



Stay Young With Us

FALL PROGRAM SCHEDULE

OCT., NOV., DEC.

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

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

SATURDAY, NOV. 8

9:30 a.m. to 3 p.m.

RUMMAGE SALE

We continue to accept DONATIONS through Nov. 7

Donations are now being accepted for the South Mountain Senior Center's Fall Rummage Sale. Donations accepted Monday through Friday, 9 a.m. to 4 p.m., excluding center closures.

Please no large items such as appliances or furniture.

Please meet with Senior Programs staff before leaving items.

All proceeds benefit South Mountain Senior Center Site Council. Site Council provides funding for center programs and amenities to benefit members.

Your donation is appreciated, thank you.

COMMUNITY DRIVE

In the spirit of the giving season, South Mountain Senior Center will be collecting toiletries for those in need in our community. Items will be accepted from October through December 2025.

Items that we are collecting:

Travel size toothbrushes, toothpaste, combs, bar soap, deodorant, hand sanitizer, hand wipes and Chapstick

DRAMA PERFORMANCE

The Drama Club will be performing their hit play from last year, "I'm Still Here" on Wednesday, Dec. 17 at 2 p.m. Join us for refreshments and stick around after the play to speak with the director and cast.

MARS-WEEN

Friday, Oct. 31
9 a.m.

This year's Fall Festival theme is out of this world. Come dressed as your favorite Martian (or in your favorite costume) and participate in the costume contest. Enjoy Martian treats, music and a photo op with an out of this world guest. Stick around after lunch to participate in Martian BINGO at 1 p.m.



HOLIDAY PARTY

Thursday, Dec. 18
9 a.m.



Birthday BINGO

Wednesday
Dec. 31, 10 a.m.

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



The Partner's program will be providing a catered lunch at the Homecoming Gala. The usual lunch will not be an option this day. **To reserve a meal, you must sign up for the Gala and a meal starting Oct. 27.**

SOUTH MOUNTAIN SENIOR
CENTER & PARTNERS PROGRAM

HOMECOMING GALA

THEME: A CLASSIC AFFAIR

Nov. 19
9:30 a.m.

LUNCH AND REFRESHMENTS WILL BE PROVIDED
PLEASE COME DRESSED TO IMPRESS

Step into an elegant morning filled with timeless tradition and celebration. Enjoy a delightful lunch and refreshments, capture memories at our photo station, cheer for the crowning of our King and Queen, and dance the day away with friends.



Please reach out to Kiley Smith with
any questions at 602-262-4875 or
kiley.smith@phoenix.gov



Book Club

Read. Discuss. Repeat.

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

Thursday, Oct. 2

Ceremony

by Leslie Marmon Silko

Thursday, Nov. 6

The Girl with the Louding Voice

by Abi Dare

Thursday, Dec. 4

Oona Out of Order

by Margarita Montimore





CENTER TRIPS



DAY/DATE	LOCATION	DEPARTS FROM CENTER	DEPARTS FROM TRIP	COST	REGISTRATION AVAILABLE	REGISTRATION CLOSES
Friday Oct. 10	Beuf Senior Center Health and Wellness Fair	9:30 a.m.	1 p.m.	BUS: \$2	Sept. 29	Oct. 3
Thursday Oct. 16	Arizona State Fair	11:30 a.m.	3 p.m.	TIX: \$10 BUS: \$2	Sept. 29	Oct. 10
Thursday Oct. 30	Shopping and Lunch Tanger Outlets	9:30 a.m.	2 p.m.	BUS: \$2	Sept. 29	Oct. 24
Thursday Nov. 13	Out to Lunch w/ Shopping Option Cheddar's	10:30 a.m.	2:30 p.m.	BUS: \$2	Oct. 27	Nov. 7
Tuesday Nov. 18	Shopping and Lunch: Tempe Marketplace	9:30 a.m.	2 p.m.	BUS: \$2	Oct. 27	Nov. 14
Tuesday Nov. 25	Shopping and Lunch: Town and Country	9:30 a.m.	2 p.m.	BUS: \$2	Oct. 27	Nov. 21
Thursday Dec. 11	Herberger Theater: <i>Kate at the KAX: A Holiday Cabaret</i>	11 a.m.	1:30 p.m.	TIX: \$12 BUS: \$2	Nov. 24	Dec. 5
Tuesday Dec. 16	Out to Lunch: Lin's Chinese Buffet	11 a.m.	1:30 p.m.	BUS: \$2	Nov. 24	Dec. 12

