

# Senior Opportunities West Senior Center

## Programs for Active Adults



CITY OF PHOENIX  
**HUMAN  
SERVICES**  
DEPARTMENT

1220 S. 7th Ave. 212

Phoenix, AZ 85007

602-262-6610

Phoenix.gov/seniorcenter

### Center Hours

Monday through Friday

9 a.m. to 4 p.m.



**SPRING 2024**  
**APR. - MAY. - JUN.**

## Membership

Annual membership fee is \$20 for Phoenix residents and \$40 for non-residents.

## Lunch

**Lunch** is served daily at 11:30 a.m.

**Members may give a recommended contribution of \$2.50 per meal. The cost of a meal for all others is \$5.**

Reservations and cancellations must be made at least three business days in advance. Members without a lunch reservation may have a "standby"

## Transportation

### Senior Center Shuttle Program:

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

## Center Trips

Passengers must be a registered and current member, please register at the front desk.

## Caseworker

Service is available to current members every second and fourth Monday of the month by appointment ONLY.

## Join Us Virtual or In person

### Video:

Requires smart phone, tablet or computer with camera.

<https://cityofphoenix.webex.com/meet/SOW.SC>

Select join by browser; app download not Required.

### Telephone:

If you wish to join by phone, call 602-666-0783

Access code: 2461 613 8405

## 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](mailto:memory.cafe@phoenix.gov)



## 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.

For more information, or a copy of this publication in an alternate format, contact 602-262-6610 voice.  
This city facility is RELAY 7-1-1 trained.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b></p> <p><b>Cesar Chavez Day Holiday</b></p> <p><b>Center Closed</b></p> 	<p><b>2</b></p> <p>Chair Dance Instructor—Michelle D. 10:30 a.m.</p> <p>Music Therapy with Higher Octave Healing 12:30 p.m.</p>	<p><b>3</b></p> <p>Educational Presentation 10 a.m.</p> <p><b>Arts &amp; Crafts</b> Instructor—Christy P. 10:30 a.m.</p> <p>Fun Bingo—Volunteer 12:30 p.m.</p> <p><b>Walmart Trip</b> 12:30 p.m.</p>	<p><b>4</b></p> <p>Fun Loteria—Volunteer 10 a.m.</p> <p>Bible Study <b>Non City Sponsored</b> 12:30 p.m.</p> <p>Wii Games 12:30 p.m.</p>	<p><b>5</b></p> <p>Blood Pressure Checks 9 a.m.</p> <p>Fun Bingo—Volunteer 10 a.m.</p> <p><b>NCAA Final 4 Trip</b> 10 a.m.</p>  <p><b>GERI-FIT</b> Instructor—Abelina 12:30 p.m.</p>
