YOUR CALENDARS

Easter Celebration

Thursday, April 17

10 a.m.



Volunteer Recognition Event

Friday, April 25

11 a.m.



Cinco de Mayo Celebration at Marcos de Niza Senior Center

Monday, May 5

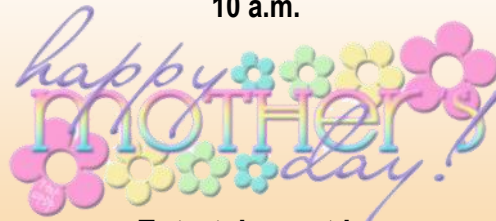
9:30 a.m.



Mother's Day Tea Party

Friday, May 9

10 a.m.



Entertainment by
D.J. Ken Walker

Memorial Day: A Forgotten History

Friday, May 23

12:30 p.m.



Father's Day Celebration

Friday, June 13

10 a.m.



Entertainment by
D.J. Ken Walker

Juneteenth Celebration

Entertainment by

T.A. Burrows & Drumming Circle

Tuesday, June 10

9:30 a.m.



★ JUNETEENTH ★
★ FREEDOM DAY ★





Group Trips



Date	Destination	Departure Time From Center	Return Time From Location	Cost
Friday April 25	Mandarin Buffet Restaurant Volunteers Only	11 a.m.	1 p.m.	\$2
Monday May 5	Cinco de Mayo Celebration & Marcos de Niza Senior Center	9:30 a.m.	12:30 p.m.	\$2
Wednesday May 14	Cocina Adamex Lunch	11 a.m.	12:30 p.m.	\$2
Wednesday June 4	Black Bear Diner Lunch	11 a.m.	12:45 p.m.	\$2



Let the
\$hopping
Begin!



Senior Center Group Trip Requirements

- ⇒ All trips are submitted two weeks before the trip day.
- ⇒ Passengers must be a registered and current senior center member.
- ⇒ Trip fees **\$1 per trip (\$1 each way)** applies to center trips (Cash only).
- ⇒ Senior center members may travel with caregivers associated with their case.
- ⇒ Participants must follow all senior center policies and procedures.
- ⇒ Participants must not leave the field trip site without informing senior center staff. Everyone goes together and comes back together.



No Show - No Call Rules:

- ⇒ **1st** No Show: Warning
- ⇒ **2nd** No Show: Reservation privileges suspended for the remainder of the quarter
- ⇒ **3rd** No Show: not allowed to make trip reservations for six (6) months

Stand-by is permitted, but not guaranteed - Stand-by may replace cancellation/no show.

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

DAILY ACTIVITIES



Dominoes



9 a.m. to 4 p.m.



Cards



Wii Sports



Puzzles



Coloring



Hockey Table



Billiards



Fitness Room
Tennis Shoes Required
Waiver Required



Socialization



Laptop Available



Shuffleboard



April. May. June
Noon
Friday, June 13



APRIL PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chair Exercise- Michelle D. 10:30 a.m. SOW Creations Hour 12:30 p.m.	2 Chair Fitness- Fernando L. 9:30 a.m. Karaoke Hour-Volunteer 12:30 p.m.	3 Educational Presentation 10 a.m. Chair Tai Chi- Anuradha G 12:15 p.m.	4 Fun Bingo-Volunteer 10:30 a.m. Movie Time 12:30 p.m.
7 Fun Loteria-Volunteer 10:30 a.m. Strength & Balance- Jan H. 12:15 p.m.	8 Chair Exercise- Michelle D. 10:30 a.m. SOW Creations Hour 12:30 p.m.	9 All-Staff Meeting Center Closed	10 Dementia Friendly Memory Café 10:30 a.m. Drumming Circle Chair Tai Chi- Anuradha G 12:15 p.m.	11 Chair Fitness- Fernando L. 10:30 a.m. Movie Time 12:30 p.m.
14 Fun Loteria-Volunteer 10:30 a.m. Strength & Balance- Jan H. 12:15 p.m.	15 Chair Exercise- Michelle D. 10:30 a.m. SOW Creations Hour 12:30 p.m.	16 Fun Bingo-Volunteer 10:30 a.m. Karaoke Hour-Volunteer 12:30 p.m.	 17 EASTER 10 a.m. Chair Tai Chi- Anuradha G 12:15 p.m.	18 Chair Fitness- Fernando L. 10:30 a.m. Movie Time 12:30 p.m.
21 Fun Loteria-Volunteer 10:30 a.m. Strength & Balance- Jan H. 12:15 p.m.	22 Chair Exercise- Michelle D. 10:30 a.m. SOW Creations Hour 12:30 p.m.	23 Fun Bingo-Volunteer 10:30 a.m. Karaoke Hour-Volunteer 12:30 p.m.	24 Educational Presentation 10 a.m. Chair Tai Chi- Anuradha G 12:15 p.m.	 25 Volunteer Recognition Trip to Mandarin Buffet Restaurant <u>VOLUNTEERS ONLY</u>
28 Fun Loteria-Volunteer 10:30 a.m. Strength & Balance- Jan H. 12:15 p.m.	29 Chair Exercise- Michelle D. 10:30 a.m. SOW Creations Hour 12:30 p.m.	30 Fun Bingo-Volunteer 10:30 a.m. Karaoke Hour-Volunteer 12:30 p.m.		 Earth Day April 22

