



SPRING PROGRAM SCHEDULE

Programs for Active Adults

APRIL, MAY, JUNE 2024

212 E. Alta Vista Road, Phoenix, AZ 85042 602-262-4093 phoenix.gov/seniorcenter

2nd ANNUAL RUMMAGE SALE

The Rummage Sale helps raise money for the South Mountain Senior Center Site Council. The Site Council uses those funds to provide opportunities for seniors that attend the center. Opportunities such as educational classes, items for special events and parties, equipment for the center that improves the quality of programs and much more. Donations will be accepted through June 28. For more information on donating, contact phillip.moreno@phoenix.gov.

Donate your leftover yard sale items or that stuff just collecting dust in the garage to the South Mountain Senior Center Rummage Sale. Please, no large furniture or appliances. Items can be dropped off Monday through Friday from 9 a.m. to 4 p.m.

SATURDAY

JUNE 29

9 a.m. to 1 p.m.



LENDING LIBRARY

The new Lending Library is coming along nicely thanks to some generous donations. However, more books are needed as more shelves are planned to be installed. We are happy to take your gently, loved books. Book donations are accepted Monday through Friday from 9 a.m. to 4 p.m.

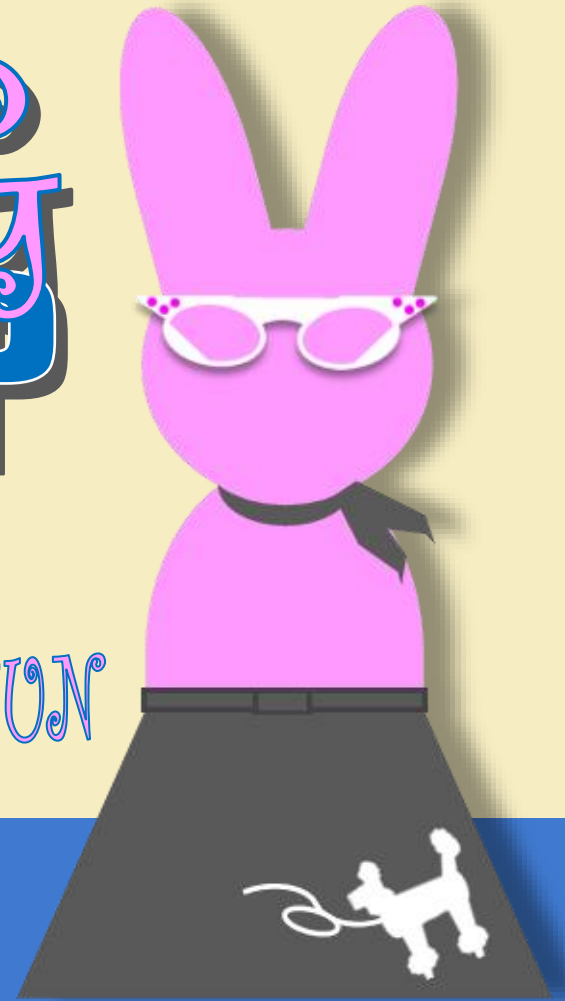
South Mountain took a trip back in time to visit the groovy decade of the 1970's Disco era. People boogied down to the music of the time and even dressed the part. Keep an eye out for our quarterly events, they're a blast!



DISCO FUN

SPRING SOCK HOP

* MUSIC * PRIZES
* SNACKS * FUN FUN FUN



Thursday May 16, 9:30 a.m.

Come dressed in your best Sock Hop outfit for a chance to win the grand prize!

Birthday

Thursday
June 27
10 a.m.

BINGO

Join us as we celebrate birthdays for April, May and June 2024. Enjoy cake, ice cream and play BINGO for prizes with special opportunities for those celebrating their birthday month.

2024-25 SITE COUNCIL



Alice Peña
Treasurer

Glennis Grinage
President

Josephine Ore
Vice President

Irene Marquez
Secretary



Lucy Ruiz
Member At Large

Tony Hamilton
Member At Large

Marie Collins
Member At Large



Ignacio Loya
Member At Large

Ruby Morrison
Member At Large




Cookie Torres
Member At Large

CLASSES and WORKSHOPS






All classes listed are FREE to paid members of the Human Services Senior Programs. Members are required to check in at the kiosk and sign in for any classes they will be attending that day.

