

Sunnyslope Senior Center

Program for Active Adults



SENIOR PROGRAMS
CITY OF PHOENIX | HUMAN SERVICES

802 E. Vogel Ave. Phoenix, Arizona 85020

Phone: 602.262.7572

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.



April May June 2025



MEMBERSHIP

Membership gives you access to all 15 City of Phoenix Senior Centers. 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 center staff to register and for more information.

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.

CASEWORKER

Service is available every second and fourth Tuesday of the month from 9 a.m. to noon. Make an appointment in person or by calling 602.262.7572

NOTE

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.

CITY OF PHOENIX MEMORY CAFÉ PROGRAM

Sunnyslope Senior Center hosts an in-person Memory Café the first Wednesday of each month from 10 to 11 a.m. at the Sunnyslope Community Center. Call 602-534-5750 for more 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 if needed. This facility is Relay 7-1-1 trained.

phoenix.gov

TRIPS



Note: Programs, Classes, Events, and Trips are subject to change or cancel without notice.




= Very Little Walking



= Moderate Amount of Walking



= Prepare to Walk

Destination	Date	Depart Time	Cost (includes bus and ticket fee)	Walk
Trip: Desert Botanical Garden	Tuesday, April 8	10 a.m.	\$2	
Lunch: Harbor Seafood Buffet	Wednesday, April 23	11:30 a.m.	\$2 + cost of lunch	
Trip: Herberger Theater <i>Gather-Round the Campfire</i>	Wednesday, April 30	11:45 a.m.	\$10	

Destination	Date	Depart Time	Cost (includes bus and ticket fee)	Walk
Lunch: The Tamale Store	Tuesday, May 6	11:30 a.m.	\$2 + cost of lunch	
Trip: The Herberger Theater <i>Solid Gold Soul</i>	Tuesday, May 20	11:45 a.m.	\$10	
Lunch: Golden Corral	Wednesday, May 28	11:30 a.m.	\$2 + cost of lunch	

Destination	Date	Depart Time	Cost (includes bus and ticket fee)	Walk
Lunch: Lin's Grand Buffet	Monday, June 2	11:30 a.m.	\$2 + cost of lunch	
Trip: Senior Opportunities West Juneteenth Celebration	Tuesday, June 10	9:30 a.m.	\$2	
Lunch: Christo's	Wednesday, June 25	11:30 a.m.	\$2 + cost of lunch	

April 2025

Events & Activities

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2 10 a.m. Memory Cafe	3	4 11 a.m. Chair Yoga with Yasmin
7 2 p.m. Ballet Arizona	8 9 a.m. Social Services 10 a.m. Trip: Desert Botanical Garden	9 Center Closed All Staff Meeting	10 3 p.m. Line Dance with Ruth	11
14 2 p.m. Site Council Meeting 2 p.m. Ballet Arizona	15 9 a.m. Senior Fitness Testing	16 10 a.m. Spring Fest	17 3 p.m. Line Dance with Ruth	18 11 a.m. Chair Yoga with Yasmin noon Volunteer Recognition
21 2 p.m. Ballet Arizona	22 10 .m. Earth Day Activity	23 11:30 a.m. Trip: Harbor Seafood Buffet	24 3 p.m. Line Dance with Ruth	25 10a.m. Protein Bowl Sale
28 2 p.m. Ballet Arizona	29 9 a.m. Social Services	30 11:45 a.m. Trip: Herberger Theater		

Classes on Break:
Chair Yoga with Peggy (4/10)
Mat Yoga with Peggy (4/10)