REGISTRATION DAY: Registration day is indicated above and in the calendar, pages 4 and 5. Day of registration, members are required to sign in at the kiosk and mark the registration event. This puts the member on a list to register for the next months trips and classes. Check-in starts at 8 a.m. Individuals will be called in order that they checked in starting at 8:30 a.m. Members must be present when their name is called or they will be skipped to next in line. The registration process can take some time, depending on the number registering, so bring your patience with you.

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 three 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
← Monday, Sept. 29, OCT. REGISTRATION 		1 Journaling 9 a.m. Chair Exercise 10 a.m. Meditation 12:30 p.m.	2 Color Me Calm 9 a.m. Stretching 10 a.m. Book Club 12:30 p.m.	3 Chair Exercise 10 a.m. Fast BINGO 1 p.m. Brain Games 12:30 p.m.
6 Open Crafts 9 a.m. ESL Study Hall 9 a.m. Chair Exercise 10 a.m. Tai Chi 1 p.m. Chess 2 p.m.	7 BINGO 10 a.m. Chair Yoga 12:15 p.m. Line Dance(1) 1 p.m. Line Dance(2) 1:45 p.m.	8 Journaling 9 a.m. Chair Exercise 10 a.m. Meditation 12:30 p.m. Karaoke 1 p.m.	9 Color Me Calm 9 a.m. Stretching 10 a.m. Fraud Prevention 12:30 p.m. ZUMBA 1:30 p.m.	10 Chair Exercise 10 a.m. Fast BINGO 1 p.m. TRIP: Beef Health and Wellness Fair 
13 INDIGENOUS PEOPLES' DAY 	14 BINGO 10 a.m. Chair Yoga 12:15 p.m. Line Dance(1) 1 p.m. Line Dance(2) 1:45 p.m.	15 Journaling 9 a.m. Chair Exercise 10 a.m. Meditation 12:30 p.m. Art 12:30 p.m.	16 Color Me Calm 9 a.m. Stretching 10 a.m. Medicare Q&A 12:30 p.m. ZUMBA 1:30 p.m. TRIP: AZ State Fair 	17 Food Box 9 a.m. Chair Exercise 10 a.m. Fast BINGO 1 p.m. Art Workshop 1:30 p.m.
20 Open Crafts 9 a.m. ESL Study Hall 9 a.m. Chair Exercise 10 a.m. Memory Café noon Tai Chi 1 p.m. Chess 2 p.m.	21 BINGO 10 a.m. Chair Yoga 12:15 p.m. Line Dance(1) 1 p.m. Line Dance(2) 1:45 p.m.	22 Journaling 9 a.m. Chair Exercise 10 a.m. Meditation 12:30 p.m. Karaoke 1 p.m.	23 ALL STAFF TRAINING 	24 Site Council 9:30 a.m. Chair Exercise 10 a.m. Fast BINGO 1 p.m.
27 NOV. REGISTRATION Open Crafts 9 a.m. ESL Study Hall 9 a.m. Chair Exercise 10 a.m. Tai Chi 1 p.m. Chess 2 p.m.	28 BINGO 10 a.m. Chair Yoga 12:15 p.m. Line Dance(1) 1 p.m. Line Dance(2) 1:45 p.m. 	29 Journaling 9 a.m. Chair Exercise 10 a.m. Meditation 12:30 p.m. Drama 1 p.m.	30 Color Me Calm 9 a.m. Stretching 10 a.m. Art Museum Talk 1 p.m. ZUMBA 1:30 p.m. TRIP: Tanger Outlets 	31 MARS WEEEN 
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Open Crafts 9 a.m. ESL Study Hall 9 a.m. Chair Exercise 10 a.m. Tai Chi 1 p.m.	4 BINGO 10 a.m. Chair Yoga 12:15 p.m. Line Dance(1) 1 p.m. Line Dance(2) 1:45 p.m.	5 Journaling 9 a.m. Chair Exercise 10 a.m. Meditation 12:30 p.m. Karaoke 1 p.m.	6 Color Me Calm 9 a.m. Stretching 10 a.m. Book Club 12:30 p.m. ZUMBA 1:30 p.m.	7 Chair Exercise 10 a.m. Fast BINGO 1 p.m. Brain Games 12:30 p.m. Rummage Sale, Sat, 11-8
10 Open Crafts 9 a.m. ESL 2 9:15 a.m. ESL 1 10:30 a.m. Chair Exercise 10 a.m. Tai Chi 1 p.m. Chess 2 p.m.	11 VETERANS DAY 	12 Journaling 9 a.m. Chair Exercise 10 a.m. Medicare Q&A 1 p.m. Meditation 12:30 p.m. Drama 1 p.m.	13 Color Me Calm 9 a.m. Stretching 10 a.m. Card Making 12:30 p.m. ZUMBA 1:30 p.m. TRIP: Cheddar's 	14 Site Council 9:30 a.m. Chair Exercise 10 a.m. Fast BINGO 1 p.m.
17 Open Crafts 9 a.m. 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. Chess 2 p.m.	18 BINGO 10 a.m. Chair Yoga 12:15 p.m. Line Dance(1) 1 p.m. Line Dance(2) 1:45 p.m. TRIP: Tempe Marketplace  	19 HOMECOMING GALA 9:30 a.m. Meditation 12:30 p.m. Art 12:30 p.m.	20 Color Me Calm 9 a.m. Stretching 10 a.m. Snow Man Craft 12:30 p.m. ZUMBA 1:30 p.m.	21 Food Box 9 a.m. Chair Exercise 10 a.m. Art Workshop 12:30 p.m. Fast BINGO 1 p.m.
24 DEC. REGISTRATION Open Crafts 9 a.m. ESL 2 9:15 a.m. ESL 1 10:30 a.m. Chair Exercise 10 a.m. Tai Chi 1 p.m.	25 BINGO 10 a.m. Chair Yoga 12:15 p.m. Line Dance(1) 1 p.m. Line Dance(2) 1:45 p.m. TRIP: Town & Country 	26 Journaling 9 a.m. Chair Exercise 10 a.m. Meditation 12:30 p.m. Karaoke 1 p.m.	27 THANKSGIVING 	28 THANKSGIVING 

DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Open Crafts 9 a.m. ESL 2 9:15 a.m. ESL 1 10:30 a.m. Chair Exercise 10 a.m. Tai Chi 1 p.m. Chess 2 p.m.	2 BINGO 10 a.m. Chair Yoga 12:15 p.m. Line Dance(1) 1 p.m. Line Dance(2) 1:45 p.m.	3 Journaling 9 a.m. Chair Exercise 10 a.m. Meditation 12:30 p.m. Fraud Prevention 1 p.m.	4 Color Me Calm 9 a.m. Stretching 10 a.m. Book Club 12:30 p.m. ZUMBA 1:30 p.m.	5 Chair Exercise 10 a.m. Fast BINGO 1 p.m.
8 Open Crafts 9 a.m. ESL 2 9:15 a.m. ESL 1 10:30 a.m. Chair Exercise 10 a.m. Tai Chi 1 p.m. Chess 2 p.m.	9 BINGO 10 a.m. Chair Yoga 12:15 p.m. Line Dance(1) 1 p.m. Line Dance(2) 1:45 p.m.	10 ALL STAFF TRAINING 	11 Color Me Calm 9 a.m. Stretching 10 a.m. ZUMBA 1:30 p.m. TRIP: HERBERGER 	12 Site Council 9:30 a.m. Chair Exercise 10 a.m. Fast BINGO 1 p.m.
15 Open Crafts 9 a.m. ESL 2 9:15 a.m. ESL 1 10:30 a.m. Chair Exercise 10 a.m. Memory Café noon	16 BINGO 10 a.m.  Chair Yoga 12:15 p.m. Line Dance(1) 1:15 p.m. Line Dance(2) 2 p.m. TRIP: Lin's Buffet 	17 Journaling 9 a.m. Chair Exercise 10 a.m. Meditation 12:30 p.m. Performance 2 p.m.	18  HOLIDAY PARTY 9 a.m. Medicare Q&A 12:30 p.m. ZUMBA 1:30 p.m.	19 Food Box 9 a.m. Chair Exercise 10 a.m. Fast BINGO 1 p.m. Art Workshop 1:30 p.m.
22 Open Crafts 9 a.m. ESL 2 9:15 a.m. ESL 1 10:30 a.m. Chair Exercise 10 a.m. Tai Chi 1 p.m. Chess 2 p.m.	23 BINGO 10 a.m. Chair Yoga 12:15 p.m. Line Dance(1) 1 p.m. Line Dance(2) 1:45 p.m.	24 CHRISTMAS EVE BINGO and TREATS 9 to 11 a.m.  CENTER CLOSES AT NOON	25 CHRISTMAS DAY 	26 Chair Exercise 10 a.m. Fast BINGO 1 p.m.
29 Open Crafts 9 a.m. ESL 2 9:15 a.m. ESL 1 10:30 a.m. Chair Exercise 10 a.m. Tai Chi 1 p.m. Chess 2 p.m.	30 BINGO 10 a.m. Chair Yoga 12:15 p.m. Line Dance(1) 1 p.m. Line Dance(2) 1:45 p.m.	31 Meditation 12:30 p.m. 	Fresh Fruits and Veggies Distributed on Oct. 28, Nov. 18 and Dec. 16. 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 
OPEN CRAFTS AND SEWING	MONDAY	9 a.m. to 4 p.m.	Mesquite	
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/MPR	
FUN BINGO	TUESDAY	10 to 11 a.m.	Century	
BLOOD PRESSURE CHECK	WEDNESDAY	9 a.m. to 10 a.m.	Lobby	
COLOR ME CALM	THURSDAY	9 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 register prior to the class or check-in at the kiosk they will be attending that day. ↓

