



**SENIOR PROGRAMS**  
CITY OF PHOENIX | HUMAN SERVICES

# Goelet A.C. Beuf Senior Center

Programs for Active Adults  
3435 W. Pinnacle Peak, Phoenix, AZ. 85027  
602-534-9743  
Email us at  
phoenix.gov/seniorcenters  
goelet.beuf.sc@phoenix.gov



## GOELET A.C. BEUF SENIOR CENTER

Beuf Senior Center is a recreation center for seniors and adults, situated in north Phoenix. We are located in the Beuf Community Center at 35th Ave. and Pinnacle Peak. Our Human Services and Parks & Recreation staff are here to serve you. Stop on by!

### COMPUTERS & WIFI

Your membership includes use of the computer lab or bring your own device to surf the 'net!

### FITNESS CENTER

The Beuf Fitness Center has treadmills, exercise bikes and much more! Fitness memberships can be purchased from the front desk for \$50 per year.

## May to June 2024 Program Schedule

### MEMBERSHIP

Your membership gives you access to all 15 Phoenix senior centers. The annual membership fee is \$20 for Phoenix residents and \$40 for non-residents.

### LUNCH

Lunch is served Monday through Friday at noon. Meal reservations and cancellations must be made at least three business days in advance. There are limited stand-by meals available. A recommended contribution of \$2.50 is requested of members 60+ years of age per meal. The cost of a meal for all others is \$5.

### 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.

### CASEWORKER SERVICES

Caseworker services are available to current members by appointment only. To schedule an appointment call 602-534-9743.

**Programs and activities offered 9 a.m. to 4 p.m., Monday through Friday**

**Parks and Recreation hours:**

**8 a.m. to 8:30 p.m. Monday - Thursday, 8 a.m. to 5 p.m. Friday, 10 a.m. to 4 p.m. Saturday**

**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.**



# Program Schedule

Stay Young  
with Us!

CLASS	INSTRUCTOR	DAY	TIME	TYPE
Bingo	Volunteer	Monday	9:15 to 11:30 a.m.	In-person
Yoga	Libby	Monday	10 to 11 a.m.	In-person
Geriatric Fit	Fernando	Monday	11 a.m. to noon	In-person
Senior Fit	Cheryl	Monday	1 to 2 p.m.	In-person
CLASS	INSTRUCTOR	DAY	TIME	TYPE
H.E.L.P. Paper Bag Volunteer Project	Volunteer	Tuesday	9 to 11 a.m.	In-person
Flamenco for Seniors <b>Canceled</b>	Angelina (Virtual)	Tuesday	9:15 to 10 a.m.	Hybrid
Line Dance	Jane	Tuesday	1 to 2 p.m.	In-person
CLASS	INSTRUCTOR	DAY	TIME	TYPE
Bible Study ** not city sponsored **	Ken, Volunteer	Wednesday	11 a.m. to noon	In-person
Table Tennis Open Play	Self-led	Wednesday	9 a.m. to noon	In-person
Geriatric Fit	Fernando	Wednesday	11 a.m. to noon	In-person
Senior Fit	Cheryl	Wednesday	1 to 2 p.m.	In-person
Beading Group	Volunteer	Wednesday	1 to 3 p.m.	In-person
Mahjong Group (beginner)	Heidi, Volunteer	Wednesday	1 to 3 p.m.	In-person
Art Class	Will, Volunteer	Wednesday	12:30 to 2:30 p.m.	In-person
CLASS	INSTRUCTOR	DAY	TIME	TYPE
Bingo	Volunteer	Thursday	9:15 to 11:30 a.m.	In-person
Tai Chi	Fernando	Thursday	11 a.m. to noon	In-person
Let's Dance Class Last class May 16	Michelle	Thursday	1 to 2 p.m.	In-person
Fiber Arts & Social Games Group	Heidi, Volunteer	Thursday	1 to 4 p.m.	In-person
CLASS	INSTRUCTOR	DAY	TIME	TYPE
Table Tennis Open Play	Staff	Friday	9 a.m. to noon	In-person
Coloring Corner	Self-led	Friday	9 a.m. to noon	In-person
Blood Pressure Checks	Volunteer	First & last Friday of the month	11 to 11:30 a.m.	In-person
Prize Loteria	Staff	Friday	1 to 2 p.m.	In-person

Note: Programs, Classes, Events, and Trips subject to change or cancellation without notice.