CLASS	INSTRUCTOR	DAY/TIME	START	END	NO CLASS	ATTENDANCE
ESL This course will take Spanish speaking students through steps on learning the English language.	Cookie	Monday 10 a.m.	April 8	June 17	April 22 April 29 May 6	Registration starts April 2
TAI CHI 101 Basic understanding of Tai Chi theory and principals. You will develop body awareness skills through exercise drills, balancing/centering, breathing techniques, flexibility and strength training.	Rick	Monday 1 p.m.	April 8	June 17	May 13 May 27	Drop-In Sign-Up at Kiosk Upon Arrival
DRAMA Improve your communication skills, empathy, creative thinking and confidence through fun games and activities involving your mind, body and spirit. No acting experience is needed. Just bring yourself and be ready for joy.	Bayyinah	Wednesday 12:30 p.m.	April 10	June 26	May 29 June 19	Registration starts April 2
GERI-FIT A fun and light workout utilizing a chair, light weights and stretch bands. Participants will supply stretch bands.	Abelina	Wednesday 10 a.m. Friday 10 a.m.	April 5	June 28	April 26 June 19	Drop-In Sign-Up at Kiosk Upon Arrival
ART WORKSHOP Wood Stained Puzzles	Tina	Monday 10 a.m.	April 22	NA	NA	Registration starts April 2
ART WORKSHOP Decoupage and Pearlescent Paint	Tina	Wednesday 12:30 p.m.	May 29	NA	NA	Registration starts May 6
MOVEMENT WITH MUSIC This movement class is designed for adults to improve their physical and mental well being. It offers opportunities for creativity and expression, while strengthening and stretching the body. Adults will enjoy learning new ways to move to music, in a FUN and welcoming environment!	Michelle	Thursday 10 a.m.	April 11	May 9	NA	Drop-In Sign-Up at Kiosk Upon Arrival
LINE DANCING Beginner to Advanced Beginner line dance lessons. Learn basic line dance moves and terminology. Dance to a variety of genres: Pop, Funk, Country and Latin. Last half of class will be songs by request.	Ruth	Thursday 12:30 p.m.	April 11	June 20	April 25 May 16 May 23	Drop-In Sign-Up at Kiosk Upon Arrival






APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Cesar Chaves Day 	2 •Walking Club 9 a.m. •FUN BINGO 10 a.m. •PRESENTATION: Fraud 12:30 p.m.	3 •Geri Fit 10 a.m.	4	5 •Geri Fit 10 a.m. •Fast BINGO 1 p.m. •Site Council 9:30 a.m.
8 •ESL 10 a.m. •Tai Chi 1 p.m.	9 •Walking Club 9 a.m. •FUN BINGO 10 a.m.	10 •Geri Fit 10 a.m. •Drama 12:30 p.m.	11 •Moving to Music 10 a.m. •Line Dancing 12:30 p.m.	12 •Geri Fit 10 a.m. •Fast BINGO 1 p.m. •TRIP: County Fair 9:30 a.m. 
15 •ESL 10 a.m. •Tai Chi 1 p.m.	16 •Walking Club 9 a.m. •FUN BINGO 10 a.m. •PRESENTATION: Medicare Q&A 12:30 p.m.	17 •Geri Fit 10 a.m. •Drama 12:30 p.m.	18 •Moving to Music 10 a.m. •Line Dancing 12:30 p.m.	19 •Food Box 9 a.m. •Geri Fit 10 a.m. •TRIP: Bobby Q 10:30 a.m.  •Fast BINGO 1 p.m.
22 •ART Workshop 10 a.m. •Tai Chi 1 p.m.	23 Human Services Dept. All Staff Meeting 	24 •Geri Fit 10 a.m. •Drama 12:30 p.m.	25 •Moving to Music 10 a.m. •PRESENTATION: PHX Art Museum 12:30 p.m.	26 Volunteer Recognition Off Site Event 
29 •Tai Chi 1 p.m.	30 •Walking Club 9 a.m. •FUN BINGO 10 a.m. •PRESENTATION: Alzheimer's 12:30 p.m.			

MAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 •Geri Fit 10 a.m. •Drama 12:30 p.m.	2 •Moving to Music 10 a.m. •Line Dancing 12:30 p.m.	3 •Geri Fit 10 a.m. •Fast BINGO 1 p.m.
6 •Tai Chi 1 p.m.	7 •Walking Club 9 a.m. •FUN BINGO 10 a.m. •PRESENTATION: Breathwork 12:30 p.m.	8 •Geri Fit 10 a.m. •Drama 12:30 p.m.	9 •Moving to Music 10 a.m. •Line Dancing 12:30 p.m.	10 •Geri Fit 10 a.m. •Fast BINGO 1 p.m. •Site Council 9:30 a.m.
13 •ESL 10 a.m.	14 •Walking Club 9 a.m. •FUN BINGO 10 a.m. •TRIP: Herberger Theater 11 a.m. 	15 •Geri Fit 10 a.m. •Drama 12:30 p.m.	16 	17 •Food Box •Geri Fit 10 a.m. •Fast BINGO 1 p.m.
20 •ESL 10 a.m. •Tai Chi 1 p.m.	21 •Walking Club 9 a.m. •FUN BINGO 10 a.m. •PRESENTATION: Medicare Q&A 12:30 p.m.	22 •Geri Fit 10 a.m. •Drama 12:30 p.m.	23 •TRIP: Tacos Calafias 10:30 a.m. 	24 •Geri Fit 10 a.m. •Fast BINGO 1 p.m.
27 Memorial Day 	28 •Walking Club 9 a.m. •FUN BINGO 10 a.m. •PRESENTATION: Alzheimer's 12:30 p.m.	29 •Geri Fit 10 a.m. •ART Workshop 12:30 p.m.	30 •Line Dancing 12:30 p.m.	31 •Geri Fit 10 a.m. •Fast BINGO 1 p.m. •TRIP: Town and Country 10:30 a.m. 

JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 •ESL 10 a.m. •Tai Chi 1 p.m.	4 •Walking Club 9 a.m. •FUN BINGO 10 a.m. •PRESENTATION: Healthy Habits 12:30 p.m.	5 •Geri Fit 10 a.m. •Drama 12:30 p.m.	6 •Line Dancing 12:30 p.m.	7 •Geri Fit 10 a.m. •Fast BINGO 1 p.m.
10 •ESL 10 a.m. •Tai Chi 1 p.m.	11 •Walking Club 9 a.m. •FUN BINGO 10 a.m. •TRIP: H Mart 10:30 a.m. 	12 •Geri Fit 10 a.m. •Drama 12:30 p.m.	13 •Line Dancing 12:30 p.m.	14 •Geri Fit 10 a.m. •Fast BINGO 1 p.m. •Site Council 9:30 a.m.
17 •ESL 10 a.m. •Tai Chi 1 p.m.	18 •Walking Club 9 a.m. •FUN BINGO 10 a.m. •PRESENTATION: Medicare Q&A 12:30 p.m.	19 Juneteenth 	20 •Line Dancing 12:30 p.m. •TRIP: Herberger Theater 11 a.m. 	21 •Food Box •Geri Fit 10 a.m. •Fast BINGO 1 p.m.
24 •TRIP: Wildflower 10:30 a.m. 	25 •Walking Club 9 a.m. •FUN BINGO 10 a.m. •PRESENTATION: Alzheimer's 12:30 p.m.	26 •Geri Fit 10 a.m. •Drama 12:30 p.m.	27 Birthday BINGO 	28 •Geri Fit 10 a.m. •Fast BINGO 1 p.m.

2nd ANNUAL RUMmage SALE

Saturday, June 29 9 a.m. to 1 p.m.

ONGOING DAILY OPPORTUNITIES

ACTIVITY	DAYS	TIME	ROOM	ATTENDANCE
COFFEE and CONVERSATION	MONDAY to FRIDAY	9 a.m. to 4 p.m.	Century	Drop-In Sign-Up at Kiosk Upon Arrival
LAPTOP LAB	MONDAY to FRIDAY	9 a.m. to 4 p.m.	Lobby	
BILLIARDS	MONDAY to FRIDAY	9 a.m. to 4 p.m.	Game Room	
TABLE GAMES	MONDAY to FRIDAY	9 a.m. to 4 p.m.	Lobby	
CHAIR VOLLEYBALL	MONDAY	10 a.m. to 11 a.m.	Century	
WALKING GROUP	TUESDAY	9 to 10 a.m.	Park	
FUN BINGO	TUESDAY	10 to 11 a.m.	Century	
BLOOD PRESSURE CHECK	WEDNESDAY	9 a.m. to 10 a.m.	Lobby	
FRIDAY'S FUN FAST BINGO	FRIDAY	1 to 1:30 p.m.	Century	



