Maricopa Community Senior Center

March 2025

41614 W. Smith-Enke Rd #100 Maricopa, AZ 85138 520.233.2400 option #3 Mon-Fri | 9am-4pm

| Mon | Tues | Weds | Thurs | Fri | Sat |
|---|---|---|---|--|--------------|
| ST. PATRICK'S DAY | | | | | CLOSED |
| 3 Open Games/Cards New Beginner Line Dancing 12:00pm-1:00pm | 4 Open Games/Cards Meet & Greet 10:00-11:00am Coffee with Friends 1:30pm | 5 Open Games/Cards Creative Sisterhood with Stitches for Love 9:00am-12:00pm Beginner Line Dancing 12:00pm-1:30pm | 6 Open Games/Cards Birthday Bingo-1pm Host: Amy Roger (Sweetheart Healthcare) Grief Journey 1:00pm-2:00pm | 7 Open Games/Cards Quilting Divas 9:00am-12:30pm Movie Matinee 1:00pm | CLOSED |
| 10 Open Games/Cards New Beginner Line Dancing 12:00pm-1:00pm | 11 Open Games/Cards Meet & Greet 10:00-11:00am Coffee with Friends 1:30pm | 22 Open Games/Cards Creative Sisterhood with Stitches for Love 9:00am-12: Wine Bottle Craft- 9:30 AM \$5 - Registration Required 00pm Beginner Line Dancing 12:00pm-1:30pm | 13 Open Games/Cards Grief Journey 1:00pm-2:00pm | 14 Open Games/Cards Sisterhood of Traveling Quilts 9:00am -1:30pm Blood Pressure Clinic 10:30 AM Movie Matinee 1:00pm | 15 CLOSED |
| 17 Open Games/Cards New Beginner Line Dancing 12:00pm-1:00pm | 18 Open Games/Cards Meet & Greet 10:00-11:00am Coffee with Friends 1:30pm | 19 Open Games/Cards Creative Sisterhood with Stitches for Love 9:00am-12:00pm Caregivers Support Group 10-11:30am Beginner Line Dancing 12:00pm-1:30pm | 20 Open Games/Cards Lunch and Learn *11:00am Lunch/*11:30am Presentation Grief Journey 1:00pm-2:00pm | 21 Open Cards/Games 1:00pm – 3:30pm Movie Matinee 1:00pm | 22 CLOSED |
| 24 Open Games/Cards New Beginner Line Dancing 12:00pm-1:00pm | 25 Open Games/Cards Meet & Greet 10:00-11:00am Coffee with Friends 1:30pm | 26 Open Games/Cards Creative Sisterhood with Stitches for Love 9:00am-12:00pm Beginner Line Dancing 12:00pm-1:30pm | 27 Open Games/Cards Budgeting 101 10am-11am Preventative Health and Wellness Session 1 (Nutrition) Bingo With Dan- 1pm Grief Journey 1:00pm-2:00pm | 28 Open Games/Cards 9:00am -1:30pm Sisterhood of Traveling Quilts 9:00am -1:30pm Movie Matinee 1:00pm | 29 |
| 31 Open Games/Cards New Beginner Line Dancing 12:00pm-1:00pm | | | | | |



Games and Social

CARDS | DAILY | 9:00-3:45 pm | FREE

Any time is a great time to come to the community center and play cards! Below you will find the standing schedule for the most popular games. Please note there is not always a guaranteed room to play cards in, but there will always be space.

Canasta: Mondays, Tuesdays, Thursdays & Fridays 11:00am - 3:45pm Wednesdays 12:00- 3:45 Pinocle: Mon, Tues, Thurs & Fri 9:00-12:00 Mah Jongg: 1st & 3rd Friday 1:00-3:45pm Mexican Train: Mondays 11:00-3:45pm Farkle: Thursdays 9:00-12:00

MEET & GREET | Tuesdays | 10:00-11:00am | FREE

This is a great chance to socialize and meet some fellow seniors that are living here in Maricopa, all while enjoying a free donut & coffee.

BIRTHDAY BINGO | Thursday, March 6th | 1pm | FREE

Come out and join us for a fun afternoon of Bingo, followed by our monthly Birthday Celebration. Whether you have a March birthday or not, please join us in honoring those that do!

