

below to ensure transportation.

- 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 Iora 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



6501 W. Virginia Ave
Phoenix, AZ 85035-1500

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 Schedule

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



Loteria

10 a.m.

Tuesday (Schedule may vary)

Chair Exercise

9:30 a.m.

Monday to Friday

Bible Study

(Not City Sponsored)

9 a.m.

Wednesday

● Morning Snack

8:30 to 9:30 am

Monday to Friday

● Crochet Club

8 a.m.

Monday, Tuesday, Friday

● BINGO

12:15 p.m.

Tuesday and Thursday

● Wii Games

1 p.m.

Monday

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

● Video Exercise

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

Video Exercise

Drop-In Welcome

9:30

Monday to Friday

● 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

March 21, 28

basics and practice with their peers.

Instructor: Joe Aldas

Drop-In Welcome

3 to 4:30 p.m.

Feb. 9, 23

March 9, 23



● Sit & Fit Exercise Class

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

Instructor: Paul Hubbard

Drop-In Welcome

10 a.m.

Feb. 1, 15

● Coloring Contest

Instructor: Staff

10 a.m.

Feb. 14; Feb. 28

March 14, 28

MONTHLY EVENTS

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

SITE COUNCIL

Feb.1

March 1

April 3

12:30 p.m.

Get involved in **your** center!
Share ideas and help make plans for the future.



Birthday Party:

Feb. 24

March 30

10 a.m.

MARCH

- March. 2 Site Council Rummage Sale
- March 9 \$5 Rummage Sale

Want to help?

CEN

Pr

Desert West

Iliana Hernandez,

Yolanda Russe

Cynthia