MAY PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 MENTAL HEALTH AWARENESS MONTH	 April Happy May	 HAPPY Mother's Day	1 Educational Presentation 10 a.m. Chair Tai Chi- Anuradha G 12:15 p.m.	2 All-Staff Conference Center Closed
5  Trip at Marcos de Niza 9:30 a.m. Strength & Balance- Jan H. 12:15 p.m.	6 Chair Exercise- Michelle D. 10:30 a.m. SOW Creations Hour 12:30 p.m.	7 Memory Café Arts with Christy 10:30 a.m. Karaoke Hour-Volunteer 12:30 p.m.	8 Dementia Friendly Memory Café 10:30 a.m. Presentation & Brain Game Chair Tai Chi- Anuradha G 12:15 p.m.	9  10 a.m. Movie Time 12:30 p.m.
12 Fun Loteria-Volunteer 10:30 a.m. Strength & Balance- Jan H. 12:15 p.m.	13 Chair Exercise- Volunteer 10:30 a.m. SOW Creations Hour 12:30 p.m.	14  Fun Bingo-Volunteer 10:30 a.m. Karaoke Hour-Volunteer 12:30 p.m.	15 Educational Presentation 10 a.m. Chair Tai Chi- Anuradha G 12:15 p.m.	16 Chair Fitness- Fernando L. 10:30 a.m. Movie Time 12:30 p.m.
19 Fun Loteria-Volunteer 10:30 a.m. Strength & Balance- Jan H. 12:15 p.m.	20 Chair Exercise- Volunteer 10:30 a.m. SOW Creations Hour 12:30 p.m.	21 Fun Bingo-Volunteer 10:30 a.m. Karaoke Hour-Volunteer 12:30 p.m.	22 Drumming Circle 10:30 a.m. Chair Tai Chi- Anuradha G 12:15 p.m.	23 Chair Fitness- Fernando L. 10:30 a.m. Memorial Day: A Forgotten History 12:30 p.m. 
26 Memorial Day Holiday Center Closed	27 Chair Exercise- Volunteer 10:30 a.m. SOW Creations Hour 12:30 p.m.	28 Fun Bingo-Volunteer 10:30 a.m. Karaoke Hour-Volunteer 12:30 p.m.	29 Drumming Circle 10:30 a.m. Chair Tai Chi- Anuradha G 12:15 p.m.	30 Chair Fitness- Fernando L. 10:30 a.m. Movie Time 12:30 p.m.

JUNE PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Fun Loteria-Volunteer 10:30 a.m. Strength & Balance- Jan H. 12:15 p.m.	3 Chair Exercise- Volunteer 10:30 a.m. SOW Creations Hour 12:30 p.m.	4  Fun Bingo-Volunteer 10:30 a.m. Karaoke Hour-Volunteer 12:30 p.m.	5 Educational Presentation 10 a.m. Chair Tai Chi- Anuradha G 12:15 p.m.	6 Chair Fitness- Fernando L. 10:30 a.m. Movie Time 12:30 p.m.
9 Fun Loteria-Volunteer 10:30 a.m. Strength & Balance- Jan H. 12:15 p.m.	10 9 a.m. JUNETEENTH Music with T.A. Burrows & Drumming Circle	11 Fun Bingo-Volunteer 10:30 a.m. Karaoke Hour-Volunteer 12:30 p.m.	12 Dementia Friendly Memory Café 10:30 a.m. Arts & Crafts Chair Tai Chi- Anuradha G 12:15 p.m.	13  10 a.m. BIRTHDAYS THIS MONTH
16 Fun Loteria-Volunteer 10:30 a.m. Strength & Balance- Jan H. 12:15 p.m.	17 Chair Exercise- Volunteer 10:30 a.m. SOW Creations Hour 12:30 p.m.	18 Fun Bingo-Volunteer 10:30 a.m. Karaoke Hour-Volunteer 12:30 p.m.	19 Juneteenth Holiday Center Closed	20 Chair Fitness- Fernando L. 10:30 a.m. Movie Time 12:30 p.m.
23 Fun Loteria-Volunteer 10:30 a.m. Strength & Balance- Jan H. 12:15 p.m.	24 Chair Exercise- Volunteer 10:30 a.m. SOW Creations Hour 12:30 p.m.	25 Fun Bingo-Volunteer 10:30 a.m. Karaoke Hour-Volunteer 12:30 p.m.	26 Educational Presentation 10 a.m. Chair Tai Chi- Anuradha G 12:15 p.m.	27 Chair Fitness- Fernando L. 10:30 a.m. Movie Time 12:30 p.m.
30 Fun Loteria-Volunteer 10:30 a.m. Strength & Balance- Jan H. 12:15 p.m.	JUNE 15 WORLD ELDER ABUSE AWARENESS DAY	JUNE PTSD Awareness Month		