<p><b>8</b></p> <p><b>Arts &amp; Crafts</b> Instructor—Christy P. 9:30 a.m.</p>  <p><b>GERI-FIT</b> Instructor—Abelina 10:30 a.m.</p> <p>Karaoke Hour 1 p.m.</p>	<p><b>9</b></p> <p>Chair Dance Instructor—Michelle D. 10:30 a.m.</p> <p><b>Beading Group</b> Volunteer 12:30 p.m.</p>	<p><b>10</b></p> <p>Coloring and Social 10 a.m.</p> <p>Educational Presentation 10:30 a.m.</p> <p>Fun Bingo—Volunteer 12:30 p.m.</p>	<p><b>11</b></p> <p>Fun Loteria—Volunteer 10 a.m.</p> <p>Bible Study <b>Non City Sponsored</b> 12:30 p.m.</p> <p>Wii Games 12:30 p.m.</p>	<p><b>12</b></p> <p>Blood Pressure Checks 9 a.m.</p> <p>Fun Bingo—Volunteer 10 a.m.</p> <p><b>Maricopa County Fair Trip - 10 a.m.</b></p>  <p><b>GERI-FIT</b> Instructor—Abelina 12:30 p.m.</p>
<p><b>15</b></p> <p><b>Arts &amp; Crafts</b> Instructor—Christy P. 9:30 a.m.</p>  <p><b>GERI-FIT</b> Instructor—Abelina 10:30 a.m.</p> <p>Karaoke Hour 1 p.m.</p>	<p><b>16</b></p> <p>Chair Dance Instructor—Michelle D. 10:30 a.m.</p> <p>Music Therapy with Higher Octave Healing 12:30 p.m.</p>	<p><b>17</b></p> <p>Coloring and Social 10 a.m.</p> <p>Educational Presentation 10:30 a.m.</p> <p>Fun Bingo—Volunteer 12:30 p.m.</p>	<p><b>18</b></p> <p>Fun Loteria—Volunteer 10 a.m.</p> <p>Bible Study <b>Non City Sponsored</b> 12:30 p.m.</p> <p>Wii Games 12:30 p.m.</p> <p><b>TEFAP Distribution</b> 12:30 to 3 p.m.</p>	<p><b>19</b></p> <p>Blood Pressure Checks 9 a.m.</p> <p>Fun Bingo—Volunteer 10 a.m.</p>  <p><b>GERI-FIT</b> Instructor—Abelina 12:30 p.m.</p>
<p><b>22</b></p> <p><b>Arts &amp; Crafts</b> Instructor—Christy P. 9:30 a.m.</p>  <p><b>GERI-FIT</b> Instructor—Abelina 10:30 a.m.</p> <p>Karaoke Hour 1 p.m.</p>	<p><b>23</b></p> <p><b>Center Closed</b></p> <p><b>All Staff Meeting</b></p>	<p><b>24</b></p> <p>Coloring and Social 10 a.m.</p> <p>Educational Presentation 10:30 a.m.</p> <p>Fun Bingo—Volunteer 12:30 p.m.</p>	<p><b>25</b></p> <p>Fun Loteria—Volunteer 10 a.m.</p> <p>Bible Study <b>Non City Sponsored</b> 12:30 p.m.</p> <p>Wii Games 12:30 p.m.</p>	<p><b>26</b></p> <p><b>Volunteers Recognition Event</b></p> <p><b>Center closed 11 a.m. to 2 p.m.</b></p> 
<p><b>29</b></p>  <p><b>GERI-FIT</b> Instructor—Abelina 10:30 a.m.</p> <p>Karaoke Hour 1 p.m.</p>	<p><b>30</b></p> <p>Chair Dance Instructor—Michelle D. 10:30 a.m.</p> <p><b>Arts &amp; Crafts</b> Instructor—Christy P. 12:30 p.m.</p>	<p><b>April is NATIONAL AUTISM AWARENESS MONTH</b></p> 		