CENTER TRIPS

DAY/DATE	LOCATION	DEPARTS FROM CENTER	DEPARTS FROM TRIP	COST	REGISTRATION AVAILABLE	REGISTRATION CLOSES
Friday April 12	Maricopa County Fair	9:30 a.m.	1 p.m.	\$2 Bus	March 25	April 5
Friday April 19	Out to Lunch: Bobby Q	10:30 a.m.	1 p.m.	\$2 Bus	March 25	April 12
Tuesday May 14	Cultural: Herberger Lunchtime Theater– Two (Little) Old Broads	11 a.m.	1:30 p.m.	\$2 Bus \$10 Admission	April 29	May 8
Thursday May 23	Out to Lunch: Tacos Calafias	10:30 a.m.	1 p.m.	\$2 Bus	April 29	May 17
Friday May 31	Shopping and Lunch: Town and country Mall	10:30 a.m.	2 p.m.	\$2 Bus	April 29	May 24
Tuesday June 11	Shopping and Lunch: H Mart Asian Market with grocery, food court and shops	10:30 a.m.	2 p.m.	\$2 Bus	May 28	June 7
Thursday June 20	Cultural: Herberger Lunchtime Theater– Furious Styles	11 a.m.	1:30 p.m.	\$2 Bus \$10 Admission	May 28	June 12
Monday June 24	Shopping and Lunch: Wildflower	10:30 a.m.	2 p.m.	\$2 Bus	May 28	June 20

TRIP RULES

- Trips are first come, first served.
- The \$2 cost for transportation and any trip costs are required at the time of registration.
- Participants are responsible for their own funding on all trips.
- Participants are limited to registering themselves only.
- CASH/EXACT CHANGE only please, checks will not be accepted.
- The number of registered participants is determined on bus availability.
- Registration closes at least 3 business days prior to trip date, when registration reaches capacity or when otherwise noted.
- Participants are responsible for being independent on all trips with the exception for a personal registered caregiver.
- All participants are required to adhere to all rules during trips as stated in the Senior Programs Handbook.

REFUND

- Cancellation refunds will only be given to participants who notify center staff five business days before the trip date unless otherwise noted.

WAITLIST

- When a trip has reached capacity, participants will be placed on a limited waitlist.
- If a cancellation occurs, participants will be notified in the order they were placed on the waitlist.
- The participant must make arrangements with staff to come in and make their payment in a timely manner when called from the waitlist.
- If staff does not hear from the participant in the time allotted, the next participant on the waitlist will be contacted.

PRESENTATIONS

DATE	TOPIC	TIME	ATTENDANCE
Tuesday April 2	<p>How to Avoid and Detect Fraud</p> <p>This class is crucial to help seniors understand the importance of keeping their identify safe and protecting their hard earned money. Even more so now with evolving AI technology, scammers are getting craftier than ever before. By large, seniors are targeted and victimized the most by scammers, and multi-millions of dollars are stolen every year. In this class we teach seniors what signs to look out for in text messages, emails, and phone calls to identify fraudulent intent.</p>	12:30 p.m.	Drop-In Sign-Up at Kiosk Upon Arrival
Tuesday April 16	<p>Medicare Q & A</p> <p>Have Medicare questions? Want more information about your plan? Our open Q&A will answer frequently asked questions and includes an open forum to ask us anything or share us your concerns.</p>	12:30 p.m.	Drop-In Sign-Up at Kiosk Upon Arrival
Thursday April 25	<p>Phoenix Art Museum: Stolen</p> <p>Art theft is rampant; its cost is 10 billion dollars annually. We will look at several cases of art theft. How did the thieves get into the museum and steal the art? How did the art squad catch the thieves - if they did, and was the artwork recovered?</p>	12:30 p.m.	Drop-In Sign-Up at Kiosk Upon Arrival
Tuesday April 30	<p>Nutrition and Alzheimer's</p> <p>Discover the evidence on how nutrition impacts brain health and disease progression. We cover the most common eating styles that have been researched to help impact Alzheimer's progression.</p>	12:30 p.m.	Drop-In Sign-Up at Kiosk Upon Arrival
Tuesday May 7	<p>Breathwork</p> <p>Learn the power of breathing and how it can combat stress and overthinking. When we control our breathing we can have more control over our health and our lives. Some of the benefits of breathwork are feeling calm, reducing stress, decreasing inflammation, longevity, and so much more. Take part in a guided mediation at the end to show how easy it is to relax when needed and to enjoy the blissfulness of oneself!</p>	12:30 p.m.	Drop-In Sign-Up at Kiosk Upon Arrival
Tuesday May 21	<p>Medicare Q & A</p> <p>Have Medicare questions? Want more information about your plan? Our open Q&A will answer frequently asked questions and includes an open forum to ask us anything or share us your concerns.</p>	12:30 p.m.	Drop-In Sign-Up at Kiosk Upon Arrival
Tuesday May 28	<p>Hypertension & Alzheimer's</p> <p>Discover how high blood pressure and Alzheimer's interact with each other. It will discuss how having hypertension not only increases the risk for Alzheimer's but also worsens the impact of Alzheimer's. We will discuss the strategies to reduce blood pressure.</p>	12:30 p.m.	Drop-In Sign-Up at Kiosk Upon Arrival
Tuesday June 4	<p>Healthy Habits</p> <p>Want to know the best way you can lead a healthier life? Discuss the importance of hydration and making small dietary changes to help you better manage your health and make your doctor proud!</p>	12:30 p.m.	Drop-In Sign-Up at Kiosk Upon Arrival
Tuesday June 18	<p>Medicare Q & A</p> <p>Have Medicare questions? Want more information about your plan? Our open Q&A will answer frequently asked questions and includes an open forum to ask us anything or share us your concerns.</p>	12:30 p.m.	Drop-In Sign-Up at Kiosk Upon Arrival
Tuesday June 25	<p>Diabetes and Alzheimer's</p> <p>Discover how diabetes and Alzheimer's interact with each other. Discuss how having diabetes not only increases the risk for Alzheimer's but also worsens the impact of Alzheimer's. We will discuss the strategies to reduce blood sugar.</p>	12:30 p.m.	Drop-In Sign-Up at Kiosk Upon Arrival



