



CITY OF PHOENIX  
**HUMAN  
SERVICES**  
DEPARTMENT

6501 W. Virginia Ave. Phoenix, AZ 85035

602-495-3711

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

**Center Hours**

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

# Desert West Senior Center

## Programs for Active Adults

# MAY/JUNE 2024



### 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" meal based on availability.

### Transportation

**Senior Center Shuttle Program:** MV Transportation provides flexible taxi services to and from the center for eligible members. Please contact center staff to register and for more information.

### Caseworker

Service is available to current members every first and third Wednesday of the month by appointment only. Please contact Center Staff for more information.

### In Person or Virtually

Please contact Center Staff for more information.

### 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 602-262-4520 voice.  
The City's TTY Relay phone number 602-534-5500 may be used, if needed.

## Daily Activities

Walking in the Gym  
(Based on Availability)  
9 to 10 a.m.

Socializing, Billiards, Cards, Dominoes,  
Check Out a Laptop, Crocheting  
9 a.m. to 4 p.m.

## Monday

Memory Monday  
First Monday of the Month

Memory Café  
First and Third Monday of the Month  
10 to 11 a.m.

Farm Express  
May 6, 20 and June 3, 17  
9:30 to 10:30 a.m.



## Tuesday

St. Mary's Food Box  
(Application Required)  
Fourth Tuesday of the Month  
9 to 11 a.m.

Tai Chi  
12:15 to 1:15 p.m.

Radio Mystery Stories  
1:15 to 2:15 p.m.

## Wednesday

Sewing Group  
(Learn to sew or have garments altered)  
(Based on Instructor Availability)  
10 a.m. to 3 p.m.

Geri-Fit  
12:30 to 1:30 p.m.

## Thursday

Blood Pressure Checks  
First and Third Thursday of the Month  
9 to 10 a.m.

Karaoke  
(Based on Availability)  
9:30 to 11 a.m.

Tai Chi  
10 to 11 a.m.

Sewing Group  
(Based on Instructor Availability)  
10 a.m. to 3 p.m.

Thursday Vibes  
(Based on Availability)  
noon to 1 p.m.

## Friday

Karaoke  
(Based on Availability)  
9:30 to 11 a.m.

Sewing Group  
(Based on Instructor Availability)  
10 a.m. to 3 p.m.

Geri-Fit  
12:30 to 1:30 p.m.







Afternoon Movie  
1:30 to 3:30 p.m.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>In <b>May 2024</b>, we celebrate <b>Older Americans Month!</b> This annual observance, led by the <b>Administration for Community Living (ACL)</b>, recognizes the profound impact that <b>meaningful relationships and social connections</b> have on our health and well-being. The theme for this year is <b>“Powered by Connection.”</b></p> 		<p>1 9:30 to 11 a.m. Bingo</p>	<p>2 9 to 10 a.m. Free Member’s Breakfast “<b>Biscuits &amp; Gravy</b>”  12:30 to 2 p.m. National Gardening Month</p>	<p>3 9:15 a.m. to 12:30 p.m. <b>Trip:</b> Cinco de Mayo Celebration at Adam Diaz <b>(Sign Up Required)</b></p> 
<p>6 12:30 p.m. Planning Committee Meeting</p>	<p>7 9:30 to 11 a.m. Loteria  11:30 a.m. to 1:30 p.m. <b>Trip:</b> Chicken N Pickle <b>(Sign Up Required)</b></p>	<p>8 9:30 to 11 a.m. Bingo</p>	<p>9 9:30 a.m. Art with Christy <b>(Registration Required: Limit 10)</b>  noon Mother’s Day Spa Day</p> 	<p>10 9:30 a.m. to 1 p.m. <b>Trip:</b> Mother’s Day Tea Party at SOW <b>(Sign Up Required)</b>  10 to 11 a.m. Mother’s Day Bingo  <b>Hot Dog Sale</b></p>
<p>13 10 a.m. Site Council Meeting</p>	<p>14 9:30 to 11 a.m. <b>Free Loteria Nachos Sale</b></p>	<p>15 9:30 to 11 a.m. Bingo</p>	<p>16 9 to 10 a.m. Breakfast Sale “<b>Cheese Omelet &amp; Sausage</b>”  12:45 p.m. Crafts in the Courtyard with Artsy Smartsy <b>(Registration Required: Limit 10)</b></p>	<p>17 9 to 11 a.m. Plant Something Day</p>  <p><b>Hot Dog Sale</b></p>
<p>20 noon to 1 p.m. National Strawberries Frozen Yogurt Day</p>	<p>21 9:30 to 11 a.m. Loteria  11:30 a.m. to 1:30 p.m. <b>Trip:</b> Dillions KC BBQ Wildlife World Zoo <b>(Sign Up Required)</b></p>	<p>22 9:30 to 11 a.m. Bingo</p>	<p>23 9 to 10 a.m. Wendy’s Craft Corner “Memorial Day Craft”  12:30 p.m. Drum Circle Music Therapy</p>	<p>24 9:30 a.m. to noon Older Americans Month BBQ Cookout</p> 
<p>27 <b>Center Closed</b> <b>Memorial Day</b> <b>Holiday</b></p> 	<p>28 9:30 to 11 a.m. Loteria  12:15 p.m. Phoenix Art Museum “<b>Art of the Monuments Men</b>”</p>	<p>29 9:30 to 11 a.m. Bingo</p>	<p>30 noon to 1:30 p.m. National Scrapbook ay</p>	<p>31 10 to 11 a.m. Birthday Party with Ken Walker  12:30 p.m. Movie “<b>Monuments Men</b>”  <b>Hot Dog Sale</b></p>