# MAY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>OLDER AMERICANS MONTH</b> 		<b>1</b> Coloring and Social 10 a.m.  Educational Presentation 10:30 a.m.  Fun Bingo—Volunteer 12:30 p.m.	<b>2</b> Fun Loteria—Volunteer 10 a.m.  Bible Study <b>Non City Sponsored</b> 12:30 p.m.  Wii Games 12:30 p.m.	<b>3</b> Blood Pressure Checks 9 a.m.  Fun Bingo—Volunteer 10 a.m.  <b>GERI-FIT</b> Instructor—Abelina 12:30 p.m.
<b>6</b> <b>Arts &amp; Crafts</b> Instructor—Christy P. 9:30 a.m.   <b>GERI-FIT</b> Instructor—Abelina 10:30 a.m.  Karaoke Hour 1 p.m.	<b>7</b> Chair Dance Instructor—Michelle D. 10:30 a.m.  <b>Beading Group</b> Volunteer 12:30 p.m.	<b>8</b> Coloring and Social 10 a.m.  Educational Presentation 10:30 a.m.  Fun Bingo—Volunteer 12:30 p.m.  <b>Walmart Trip</b> <b>12:30 p.m.</b>	<b>9</b> Fun Loteria—Volunteer 10 a.m.  Bible Study <b>Non City Sponsored</b> 12:30 p.m.  Wii Games 12:30 p.m.	<b>10</b> Blood Pressure Checks 9 a.m.  Fun Bingo—Volunteer 10 a.m.  <b>GERI-FIT</b> Instructor—Abelina 12:30 p.m.
<b>13</b>  <b>GERI-FIT</b> Instructor—Abelina 10:30 a.m.  Karaoke Hour 1 p.m.	<b>14</b> Chair Dance Instructor—Michelle D. 10:30 a.m.  <b>Arts &amp; Crafts</b> Instructor—Christy P. 12:30 p.m.	<b>15</b> Coloring and Social 10 a.m.  Educational Presentation 10:30 a.m.  <b>Comedor Guadalajara Trip</b> <b>11 a.m.</b> Fun Bingo—Volunteer 12:30 p.m.	<b>16</b> Fun Loteria—Volunteer 10 a.m.  Bible Study <b>Non City Sponsored</b> 12:30 p.m.  Wii Games 12:30 p.m.  <b>TEFAP</b> Distribution 12:30 to 3 p.m.	<b>17</b> Blood Pressure Checks 9 a.m.  Fun Bingo—Volunteer 10 a.m.  <b>GERI-FIT</b> Instructor—Abelina 12:30 p.m.
<b>20</b> <b>Arts &amp; Crafts</b> Instructor—Christy P. 9:30 a.m.   <b>GERI-FIT</b> Instructor—Abelina 10:30 a.m.  Karaoke Hour 1 p.m.	<b>21</b> Chair Dance Instructor—Michelle D. 10:30 a.m.  <b>Beading Group</b> Volunteer 12:30 p.m.	<b>22</b> Coloring and Social 10 a.m.  Educational Presentation 10:30 a.m.  Fun Bingo—Volunteer 12:30 p.m.	<b>23</b> Fun Loteria—Volunteer 10 a.m.  Bible Study <b>Non City Sponsored</b> 12:30 p.m.  Wii Games 12:30 p.m.	<b>24</b> Blood Pressure Checks 9 a.m.  Fun Bingo—Volunteer 10 a.m.  <b>GERI-FIT</b> Instructor—Abelina 12:30 p.m.
<b>27</b> <b>Memorial Day Holiday Center Closed</b> 	<b>28</b> Chair Dance Instructor—Michelle D. 10:30 a.m.  <b>Arts &amp; Crafts</b> Instructor—Christy P. 12:30 p.m.	<b>29</b> Coloring and Social 10 a.m.  Educational Presentation 10:30 a.m.  Fun Bingo—Volunteer 12:30 p.m.	<b>30</b> Fun Loteria—Volunteer 10 a.m.  Bible Study <b>Non City Sponsored</b> 12:30 p.m.  Wii Games 12:30 p.m.	<b>31</b> Blood Pressure Checks 9 a.m.  Fun Bingo—Volunteer 10 a.m.  <b>GERI-FIT</b> Instructor—Abelina 12:30 p.m.

