




Tuesday

Wednesday

Thursday

Friday

3	<p>8:30-10 Coffee/Coloring/Games</p> <p>10:30 -11:30 Dynamic Dancing with Michaela</p> <p>11:30 Lunch</p> <p>1-2 Chair Fitness w/Natasha</p>	4	<p>8:30-10 Coffee/Coloring/Games</p> <p>10:30-11:30 Yoga with Ellen</p> <p>11:30 Lunch</p> <p>12:00 Lifelong Learning: TBD</p>	5	<p>8:30-10 Coffee/Coloring/Games</p> <p>9-10:30 Technology Class w Lhamo – Topic: Everyday use of AI</p> <p>10:00-11:00 Dance Fusion – Shana</p> <p>11:30 Lunch</p> <p>1-2 Chair Fitness w/Natasha</p>	6	<p>8:30-10 Coffee/Coloring/Games</p> <p>9:30-11 Craft Friday</p> <p>11:30 Lunch</p> <p>12:00 Movie & Popcorn: Did You Hear About The Morgans?</p>
10	<p>8:30-10 Coffee/Coloring/Games</p> <p>10:30 -11:30 Dynamic Dancing with Michaela</p> <p>11:30 Lunch</p> <p>1-2 Chair Fitness w/Natasha</p>	11	<p>8:30-10 Coffee/Coloring/Games</p> <p>10:30-11:30 Yoga with Ellen</p> <p>11:30 Valentines Lunch at North Tempe</p> <p>12:00 Lifelong Learning: TBD</p> 	12	<p>8:30-10 Coffee/Coloring/Games</p> <p>10-11 Archwell w/ Donisha</p> <p>10:00-11:00 Dance Fusion - Shana</p> <p>11:30 Lunch</p> <p>1-2 Chair Fitness w/Natasha</p>	13	<p>8:30-10 Coffee/Coloring/Games</p> <p>9:30-11 Craft Friday</p> <p>10-11 Sound Healing with Zulma</p> <p>11:30 Lunch</p> <p>12:00 Movie & Snack: An Unexpected Valentines</p>
17	<p>8:30-10 Coffee/Coloring/Games</p> <p>10:30 -11:30 Dynamic Dancing with Michaela</p> <p>11:30 Lunch</p> <p>1-2 Chair Fitness w/Natasha</p>	18	<p>8:30-10 Coffee/Coloring/Games</p> <p>10:30-11:30 Yoga with Ellen</p> <p>11:30 Lunch</p> <p>12:00 Lifelong Learning: TBD</p>	19	<p>8:30-10 Coffee/Coloring/Games</p> <p>9-10:30 Technology Class w Lhamo – Topic: AI All Around</p> <p>10:00-11:00 Dance Fusion - Shana</p> <p>11:30 Lunch</p> <p>1-2 Chair Fitness w/Natasha</p>	20	<p>8:30-10 Coffee/Coloring/Games</p> <p>9:30-11 Craft Friday</p> <p>11:30 Lunch</p> <p>12:00 Movie & Snack: People We Meet On Vacation</p>
24	<p>8:30-10 Coffee/Coloring/Games</p> <p>10:30 -11:30 Dynamic Dancing with Michaela</p> <p>11:30 Lunch</p> <p>1-2 Chair Fitness w/Natasha</p>	25	<p>8:30-10 Coffee/Coloring/Games</p> <p>10-12 Blood Pressure Checks By Angels Care Home Health</p> <p>10:30-11:30 Yoga with Ellen</p> <p>11:30 Lunch</p> <p>1-2 Birthday BINGO</p>	26	<p>8:30-10 Coffee/Coloring/Games</p> <p>9-10 The Price is Right w/Mercy Care</p> <p>10:00-11:00 Dance Fusion - Shana</p> <p>11:30 Lunch</p> <p>1-2 Chair Fitness w/Natasha</p>	27	<p>8:30-10 Coffee/Coloring/Games</p> <p>9:30-11 Craft Friday</p> <p>11:30 Lunch</p> <p>12:00 Movie & Snack: Mom's Night Out</p>

Center Information

Open Tuesday - Friday 8:30 - 2:30

2150 E Orange St Tempe, AZ, 85281

Phone# (480)3505867

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

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.

- 2/4 1-2pm – TBD
- 2/11 1-2pm – TBD
- 2/18 1-2pm – TBD
- 2/25 1-2pm - **Birthday BINGO**

** The City of Tempe neither endorses nor sponsors the organization providing this information.*

Friday Movies

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

- 2/6 12-2pm **Did You Hear About The Morgan's?** - A struggling New York couple is forced into witness protection in a small Wyoming town after seeing a murder, where they must decide if their marriage is over — or worth saving.
- 2/13 12-2pm **An Unexpected Valentines** - A Valentine's Day mishap sends Hannah and Finn racing across New York City to return a lost engagement ring and save a couple's big moment.
- 2/20 12-2pm **People We Meet on Vacation** - Opposites Poppy and Alex live far apart but remain best friends, reuniting every summer for one shared week of vacation.
- 2/27 12-2pm **Mom's Night Out** - Three moms plan a much-needed girls' night, but when their husbands take over childcare, chaos erupts and the evening becomes unforgettable for everyone.

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.

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| Tues & Thurs | 1:00-2:00pm | Chair Fitness | Enjoy this fun chair-based workout that uses bands and weights. |
| Tuesdays | 10:30-11:30am | 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. |