PRESENTATIONS



Date	Topic	Presented by	Time
Thursday, April 10	Memory Café—Topic	Hospice of the Valley	10 a.m.
Thursday, April 24	Healthy Living Class - Nutrition	Senior Center Staff	10 a.m.
Thursday, May 8	Memory Café—Topic	Hospice of the Valley	10 a.m.
Thursday, May 29	Healthy Living Class - Nutrition	Senior Center Staff	10 a.m.
Thursday, June 5	Hydration Awareness Presentation	City of Phoenix Fire Department	10 a.m.
Thursday, June 12	Memory Café—Topic	Hospice of the Valley	10 a.m.
Thursday, June 26	Healthy Living Class - Nutrition	Senior Center Staff	10 a.m.

Dementia Friendly Memory Café

Every Second Thursday of Each Month From 10 to 11:30 a.m.



Blood Pressure Checks by a Volunteer

Every Friday from 9 to 10 a.m.



Bible Study - Non City Sponsored

Every Thursday at 12:30 p.m.



ST. Mary's Food Bank T.E.F.A.P. Program

Distribution the 3rd Thursday of each month from 12:30 to 3 p.m.
(First Come First Served)

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

Senior Opportunities West Senior Center



City of Phoenix
Human Services Department



SENIOR PROGRAMS

PROGRAMS FOR ACTIVE ADULTS



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www.phoenix.gov/humanservices



Stay Young With Us

VOLUNTEER OPPORTUNITIES

Senior Centers offer a wide variety of opportunities for individuals to share their time and talents, learn new skills, and socialize with others.

Volunteers contribute their time and talents in many ways:

- Meal service assistance
- Greeters and clerical support
- Shopping assistance
- Helping with daily activities and holiday programs
- Special events.



SENIOR CENTER SITE ADVISORY COMMITTEE

Senior Center volunteers serve in a leadership capacity for the senior center community by serving on the center's Site Advisory Committee. The advisory committee assists staff by offering suggested advice on various center issues, and by helping centers meet the department goals and program requirements.

Duties of the Committee may include:

- Identifying center needs
- Suggesting solutions
- Providing community outreach
- Advocating for older adults
- Representing or encouraging representation on community groups/boards/committees
- Fundraising for programs and activities
- Providing feedback on food services
- Assisting with volunteer recruitment.



SOW Advisory Committee Meetings

- | | |
|-----------|------------------|
| 9:30 a.m. | Tuesday, April 8 |
| 9:30 a.m. | Tuesday, May 13 |
| 9:30 a.m. | Tuesday, June 3 |



Senior Opportunities West Senior Center



"YOUR BEST YEARS START HERE"



The Human Services Department (HSD) Senior Programs operates

15 senior centers throughout the City of Phoenix for adults ages 18 and older.



Each center is dedicated to providing participants with a variety of leisure and recreational activities in a safe and supportive environment.



Membership

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

Senior Center Shuttle Program:

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.

Center Trips

Passengers must be a registered and current member, please register at the front desk.

Caseworker

Service is available to current members every first and third Monday of the month by appointment ONLY.

Join Us Virtual or In Person

Video:

Requires smart phone, tablet or computer with camera.

<https://cityofphoenix.webex.com/meet/SOW.SC>

Select join by browser; app download not Required.

Telephone:

If you wish to join by phone, call 602-666-0783

Access code: 2461 613 8405

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's include 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



Center Message

The City of Phoenix does not directly or indirectly endorse any products or services presented, or to be presented, by the Screened Presenter.

Screened Presenter(s) shall not state or imply any endorsement by the City of Phoenix or any of its employees.

For more information, or a copy of this publication in an alternate format, contact 602-262-6610 voice.
This city facility is RELAY 7-1-1 trained.