



**Mon      Tues      Weds      Thurs      Fri      Sat**

<p><b>1</b></p> 	<p><b>2</b></p> 	<p><b>3</b></p> 	<p><b>4</b></p>	<p><b>5</b></p>	<p><b>6</b></p> <p><b>CLOSED</b></p>
<p><b>4</b></p> <p>Open Games / Cards</p> <p><b>Make, Take &amp; Celebrate Origami Flowers 9:30am Free with Registration</b></p> <p>Absolute Beginner Line Dancing 12:00 - 1:00pm</p>	<p><b>5</b></p> <p>Open Games / Cards</p>  <p><b>Meet &amp; Eat Cinco de Mayo 11:00am</b></p> <p>Coffee with Friends 1:30pm</p>	<p><b>6</b></p> <p>Open Games / Cards</p> <p>Creative Sisterhood with Stitches for Love 9:00am - 12:00pm</p> <p>Beginner Line Dancing 12:00 - 1:30pm</p>	<p><b>7</b></p> <p>Open Games / Cards</p> <p><b>Birthday Bingo Host: Tiffany White Waterman 1:00pm</b></p> <p>Grief Journey 1:00 - 2:00pm</p>	<p><b>8</b></p> <p>Open Games / Cards</p> <p>Sisterhood of the Traveling Quilts 9:00am - 1:30pm</p> <p>Movie Matinee 1:00pm</p>	<p><b>9</b></p> <p><b>CLOSED</b></p>
<p><b>11</b></p> <p>Open Games / Cards</p> <p><b>Ceramics Class 11:00am - 12:30pm \$12 Registration</b></p> <p>Absolute Beginner Line Dancing 12:00 - 1:00pm</p>	<p><b>12</b></p> <p>Open Games / Cards</p> <p>Meet &amp; Greet 10:00 - 11:00am</p> <p><b>Fun Craft 1:00pm \$5 Reg Required</b></p> <p>Coffee with Friends 1:30pm</p>	<p><b>13</b></p> <p>Open Games / Cards</p> <p>Creative Sisterhood with Stitches for Love 9:00am - 12:00pm</p> <p>Caregivers Support 10:00 - 11:30am</p> <p>Beginner Line Dancing 12:00 - 1:30pm</p>	<p><b>14</b></p> <p>Open Games / Cards</p> <p><b>Mother's Day Tea 12:00pm</b></p> <p>Grief Journey 1:00 - 2:00pm</p>	<p><b>15</b></p> <p>Open Games / Cards</p> <p><b>Blood Pressure Clinic 10:30 - 11:00am</b></p> <p>Movie Matinee 1:00pm</p>	<p><b>16</b></p> <p><b>CLOSED</b></p>
<p><b>18</b></p> <p>Open Games / Cards</p> <p>Absolute Beginner Line Dancing 12:00 - 1:00pm</p> <p>Cutting Edge Crafters 1:00pm</p> <p>Lifewave Presentation 1:30 - 3:00pm</p>	<p><b>19</b></p> <p>Open Games / Cards</p> <p>Meet &amp; Greet 10:00 - 11:00am</p> <p>Coffee with Friends 1:30pm</p>	<p><b>20</b></p> <p>Open Games / Cards</p> <p>Creative Sisterhood with Stitches for Love 9:00am - 12:00pm</p> <p>Beginner Line Dancing 12:00 - 1:30pm</p>	<p><b>21</b></p> <p>Open Games / Cards</p> <p><b>Lunch and Learn 11:00am Lunch 11:30am Presentation Holistic Health Dr Onye Bahat</b></p> <p>Grief Journey 1:00 - 2:00pm</p>	<p><b>22</b></p> <p>Open Games / Cards</p> <p>Sisterhood of the Traveling Quilts 9:00am - 1:30pm</p> <p>Movie Matinee 1:00pm</p>	<p><b>23</b></p> <p><b>CLOSED</b></p>
<p><b>25</b></p>  <p><b>CLOSED</b></p>	<p><b>26</b></p> <p>Open Games / Cards</p> <p>Meet &amp; Greet 10:00 - 11:00am</p> <p>Coffee with Friends 1:30pm</p>	<p><b>27</b></p> <p>Open Games / Cards</p> <p>Creative Sisterhood with Stitches for Love 9:00am - 12:00pm</p> <p>Beginner Line Dancing 12:00 - 1:30pm</p>	<p><b>28</b></p> <p>Open Games / Cards</p> <p><b>Bargain Bingo 1:00 pm</b></p> <p>Grief Journey 1:00 - 2:00pm</p>	<p><b>29</b></p> <p>Open Games / Cards</p> <p>Movie Matinee 1:00pm</p>	<p><b>30</b></p> <p><b>CLOSED</b></p> <p>Keep Maricopa Beautiful 8am-9am</p>

