



SENIOR PROGRAMS
CITY OF PHOENIX | HUMAN SERVICES

6501 W. Virginia Ave. Phoenix, AZ 85035

Phone 602-495-3711

Center Operating 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.

Visit us at: phoenix.gov/seniorservices

Desert West Senior Center

Your Best Years Start Here

SPRING 2026
APRIL MAY JUNE

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.

Transportation

MV Transportation provides flexible taxi services to and from the center for eligible members. Please contact center staff to register, or for more information.

Caseworker

Caseworker services are available to current members by appointment only. Please contact center staff for more information.

Center Trips

All passengers must be a registered and current member of the center and sign up at the front desk. Please contact center staff 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.

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. Classes available third Monday of the month. Please contact center staff for more information.

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.

Ongoing Daily Activities

Daily, Monday to Friday

Walking in the gym
(based on availability)
9 to 10 a.m.

Snacks & Coffee
9 to 11:30 a.m.

Crocheting-self led
9 a.m. to noon

Socializing, Table games, Billiards/Pool,
Check out a laptop, Karaoke-open mic
9 a.m. to 4 p.m.



Monday

Line Dance with Ruth
First & third Monday of the month
10 to 11 a.m.

Chair Exercise with Theresa
Second & fourth Monday of the month
10 to 11 a.m.

Zumba
Second & fourth Monday of the month
12:15 to 1:15 p.m.

Monday Memory Café
Third Monday of the month
noon

Tuesday

St. Mary's Food Bank —TEFAP & Produce Boxes
(application required)
Fourth Tuesday of the month
9 to 11 a.m.

Prize Loteria
9:30 to 11 a.m.

Tai Ch
12:15 to 1:15 p.m.

Wednesday

Prize Bingo
9:30 to 11 a.m.

Chair Exercise with Theresa
12:30 to 1:30 p.m.

Thursday

Savvy Stitchers Sewing Club
(based on availability)
9 a.m. to 3 p.m.

Blood Pressure Checks
First & third Thursday of the month
9 to 10 a.m.

Tai Chi
10:30 to 11:30 a.m.

Prize Bingo
Last Thursday of the month
noon to 1 p.m.

Friday

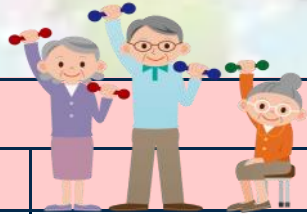
Savvy Stitchers Sewing Club
(based on availability)
9 a.m. to 3 p.m.

Monthly Birthday Party
Third Friday of the month
9:30 to 11:30 a.m.

Brain Fitness with Jan
(no class in the month of June)
12:45 to 1:45 p.m.



Fitness/Health Classes



MONDAY			
DATES	TIME	CLASS	SIGN-IN
April 6, 20 May 4, 18 June 1, 15	10 a.m.	LINE DANCING Learn basic line dance moves and terminology.	Sign-up at Kiosk
April 13, 27 May 11 June 8, 22, 29	10 a.m.	CHAIR EXERCISES A fun and light workout utilizing a chair, stretch bands and light weights. No class May 25	Sign-up at Kiosk
April 13, 27 May 11 June 8, 22	12:15 p.m.	ZUMBA A fun, high energy workout experience. Participants can utilize a chair or choose to stand.	Sign-up at Kiosk
TUESDAY			
DATES	TIME	CLASS	SIGN-IN
April 7 to June 30	12:15 p.m.	TAI CHI Basic understanding of Tai Chi theory and principals. Develop body awareness skills through exercise drills, balancing/centering, breathing techniques and flexibility.	Sign-up at Kiosk
WEDNESDAY			
DATES	TIME	CLASS	SIGN-IN
April 1 to June 24	12:30 p.m.	CHAIR EXERCISES A fun and light workout utilizing a chair, stretch bands and light weights. No class April 22	Sign-up at Kiosk
THURSDAY			
DATES	TIME	CLASS	SIGN-IN
April 2 to June 25	10:30 a.m.	TAI CHI Basic understanding of Tai Chi theory and principals. Develop body awareness skills through exercise drills, balancing/centering, breathing techniques and flexibility.	Sign-up at Kiosk
FRIDAY			
DATES	TIME	CLASS	SIGN-IN
April 3 to May 29	12:45 p.m.	BRAIN FITNESS Education, movement and fun activities designed to improve fitness plus preserve and enhance memory and brain health. No classes in June	Sign-up at Kiosk

APRIL

Special Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>We love our volunteers!</p> 		<p>1 9:30 to 11 a.m. Bingo</p>	<p>2 9 a.m. Free Members Breakfast</p> <p>12:30 p.m. Art with Christy</p>	<p>3 Hot Dog Sale 10 a.m. Easter Celebration</p> 
<p>6</p>	<p>7 9:30 to 11 a.m. Loteria</p>	<p>8 Hamburger Sale 9:30 to 11 a.m. Bingo</p>	<p>9 9 a.m. Lobby Hobby Sale</p> <p>12:30 p.m. Site Council meeting</p>	<p>10 9:30 a.m. Trip: Pool Tournament at Adam Diaz Senior Center</p>
<p>13 12:30 p.m. Pool Tournament</p>	<p>14 9:30 to 11 a.m. Loteria</p>	<p>15 9:30 to 11 a.m. Springtime Bingo Spring themed prizes</p> <p>Wear SPRING Flowers</p> 	<p>16 9 a.m. Members Breakfast Sale</p> <p>11:30 a.m. Trip: Bubba's 33</p>	<p>17 Hot Dog Sale 9:30 a.m. Birthday Party with DJ Paul</p>
<p>20 noon Pop-Up Café & Memory Café Topic: Best Foods for Reducing Dementia Risk</p>	<p>21 9:30 to 11 a.m. Loteria</p>	<p>22 CENTER CLOSED ALL STAFF MEETING</p> 	<p>23 9 a.m. Lobby Hobby Sale</p> <p>12:15 p.m. Volunteer Recognition Luncheon</p>	<p>24 Hot Dog Sale 9:30 to 11 a.m. Bingo</p> <p>10 a.m. Trip: Japanese Friendship Garden</p>
<p>27 noon Movie Matinee</p>	<p>28 9:30 to 11 a.m. Loteria</p>	<p>29 9:30 to 11 a.m. Bingo</p>	<p>30 12:15 to 1:30 p.m. Bingo</p>	 <p>SPRING</p>