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May 2025

Events & Activities

Monday	Tuesday	Wednesday	Thursday	Friday
			1 noon Docent Talk	2 Center Closed All staff training 
5 10:30 a.m.  Celebration 2 p.m. Ballet Arizona	6 11:30 a.m. Trip: The Tamale Store	7 10 a.m. Memory Cafe	8 12:30 p.m. Mother's Day Choir Performance 3 p.m. Line Dance with Ruth	9 11 a.m. Chair Yoga with Yasmin
12 2 p.m. Site Council Meeting 2 p.m. Ballet Arizona	13 9 a.m. Social Services noon Humana Talk	14	15 3 p.m. Line Dance with Ruth	16 11 a.m. Chair Yoga with Yasmin
19 2 p.m. Ballet Arizona	20 11:45 a.m. Trip: Herberger Theater	21	22 No class Line Dance with Ruth	23
26  Center Closed	27 9 a.m. Social Services	28 11:30a.m. Trip: Golden Corral	29 3 p.m. Line Dance with Ruth	30 10 a.m. Protein Bowl Sale

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June 2025

Events & Activities



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>11:30 a.m. Trip: Lin's Grand Buffet</p> <p>2 p.m. Ballet Arizona</p>	<p>3</p>	<p>4</p> <p>10 a.m. Memory Cafe</p>	<p>5</p> <p>3 p.m. Line Dance with Ruth</p>	<p>6</p>
<p>9</p> <p>2 p.m. Site Council Meeting</p> <p>2 p.m. Ballet Arizona</p>	<p>10</p> <p>9 a.m. Social Services 9:30 a.m. Trip: SOW Juneteenth Celebration noon Humana Talk</p>	<p>11</p>	<p>12</p> <p>3 p.m. Line Dance with Ruth</p>	<p>13</p> <p>10:30 a.m. Father's Day Celebration</p>
<p>16</p> <p>2 p.m. Ballet Arizona</p>	<p>17</p>	<p>18</p> <p>10:30 a.m. History of Juneteenth</p>	<p>19</p>  <p>Center Closed</p>	<p>20</p>
<p>23</p>	<p>24</p> <p>9 a.m. Social Services</p>	<p>25</p> <p>11:30 a.m. Trip: Christo's</p>	<p>26</p> <p>3 p.m. Line Dance with Ruth</p>	<p>27</p> <p>10a.m. Protein Bowl Sale</p>
<p>30</p>	<p>Classes on Break:</p> <p>Chair Yoga with Peggy Mat Yoga with Peggy Yoga with Yasmin</p>			

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Sunnyslope Senior Center Daily Activities

Laptop Lab	Monday to Friday	9 a.m. to 4 p.m.
Billiards	Monday to Friday	9 a.m. to 4 p.m.
YouTube Virtual Stretch	Monday to Friday	9 a.m.
Tai Chi: Intermediate	Monday	9:15 a.m.
Tai Chi: Beginner	Monday	10:30 a.m.
Fun Bingo	Monday	12:15 p.m.
Dancercise	Monday	1 p.m.
Bridge	Monday	1 p.m.
Senior Fitness w/ Theresa <i>Virtual</i>	Tuesday & Thursday	1 p.m.
Mahjong: Beginner	Tuesday	9 a.m.
Geri-Fit	Tuesday	10 a.m.
Ukulele: Beginner <i>student-led</i>	Tuesday	noon
Ukulele: Intermediate <i>student-led</i>	Tuesday	12:30 p.m.
Beginner Ballet	Tuesday	1:30 p.m.
Movie	Wednesday & Friday	1 p.m.
Tai Chi: Fans & Swords	Wednesday	9 to 11 a.m.
Writing Class	Wednesday	9:30 a.m.
Computer Class	Wednesday	noon
Prize Loteria	Wednesday	12:15 p.m.
Canasta	Wednesday	12:30 to 4 p.m.
Karaoke	Wednesday	1:30 p.m.
Yoga: Gentle Chair	Thursday	10 a.m.
Creative Crafts	Thursday	10 a.m.
Yoga: Mat	Thursday	11:15 a.m.
Belly & Veil Dancing	Thursday	12:30 p.m.
Mahjong: Intermediate	Thursday	12:30 p.m.
Geri-Fit	Friday	10 a.m.
Bible Study *not City sponsored*	Friday	10 a.m.
Chess Club	Friday	12:30 p.m.
Tap Dance & Ballet	Friday	noon & 1 p.m.
Scrabble Board Game	Friday	12:30 p.m.
SEW Much Fun Sewing Class	Friday	1 p.m.