



SENIOR PROGRAMS
CITY OF PHOENIX | HUMAN SERVICES

Adam Diaz Senior Center

Your Best Years Start Here

4115 W. Thomas Rd. Phoenix, AZ 85019

602-262-1609

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

Visit us at: phoenix.gov/seniorservices



April, May, June 2026 Program Schedule



Friends Amongst Friends

The Adam Diaz Senior Center is a City of Phoenix senior center conveniently located in the west Phoenix. Situated within a residential community and close to major streets and public transportation, the center serves as a welcoming hub for social, recreational, and educational activities in a safe and supportive environment .

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.

Computer and Wi-Fi

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

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 602-534-AIDE (2433).

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. Dementia topic at 9:30 a.m. , activity at 10:30 a.m. For more information, please call 602-262-1609 or email memory.cafe.@phoenix.gov



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

PROGRAM SCHEDULE

DAY	TIME	CLASS	Dates	INSTRUCTOR/TYPE
Monday	9 to 10 a.m.	Self Led– Crochet	Weekly	Self
Monday	10 to 11 a.m.	Chair Exercise	Weekly	Volunteer
Monday	12:15 to 1:15 p.m.	Chair Volleyball	Weekly	Volunteer
Monday	1:30 to 3:30 p.m.	Movie Matinee	Weekly	Volunteer
DAY	TIME	CLASS	Dates	INSTRUCTOR/TYPE
Tuesday	9 to 10 a.m.	Yoga	6/30	Instructor
Tuesday	9 to 10 a.m.	Chair Fitness with Nikki	4/14, 4/28, 5/12, 5/19, 6/2, 6/9, 6/16	Instructor
Tuesday	9 to 10 a.m.	Tai Chi	5/26 Note: class at 10 a.m. on 6/16	Instructor
Tuesday	10 to 11 a.m.	Zumba	4/7, 4/21, 5/12, 5/19, 6/9, 6/23	Instructor
Tuesday	10:30 to 11:30 a.m.	Line Dance with Ruth	4/28, 5/26, 6/30	Instructor
Tuesday	11 to 11:30 a.m.	Library Craft	4/14, 5/12, 6/2	Instructor
Tuesday	1 to 3 p.m.	Jewelry Making	Weekly	Volunteer
Tuesday	3 to 4 p.m.	Dice Game Shut the Box	Weekly	Volunteer
DAY	TIME	CLASS	Dates	INSTRUCTOR/TYPE
Wednesday	9:30 a.m.	Creative Corner	4/22, 5/13, 6/10	Volunteer
Wednesday	9:30 a.m.	Art With Christy	4/1, 4/29, 5/13, 5/27, 6/3, 6/24	Instructor
Wednesday	10:30 to 11:30 a.m.	Fun Loteria	Note: activity at noon 4/15, 5/13, 5/20, 6/17 and at 2 p.m. on 5/6	Volunteer
Wednesday	2 to 3 p.m.	Healthy Thinking	Weekly	Staff
Wednesday	3 to 4 p.m.	Creative Arts Class	Weekly	Volunteer
DAY	TIME	CLASS	Dates	INSTRUCTOR/TYPE
Thursday	9 to 10 a.m.	Tai Chi	5/14	Instructor
Thursday	9 to 10 a.m.	Chair Yoga	4/9, 4/23, 5/7, 5/21, 6/4, 6/25	Instructor
Thursday	10:30 to 11:30 a.m.	Strength & Balance	Weekly	Instructor
Thursday	12:30 to 2 p.m.	Area Agency on Aging Walk with Ease	March 10 through April 28	Instructor
Thursday	1 to 3 p.m.	Drawing / Chess Club	Weekly	Volunteer
Thursday	3 to 4 p.m.	Knitting Social Group	Weekly	Volunteer
DAY	TIME	CLASS	Dates	INSTRUCTOR/TYPE
Friday	10 a.m.	Fun Bingo	Note: 10:30 a.m. 4/3, 5/1, 6/5 and at 2 p.m. 4/10	Volunteer
Friday	12:30 p.m.	Chair Fitness with Nikki	4/3, 4/24, 5/1, 5/15, 5/29, 6/5, 6/12, 6/26	Instructor
Friday	12:30 to 1:30 p.m.	Dance Class	Weekly	Volunteer
Friday	2 to 3 p.m.	Chair Exercise	Weekly	Volunteer
Friday	3 to 4 p.m.	Self Care Group	Weekly	Volunteer

Ongoing Activities

9 a.m. to 4 p.m.

