



802 E. Vogel Ave
Phoenix, AZ 85020
602-262-7572
[phoenix.gov/
seniorcenters](http://phoenix.gov/seniorcenters)

Hours of Operation
9 a.m. to 4 p.m.



SENIOR PROGRAMS
CITY OF PHOENIX | HUMAN SERVICES DEPARTMENT

Sunnyslope Senior Center is an activity center for seniors and adults ages 18 and over. The center is located in the heart of northeast Phoenix, on the corner of 8th Street and Vogel. Co-located with the Sunnyslope Community Center we offer a variety of activities, games, billiards, exercise classes, and health programs. Come in for a tour; take advantage of the many FREE activities and classes, bring your questions.

Center Closed

New Year Day,
Monday, Jan. 2

Martin Luther King, Jr. Day,
Monday, Jan. 16

Presidents' Day,
Monday, Feb. 20

Sunnyslope Senior Center Programs for Active Adults Jan. Feb. 2023.



Chair
Lynn Smith



Vice Chair
Marian Mccutchen



Treasurer
Jackie Palmenberg



Secretary
Annette Grosso

Introducing New Site Council Members



Member at Large
Shelley Clunie



Member at Large
Rosa Contreras





Member at Large
Ken Bullard

For more information, or a copy of this publication or an alternate format, contact 602-262-4520 Voice. The City's TTY Relay phone number 602-534-5500 may be used, if needed.

Trips  = Very Little Walking  = Some Extra Walking  = Prepare to Walk

Please prepay \$2 transportation fee & cost of activity at registration

Jan. Registration is required for all trips

DESTINATION	DAY	DATE	DEPARTS	PICK-UP	COST	MAX #	WALK
Phoenix Art Museum	Wednesday	Jan. 18	11 a.m.	1:30 p.m.	Free	14	
Chili's Grill & Bar	Wednesday	Jan. 25	11 a.m.	1 p.m.	Cost of Lunch	14	

Feb. Please contact staff for registration guidelines

DESTINATION	DAY	DATE	DEPARTS	PICK-UP	COST	MAX #	WALK
Olive Garden	Monday	Feb. 15	11 a.m.	1 p.m.	Cost of Lunch	14	
Herberger Lunch Time Theater Grey Matters Theater Company	Wednesday	Feb. 22	10:45 a.m.	1 p.m.	\$8	18	
Marcos De Niza Senior Center Black History Month Celebration	Thursday	Feb. 23	9:30 a.m.	noon	\$2.50	15	

Free Educational Classes and Presentations

Topic	DAY	DATE	Time
Phoenix Art Museum Docent Presentation	Thursday	Jan. 5	noon to 1 p.m.
Beginner Spanish 101	Monday	Ongoing	10 to 11 a.m.
Beginner French 101	Thursday	Ongoing	9 to 10 a.m.
Beginning Computer	Wednesday	Ongoing	9:30 to 10:30 a.m.

Health & Medicare

Healthy Topics: Improving your Life	Thursday	Jan. 12, Feb. 16	noon to 12:30 p.m.
Matter of Balance	Friday	Jan. 20 to March 10	noon to 2 p.m.
Medicare Education	Friday	Jan. 6, 20, Feb. 3, 17	11 a.m. to 12:15 p.m.
Medicare BINGO	Friday	Jan. 27, Feb. 22	noon to 12:45 p.m.
RX Matters: Proper Disposal of Medication	Thursday	Feb.2	Noon to 1 p.m.

DO YOU HAVE **Concerns** about falling?



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

Classes are held once a week for eight weeks, two hours each

Start: Jan. 20, 2023

Date: Friday

Time: noon to 2 p.m.

Location:

Sunnyslope Senior Center

802 E. Vogel Ave

Phoenix, AZ 85020

602-262-7572

Contact staff to register for class and lunch

This free program is being conducted at this location by A.T. Still University as a public service.

Site Council Meetings

Sunnyslope Site Council is made up from a group of members who volunteer and meet monthly to collaborate with staff on the development of programming, fundraising and much more. They dedicate their time, talents and listen to the members providing feedback to staff to provide and improve the center and activities. If you are interested in learning more, meetings are held in the conference room and open to all.

Next meetings:

Friday, Jan. 13, noon to 1 p.m.

Friday, Feb. 3, noon to 1 p.m.

Volunteer Help Needed

Sunnyslope is always looking for talented members to help teach classes or volunteer in many areas.

Let us know where you would like to help!

WE LOVE
OUR VOLUNTEERS



Tech Classes

Beginning Computer Class

Learn the simple basics during this 4 week session. The following will help members learn how to perform task on the senior center provided laptops.



Week 1: Learn to operate the basic functions of a laptop. Learn the basics of the internet browser. **Week 2:** Learn about website navigation. **Week 3:** Learn the basic functions of emails, documents. **Week 4:** Members will be able to review everything learned on the final week. This entry level class is perfect for members who have little to no computer experience. Please register and continue to attend all subsequent classes for continued learning toward more advance experience.

