



SENIOR PROGRAMS
CITY OF PHOENIX | HUMAN SERVICES



[Sign up for one of our trips!](#)

Destination	Date	Time	Cost
5 & Diner	Thursday, May 2	11:30 a.m. to 1 p.m.	\$2 + lunch
Arizona Capitol Museum	Tuesday, May 21	10:30 a.m. to noon	\$2 + spending money
Angry Crab	Thursday, May 30	11:30 a.m. to 1 p.m.	\$2 + lunch
Jason's Deli	Tuesday, June 4	11 a.m. to 12:30 p.m.	\$2 + lunch
Lou Malnati's Pizzeria	Tuesday, June 11	11:30 a.m. to 1 p.m.	\$2 + lunch
Snooze Cafe	Tuesday, June 18	10:30 a.m. to noon	\$2 + lunch
Texas Roadhouse	Friday, June 28	11 a.m. to 12:30 p.m.	\$2 + lunch
Devonshire Rummage Sale	TBD	10 a.m. to 1 p.m.	\$2 + spending money

Helen Drake Senior Center

Programs for Active Adults

7600 N. 27th Ave

Phone 602.262.4949

May to June 2024

City of Phoenix Memory Café Program



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. Memory Café's include care partners for a shared experience. Advance registration is required; there is no fee to attend.

Please call 602-534-5750 or email memory.cafe@phoenix.gov

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 service to and from the center for eligible members. Please contact Human Services staff to register and obtain more detailed information.

LUNCH

Lunch is served daily at noon. A recommended contribution of \$2.50 is requested 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. Members without a reservation may have a standby meal based on availability.

Note: Programs, classes, events, and trips subject to change or cancellation without notice. Trip transportation cost is \$2. 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.

Programs and activities offered 9 a.m. to 4 p.m., Monday through Friday
For more information or a copy of this publication in an alternate format,
contact 602-262-4520 voice. phoenix.gov/residents/seniors
The City's TTY Relay phone number 602-534-5500 if needed.
This facility is Relay 7-1-1 trained.

May 2024

Events & Activities




Monday

Tuesday

Wednesday

Thursday

Friday

		<p>1 Center Announcements 10:55 a.m. Picnic with Members & Staff noon</p>	<p>2 Coloring with Amanda 9 a.m. Cool Callers Presentation 1 p.m.</p>	<p>3 Movie Day with Renee 1:30 p.m.</p>
<p>6 Memory Monday 9 a.m.  Mother's Day Party 10 a.m.</p>	<p>7 Journaling Day 9 a.m.</p>	<p>8 Center Announcements 10:55 a.m. Picnic with Members & Staff noon Crafts with Staff 1:30 p.m.</p>	<p>9 Coloring with Amanda 9 a.m. Site Council Meeting 10:30 a.m.</p>	<p>10 Member Appreciation Day, in Honor of Mother's Day 11 a.m. Movie Day with Renee 1:30 p.m.</p>
<p>13 Card Making 1 p.m.</p>	<p>14 Journaling Day 9 a.m. Book Club 10 a.m.</p>	<p>15 Center Announcements 10:55 a.m. Picnic with Members & Staff noon</p>	<p>16 Coloring with Amanda 9 a.m.</p>	<p>17 Movie Day with Renee 1:30 p.m.</p>
<p>20 Movie Day with Renee 1:30 p.m. Enter June lunch reservations</p>	<p>21 Journaling Day 9 a.m.</p>	<p>22 Center Announcements 10:55 a.m. Picnic with Members & Staff noon Crafts with Staff 1:30 p.m.</p>	<p>23 Coloring with Amanda 9 a.m.</p>	<p>24 Movie Day with Renee 1:30 p.m.</p>
<p>27 Memorial Day Center Closed </p>	<p>28 Journaling Day 9 a.m. Book Club 10 a.m.</p>	<p>29 Center Announcements 10:55 a.m. Picnic with Members & Staff noon</p>	<p>30 Coloring with Amanda 9 a.m.</p>	<p>31 Movie Day with Renee 1:30 p.m.</p>

Fitness Center and Library open daily, 9 a.m. to 4 p.m.

June 2024

Events & Activities






Monday

Tuesday

Wednesday

Thursday

Friday

Monday	Tuesday	Wednesday	Thursday	Friday
3 Memory Monday 9 a.m. 	4 Journaling Day 9 a.m.	5 Center Announcements 10:55 a.m. Picnic with Members & Staff noon	6 Coloring with Amanda 9 a.m.	7 Movie Day with Renee 1:30 p.m.
10 Card Making 1 p.m.	11 Journaling Day 9 a.m. Book Club 10 a.m.	12 Center Announcements 10:55 a.m. Picnic with Members & Staff noon Crafts with Staff 1:30 p.m.	13 Coloring with Amanda 9 a.m. Site Council Meeting 10:30 a.m.	14 All Staff Meeting Center Closed
17 Volunteer Meeting 10 a.m.	18 Journaling Day 9 a.m.	19 Juneteenth Center Closed 	20 Coloring with Amanda 9 a.m.	21 Mermaid Party 10 a.m. Movie Day with Renee 1:30 p.m.
24 Card Making 1 p.m. Enter July lunch reservations	25 Journaling Day 9 a.m. Book Club 10 a.m.	26 Center Announcements 10:55 a.m. Picnic with Members & Staff noon Crafts with Staff 1:30 p.m.	27 Coloring with Amanda 9 a.m.	28 Movie Day with Renee 1:30 p.m.
				

Fitness Center and Library open daily, 9 a.m. to 4 p.m.

Helen Drake Senior Center Daily Activities

CLASS	INSTRUCTOR	DAY	TIME
Walking Club	Member-led	Monday	10 to 11 a.m.
Geri Fit	Zeek O.	Monday Wednesday	11 a.m. to noon
Happy Quilters Club	Member-led	Monday Friday	9:30 a.m. to noon
Card Games	Member-led	Monday to Friday	9 a.m. to 3 p.m.
Cardio Blast with Staff	David G.	Monday	2 to 3 p.m.
Veil Dancing	Yolanda F.	Tuesday	1 to 2 p.m.
Beading with Sophia	Sophia C	Tuesday Thursday	10:30 to 11:30 a.m.
Technology Assistance	Terrence T.	Tuesday	10 to 2 p.m.
Canvas Painting	Staff	Wednesday	9 to 11 a.m.
Improv for Beginners	Laurie S.	Wednesday	10 to 11 a.m.
Tai Chi	Rick Clark	Wednesday	1 to 2 p.m.
Bible Study <i>* not City sponsored *</i>	Member-led	Thursday	10 to 11 a.m.
Sketching Class	Staff	Friday	9:30 to 10:30 a.m.
Line Dancing	Jane R.	Friday	10 to 11 a.m.
Karaoke	Member-led	Friday	1 to 2 p.m.