CLASS	DAY/TIME	DATES	SIGN-IN
NEW CHESS Learn to play chess with an experienced instructor, no experience necessary. No class Nov. 3, Nov. 24 and Dec. 15	Monday, 2 p.m..	Oct. 6 to Dec. 29	Registration begins Sept. 29
ESL 2 This course is an extension of ESL1. Students must have completed ESL 1 or get permission from the instructor to attend.	Monday, 9:15 a.m.	Nov. 10 to Dec. 29	Registration begins Oct. 27
ESL 1 This course will take Spanish speaking students through steps on learning the English language.	Monday, 9:15 a.m.	Nov. 10 to Dec. 29	Registration begins Oct. 27
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. Participants must provide their own stretch bands.	Monday, 10 a.m.	Oct. 6 to Dec. 29	Sign-up at Kiosk day of
TAI CHI 101 Basic understanding of Tai Chi theory and principals. You will develop body awareness skills through exercise drills, balancing/centering, breathing techniques and flexibility.	Monday, 1 p.m.	Oct. 6 to Dec. 29	Sign-up at Kiosk day of
CHAIR YOGA This class offers breathing exercises, gentle stretching and postures to benefit muscles, joint and increase flexibility and strength. Space is limited, first come first served. Mats optional, provided by participant.	Tuesday, 12:15 p.m.	Oct. 7 to Dec. 30	Sign-up at Kiosk day of
BEGINNING LINE DANCING (1) Learn basic line dance moves and terminology. Dance to a variety of genres: Pop, Funk, Country, Latin.	Tuesday , 12:45 p.m.	Oct. 7 to Dec. 30	Sign-up at Kiosk day of
INTERMEDIATE LINE DANCING (2) Learn advanced line dance moves and terminology. Dance to a variety of genres: Pop, Funk, Country, Latin.	Tuesday, 1:30 p.m.	Oct. 7 to Dec. 30	Sign-up at Kiosk day of
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. Participants must provide their own stretch bands.	Wednes- day, 10 a.m.	Oct. 1 to Dec. 31	Sign-up at Kiosk day of
JOURNALING Students to pick a different question at random each week to answer in their journal. Questions pertain to early life, mid-life and later life topics. Participants have the week to journal and come back the following week and have the option to share what they wrote with the group.	Wednes- day, 9 a.m.	Oct. 1 to Dec. 31	Registration begins Sept. 29
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.	Wednes- day, 12:30 p.m.	Oct. 1 to Dec. 31	Sign-up at Kiosk day of
ZUMBA	Thursday, 1:30 p.m.	Oct. 9 to Dec. 18	Sign-up at Kiosk day of
LOW IMPACT EXERCISE-STRETCHING The focus is on different stretching exercises to help ourselves become more limber. Members are Instructed on several different types of stretching exercises that can help them prepare for their day. Stretching is helpful if one wants to go further and do some sort of exercise, such as walking or a workout.	Thursday, 10 a.m.	Oct. 2 to Dec. 11	Sign-up at Kiosk day of
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. Participants must provide their own stretch bands.	Friday, 10 a.m.	Oct. 3 to Dec. 26	Sign-up at Kiosk day of