Day	TIME	DATE	ATTENDANCE
Wednesday	9:30 to 10:30 a.m.	Starting Jan. 4	Registration required

Computer Lab

This is not a class, laptops may be checked out for use at the Senior Center. Come and practice what you learned on your own. Laptops are for personal access, no printer availability.

Day	TIME
Daily	9 a.m. to 3:30 p.m.

WANTED

ALL VOLUNTEERS



CAUGHT DOING SOMETHING GOOD



Celebrating Sunnyslope Volunteers

**Wednesday, Jan. 18, 2023
10 to 11:30 a.m.**

Join us as we celebrate our volunteers

**Sunnyslope Senior Center
802 E. Vogel Ave,
Phoenix, AZ 85020**

602-262-7572





Valentine Birthday Party

Wednesday, Feb. 8, 2023

10:30 a.m. to 12:30 p.m.

Enjoy music by DJ KEN

Refreshments * Snacks * Door prizes

Contact staff to reserve your lunch!

Sunnyslope Senior Center

802 E. Vogel Ave

Phoenix, AZ 85020

602-262-7572



Exercise Classes

Morning Stretch Exercise (YouTube)

Day	Time	Date	Instructor
Daily	9 to 9:45 a.m.	Ongoing	YouTube video



Yoga 4 EveryBODY

Day	Time	Date	Instructor
Wednesday	9 to 10 a.m.	Ongoing	Joy L.

Peggy's Gentle Chair Yoga (In person or virtual)

DAY	TIME	DATE	INSTRUCTOR
Thursday	10 to 11 a.m.	No class Feb. 16	Peggy



Peggy's Mat Yoga

DAY	TIME	DATE	INSTRUCTOR
Thursday	11:15 a.m. to 12:15 p.m.	No class Feb. 16	Peggy

Gentle Chair Yoga with Yasmin

DAY	TIME	DATE	INSTRUCTOR
Friday	11 a.m. to noon	every other Friday	Yasmin United Healthcare



Geri-Fit Strength Training

DAY	TIME	DATE	INSTRUCTOR
Tuesday & Friday	10 to 10:45 a.m.	Ongoing	Theresa Area Agency on Aging



AREA AGENCY ON AGING
REGION ONE, INCORPORATED



HEALTHY LIVING

Feel better
and enjoy
LIFE!

Geri-Fit®

Strength Training Workout for Older Adults

Geri-Fit® is a series of eight 45-minute strength training exercise classes for men and woman of all senior ages and fitness levels. Classes are taught by certified instructors to help with muscle strength, balance, coordination and flexibility. Most exercises are performed with light weights while seated in chairs. Workout at your own pace and enjoy the company of others!

Take control – Get back to being your best.

Tuesday & Thursday

10 to 10:45 a.m.

Sunnyslope Senior Center

802 E. Vogel Ave

Phoenix, AZ 85020

602-272-7572

Go to aaaphx.org or email
derek.oetken@aaaphx.org
to learn more

GERI-FIT.



EXERCISE CLASSES

Beginner Tai Chi

Day	Time	Date	Instructor
Monday	10 to 11 a.m.	Ongoing	Rick

Low Impact Workout

Day	Time	Date	Instructor
Monday	9 to 9:50 a.m.	Ongoing	Maria

Line Dancing

Day	Time	Date	Instructor
Tuesday	11 a.m. to noon	Ongoing	Jane R.

Sit n Fit to Music (Virtual)

Day	Time	Date	Instructor
Daily	9 to 9:45 a.m.	Ongoing	YouTube Video

LANGUAGE CLASSES¹

Beginner Spanish Conversational 101

Day	Time	Date	Instructor
Monday	10 to 11 a.m.	Ongoing	Dr. Al Martino

Beginner French Conversational 101

DAY	TIME	DATE	INSTRUCTOR
Thursday	9 to 10 a.m.	Ongoing	Dr. Al Martino

ARTS & CRAFTS

Free Art

Participants can bring their own supplies to paint or create their own art pieces during this self-guided, self-paced time.

Day	Time	Date	Instructor
Monday	10 a.m. to 3 p.m.	Ongoing	Self-guided

Ben's Fine Art

Instructor will teach participants how to draw with pencils.

Day	Time	Date	Instructor
Tuesday	11 a.m. to 3 p.m.	Ongoing	Ben

Create with Sharon

Join a circle of friends who want to share conversations while working on their special items. This is not an instructional class.

Day	Time	Date	Host
Wednesday	10:30 to 11:30 a.m.	Ongoing	Sharon

Creative Crafts with Atheana

Staff will instruct the first hour. Crafts will include holiday crafts, greeting cards, painting, and scrap booking. All materials will be provided.

Day	Time	Date	Instructor
Thursday	10:15 to 11:15 a.m.	Ongoing	Atheana

Getting Crafty Again

This class is designed for members who missed Thursday's class or just need more time to complete their project. Materials provided.