This month's host: Amy Rogers of Sweetheart Healthcare

BINGO With Dan | 4th Thursday |1pm | FREE

This untraditional bingo is sure to have you giggling while shouting out "BINGO!" Join us on the <u>4th Thursday of every month</u> with this one-of-a-kind white elephant Bingo.

MOVIE MATINEE | Fridays | 1pm | FREE

Join us at The Community Center every Friday afternoon to gather and watch a movie with friends. You are welcome to bring your own snack and drink to enjoy during the movie.

COFFEE WITH FRIENDS | Tuesdays | 1:30pm | FREE

Formerly known as Friends of the Library; now Coffee with Friends invites everyone to enjoy a chance to get to know your neighbors! Come socialize with the best!

Specialty Events

LUNCH and LEARN | Thursday, March 20th | Maricopa Community Ctr I 11:00am-1:00pm I \$5 Speaker: Jason Robertson of CAHRA-Community Action Human Resources Agency. Registration is Required 48 Hrs. prior to event if you would like

lunch. The cost is \$5 and will be ordered through Sprouts. Learn about CAHRA's Senior Community Services, Resources and

much more.

If you want to just listen to the Speaker, arrive at 11:30 AM, no registration is necessary and there is no fee.

Budgeting 101 | 10:00am-11:00am | Free| Thursday, March 27th Speaker: Lois Gonchar (local Budget Expert). Come learn helpful budgeting tips and so much more from local budget expert, Lois Gonchar. -REGISTRATION REQUIRED

Preventative Health and Wellness Session 1 (Nutrition) | 11:00am-12:00pm | Free| Thursday, March 27th Hosted by The Maricopa Fire Department and Northern Arizona University's Public Health Program. Come learn tips on nutrition, how nutrition effects health, and examples of healthy recipes. This will be the first series out of a total of three sessions. The two additional sessions will be taking place in April. -REGISTRATION REQUIRED

Hobbies and Crafts

CREATIVE SISTERHOOD with charity-based group STITCHES for LOVE | Wednesdays | 9:00-12:00 pm

Come join in on some creative activities! Learn a new skill, share yours; or help a charity-based group who works locally in Maricopa for groups requiring assistance. Enjoy knitting, crocheting, and sewing projects like hats, gloves, and throws to give back to the community.

SISTERHOOD OF TRAVELING QUILTS | 2nd & 4th Friday | 9:00-1:30 PM

Like-minded quilters gather here for fellowship and inspiration. Learn new quilting skills and techniques while working on charitable projects for the community and fellow local organizations. Beginner and accomplished quilters are welcome.

QUILTING DIVAS | 1st Friday | 9:00am-12:30pm

Share the love and joy of quilting through demos, speakers, challenges, community projects, trips and parties.

MONTHLY CRAFT with DJ – Wine Bottle Basket

Wednesday | March 12th | 9:30am | \$5 This month come make baskets on wine bottles with sunflower seed flowers and pipe cleaner leaves and stems. Registration Required - Limited Spaces

Health and Wellness

GRIEF JOURNEY I Thursdays | 1:00-2:00pm I Free

Support Group for the Bereaved. Please contact Monica White, MSW at 520-421-7143 or monica.white@compassus.com for more information.

CARE GIVER'S-DEMENTIA or ALZHEIMER'S SUPPORT GROUP | 3rd Wednesday 10:00-11:30am | Free-

A safe, supportive environment where you can share your experiences and encourage other caregivers in their journey.

BLOOD PRESSURE CLINIC | 2nd Friday | 10:30-11:00am | Free Join us on the 2nd Friday of each month as we invite Nurse Erin to the center to

offer free blood pressure checks! <u>No registration is required</u>.

ABSOLUTE BEGGINER LINE DANCING | Mondays | 12-1:00pm | Free

Join in on some dancing fun for absolute beginners. Bring water and wear sturdy shoes that will slide. You are participating at your own risk.

BEGINNING LINE DANCING | Wednesdays | 12-1:30pm | Free

Join in on some dancing fun. Bring water and wear sturdy shoes that will slide. You are participating at your own risk.

