

# Chinese Senior Center

## Programs for Active Adults



SENIOR PROGRAMS  
CITY OF PHOENIX | HUMAN SERVICES

734 W. Elm Street  
Phoenix AZ 85013  
602-262-6411

[phoenix.gov/seniorcenters](http://phoenix.gov/seniorcenters)

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



**Welcome!**

**The Chinese Senior Center has been a resource for older adults in the Melrose District for over 40 years! We welcome everyone to our center.**

### Transportation

#### Senior Center Shuttle Program

MV Transportation provides flexible taxi service to and from your nearest senior center for eligible members. Please contact center staff to register or obtain more detailed information.

### Volunteering

Please see Human Services staff for more information on volunteer opportunities.

### Brown Bag

Brown Bag distribution takes place weekly on Wednesdays from noon to 12:45 p.m.

# 2024 May & June Program Schedule

### Membership

Annual membership is \$20 for Phoenix residents and \$40 for non-residents. Your membership gives you access to any of the 15 Phoenix senior centers. A visitor pass is available for two FREE visits.

### Lunch

#### Lunch is served daily at noon.

A recommended contribution of \$2.50 (60+ years of age) is requested of members per meal. The cost of a meal for all others is \$5. Meal reservations and cancellations must be made at least three business days in advance.

If you are in need of Home Delivered Meals please see a staff member or call 602-262-6411 for assistance.

### Caseworker








Caseworker is available to current members by appointment only. Applications have to be filled out prior to scheduling appointment. Make sure to bring copies of documentation needed to appointment. Any questions or for further information, please call 602-262-6411.

For more information or a copy of this publication in an alternate format, contact 602-262-4520 voice. The City's TTY relay phone number 602-535-5500 may be used, if needed.

# May 2024

## Special Events



Monday	Tuesday	Wednesday	Thursday	Friday
<p>\$2.00 Deposit for Trips \$2.00 旅行押金</p> 		1	<p>2</p> <p>Blood Pressure Check Every Thursday 9 to 11 a.m. 血压检查</p> 	<p>3</p> <p>Birthday Celebration 10 a.m. 生日慶典</p> 
<p>6</p> <p>Bingo Every Monday 10:30 a.m. 宾果游戏</p> 	<p>7</p> <p>Painting Class Every Tuesday 1 to 2 p.m. 绘画类</p> 	<p>8</p> <p>Site Council Meeting 1 to 2 p.m. 理事会会议</p> 	<p>9</p> <p>Mother's Day Celebration 母亲节庆祝活动</p> 	<p>10</p> <p>Trip to Walmart 1 p.m. 沃尔玛之旅</p> 
13	<p>14</p> <p>Trip to Mekong 1 p.m. 湄公河之旅</p> 	15	16	17
20	21	<p>22</p> <p>Trip to W-Mart 1 p.m. 乐辉超市之旅</p> 	23	24
<p>27</p> <p>Memorial Day (Center Closed) 中心关闭</p> 	<p>28</p> <p>Cooking Demonstration 烹饪示范 11 a.m.</p> 	<p>29</p> <p>Volunteer Sheets Due 志愿者表到期</p> 	30	<p>31</p> <p>UCA Presentation 9 a.m. to 1 p.m. UCA演示</p> <p>Trip to 99 Ranch Market 1 p.m. 99之旅</p> 

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

# June 2024

## Special Events



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Bingo Every Monday 10:30 a.m. 宾果游戏</p> 	<p>4</p> <p>Trip to Walmart 1 p.m. 沃尔玛之旅</p> 	<p>5</p>	<p>6</p> <p>Blood Pressure Check Every Thursday 9 to 11 a.m. 血压检查</p> 	<p>7</p> <p>Birthday Celebration 10 a.m. 生日慶典</p> 
<p>10</p> <p>Dragon Boat Festival 10:30 to 11:30 端午节</p> 	<p>11</p> <p>Father's Day Celebration 父亲节庆祝活</p> 	<p>12</p> <p>Site Council Meeting 1 to 2 p.m. 理事会会议</p> 	<p>13</p> <p>Trip to Mekong 1 p.m. 湄公河之旅</p> 	<p>14</p> <p>Center Closed Staff Seminar 中心关闭 员工研讨会</p> 
<p>17</p> <p>Juneteenth Presentation 11 to 11:30 a.m. 六月节演讲</p> 	<p>18</p> <p>AZCoA 12:30 to 3 p.m. AZCoA 亚兹科亚</p> 	<p>19</p> <p>Juneteenth (Center Closed) 中心关闭</p> 	<p>20</p> <p>Trip to W-Mart 1 p.m. 乐辉超市之旅</p> 	<p>21</p>
<p>24</p>	<p>25</p> <p>Cooking Demonstration 烹饪示范 11 a.m.</p> 	<p>26</p>	<p>27</p> <p>Trip to 99 Ranch Market 1 p.m. 99之旅</p> 	<p>28</p> <p>Volunteer Sheets Due 志愿者表到期</p> 
	<p>It's <b>SUMMER</b> Time</p>			



Activity 活動	Time 時間	Day 日期
Gym Exercise 健身房锻炼	9 a.m. to 4 p.m.	Monday through Friday
Socialization 社会化	9 a.m. to 4 p.m.	Monday through Friday
Stretching Exercise 午飯前的伸展運動	11:30 a.m. to noon	Monday through Friday
Cantonese Singing Group in-person and (virtual) 語歌唱團	9 to 10:30 a.m.	Monday, Thursday
Crafts 工藝品組	9 a.m. to 3 p.m.	Monday, Thursday, Friday
Beginning English Class 英語初級班	10:30 to 11:30 a.m.	Tuesday
English Singing Group 英文歌唱組	9 to 10:30 a.m.	Tuesday
Bible Study (not City sponsored) 经查 (非城市赞助)	9 to 10:30 a.m.	Tuesday
Chinese Citizenship Class in-person 公民类 and (virtual) 虚拟	1 to 2 p.m.	Tuesday
Modeling Class 旗袍舞蹈	9:30 to 11 a.m.	Wednesday
Survival English Class in-person and (virtual) 生存英語課	9:30 to 10:30 a.m.	Wednesday
Mandarin Singing Group 國語歌唱組	9:30 to 11 a.m.	Thursday
Intermediate English class 中級英語班	9:30 to 10:30 a.m.	Thursday
Line Dance 排舞	10:30 to 11:30 a.m.	Thursday, Friday
English Conversation Class in person and (virtual) 英語會話課	9:30 to 10:30 a.m.	Friday
Ballroom Dance 交谊舞	1 to 2:30 p.m.	Friday
Computer Class 電腦課	3:30 to 4:30 p.m.	Friday

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