The South Mountain Senior Center is located within the South Mountain Community Center in the heart of South Phoenix. A variety of programs, classes, presentations, trips and various activities are made available Monday to Friday from 9 a.m. to 4 p.m. for active adults. Take advantage of one of our FREE classes, presentations or special events. Join us for one of our trips and enjoy lunch with friends, shopping and cultural opportunities. Lunch is served daily for members 60 and over at a recommended contribution of only \$2.50. Reservations are required for a guaranteed meal. Stop by for a visit. We are happy to show you around and answer any questions you may have. We look forward to seeing you.

MEMBERSHIP: The annual membership fee is \$20 for Phoenix residents and \$40 for non-residents. Your membership gives you access to any of the 15 senior centers the City of Phoenix has to offer.


Membership is open to adults ages 18 and older who are **independent** in the following areas: toileting, eating and mobility. **City of Phoenix senior centers and staff are not licensed to provide one-on-one care.** Senior Center staff reserve the right to assess participant's health and behavior for appropriateness in participation in programs, activities and trips. Individuals needing assistance with self-care due to a cognitive impairment may be eligible to attend senior center programs and activities with the aid of a one-on-one personal care attendant. The personal care attendant must remain with the member for the duration of their visit to the senior center.

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

LUNCH: Lunch is served daily at 11:30 a.m. Members may give a recommended contribution of \$2.50 per meal. The cost of a meal for all others under 60 is \$5. Reservations and cancellations must be made at least three business days in advance. Members without a lunch reservation may have a "standby" meal based on availability. Reservations must be made in person. Over the phone orders are not permitted.

T.E.F.A.P.: Food boxes are distributed on the third Friday of the month and are first come, first served.

CASEWORKER: Services are available to current members. A Caseworker will be on site the first Thursday of each month from 9 a.m. to noon. Caseworker services are open to current senior center members. See senior center staff to schedule an appointment.

<u>Central Phoenix</u>	<u>West Phoenix</u>
Chinese 734 W. Elm Street Phoenix, AZ 85013 602-262-6411	Adam Diaz 4115 W. Thomas Road Phoenix, AZ 85019 602-262-1609
Marcos de Niza 305 W. Pima Street Phoenix, AZ 85003 602-262-7249	Desert West 6501 W. Virginia Avenue Phoenix, AZ 85035 602-495-3711
Senior Opportunities West 1220 S. 7th Avenue Phoenix, AZ 85007 602-262-6610	<u>Northwest Phoenix</u>
<u>Central-East Phoenix</u>	Deer Valley 2001 W. Wahalla Lane Phoenix, AZ 85027 602-495-3714
Devonshire 2802 E. Devonshire Avenue Phoenix, AZ 85016 602-262-7807	Goelet Beuf 3435 W. Pinnacle Peak Road Phoenix, AZ 85027 602-534-9743
McDowell Place 1845 E. McDowell Road Phoenix, AZ 85006 602-262-1842	Helen Drake 7600 N. 27th Avenue Phoenix, AZ 85051 602-262-4949
<u>South Phoenix</u>	<u>Northeast Phoenix</u>
Pecos 17010 S. 48th Street Phoenix, AZ 85048 602-534-5366	Paradise Valley 17402 N. 40th Street Phoenix, AZ 85032 602-495-3785
FREE WiFi 	Shadow Mountain 3546 E. Sweetwater Avenue Phoenix, AZ 85032 602-534-2303