- Most trips require to sign up 2 weeks in advance.
  - There is a \$2 transportation fee for the bus (\$1 each way).

# **FEBRUARY**

Destination	Date	Departure	Pick-up	Cost	Sack Lunch
Black History Month Celebration at S.O.W Senior Center	Wednesday Feb. 1	9 a.m.	12:30 p.m.	Lunch Contribution	Lunch provided at S.O.W.
Golden Corral	Tuesday Feb. 7	11 a.m.	1:30 p.m.	Lunch	No
Site Council Training at S.O.W. (site council only)	Monday Feb. 13	11 a.m.	2 p.m.	FREE	Lunch provided at S.O.W.
Valentine's Day Party at lora Primary Care	Wednesday Feb. 15	12:30 p.m.	3:15 p.m.	FREE	No
Texas Road House Restaurant	Tuesday Feb. 21	11 a.m.	1:30 p.m.	Lunch	No
Federal Reserve Bank Tour	Tuesday Feb. 28	9:30 a.m.	TBA		No

# **MARCH**

Destination	Date	Departure	Pick-up	Cost	Sack Lunch
Cici's Pizza Buffet	Tuesday March 7	11 a.m.	1:30 p.m.	Lunch	No
Desert Botanical Garden Butterfly Exhibit (Self guided Tour)	Tuesday March 14	10 a.m.	1:30 p.m.	Free	Yes
Herberger Theater Presents: Coupled, a Relationship Revue	Tuesday March 21	11:45 a.m.	1 p.m.	\$6	Yes
Japanese Friendship Garden Tour	Wednesday March 22	10:45a.m.	12:45 p.m.	\$4	Yes



602-495-3711

phoenix.gov/seniorcenters

Hours of Operation 8 a.m. to 5 p.m. Monday through Friday

The Desert West Senior Center is for adults 18 and over who want to stay active and engaged in the community. The center is located in west Phoenix, we are one block North of Encanto on Virginia Ave. in Desert West Park. We provide a variety of social, recreational, health-promotion, nutritional programs, as well as casework support. Our Human Services and Parks & Recreation staff are here to serve

# Winter **Program Schedu**

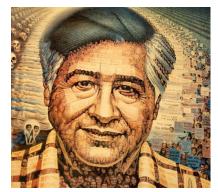
**Black History Month** 

Concert & Lunch

With Blues Review Duo

Feb. 23 at 10 a.m.

(please make lunch reservations three days in advance)



**Cesar Chavez Day Celebration** 

March 24



# **Morning Snack**

8:30 to 9:30 am Monday to Friday



Wii Games 1 p.m.

Tuesday (Schedule

**Crochet Club** 8 a.m.

Monday, Tuesday, Friday

**BINGO** 12:15 p.m.

Tuesday and Thursday

Wednesday

9 a.m.

Loteria

may vary)

9:30 a.m.

**Chair Exercise** 

Monday to Friday **Bible Study** 

10 a.m.

Monday

**Video Exercise** Members participate in stretching and light calisthenics. All ages and abilities welcome. No cost.

provided. Students are able to take

home their creations. No cost.

**Instructor: Christy Puetz** 

Drop-In Welcome

12:30 to 2 p.m.

Feb. 15

March 15

Drop-In Welcome 9:30 Monday to Friday

Video Exercise

#### **Fun Loteria**

Members enjoy a free game of Fun Mexican BINGO No cost.

Instructor: Volunteers 10 a.m.

Feb. 7. 21

March 7, 21

#### **Jewelry Making**

Members learn simple jewelry making techniques and create their own custom jewelry. Materials Provided. No cost.

Instructor: Vilor Levine

12:30 to 2:30 p.m.

Feb. 14,22

Want to help?

basics and practice with their peers.

Instructor: Joe Aldas Drop-In Welcome 3 to 4:30 p.m. Feb. 9, 23 March 9, 23



**MONTHLY EVENTS** 

(Not City Sponsored)

### FEBRUARY

Feb. 2 Site Council Rummage Sale

Feb. 3 Wear your favorite team Jersey!

Feb 9. \$5 Rummage Sale Feb. 10 at 10 a.m.

Valentines Day Card

Making and Exchange with children from Pioneer

Middle School

Feb. 16 Funny Hat Day

Feb. 22 Commodities

Feb. 24 Birthday Party

#### MARCH

March, 2 Site Council Rummage Sale

March 9 \$5 Rummage Sale

#### **SITE COUNCIL** Feb.1

March 1 April 3

12:30 p.m.

Get involved in your center! Share ideas and help make



**Birthday Party:** 

Feb. 24 March 30

10 a.m.

March 21, 28

## Sit & Fit Exercise Class

Members participate in stretching and light calisthenics with the sound of music. All ages and abilities welcome. No cost.

Drop-In Welcome 10 a.m.. Feb. 1. 15

Instructor: Paul Hubbard

#### Coloring Contest

Instructor: Staff 10 a.m.

Feb. 14; Feb. 28

March 14, 28

# **Desert West**

Iliana Hernandez,

Yolanda Russe

Cynthia

CEI