MAY






Special Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	 <p>Older Americans Month</p> <p>From celebrating their time and talent to connecting with them at every age. Celebrate with us during Spirit Week: May 18 to 22</p>			1 <u>Hot Dog Sale</u>
4 noon Movie Matinee	5 9:30 a.m. Cinco de Mayo Celebration 	6 9:30 to 11 a.m. Bingo	7 9 a.m. Free Members Breakfast 12:30 p.m. Center Planning meeting	8 <u>Hot Dog Sale</u> 9:30 to 11 a.m. Mother's Day Loteria Mother themed prizes HAPPY Mother's DAY
11 12:30 p.m. Pool Tournament	12 <u>Hamburger Sale</u> 9:30 to 11 a.m. Loteria	13 9:30 to 11 a.m. Bingo	14 9 a.m. Lobby Hobby Sale 12:30 p.m. Site Council meeting	15 <u>Hot Dog Sale</u> 9:30 a.m. Birthday Party
18 Spirit Week Military Monday Wear camouflage noon Memory Café Topic: Art project with Christy	19 Spirit Week Ice Cream Social 9:30 to 11 a.m. Loteria	20 Spirit Week Super Hero Nachos 9:30 to 11 a.m. Bingo	21 Spirit Week Stars & Stripes Day Wear stars & stripes 9 a.m. Members Breakfast Sale	22 <u>Hot Dog Sale</u> Spirit Week Americans Day Wear red, white, blue 11:30 a.m. Trip: Cocina Adamex
25 <u>CENTER CLOSED</u> <u>MEMORIAL DAY HOLIDAY</u> 	26 9:30 to 11 a.m. Loteria	27 9:30 to 11 a.m. Bingo	28 9 a.m. Lobby Hobby Sale 12:15 to 1:30 p.m. Bingo	29 11:30 p.m. Trip: Mimis Cafe



JUNE

Special Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 noon Movie Matinee	2 <u>Nacho Sale</u> 9:30 to 11 a.m. 602 Day Loteria Sponsored by ArchWell 	3 9:30 to 11 a.m. Bingo	4 9 a.m. Free Members Breakfast	5 <u>Hot Dog Sale</u> 11:30 a.m. Trip: U.S. Egg Breakfast & Lunch
8 12:30 p.m. Pool Tournament	9 9:30 to 11 a.m. Loteria	10 9:30 to 11 a.m. Bingo	11 9 a.m. Lobby Hobby Sale 12:30 p.m. Site Council meeting	12 <u>Hot Dog Sale</u> noon Juneteenth Ice Cream Social with Summer Camp Kids 
15 noon Memory Café Topic: Alzheimer's and Brain Awareness	16 9:30 a.m. Loteria	17 9:30 to 11 a.m. Father's Day Bingo Father themed prizes 	18 9 a.m. Members Breakfast Sale 11:30 a.m. Trip: Rudy's BBQ	19 <u>CENTER CLOSED</u> <u>JUNETEENTH</u> <u>HOLIDAY</u> 
22	23 9:30 to 11 a.m. Loteria	24 9:30 to 11 a.m. National Bingo Day 	25 9 a.m. Lobby Hobby Sale 12:15 to 1:30 p.m. Bingo	26 <u>Hot Dog Sale</u> 9:30 a.m. Birthday Party with Johnny Splash

29
11:30 a.m.
Trip: Mandarin Buffet

30
9:30 to 11 a.m.
Loteria



ALZHEIMER'S & BRAIN AWARENESS MONTH

SIX PREVENTION STEPS:

- Physical Exercise
- Regular Sleep
- Healthy Food
- Mental Stimulation
- Social Engagement
- Stress Management



Center Trips

Senior Center Group Trip Requirements

All trips are submitted two weeks before the trip day.

All passengers must be a registered and current senior center member.

Trip fees of \$2 per trip. **(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.

Cancellation/No Show

Participants must notify center staff as soon as possible before the trip date.

Standby

Stand-by is permitted, but not guaranteed.

Stand-by may replace cancellation/no show.

Trip Date	Location	Arrival Time	Return Time	Cost
April 10	Pool Tournament at Adam Diaz Senior Center	9:30 a.m.	1:30 p.m.	Bus fee: \$2
April 16	Bubba's 33	11:30 a.m.	1:30 p.m.	Lunch + Bus fee: \$2
April 24	Japanese Friendship Garden	10 a.m.	11:30 a.m.	Ticket + Bus fee: \$2
May 22	Cocina Adamex	11:30 a.m.	1:30 p.m.	Lunch + Bus fee: \$2
May 29	Mimi's Cafe	11:30 a.m.	1:30 p.m.	Lunch + Bus fee: \$2
June 5	U.S. Egg Breakfast & Lunch	11 a.m.	1 p.m.	Lunch + Bus fee: \$2
June 18	Rudy's BBQ	11:30 a.m.	1:30 p.m.	Lunch + Bus fee: \$2
June 29	Mandarin Buffet	11:30 a.m.	1:30 p.m.	Lunch + Bus fee: \$2