**JUNE 15**  
**WORLD ELDER ABUSE**  
**AWARENESS DAY**



**JUNE**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b></p> <p><b>Arts &amp; Crafts</b>            Instructor—Christy P.            9:30 a.m.</p> <p>  <b>GERI-FIT</b>            Instructor—Abelina            10:30 a.m.</p> <p>Karaoke Hour            1 p.m.</p>	<p><b>4</b></p> <p>Chair Dance            Instructor—Michelle D.            10:30 a.m.</p> <p><b>Beading Group</b>            Volunteer            12:30 p.m.</p>	<p><b>5</b></p> <p>Coloring and Social            10 a.m.</p> <p>Educational Presentation            10:30 a.m.</p> <p>Fun Bingo—Volunteer            12:30 p.m.</p> <p><b>Walmart Trip</b>  <b>12:30 p.m.</b></p>	<p><b>6</b></p> <p><b>Carver Museum &amp; Cultural Center Trip</b>  <b>10 a.m.</b></p> <p>Fun Loteria—Volunteer            10 a.m.</p> <p>Bible Study  <b>Non City Sponsored</b>            12:30 p.m.</p> <p>Wii Games            12:30 p.m.</p>	<p><b>7</b></p> <p>Blood Pressure Checks            9 a.m.</p> <p>Fun Bingo—Volunteer            10 a.m.</p> <p>  <b>GERI-FIT</b>            Instructor—Abelina            12:30 p.m.</p>
<p><b>10</b></p> <p>  <b>GERI-FIT</b>            Instructor—Abelina            10:30 a.m.</p> <p>Karaoke Hour            1 p.m.</p>	<p><b>11</b></p> <p>Chair Dance            Instructor—Michelle D.            10:30 a.m.</p> <p><b>Arts &amp; Crafts</b>            Instructor—Christy P.            12:30 p.m.</p>	<p><b>12</b></p> <p>Coloring and Social            10 a.m.</p> <p>Educational Presentation            10:30 a.m.</p> <p><b>First Watch Restaurant Trip</b>  <b>11 a.m.</b></p> <p>Fun Bingo—Volunteer            12:30 p.m.</p>	<p><b>13</b></p> <p>Fun Loteria—Volunteer            10 a.m.</p> <p>Bible Study  <b>Non City Sponsored</b>            12:30 p.m.</p> <p>Wii Games            12:30 p.m.</p>	<p><b>14</b></p> <p>Blood Pressure Checks            9 a.m.</p> <p>Fun Bingo—Volunteer            10 a.m.</p> <p>  <b>GERI-FIT</b>            Instructor—Abelina            12:30 p.m.</p>
<p><b>17</b></p> <p><b>Arts &amp; Crafts</b>            Instructor—Christy P.            9:30 a.m.</p> <p>  <b>GERI-FIT</b>            Instructor—Abelina            10:30 a.m.</p> <p>Karaoke Hour            1 p.m.</p>	<p><b>18</b></p> <p>Chair Dance            Instructor—Michelle D.            10:30 a.m.</p> <p><b>Beading Group</b>            Volunteer            12:30 p.m.</p>	<p><b>19</b></p> <p><b>Juneteenth Holiday</b></p> <p><b>Center Closed</b></p> 	<p><b>20</b></p> <p>Fun Loteria—Volunteer            10 a.m.</p> <p>Bible Study  <b>Non City Sponsored</b>            12:30 p.m.</p> <p>Wii Games            12:30 p.m.</p> <p><b>TEFAP Distribution</b>            12:30 to 3 p.m.</p>	<p><b>21</b></p> <p>Blood Pressure Checks            9 a.m.</p> <p>Fun Bingo—Volunteer            10 a.m.</p> <p>  <b>GERI-FIT</b>            Instructor—Abelina            12:30 p.m.</p>
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# Senior Opportunities West Senior Center



## Daily Activities

- Socialization
- Billiards
- Fitness Room
- Dominoes
- Hockey Table
- Coloring
- Cards
- Tennis Table
- Puzzles
- Wii Sports
- Shuffleboard
- Computer Lab



## Center Trips



Date	Destination	Departure Time From Center	Return Time From Location	Cost
Wed. April 3	Walmart	12:15 p.m.	3 p.m.	\$2
Fri. April 5	NCAA - Reese's Men's Final 4	10:30 a.m.	2 p.m.	\$2
Fri. April 26	Mandaring Super Buffet Volunteer Appreciation	11 a.m.	1 p.m.	\$0
Wed. May 15	Comedor Guadalajara Restaurant	10:30 a.m.	1 p.m.	\$2
Wed. June 5	Walmart	12:15 p.m.	3 p.m.	\$2
Wed. June 6	Carver Museum & Cultural Center	9:30 a.m.	11:30 a.m.	\$2
Wed. June 12	First Watch Restaurant	10:30 a.m.	1 p.m.	\$2

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

# SPECIAL EVENTS WE CELEBRATE DIVERSITY



## Volunteer Appreciation Week April 22 through April 26

Thank You SOW Volunteers!



### Older Americans Month

Continental Breakfast  
Wed. May 1  
from 9 to 10 a.m.



### Cinco de Mayo Celebration

Friday, May 3  
10 a.m.



### Mother's Day Tea Party

Friday, May 10  
10 a.m.



### Memorial Day Remembrance

Friday, May 24  
10 a.m.



### Father's Day Celebration & Dominoes Tournament

Friday, June 14  
10 a.m.



### Juneteenth Celebration

Tuesday, June 18  
10 a.m.



### Formal Senior Prom

Thursday, June 27  
10 a.m.



### April – May – June- Birthday Celebration

Thursday, June 27  
12:30 p.m.



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