



Sunnyslope Senior Center

Programs for Active Adults

802 E Vogel
Phone 602.262.7572
May - June 2024

Sign up for one of our trips!

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

Exact change only

Destination	Date	Time	Cost
Herberger Theater	Wednesday, May 15	11:45 a.m. to 1:15 p.m.	\$2 + Ticket
O.H.S.O	Wednesday, May 22	11 a.m. to 12:30 p.m.	\$2 + Lunch
Phoenix Art Museum	Wednesday, June 12	10:45 a.m. to 12:15 p.m.	\$2 + Ticket
Mandarin Buffet	Wednesday, June 26	11 a.m. to 12:30 p.m.	\$2 + Lunch

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.

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 11:30 a.m.. 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: 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 10 a.m. Music Therapy</p>	<p>2 noon Phoenix Art Museum Docent Talk</p>	<p>3 11 a.m. Yoga with Yasmin</p>
<p>6 noon Cool Callers Program Presentation</p> 	<p>7 noon Rose Lane Music Performance</p> 	<p>8 10:30 a.m. Mother's Day Party</p> 	<p>9</p>	<p>10</p>
<p>13 10 a.m. Scrapbooking with Kirsten</p>	<p>14</p>	<p>15 10 a.m. Music & Movement</p> <p>11:45 a.m. Herberger Theater Trip</p>	<p>16</p>	<p>17</p>
<p>20 10 a.m. Site Council Meeting</p> 	<p>21</p>	<p>22 10 a.m. Music Therapy</p> <p>11 a.m. O.H.S.O Field Trip</p>	<p>23</p>	<p>24 11 a.m. Yoga with Yasmin</p>
<p>27 Memorial Day Center Closed</p>	<p>28</p>	<p>29 10 a. m. Music & Movement</p>	<p>30</p>	<p>31</p>

June 2024



Events & Activities

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5 10:30 a.m. Father's Day Party 	6	7 11 a.m. Yoga with Yasmin
10 10 a.m. Scrapbooking with Kirsten	11	12 10 a.m. Music & Movement 10:45 a.m. Phoenix Art Museum	13	14 Staff Training Center Closed
17 10 a.m. Site Council Meeting 	18	19 Juneteenth Center Closed	20	21 11 a.m. Yoga with Yasmin
24 10 a.m. Scrapbooking with Kirsten	25	26 10 a.m. Music Therapy 11 a.m. Mandarin Buffet	27	28

Sunnyslope Senior Center Daily Activities

Laptop Lab	Monday to Friday	9 a.m. to 4 p.m.
Billiards	Monday to Friday	9 a.m. to 4 p.m.
YouTube Virtual Stretch	Monday to Friday	9 a.m.
Tai Chi: Intermediate	Monday	9:15 a.m.
Tai Chi: Beginner	Monday	10:30 a.m.
Fun Bingo	Monday	12:15 p.m.
Bridge	Monday	1 p.m.
Beginner Ballet	Monday & Wednesday	1 p.m.
Mahjong: Beginner	Tuesday	9 a.m.
Geri-Fit	Tuesday	10 a.m.
Line Dancing	Tuesday	11 a.m.
Fine Art	Tuesday	11 a.m. to 3 p.m.
Ukulele	Tuesday	12:30 p.m.
Movie	Wednesday & Friday	1 p.m.
Computer Class	Wednesday	9:30 a.m.
Tai Chi: Fans & Swords	Wednesday	9 to 11 a.m.
Prize Loteria	Wednesday	12:15 p.m.
Canasta	Wednesday	12:30 to 4 p.m.
Yoga: Gentle Chair	Thursday	10 a.m.
Creative Crafts	Thursday	10 a.m.
Yoga: Mat	Thursday	11 a.m.
Belly Veil Dancing	Thursday	12:30 p.m.
Mahjong: Intermediate	Thursday	12:30 p.m.
Geri-Fit	Friday a.m. & p.m. class	10 a.m. & 1 p.m.
Bible Study *not City sponsored*	Friday	10 a.m.
Needlework	Friday	1 to 4 p.m.