ONE DAY WORKSHOPS/PRESENTATION



Programs listed below are FREE to paid members of the Human Services Senior Programs.

CLASS/WORKSHOP/PRESENTATION	DAY/TIME	DATE	SIGN-IN
Book Club Hosted by the Ocotillo Branch Library	Thursday, 12:30 p.m.	Oct. 2	Sign-up at Kiosk day of
Brain Games Presentation	Friday, 12:30 p.m.	Oct. 3	Sign-up at Kiosk day of
Karaoke Sing along to fun music with friends or solo	Wednesday, 1 p.m.	Oct. 8 Oct. 22	Sign-up at Kiosk day of
Fraud Prevention Presentation	Thursday, 12:30 p.m.	Oct. 9	Sign-up at Kiosk day of
Art Workshop Powerful Women	Wednesday, 12:30 p.m.	Oct. 15	Registration begins Sept. 29
Medicare Q&A Presentation	Thursday, 12:30 p.m.	Oct. 16	Sign-up at Kiosk day of
Arts and Crafts Workshop: TBD	Friday, 1:30 p.m.	Oct. 17	Registration begins Sept. 29
Memory Café Dementia Friendly Presentation	Monday, noon	Oct. 20	Sign-up at Kiosk day of
Drama Workshop	Wednesday, 1 p.m.	Oct. 29	Registration begins Sept. 29
Phoenix Art Museum Presentation	Thursday, 1 p.m.	Oct. 30	Sign-up at Kiosk day of
Karaoke Sing along to fun music with friends or solo	Wednesday, 1 p.m.	Nov. 5 Nov. 26	Sign-up at Kiosk day of
Book Club Hosted by the Ocotillo Branch Library	Thursday, 12:30 p.m.	Nov. 6	Sign-up at Kiosk day of
Brain Games Presentation	Friday, 12:30 p.m.	Nov. 7	Sign-up at Kiosk day of
Medicare Q&A Presentation	Wednesday, 1 p.m.	Nov. 12	Sign-up at Kiosk day of
Drama Workshop	Wednesday, 1 p.m.	Nov. 12	Registration begins Oct. 27
Arts and Crafts Workshop Card Making	Thursday, 12:30 p.m.	Nov. 13	Registration begins Oct. 27
Memory Café Dementia Friendly Presentation	Monday, noon	Nov. 17	Sign-up at Kiosk day of
Art Workshop Treasure Box Purses	Wednesday, 12:30 p.m.	Nov. 19	Registration begins Oct. 27
Arts and Crafts Workshop Sock Snowman	Thursday, 12:30 p.m.	Nov. 20	Registration begins Oct. 27
Arts and Crafts Workshop: TBD	Friday, 12:30 p.m.	Nov. 21	Registration begins Oct. 27
Fraud Prevention Presentation	Wednesday, 12:30 p.m.	Dec. 3	Sign-up at Kiosk day of
Book Club Hosted by the Ocotillo Branch Library	Thursday, 12:30 p.m.	Dec. 4	Sign-up at Kiosk day of
Memory Café Dementia Friendly Presentation	Monday, noon	Dec. 15	Sign-up at Kiosk day of
Medicare Q&A Presentation	Thursday, 1 p.m.	Dec. 18	Sign-up at Kiosk day of
Arts and Crafts Workshop: TBD	Friday, 12:30 p.m.	Dec. 19	Registration begins Nov. 24



SENIOR PROGRAMS
CITY OF PHOENIX | HUMAN SERVICES

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 service is Monday through Friday starting 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. 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 85051
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

