



SENIOR PROGRAMS
CITY OF PHOENIX | HUMAN SERVICES

Paradise Valley Senior Center Programs for Active Adults

17402 N. 40th Street, Phoenix, AZ. 85032 602.495.3785

For more information or a copy of this publication in an alternate format, call 602-262-4520 voice. This facility is Relay 7-1-1 trained.



PARADISE VALLEY SENIOR CENTER

Paradise Valley Senior Center is an activity center for seniors and adults, located in Northeast Phoenix. We are one block North of Bell Road on 40th Street in Paradise Valley Park. Our campus includes Paradise Valley Pool and Paradise Valley Community Center. Our friendly Human Services staff is here to serve you ... stop on by and discover a host of amenities, classes, and programs perfect for you.

**YOUR BEST YEARS
START HERE!**

SUMMER 2024 PROGRAM SCHEDULE ★ MAY/JUNE

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.

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.

Human Services Program

9 a.m. to 4 p.m.

Monday through Friday

phoenix.gov/residents/seniors

Parks and Recreation Program

Monday through Thursday: 9 a.m. to 9 p.m.

Friday: 9 a.m. to 6 p.m.

Saturday: 10 a.m. to 6 p.m.

SENIOR AEROBICS

9:30 to 10:30 a.m.

Tuesdays, Thursdays



Join volunteer Joe in the gymnasium for a great workout to fun music!

LINE DANCING

9:30 to 10:45 a.m.

Mondays



Join volunteer Eve for an engaging session. No experience necessary and all are welcome.

CHAIR YOGA

9:30 to 10:30 a.m.

Wednesdays



Movement teacher Michelle D. will instruct you in yoga movement using a chair. All are welcome.

GERI FIT

noon to 1 p.m.

Mondays, Wednesdays



Instructor Michele C. provides chair fitness for stretching, toning, strengthening & balance using bands, balls & light weights for all levels.

LET'S DANCE

10:30 to 11:30 a.m.

Wednesdays



Dance teacher Michelle D. will instruct you in dance movement in a fun and playful way.

TAI CHI / QIGONG FOR ARTHRITIS

11 a.m. to noon

Tuesdays, Thursdays



Instructor Geraldine provides ways to relieve pain and improve flexibility.

GYM RECREATION

9 a.m. to 1:30 p.m.

Monday thru Friday



Our gymnasium space offers billiards, pickleball, walking, basketball, and more! See Parks and Recreation desk for details.

WALK WITH EASE

10:30 to 11:30 a.m.

Tuesdays, Thursdays



Join instructor Krista to "walk" with improved flexibility and balance. You will be surprised how much there is to know about walking!

PV SENIOR SINGERS

12:30 to 2 p.m.
Mondays



Like to sing just for fun? This is for you! No experience needed.

Join us for a Patriotic Show on May 13 at 11 a.m.!

CRAFTING STUDIO

9 a.m. to 3 p.m.
Mondays



Join Hooks and Needles group and others for a variety of crafting fun. Got a fun craft? Bring it in and share with us!

LICENSED BINGO

12:30 to 3:30 p.m.
Thursdays



Minimum fee to play is \$8.

Games conducted by North East Senior Center Association. First game called promptly at 1 p.m.

QUILTING STUDIO

9 a.m. to 3 p.m.
Wednesdays, Fridays



Bring your own supplies and share creative space with other quilting enthusiasts.

HAPPY LIVING HABITS

10:30 to 11:30 a.m.
Friday
May 10, June 14



Bring your smile and be prepared for laughter and love. Instructor Cathy leads the group.

ART STUDIO

9 a.m. to 3 p.m.
Tuesdays, Thursdays



Bring your own equipment and supplies and share creative space with other art enthusiasts.

ART WITH CHRISTY

12:30 to 2 p.m.
Tuesday



May 7 and 21, June 4 and 18

Join art teacher Christy for a free make and keep art project. Supplies are included.

*This class is taught virtually. **Sign up required.***

CERAMICS STUDIO

9 a.m. to 3 p.m.
Mondays



Bring your own project and supplies and share space with other ceramics creators.

ACROSS THE CITY

Senior Center Art Project

12:30 to 3 p.m.
Wednesday, June 12



Join local award winning artist, Tina Ferguson, for a unique group project to showcase Phoenix Senior Center history in the form of a large mural installation.
Sign Up required in advance-Limit 8

ACTIVITY ZONE

9 a.m. to 3 p.m.
Monday thru Friday



Our comfortable library/lounge area is open daily for drop-in cards, games, reading, and computers. Laptops are available for checkout.

POKER

10 a.m. to 3 p.m.
Mondays, Wednesdays, Thursdays



Bring your group to match, bet, raise and fold. Must have a basic knowledge of the game.

MUSIC WITH DJ KEN

Meet up with your pals for a social hour of music and fun!

10:30 to 11:30 a.m.

Fridays

May 17 and 24
June 7 and 28



TABLE GAMES

9 a.m. to 2 p.m.
Tuesdays, Fridays



Join us for Pokeno, Skip Bo, Loteria, and Uno! No experience necessary. All are welcome!

BIBLE STUDY

1 to 3 p.m.
Fridays



Non-denominational bible study group meets weekly to discuss personal journeys and choices. This is a non-city sponsored activity.

CITY OF PHOENIX MEMORY CAFE



WHERE:
Paradise Valley Senior Center
17402 North 40th Street
Phoenix, AZ 85032



WHEN:
Every Wednesday
from 10:30 to 11:30 a.m.
Excluding major Holidays



REGISTRATION:
Please call 602-534-5750
or email
memory.cafe@phoenix.gov



VIRTUAL MEMORY CAFÉ:
Available 2nd & 4th Wednesday
of the month from
10:30 to 11:30 a.m.

Registration is required in advance to join
a Memory Café; there is no fee to attend.



CONGREGATE MEALS

A nutritious plated meal is served daily at 11:30 a.m. Please reserve your meal three days in advance at the self-service kiosk. Meals are to be consumed onsite. A contribution of \$2.50 per meal is suggested for qualified members. Meal price is \$5.00 for all others. Please cancel your reservation if your plans change.

**Paradise Valley Senior Center
will be CLOSED:**

- **Monday, May 27**
in observance of Memorial Day
- **Wednesday, June 19**
in observance of Juneteenth

VOLUNTEERS NEEDED!



Want to lend a helping hand? Volunteers are needed to host bridge, mah-jongg, and craft activities. Licensed Bingo, offered by Northeast Senior Center Association, is also seeking volunteers available on Tuesday and Thursday afternoons.

**Paradise Valley
Site Council
General Meeting dates:**

Tuesday, May 14 at 1 p.m.

Phoenix Parks and Recreation Department offers classes, group activities, and recreation for all ages.
To inquire about offerings at Paradise Valley Community Center, please call 602.495.3777
or view online at phoenix.gov/recreation.