Escalante Senior Center

November 2025

Subject to change

Tempe Escalante Community Center

Tuesday	Wednesday	Thursday	Friday
4 8:30-10 Coffee/Coloring/Games 9-11 Matter of Balance 10:30 -11:30 Dynamic Dancing w/ Michaela 11:30 Lunch 1-2 Chair Fitness w/Natasha	**5** 8:30-10 Coffee/Coloring/Games 9-10 Donisha From Archwell 9-10 Mike's Health Class 10:30-11:30 Yoga with Ellen 11:30 Lunch 12:00 Lifelong Learning: Steve Pomerantz Health Insurance Advisor Presentation	**6** 8:30-10 Coffee/Coloring/Games 9-10 Devoted – Music Bingo 9:30–10:30 Crochet Club 10-11 Listening Session w/Lhamo from The EnVision Center 10:00-11:00 Dance Fusion - Shana 11:30 Lunch 1-2 Chair Fitness w/Natasha	**7** 8:30-10 Coffee/Coloring/Games 9:30-11 Craft Friday 11:30 Lunch 12:00 **Movie & Popcorn: About My Father**
11 **CENTERS CLOSED Happy Veteran's Day**	**12** 8:30-10 Coffee/Coloring/Games 9-10 Mike's Health Class 10:30-11:30 Yoga with Ellen 11:30 Lunch 12:00 Lifelong Learning: Kidney Coach: Kidney Health Presentation from Humana by Leon Lia	**13** 8:30-10 Coffee/Coloring/Games 9:30–10:30 Crochet Club 10:00-11:00 Dance Fusion - Shana 11:30 Lunch 1-2 Chair Fitness w/Natasha	**14** 8:30-10 Coffee/Coloring/Games 9:30-10:30 Craft Friday 10:30-11:30 Readers Theater 11:30 Lunch 12:00 **Movie & Popcorn: Sister Act**
18 8:30-10 Coffee/Coloring/Games 9-11 Matter of Balance 10:30 -11:30 Dynamic Dancing w/ Michaela 11:30 Lunch 1-2 Chair Fitness w/Natasha	**19** 8:30-10 Coffee/Coloring/Games 9-10 Mike's Health Class 10:30-11:30 Yoga with Ellen 11:30 Lunch 12:00 Lifelong Learning: PHX Art Museum – Portraits: Amateur Detective	**20** 8:30-10 Coffee/Coloring/Games 9:30–10:30 Crochet Club 10-11 Connect Tempe AI Lesson w/Lhamo 10:00-11:00 Dance Fusion - Shana 11:30 Lunch n Learn w/Alissa 1-2 Chair Fitness w/Natasha	**21** 8:30-10 Coffee/Coloring/Games 9:30-11 Craft Friday 11:30 Lunch 12:00 **Movie & Popcorn: Sister Act 2**
25 8:30-10 Coffee/Coloring/Games 9-11 Matter of Balance 10:30 -11:30 Dynamic Dancing w/ Michaela 11:30 Lunch 1-2 Chair Fitness w/Natasha	**26** 8:30-10 Coffee/Coloring/Games 9-10 Mike's Health Class 10-11 Blood Pressure Checks 10:30-11:30 Yoga with Ellen 11:30 Lunch 1:00-2:00 Birthday BINGO	**27** **CENTERS CLOSED**	**28** **Happy Thanksgiving**

Center Information

Open Tuesday – Friday 8:30 – 2:30 2150 E Orange St Tempe, AZ, 85281 Phone# (480)3505867

Days We're Closed

- November 11th - November 27th & 28th

Membership Information

- Membership is free
- All activities on the calendar are free
- Membership form needs to be filled out in person at our facility
- A state issued ID is needed for the membership
- You do not have to be a Tempe Resident

Matter Of Balance - While not every fall results in injury, when it does, it can make staying active and independent more difficult. The good news is that many falls can be prevented. Simple steps—like keeping walkways clear, using supportive equipment such as grab bars or walkers, and practicing balance exercises—can greatly improve safety, stability, and confidence.

Tuesdays 10/21 – 12/16 9-11 am In the BRAVO Room

Lifelong Learning Series Learning new things helps keep your brain sharp, improves memory, and increases self-confidence. Join us for this fun series, as we learn about a wide variety of topics from speakers and documentaries.

11/5 1-2pm – Steve Pomerantz Health Insurance Advisor Presentation
11/12 1-2pm – Kidney Coach: Kidney Health Presentation from Humana w/Leon Lia
11/19 1-2pm – PHX Art Museum
11/26 1-2pm - Birthday BINGO

Friday Movies Experience the magic of Movie Fridays—where great films meet delightful snacks. Don't miss the fun!

11/7 **12-2pm - About my Father:** A man and his father join his fiancée for a weekend with her rich and wonderfully oddball family. As their worlds hilariously collide, the pair find that the chaos just might reveal what family is really all about.

11/14 **12-2pm – Sister Act:** After witnessing her mobster boyfriend commit murder, lounge singer Deloris Van Cartier is hidden in a California convent as a nun. There, she shakes up the quiet community—especially when she transforms the struggling choir into a lively sensation.

11/21 **12-2pm Sister Act 2:** Deloris Van Cartier returns as Sister Mary Clarence to help teach music at a struggling school. She works to turn a group of rowdy teens into a real choir and save the school from closure.

11/28 **Centers Closed**

Fitness Classes Did you know, seniors that exercise tend to have improved immune function, better balance, and more energy? It's true! Join us for one, or all, of our weekly exercise classes.

Tues & Thurs	**1:30-2:30pm**	**Chair Fitness**	Enjoy this fun chair-based workout that uses bands and weights.
Tuesdays	**10:00-11:00am**	**Dynamic Dancing**	This class is a great way to have fun and get exercise at the same time
Wednesday	**10:30-11:30am**	**Senior Yoga**	This class helps enhance your balance, flexibility, and strength while also helping you reduce stress.
Thursdays	**10:00-11:00am**	**Dance Fusion**	This class will take you through a variety of dance styles to get you moving and grooving.