



4115 W. Thomas Rd. Phoenix, Arizona 85019

602- 262-1609

phoenix.gov/seniorcenters

Center Hours

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



# Adam Diaz Senior Center

## Program for Active Adults

# May & June 2024

### Membership

Annual membership is \$20 for Phoenix residents and \$40 for non-residents. Visitor pass is available for **Two free visits**

### 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.

### Trips

Must be a registered and current member, please sign up at front desk. Transportation for all field trips is \$2.00 Any questions, please ask a Staff member.

### Caseworker

Contact Center Staff for more information.

### Join Us In Person or Virtually

Please contact Adam Diaz Senior Center.

### 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 is \$5. Reservations and cancellations must be made at least three business days in advance. Members without a morning snack or lunch reservation may have a "standby" meal based on availability.

### Memory Café

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.

For more information, or a copy of this publication in an alternate format, contact 602-262-4520 voice.

This City Facility is RELAY 7-1-1 trained.

Area Agency on Aging Presents the  
"Empower Program"  
10 a.m.  
Mondays starting  
June 24 through  
September 9



# May

# Special Events



# HAPPY BIRTHDAY!

Birthday Celebration  
9 a.m.

Friday May 17, and June 21



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 10:30 a.m. Wellcare Presents Loteria (IP)	2 9:30 a.m. Trip: Marco de Niza 5 de Mayo (IP) noon: Humana Presents: Protect Yourself From Scams (IP)	3 9:30 a.m. Cinco de Mayo Celebration (IP) 
6 11 a.m. National Beverage Day Activity (IP) 	7 noon: Site Council Meeting (IP/V)	8 10:30 a.m. Archwell Presents Zumba (IP) 12:30 p.m. Oak Street Health Presents Loteria (IP)	9 9 a.m. Music Therapy Class (IP) 	10 10 a.m. Mother's Day Celebration with T.A. Burrows (IP) 
13 11 a.m. Abbott Health Presents "Pain Management" (IP)	14 2 p.m. Karaoke (IP)	15 10:30 a.m. Oak Street Health Presents Jeopardy (IP) noon: International Day of Families (IP)	16	17 9 a.m. Birthday Celebration & Oak Street Karaoke Intergenerational Event (IP)
20 11 a.m. Trip: Denny's Restaurant (IP)	21 9 a.m. Music Therapy Class (IP)	22 10:30 a.m. Archwell Presents Loteria (IP)	23 9 a.m. John F. Long Family Services Presentation (IP) 11 a.m. Heat Relief Presentation (IP)	24 9 a.m. Dementia Friends Presentation (IP) 9:30 a.m. Trip: SOW Memorial Day Remembrance (IP)
27 Center Closed Memorial Day  MEMORIAL DAY	28 9 a.m. City of Phoenix Landlord/Tenant Presentation (IP)	29 10:30 a.m. iPro's Presents Loteria (IP)	30 9 a.m. Music Therapy Class (IP)	31 9 a.m. Eternity Hospice Presents Poetry (IP) 11 a.m. Karaoke (IP)



United States Army  
 Birthday Activity  
 noon  
 Thursday June 13

# June

## Special Events



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5 10:30 a.m. Archwell Presents Zumba (IP)	6	7 10 a.m. Wellcare Presents Father's Day Celebration (IP)
10 10 a.m. World Craft Day Activity (IP) 	11 noon: Site Council Meeting (IP/V)	12 11 a.m. Karaoke (IP) 	13 9 a.m. Division of Aging & Adult Services: Elder Abuse Presentation (IP)	14 <b>Center Closed</b>
17 10 a.m. Juneteenth Craft Celebration (IP) 	18	19 <b>Center Closed Juneteenth</b> 	20 noon: Humana Presents: Decompress & Stress (IP)	21 9 a.m. Musical Birthday Celebration (IP) 10 a.m. Archwell Presents Bingo (IP)
24 11:30 a.m. Trip: Number 1 Buffet Restaurant (IP)	25	26 10:30 a.m. iPro's Presents Loteria (IP)	27 9:30 a.m. Trip: SOW Formal Senior Prom Event (IP) noon: National Bingo Day (IP)	28 9:30 a.m. Oak Street Health Presents "Summer Craft" (IP)
			Art with Christy 9:30 a.m. Wednesday, May 1 and 29 & June 5 and 26 	

# ONGOING ACTIVITIES

IP) In person/ (V) Virtual	Reservations required for in Person (IP) or Virtual (V) Programming
*Mix & Mingle (IP)	9 a.m. to 4 p.m. daily
Billiards & Card Games (IP)	9 a.m. to 4 p.m. daily
Check Out Laptop (IP)	9 a.m. to 4 p.m. daily
Open Gym (IP)	9 a.m. to 4 p.m. daily
Memory Monday (IP)	10 a.m. on Monday May 6 & June 3
Crochet	9 a.m. every Monday
Movie Matinee (IP)	1 p.m. every Monday
Chair Exercise (IP/V)	10 a.m. every Monday and 2 p.m. every Friday
Chair Dance Techniques (IP/V)	9 a.m. every Tuesday (Note: last class on May 14)
Geri-Fit (IP/V)	10 a.m. every Tuesday and Thursday
Chair Yoga (IP)	9 a.m. (Note: Thursday May 2, and 16 & June Tuesday 4, 11, 18, 25 and Thursday 6 and 20)
Fun Bingo (IP/V)	10 a.m. every Friday (Note: 9 a.m. on May 10 & June 7 & 10:30 a.m. on June 28, & 2 p.m. on May 3 & 17)
Mexican Train (IP)	12:30 p.m. every Tuesday
Blood Pressure Checks (IP)	9:30 a.m. Fridays
Creative Corner (IP)	9:30 a.m. every Wednesday (No class on May 1 & 29, and June 5 & 26)
Walking Club (IP)	1 p.m. every Wednesday
Brain Games (IP)	2 p.m. every Wednesday
Fun Loteria (IP/V)	10:30 a.m. every Wednesday (Note: 12:30 p.m. on May 8, 15 & June 5)
Line Dancing (IP/V)	12:30 p.m. every Friday (No class on May 3, 2024 & June 14)
Cultural Food's (IP)	2 p.m. every Thursday
T.E.F.A.P (IP)	1 p.m. on Friday, May 17 & June 21
Area Agency on Aging (IP)	9:30 a.m. on Friday, May 10

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

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