



**CITY OF PHOENIX
HUMAN
SERVICES
DEPARTMENT**



SENIOR PROGRAMS
CITY OF PHOENIX | HUMAN SERVICES

Sign up for one of our trips!

Transportation cost: \$2.00

Destination	Date	Depart	Cost
Japanese Friendship Garden	May 7	10:30 a.m.	\$12
Herberger Theater	May 16	10:45 a.m.	\$8
State Capitol Museum	May 21	10:30 a.m.	Free
Johnny Rockets	May 30	10:30 a.m.	Cost of lunch

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.

Deer Valley Senior Center

Programs for Active Adults

2001 W. Wahalla Lane

Phone 602.495.3714

May and 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.



May 2024

Events & Activities

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Art with Christy 12:30 p.m. Room 7	2 Cinco De Mayo Party 	3
6 Memory Monday 9 a.m. Art with Christy 12:30 p.m. Room 7	7	8 Site Council Meeting 10 a.m. Room 10	9	10
13	14 Art with Christy 9:30 a.m. Room 7 	15 Rock Painting 10:30 a.m. MPR 	16	17
20 Phoenix Art Museum 10:30 a.m. Room 7 	21	22	23 Art with Christy 9:30 a.m. Room 7	24
27 Memorial Day Center Closed 	28	29	30 Art with Christy 9:30 a.m. Room 7	31



June 2024

Events & Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Memory Monday 9 a.m.</p> <p>Art with Christy 12:30 p.m. Room 7</p>	<p>4</p>	<p>5</p> <p>Site Council Meeting 10 a.m. Room 10</p>	<p>6</p>	<p>7</p>
<p>10</p>	<p>11</p> <p>Art with Christy 9:30 a.m. Room 7</p> 	<p>12</p>	<p>13</p>	<p>14</p> <p>Center Closed for Staff Training</p>
<p>17</p> <p>Art with Christy 12:30 p.m. Room 7</p>	<p>18</p>	<p>19</p> <p>Juneteenth Center Closed</p> 	<p>20</p>	<p>21</p>
<p>24</p>	<p>25</p> <p>Art with Christy 9:30 a.m. Room 7</p> 	<p>26</p> <p>Rock Painting 10:30 a.m. MPR</p> 	<p>27</p>	<p>28</p>



Deer Valley Senior Center



Daily Activities

CLASS	LOCATION	DAY	TIME
Chair Exercise	MPR	Mondays, Wednesday, Fridays	9:15 to 10:15 a.m.
Bridge Class	Room 8	Mondays	11:30 a.m. to noon
Bridge	Room 8	Mondays	noon to 3 p.m.
Bingo	MPR	Mondays, Wednesday, Fridays	1 to 3 p.m.
Movies	Room 7	Mondays, Wednesdays	1 to 3:30 p.m.
Advanced Poker	Room 8	Tuesdays, Thursdays	9 a.m. to 3 p.m.
Mah Jong	Room 7	Tuesdays	9 a.m. to 3 p.m.
Crochet Ole'	Lounge	Tuesdays	10:30 to 11:15 a.m.
Geri Fit	MPR	Tuesdays, Thursdays	1 to 2 p.m.
Chair Yoga	Room 9	Tuesdays, Thursdays	2:15 to 3:15 p.m.
Mah Jong	Room 8	Wednesdays	1 to 4 p.m.
Mah Jong Class	Room 7	Thursdays	9 to 11:30 a.m.
Tai Chi	Room 9	Thursdays	10 to 11 a.m.
Music Therapy	MPR	Thursdays	10 to 10:50 a.m.
Mah Jong	Room 7	Thursdays	noon to 3 p.m.
Line Dancing	MPR	Thursdays	2:15 to 3:15 p.m.
Tai Chi	Room 9	Fridays	1 to 2 p.m.
Tai Chi Fan Form	Room 9	Fridays	2:15 to 3:15 p.m.