Day	Time	Date	Instructor
Friday	10 a.m. to 3 p.m.	Ongoing	Self-guided

Piano Lessons

Did you know learning to play the piano increases memory function?
Call to schedule your one on one lesson with Ms. Muriel.

Times are flexible, call 602-262-7572 to schedule

Quilting, Needle Work

Needle Point

Day	Time	Date	Host
Friday	1 to 3 p.m.	Ongoing	Nancy

Gym Activities

Gym Walking

Day	Time	Date	Location
Daily	9 to 10 a.m.	Ongoing	Gym

Indoor Pickleball

Day	Time	Date	Location
Tuesday & Thursday	10 a.m. to 2 p.m.	Ongoing	Gym

Card & Table Games

Social & Recreation Hour

Attention all game and card players! Looking for a place to play cards or games with your friends? There's plenty of space to play **Poker, Bridge, Dominos, Canasta, Scrabble, Pinochle, Mahjong.**

Day	Time
Monday to Friday	noon to 4 p.m.

Canasta, Bridge Card Playing

Day	Time
Monday	12:30 to 4 p.m.

Mahjong

Day	Time
Thursday	12:30 to 4 p.m.

Loteria

Day	Time	Date
Thursday	noon to 1 p.m.	1st & 3rd week

Dominos

Day	Time
Wednesday	12:30 to 4 p.m.

Prize Bingo

Day	Time	Date
Thursday	noon to 1 p.m.	2nd & 4th week

Billiards

Day	Time
Daily	noon to 4 p.m.

Reading Activities

Book Club

Self guided group will talk about books based on a topic or agreed book to read. Interested? Like to start a new group?

Day	Time
TBA	TBA

Bible Study

Self guided group will read and discuss scriptures.
Not City sponsored

Day	Time
Friday	10:30 to 11:30 a.m.



Join us!

The City of Phoenix Memory Café Program provides persons living with early to moderate dementia a safe place to socialize and participate in activities facilitated by professionals that stimulate and support brain health.

Memory Cafes also offer opportunities for care partners to engage in supportive conversations with others and learn how best to support their loved ones.

Music + Art + Socialization + Support



WHERE:

Devonshire Senior Center
2802 E. Devonshire Ave.
Phoenix, AZ 85016



WHEN:

Every Thursday
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.

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 listed below. Try out the Sunnyslope Senior Center with a visitors pass, good for two FREE visits.

TRANSPORTATION

Senior 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.

LUNCH

Lunch is served at 11:30 a.m. Please see staff for detailed information.

A recommended contribution of \$2.50 is requested of members (+60 years of age) 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.

CASEWORKER

No service is available at Sunnyslope Senior Center location at this time. Please contact staff for more information on how to receive assistance by calling 602-262-7572.

COMMODITIES

No Service is available at Sunnyslope Senior Center at this time. Please contact staff for more detailed information by calling 602-262-7572.

MEDICARE ASSISTANCE

Available the fourth Tuesday of the month, by appointment only.
10 a.m. to noon
Make an appointment at the front desk or by calling 602-272-7572.

EMAIL LIST

To receive this quarterly calendar, monthly lunch menus, movie schedules and special program announcements, register your email at the front desk or by calling 602-534-2234.

Central Phoenix

Chinese

734 W. Elm Street
Phoenix, AZ 85013
602-262-6411

Marcos de Niza

305 W. Pima Street
Phoenix, AZ 85003
602-262-7249

Senior Opportunities West

1220 S. 7th Avenue
Phoenix, AZ 85007
602-262-6610

Central-East Phoenix

Devonshire

2802 E. Devonshire Avenue
Phoenix, AZ 85016
602-262-7807

McDowell Place

1845 E. McDowell Road
Phoenix, AZ 85006
602-262-1842

South Phoenix

Pecos

17010 S. 48th Street
Phoenix, AZ 85048
602-534-5366

South Mountain

212 E. Alta Vista Road
Phoenix, AZ 85040
602-262-4093



Note: Programs, classes and events are subject to cancel or change without notice.

Northwest Phoenix

Deer Valley

2001 W. Wahalla Lane
Phoenix, AZ 85027
602-495-3714

Goelet Beuf

3435 W. Pinnacle Peak Road
Phoenix, AZ 85027
602-534-9743

Helen Drake

7600 N. 27th Avenue
Phoenix, AZ 85051
602-262-4949

West Phoenix

Adam Diaz

4115 W. Thomas Road
Phoenix, AZ 85019
602-262-1609

Desert West

6501 W. Virginia Avenue
Phoenix, AZ 85035
602-495-3711

Northeast Phoenix

Paradise Valley

17402 N. 40th Street
Phoenix, AZ 85032
602-495-3785

Shadow Mountain

3546 E. Sweetwater Avenue
Phoenix, AZ 85032
602-534-2303

Sunnyslope

802 E. Vogel Avenue
Phoenix, AZ 85020
602-262-7572