



City of Phoenix
HUMAN SERVICES DEPARTMENT

Pecos Senior Center

Programs for Active Adults



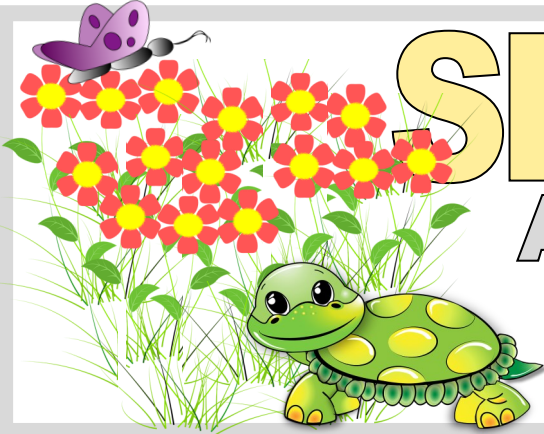
City of Phoenix
Age-Friendly
Community Initiative

17010 S 48th St, Phoenix, AZ. 85048

602-534-5366

phoenix.gov/seniorcenters

Open Monday to Friday, 8 a.m. to 5 p.m.



SPRING 2018

APRIL
MAY
JUNE

Pecos Human Services Staff

Lillian De La Cruz, Senior Programs Supervisor I

Jen Bimberg, Senior Center Assistant

Tara Murphy, Secretary II

Rummage Sale

Friday, April 6 from 9 a.m. to 1 p.m.

Bingo at 12:15 p.m.

Quesadilla w/salsa Sale

Pecos Senior Center Safety Awareness & Appreciation Health Fair

Thursday, May 10, 2018

1:30 to 6:30 p.m.

Door prizes and give-aways

Membership

Annual membership is \$20 for Phoenix residents and \$40 for non-residents. Your membership gives you access to any of 15 Phoenix senior centers. A visitor pass is available for two FREE visits.

Lunch

Lunch is served daily at 11:30 a.m.

A recommended contribution of \$2.50 is requested of members per meal. The cost of a meal for all others is only \$5.

Meal reservations and cancellations must be made at least three business days in advance. Members without a lunch reservation may have a "standby" lunch based on availability.

Morning Snack served daily 8:30 to 10 a.m.

Transportation

Senior Center Shuttle Program:

MV Transportation provides flexible taxi service to and from your local senior center for eligible members. Please contact center staff to register and obtain more detailed information.

Volunteering

Please see Human Services staff for more information on volunteer opportunities.

Caseworker

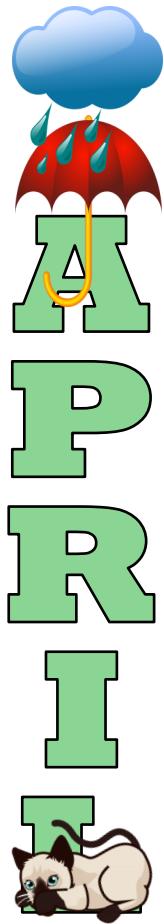
Assistance available upon request to current members.


For more information or a copy of this publication in an alternate format, contact 602-262-4520 voice.

This City Facility is RELAY 7-1-1 trained.

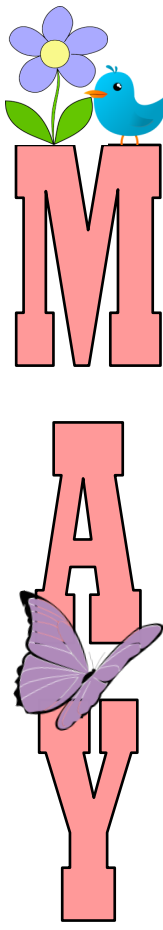
SPECIAL EVENTS


Please see back page for Pecos Senior Center ongoing activities
 Cost of bus is \$2 per person, per trip

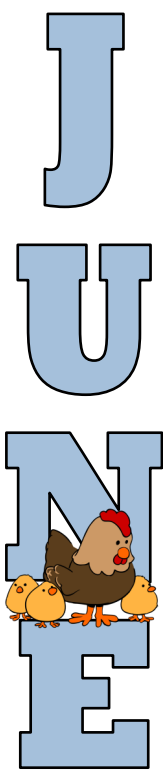


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 1 p.m. AARP Smart Drivers	3 9:30 a.m. Memory Games 10a.m. Science Museum (Trip)	4	5	6 9 a.m. to 1 p.m. Rummage Sale
9 10 a.m. Area Agency on Aging Presents: "RX Matters" CENTER CLOSSES AT NOON	10	11 12:30 p.m. Pecos Downs	12	13 10 a.m. Art All Around Us
16 11:15 a.m. Lunch Bunch (Trip)	17 9:30 a.m. Memory Games	18 12:30 p.m. Site Council	19 10 a.m. Ranch Market (Trip)	20 DOUBLE BINGO DAY 9 a.m. Chair Massage 10 a.m. Bingo 12:15 p.m. Bingo
23 10 a.m. Serenity Hospice Presents: "Normal Aging: Is there such a thing?"	24 10 a.m. Masters of Aging (Mini Piñatas)	25 	26 10 a.m. Healthy Eating	27 10 a.m. National Pretzel Day
30 10 a.m. Home Instead Presents: "Breaking Point-Happy Memories"		NATIONAL VOLUNTEER WEEK APRIL 15-21, 2018		