### Billiards

Billiards open play from 9 a.m. to 4 p.m. daily

All members welcome

*Please see staff to check out equipment*

### Billiards Tournaments, must RSVP

Wednesday, May 15, at 9 a.m.

Wednesday, June 12, at 9 a.m.

### Memory Mondays

Memory screenings are offered at City of Phoenix Centers every **first Monday of the month**. Call the center to make an appointment.

*See flyer for details*

### Trips

*See flyers for details*

**May 2** Cinco De Mayo Celebration at Marcos

**May 7** Arizona State Capital

**May 14** Herberger Lunch Time Theater

**May 21** Sugar Bowl Restaurant

**May 28** Herberger Lunch Time Theater

**June 4** Musical Instrument Museum

**June 18** Mandarin Super Buffet

**June 26** Herberger Lunch Time Theater

### Beuf Senior Center will be CLOSED

**May 27**, Memorial Day

**June 14**, Conference

**June 19**, Juneteenth

### TEFAP (Commodities) Distribution

**May 20**

**June 24**

*Please see staff for more information*

### Daily Activities

Walking track, Wii bowling, board games, puzzles, and card games

## Health & Wellness

**Note: If you are interested in a presentation, you must RSVP.**

**RSVP at kiosk or by calling 602-534-9743. See flyers for details.**

### Landlord & Tenant Program Presentation

The Landlord & Tenant Program provides educational services and information  
Monday, May 13, at 12:30 p.m.

### Scammer/Fraud Awareness Presentation by Center Well

Learn helpful tips to keep your identity safe  
Thursday, May 16, at 12:30 p.m.

### Hearing Aid Event by Center Well

Receive free hearing aid cleaning and battery replacement  
Wednesday, June 5, at 12:30 p.m.

### Pain Management Presentation by Abbott

Learn about non-surgical pain management from a local physician  
Wednesday, June 12, at 12:30 p.m.

### Blood Pressure Checks

Every first and last Friday of the month at 11 a.m.

### Flashback Friday: Powered by Connection

Friday, May 24 at 11 a.m.

Join the celebration of Older Americans Month. Free raffle prizes, refreshments, resource informational booths and fun games! RSVP at kiosk.

### Site Council Meetings at 9:30 a.m.

**May 22**

**June 26**

Meetings are open to all members of the center



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

# Special Events

## May

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

		1	2 Trip Marcos De Niza Senior Center	3 12:30 p.m. Ice Cream Social
6	7 Trip Arizona State Capital	8	9	10 10 a.m. Mother's Day Party
13 12:30 p.m. Landlord & Tenant Program Presentation	14 Trip Herberger Lunch Time Theater	15 9 a.m. Billiards Tournament	16 12:30 p.m. Scammer/Fraud Awareness Presentation	17 10 a.m. Birthday Party
20 10 a.m. Commodities	21 Trip Sugar Bowl Restaurant	22 9:30 a.m. Site Council Meeting	23	24 11 a.m. Flashback Friday Older Americans Month Activity
27 Center Closed Memorial Day	28 Trip Herberger Lunch Time Theater	29	30	31

## June

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

3	4 Trip Musical Instrument Museum	5 12:30 p.m. Hearing Aid Event	6	7 10 a.m. June Birthday Party & Ice Cream Social
10	11	12 9 a.m. Billiards Tournament 12:30 p.m. Pain Management Presentation	13 12:30 p.m. Bingo Buddies Multi-Gen Event Parks & Senior Programs Collaboration	14 Center Closed Conference
17	18 Trip Mandarin Super Buffet	19 Center Closed Juneteenth	20	21 10 a.m. Father's Day Party
24 10 a.m. Commodities	25	26 9:30 a.m. Site Council Meeting Trip Herberger Lunch Time Theater	27	28