



SENIOR PROGRAMS
CITY OF PHOENIX | HUMAN SERVICES

Marcos de Niza Senior Center

Your Best Years Start Here

305 W. Pima Street, Phoenix, AZ 85003

602-262-7249

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

Visit us at: phoenix.gov/seniorservices



April, May, June 2026

Program Schedule



WE CELEBRATE DIVERSITY!

Marcos de Niza Senior Center is located on 3rd Avenue & Pima Street, in the heart of Marcos de Niza Housing. We offer many additional resources within two miles of downtown Phoenix.

Senior Center Hours

Monday to Friday

Operating hours: 8 a.m. to 5 p.m.

Programming hours: 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. Please see a senior center staff for a screening interview and referral.

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 602-534-5750

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	INSTRUCTOR	TYPE
Monday	9:30 to 10:30 a.m.	Dance Fitness - Zumba	Fernando L.	In-person
Monday	10:30 to 11 a.m.	Storytelling	Staff/volunteer	In-person
Monday	10:30 to 11:30 a.m.	Educational Presentation	Instructor/Staff	In-person
Monday	12:30 to 1:30 p.m.	* New - Melody Makers	Volunteer/Staff	In-person
Monday	1:30 to 3 p.m.	Jewelry Making	Volunteer/Staff	In-person
Monday	3 to 4 p.m.	* New - Snack Creation	Staff	In-person
DAY	TIME	CLASS	INSTRUCTOR	TYPE
Tuesday	9:30 to 10:30 a.m.	Bible Study (non-city sponsored)	Volunteer	In-person
Tuesday	10:15 to 11:15 a.m.	Fun Loteria	Volunteer	In-person
Tuesday	noon to 12:30 p.m.	St. Mary's Brown Bag Program	Staff/Volunteers	In-person
Tuesday	12:30 to 2 p.m.	*New - Walk with Ease	Area Agency on Aging	In-person
Tuesday	1:30 to 4 p.m.	Crochet and Social Group	Volunteer	In-person
Tuesday	2:30 to 4 p.m.	Open Mic - Karaoke	Volunteer	In-person
DAY	TIME	CLASS	INSTRUCTOR	TYPE
Wednesday	9 to 10 a.m.	ESL: Beginner English Class	Volunteer	In-person
Wednesday	10:15 to 11:15 a.m.	Chair Tai Chi	Anu	In-person
Wednesday	12:30 to 2 p.m.	Creative Projects (Arts and Crafts)	Volunteer/Staff	In-person
Wednesday	2 to 3 p.m.	* New - Dice Game "Shut the Box"	Volunteer/Staff	In-person
Wednesday	3 to 3:30 p.m.	*New - Music Groove Exercise Video	Volunteer/Staff	In-person
Wednesday	2 to 4 p.m.	Sewing and Social Group	Volunteer	In-person
DAY	TIME	CLASS	INSTRUCTOR	TYPE
Thursday	9 to 9:30 a.m.	Self-Care and Social Group	Volunteer	In-person
Thursday	9:30 to 10:30 a.m.	Fun Loteria	Instructor	In-person
Thursday	10:30 to 11:15 a.m.	* New - Chair Exercise	Nikki	In-person
Thursday	12:30 to 2 p.m.	* New - Walk with Ease	Area Agency on Aging	In-person
Thursday	1:30 to 4 p.m.	Knitting and Social Group	Volunteer	In-person
Thursday	2:30 to 4 p.m.	Open Mic - Karaoke	Volunteer	In-person
DAY	TIME	CLASS	INSTRUCTOR	TYPE
Friday	9 to 9:30 a.m.	Exploring and Learning Videos	Volunteer	In-person
Friday	9:30 to 10:45 a.m.	Fun Bingo	Volunteer	In-person
Friday	11 to 11:30 a.m.	New - Chair Exercise with	Nikki	In-person
Friday	noon to 2 p.m.	Movie Time	Volunteer	In-person
Friday	1 to 3 p.m.	Sewing and Social Group	Volunteer	In-person
Friday	3 to 4 p.m.	* New - Chair Volleyball	Volunteer/Staff	In-Person



Daily Activities

9 a.m. to 4 p.m.

Billiards, brain games, table games, cards, dice games, dominoes, puzzles, Cardio Corner, color with Style, socializing with friends, Walking Club, coffee club, snack club, stretching time, Jenga, Book Corner, Wii games.

Things to do at Marcos De Niza Senior Center ...

10:30 a.m.

April

Tuesday, April 7: World Health Day

Monday, April 27: Stress Awareness Month

May

Monday, May 11: National Stroke Month

Friday, May 15: National Chocolate Chip Day

June

Friday, June 12: Red Nose Day

Monday, June 22: National Safety Month

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 Marcos de Niza Senior Center. See flyers for more details.



Easter Celebration **CANCELED**

due to center closure



Formal Prom Dance **CANCELED**

due to center closure



Volunteer Week

April 20 to April 24



Cinco De Mayo Celebration

Tuesday, May 5 at 10 a.m.



Mother's Day Tea party

Friday, May 8 at 10 a.m.



602 Day Event

Tuesday, June 2 at 10 a.m.



Juneteenth

Father's Day Celebration

Thursday, June 18 at 10 a.m.



Birthday

noon

Friday, April 3

Friday, May 15

Friday, June 18

Blood Pressure Checks

9 a.m., every Monday and Friday

Site Council Meetings

9:30 a.m.

Wednesday April 1, May 6, June 3

St. Mary's Food Bank T.E.F.A.P. Program

Distribution second Tuesday of the month

12:30 to 3 p.m.

April Special Events

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Flower Making 1 p.m.	2	3 Special Event
6 Memory Café 10:30 a.m.	7	8	9	10
13 Hospice Promise Flower Making 1 p.m.	14	15 Art with Christy 12:15 p.m.	16	17 Special Event
20	21	22 All Staff Meeting Center Closed	23	24
27 Food Demo 10:30 a.m.	28	29	30 Trip: Mandarin Super Buffet	

May Special Events

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Special Event Chair Yoga: 11 a.m.
4 Memory Cafe 10:30 a.m.	5 Special Event	6 Flower Making 1 p.m.	7	8 Special Event
11 Flower Making 1 p.m.	12	13	14	15 Trip: La Canasta 11 a.m.
18 Food Demo 10:30 a.m. Flower Making 1 p.m.	19	20 Art with Christy 12:15 p.m.	21 Trip: National Picnic Day 10 a.m.	22 Chair Yoga 11 a.m.
25 Memorial Day Center Closed	26	27	28	29 Chair Yoga 11 a.m.

June Special Events

Monday	Tuesday	Wednesday	Thursday	Friday
1 Memory Café Hospice 10:30 a.m.	2 Special Event	3 Flower Making 1 p.m.	4	5 Trip: Fired Pie 11 a.m.
8 Flower Making 1 p.m.	9	10	11	12 Chair Yoga 11 a.m.
15 Flower Making 1 p.m.	16	17 Art with Christy 12:15 p.m.	18 Special Event	19 Juneteenth Center Closed
22	23	24	25	26 Trip: Matt's Big Breakfast 11 a.m.
29 Food Demo 1 p.m.	30			