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 1 9:30 a.m. Memory Games	2	3 10 a.m. Cinco de Mayo at Desert West (Trip)	4	
7	8	9 12:30 p.m. Trivia	10 1:30 to 6:30 p.m. Health Fair: "Safety Awareness & Appreciation"	11 10 a.m. Art All Around Us 11 a.m. Chair Massage 12:15 p.m. Mother's Day Bingo
14 10 a.m. Older Americans Act Presents: "Engage at Every Age"	15 9:30 a.m. Memory Games	16 12:30 p.m. Site Council	17 11 a.m. Herberger Theater (Trip)	18 10 a.m. Serenity Hospice Presents: "Understanding Dementia"
21 11:15 a.m. Lunch Bunch (Trip) noon Pick a Strawberry Day	22 10 a.m. Masters of Aging (Tie Dye T-shirts)	23 1 p.m. Memorial Day Event "Missing In Action"	24 10 a.m. Healthy Eating	25 12:30 p.m. Birthday Party (April-May-June) (Entertainment)
28 CLOSED HOLIDAY	29 10 a.m. Wrigley Mansion Tour (Trip)	30 12:30 p.m. Hospice Promise Presents: "Creative ways to deal with stress"	31	



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				1
4 11a.m. Lunch Bunch (Trip)	5 9:30 a.m. Memory Games	6	7 10:30 a.m. Kids Bingo with Seniors	8
11 11 a.m. Deer Valley Bingo (Trip)	12	13 12:30 p.m. Pecos Downs	14 11 a.m. Herberger Theater (Trip)	15 9 a.m. Chair Massage 10 a.m. Father's Day Bingo
18 10 a.m. Serenity Hospice Presents: "Working safely to prevent injury"	19 9:30 a.m. Memory Games	20 12:30 p.m. Site Council Meeting	21 10 a.m. Carnival at Sunnyslope Senior Center (Trip)	22
25	26 10 a.m. Masters of Aging (Music Therapy)	27	28 10 a.m. Healthy Eating	29 9 a.m. Waffle Day

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ONGOING ACTIVITIES



Blood Pressure Checks	First Wednesday at 8:30 a.m.
Advanced Bridge	Thursday at 9:30 a.m. Friday at 12:30 p.m.
Bunco	Friday at 9 a.m. Bunco Cancelled: April 6 First Monday of each month at 12:30 p.m. (sign-up requested for Monday Bunco only)
Chair Exercises	Monday, Wednesday, Friday from 9:15 to 9:45 a.m. Chair Exercises Cancelled: April 6
Fit PHX Fit	Friday from 9:15 to 9:45 a.m. Ends for summer on May 25
Discussion	Monday at 10 a.m. Ends for summer on May 21
Dominoes	Monday at 12:30 p.m.
Fun Bingo	Wednesday at 10 a.m. Friday 12:15 p.m. Bingo at 10a.m.: May 25, June 1, 8, 15, 22, 29
Games	Daily at 8:15 a.m. to 4 p.m. (Time and space permitting)
Gentle Yoga	Monday and Wednesday at 10 a.m. Ends for summer on May 23
Line Dancing	Monday and Wednesday from 1 to 2 p.m. (Dance for all levels) Friday from 1 to 3 p.m. (Teach and Learn 1 to 2 p.m.; Dance for all levels 2 to 3 p.m.) Summer Hours: No Line Dancing on Monday. Friday from 2 to 3 p.m. only
Mah Jong	Monday and Friday at 10 a.m.
Masters of Aging (see inside for dates)	Patterning the "Creative Aging" Movement of engaging older adults in activities
Pickle Ball **Sponsored by Parks	Monday and Wednesday at 9 a.m. Friday at 10:30 a.m.
Pinochle	Monday, Tuesday, Thursday, Friday at 8:15 a.m.
Tai Chi	Tuesday at 11 a.m. Thursday at 10 a.m. Ends for summer on May 24
Walking	Daily at 8 a.m. Ends for summer May 25
Wii Bowling	Tuesday Open at 12:45 p.m. Ends for summer April Thursday Open at 12:30 p.m. Ends for summer April 5

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Revised 3/12/18