Mix & Mingle, Open Gym, Billiards, Pool, Games, Cards, Puzzles, Garden Club, Laptop Checkout, Traditional Dominoes, Brain Games, Coloring, Walk with a Friend

Karaoke, 2 to 4 p.m. daily

Blood Pressure Checks

Every Friday, 9:30 to 10:30 a.m.

Things to do at Adam Diaz Senior Center

Technology Presentation

April 16, 23, 30, and May 7 at noon

Maricopa County Senior Valuation Protection Presentation

April 27 at noon

Older Americans Month Presentation

April 30 at 9 a.m.

Memorial Day Presentation

May 22 at noon

Heat Awareness Presentation

May 28 at 9 a.m.

Walk With Ease

March 10 through April 28 at 12:30 p.m.

Elder Abuse Presentation

June 16 at noon

Senior Center Group Trip Guidelines

All trips are submitted two weeks before the trip day. Passengers must be a currently registered senior center member.

Trip fees: \$2 per trip (cash only) applies to center trips.

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.

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

“No Call / No Show”

1st “No Call / No Show”: Warning

2nd No Call / No Show”: Reservation privileges suspended for the remainder of the quarter

3rd No Call / No Show”: not allowed to make trip reservations for six (6) months: see monthly calendar for trips.



Special Events

Note: RSVP required

RSVP at kiosk or by calling Adam Diaz Senior Center.



Easter Celebration

April 2 at 9 a.m.



Mother's Day Celebration

May 13 at 10:30 a.m.



How do YOU 602?

June 2 at 10 a.m.



Father's Day Celebration

June 12 at 10 a.m.



Juneteenth Celebration

June 18 at 9 a.m.



Birthday Celebrations at 9 a.m.

April 24

May 29

June 26

Area Agency on Aging: Benefits and Assistance

9:30 a.m.

second Friday of each month

St. Mary's Food Bank

9 a.m.

TEFAP third Friday of each Month

Note: June distribution on June 18

Site Council Meeting

9:30 a.m.

Friday, April 3

Friday, May 1

Friday, June 5

April Special Events

Monday	Tuesday	Wednesday	Thursday	Friday
		1 12:30 p.m. Dance Fitness	2	3
6	7 9 a.m. Chair Dance	8	9 1 p.m. Chair Fitness	10 9 a.m. Pool Tournament
13 1 p.m. National Grilled Cheese Sandwich Day	14	15 9:30 a.m. Memory Cafe	16 9 a.m. Volunteer Appreciation Activity	17 11 a.m. Volunteer Appreciation Luncheon
20 12:30 p.m. Tai Chi	21 9 a.m. Chair Dance	22 Center Closed Staff Meeting	23	24
27 9:30 a.m. Current Events	28 noon Greeting Card Activity	29 11 a.m. La Canasta	30	

May Special Events

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4 11 a.m. The Tamale Store	5	6	7	8 10 a.m. Marcos De Niza Senior Center
11 12:30 p.m. Tai Chi	12 noon Gardening Activity	13 1 p.m. Chair Fitness	14 9 a.m. Tai Chi	15 9 a.m. Cornhole Competition
18	19 noon National Apple Pie Day	20 9:30 a.m. Memory Cafe	21	22
25 Center Closed Memorial Day	26	27 11 a.m. California Fish Grill	28	29

June Special Events

Monday	Tuesday	Wednesday	Thursday	Friday
1 11 a.m. First Watch	2 10 a.m. Ice Cream Social	3 12:30 p.m. Dance Fitness	4	5
8	9 noon World Cider Day Activity	10 1 p.m. Chair Fitness	11 9 a.m. Chair Exercise	12
15 11 a.m. Little Miss BBQ	16 noon Elder Abuse Presentation	17 9:30 a.m. Memory Cafe	18	19 Center Closed Juneteenth
22	23	24	25 noon Bomb Pop Activity	26
29 11 a.m. Johnny Rockets	30			