Note: Trips, Programs, Classes and Events are subject to change or cancellation without notice. Revised: 4/9/2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 12:30 p.m. Planning Committee Meeting</p>	<p>4 9:30 to 11 a.m. Loteria</p> <p>11:30 a.m. to 1:30 p.m. <b>Trip:</b> Shake Shack (Sign Up Required)</p>	<p>5 9:30 to 11 a.m. Bingo</p>	<p>6 9 to 10 a.m. Free Member's Breakfast "French Toast &amp; Fruit"</p> <p>noon to 1 p.m. International Children's Day Summer Camp Kids "Yoyo Craft"</p>	<p>7 9 to 11 a.m. Brain Health Mini Health Fair</p>  <p><b>Hot Dog Sale</b></p>
<p>10 10 a.m. Site Council Meeting</p>	<p>11 9:30 to 11 a.m. Loteria</p> <p>11:30 a.m. to 1:30 p.m. <b>Trip:</b> White Castle Hamburgers (Sign Up Required)</p>	<p>12 9:30 to 11 a.m. <b>Free Music Bingo</b></p> <p><b>Nachos Sale</b></p>	<p>13 9:30 a.m. Art with Christy (Registration Required: Limit 10)</p> <p>noon to 1 p.m. First Day of Summer Ice Cream Social with Summer Camp Kids</p>	<p>14 9:30 to 11 a.m. Father's Day Celebration</p> <p><b>Happy Father's Day!</b></p> <p><b>Hot Dog Sale</b></p>
<p>17 9 a.m. National Donut Day</p> 	<p>18 9:30 to 11 a.m. Loteria</p> <p>9:30 a.m. to 1 p.m. <b>Trip:</b> Juneteenth Celebration Fashion Show at SOW (Sign Up Required)</p>	<p>19 <b>Center Closed</b> Juneteenth Holiday</p> 	<p>20 9 to 10 a.m. Breakfast Sale "Pancakes &amp; Bacon"</p> <p>12:45 p.m. Crafts in the Courtyard with Artsy Smartsy (Registration Required: Limit 10)</p>	<p>21 10 a.m. Birthday Party with Darron the Guitar Guy</p> <p><b>Hot Dog Sale</b></p>
<p>24 10 to 11 a.m. Summersgiving Day</p> 	<p>25 9:30 to 11 a.m. Loteria</p>	<p>26 9:30 to 11 a.m. National Bingo Day</p> 	<p>27 9:30 a.m. to 1 p.m. <b>Trip:</b> Formal Senior Prom at SOW (Sign Up Required)</p>	<p>28 10 to 11 a.m. Summertime Bingo</p>  <p><b>Hot Dog Sale</b></p>

**Alzheimer's and Brain Awareness Month**

Alzheimer's and Brain Awareness Month is observed in June as an opportunity to spread the word about and discuss Alzheimer's disease and other dementias. Throughout the month, the Alzheimer's Association encourages people around the globe to support the movement by wearing purple and training their brains to fight the disease.

