

Spring 2026

April - May - June



SENIOR PROGRAMS
CITY OF PHOENIX | HUMAN SERVICES



Group Trips

Date	Destination	Time	Cost
April 10	Charlie's Cheesesteaks	11 a.m.	\$2 + meal
April 16	Desert Botanical Garden	11 a.m.	\$2
May 11	Federal Pizza	11:30 a.m.	\$2 + meal
May 19	WTFBurger Express	11:30 a.m.	\$2 + meal
May 28	Lin's Buffet	11 a.m.	\$2 + meal
June 5	Fired Pie	11 a.m.	\$2 + meal
June 22	The Hub	11 a.m.	\$2 + meal
June 29	Black Bear Diner	11:30 a.m.	\$2 + meal

Senior Opportunities West Senior Center *Your Best Years Start Here*

1220 S. 7th Avenue
Phoenix, AZ 85007
Phone 602.262.6610

Monday through Friday
Hours of operation: 8 a.m. to 5 p.m.
Programming Hours: 9 a.m. to 4 p.m.

MEMBERSHIP

Membership gives you access to all 15 City of Phoenix senior centers.
Annual membership fee is \$20 for Phoenix residents and \$40 for nonresidents.

TRANSPORTATION

MV Transportation provides flexible taxi service to and the center for eligible members.

Please contact center staff to register and for more 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.


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.

phoenix.gov/seniorservices

St. Mary's Food Bank T.E.F.A.P. Program Distribution is the third Thursday of each month, from 12:30 to 3 p.m. (first come, first served)

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

A P R I L

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 1 p.m. Wii Tournaments 1p.m. Wellcare Bingo	2	3 10 a.m. Easter Celebration
6 9 a.m. Memory Monday	7 10:30 a.m. Chair Exercise	8 1 p.m. Wii Tournaments	9	10 10:30 a.m. Chair Fitness
13 9:30 a.m. Site Council Meeting	14 9 a.m. Treasure Trove Finds with SOW Site Council 10 a.m. Walk with Ease	15 1 p.m. Wii Tournaments 1 p.m. Wellcare Bingo	16 10 a.m. Walk with Ease	17 10:30 a.m. Chair Fitness
20 9 a.m. Treasure Trove with SOW Site Council	21 10 a.m. Walk with Ease 10:30 a.m. Chair Exercise	22 Center Closed Staff Meeting	23 10 a.m. Walk with Ease	24 10:30 a.m. Chair Fitness 1:30 p.m. April Birthdays
27 noon Volunteer Recognition Event	28 9 a.m. Treasure Trove Finds with SOW Site Council 10 a.m. Walk with Ease	29 1 p.m. Wii Tournaments 1 p.m. Wellcare Bingo	30 10 a.m. Walk with Ease	

M

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 10:30 a.m. Chair Fitness
4 9a.m. Memory Monday	5 10 a.m. Cinco De Mayo Celebration	6 1 p.m. Wii Tournaments	7 10 a.m. Walk with Ease	8 10:30 a.m. Chair Fitness
11 9:30 a.m.	12 9 a.m.	13 1 p.m.	14 10 a.m.	15 10:30 a.m.

A

d

v

Site Council Meeting	Treasure Trove Finds with SOW Site Council 10 a.m. Walk with Ease	Wii Tournaments 1 p.m. Wellcare Bingo	Walk with Ease	Chair Fitness
18	19 10 a.m. Walk with Ease	20 1 p.m. Wii Tournaments	21 10 a.m. Memorial Day Celebration with Marcos de Niza Senior Center	22 9 a.m. Treasure Trove Finds with SOW Site Council
25 Center Closed Memorial Day	26 9 a.m. Treasure Trove Finds with SOW Site Council 10 a.m. Walk with Ease	27 1 p.m. Wii Tournaments 1 p.m. Wellcare Bingo	28 10 a.m. Walk with Ease	29 12:30 p.m. May Birthdays

J

u

n

e

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9 a.m. Memory Monday	2 10 a.m. 602 Day Celebration	3 10:30 a.m. Art with Christy 1 p.m. Wii Tournaments	4 10 a.m. Walk with Ease	5 10:30 a.m. Chair Fitness noon Ice Cream Social
8 9:30 a.m. Site Council Meeting	9 10 a.m. Art with Christy noon Ice Cream Social	10 1 p.m. Wii Tournaments 1 p.m. Wellcare Bingo	11 10:30 a.m. Art with Christy	12 10:30 a.m. Chair Fitness 12:30 p.m. June Birthdays
15 9 a.m. Treasure Trove with SOW Site Council 10:30 a.m. Art with Christy	16 10 a.m. Juneteenth Celebration	17 1 p.m. Wii Tournaments	18	19 Center Closed Juneteenth
22 9 a.m. Treasure Trove with SOW Site Council	23 noon Ice Cream Social	24 1 p.m. Wii Tournaments 1 p.m. Wellcare Bingo	25	26 10 a.m. Formal with Devonshire Senior Center
29	30			

SOW Senior Center Daily Activities

Color Splashers	Self-Led	Monday to Friday	8 a.m. to 4 p.m.
Dominoes	Self-Led	Monday to Friday	8 a.m. to 4 p.m.
Puzzles	Self-Led	Monday to Friday	8 a.m. to 4 p.m.
Air Hockey	Self-Led	Monday to Friday	8 a.m. to 4 p.m.
Billiards	Self-Led	Monday to Friday	8 a.m. to 4 p.m.
Cardio Blast with David	Staff-Led	Monday Wednesday	11 a.m.
Fun Loteria	Volunteer-Led	Monday Thursday	10:30 a.m.
Karaoke	Volunteer-Led	Monday Wednesday	1:30 p.m.
SOW's Crafted Touch	Staff-Led	Monday	3 p.m.
Indoor Walking	Volunteer-Led	Tuesday	1:30 p.m.
SOW Craft Workshop	Volunteer & Staff-Led	Tuesday Thursday	3 p.m.
Herb Your Enthusiasm	Staff-Led	First Wednesday of every month	10:30 a.m.
Bingo	Volunteer-Led	Wednesday	12:30 p.m.
Art with Christy	Instructor-Led	Second and fourth Thursday of each month	10:30 a.m.
Memory Café 	Staff-Led	Second Thursday of every month	10:30 a.m.
Bible Study Non city-sponsored	Volunteer-Led	Thursday	12:30 p.m.
Tai Chi	Instructor-Led	Thursday	12:15 p.m.
Technology Assistance with Terry	Volunteer-Led	Second and Fourth Friday of each month	10 a.m.
Blood Pressure Check	Volunteer-Led	Friday	9 a.m.
Chair Pickleball with Kourtney	Staff-Led	Friday	3 p.m.