# Maricopa Community Center Senior Programming

## Games and Social

### CARDS | DAILY | 9:00am-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 9:00am-3:45pm**  
**Pinocle: Mon, Tues, Thurs & Fri 9:00am-12:00pm**  
**Mah Jongg: 1st & 3rd Friday 1:00-3:45pm**  
**Mexican Train: Mondays 11:00am-3:45pm**  
**Farkle: Thursdays 9:00am-12:00pm**  
**SYN Card Game: Wednesdays 1:00-3:45pm**  
**Dominos: 3<sup>rd</sup> Wednesday 12:00pm**

### 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, May 7 | 1:00pm | FREE

Come out and join us for a fun afternoon of Bingo, followed by our monthly Birthday Celebration. Our Bingo caller is Tiffany White from Waterman Senior Apartments. Whether you have a May birthday or not, please join us in celebrating those that do!

### BARGAIN BINGO | 4th Thursday | 1:00pm | FREE

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

### MOVIE MATINEE | Fridays | 1:00pm | 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. Complimentary popcorn available.

### 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!

## Hobbies and Crafts

### CREATIVE SISTERHOOD with charity-based group STITCHES for LOVE Wednesdays | 9:00am-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 THE TRAVELING QUILTS | 2nd & 4th Friday | 9:00am-1:30pm

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.

### MAKE, TAKE & CELEBRATE | Monday, May 4 | 9:30am FREE but Registration Required

Learn the art of paper folding. "Make" origami flowers, "take" a few, and leave the rest to "celebrate" Mothers at the afternoon tea party at the center the following week.

### CERAMICS CLASS | Monday, May 11 | 11:00am-12:30pm | \$12

Join us for Ceramics class and learn clay hand building techniques and ceramic bisqueware painting. Creations will be fired in a pottery kiln and returned to you. No experience necessary. **Registration Required**

### MONTHLY CRAFT with DJ – Festive American Flag Tuesday | May 12 | 1:00-3:30pm | \$5

Using recycled wine corks, you'll learn to make and decorate a festive American Flag just in time for Memorial Day. **NOTE: NEW** date and time of this monthly class. **Registration Required**

## Specialty Events & Announcements

### SENIOR CHILE de MAYO ~ TACO TUESDAY POTLUCK | Tuesday, May 5 Maricopa Community Center | 11:00am-1:00pm

#### FREE but Registration Required

Join us as we celebrate Cinco de Mayo with a potluck. Sign-up list of potluck items at the Front Desk of the Center.

### MOTHER'S DAY TEA PARTY | Thursday, May 14 Maricopa Community Center | 12 noon

#### FREE but Registration Required

Come share the love at our Mother's Day Tea Party! Join us for tea, treats, and cherished moments.

### LIFEWAVE PRESENTATION | Monday, May 18 Maricopa Community Center | 1:30-3:00pm

#### FREE but Registration Required

Discover how LifeWave patches may help support wellness and pain free living.

### LUNCH and LEARN: HOLISTIC HEALTH & WELLNESS | Thursday, May 21 Maricopa Community Center | 11:00am lunch | 11:30am presentation

**\$5 Registration** | Speaker: Dr Onye Bahat from S.E.R.E.O.U.S. Holistic Health and Wellness will speak on practical ways to nurture mind, body, and balance in everyday life. Registration is required 48 hours prior to event if you would like lunch. The cost is \$5 and provided by Sprouts.

### KEEP MARICOPA BEAUTIFUL | Saturday, May 30 | 8:00-9:00am Maricopa Community Center Parking Lot

Join the community in this spring cleaning event. We'll meet at the Community Center parking lot to help clean up the outside surrounding areas. Clean-up kits will be provided on a first come, first serve basis. Giveaways and refreshments will be provided.

## Health and Wellness

### GRIEF JOURNEY | Thursdays | 1:00-2:00pm | FREE

Support Group for the bereaved lead by Sarah Amankwah, LBSW of Compassus the 1st and 3rd Thursday each month. Please contact Sarah at sarah.amankwah@compassus.com for more information. The group still meets as a support group where individuals coping with loss can come together as a community when Compassus is not present on Thursdays. May's sessions with Sarah will be on: May 7 and May 21.

### 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 | 3rd Friday | 10:30-11:00am | FREE

**NEW DATE FOR MAY:** Nurse Erin will be at the center to offer free blood pressure checks on May 15! No registration is required.

### ABSOLUTE BEGINNER LINE DANCING | Mondays | 12:00-1:00pm | 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 | 12:00-1:30pm | FREE

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

Sign Up for Activities at: [www.maricopa-az.gov](http://www.maricopa-az.gov) Click on **ActiveNet** at the top near the center of the page. Click on "Activities" and select "Active Adults 55+" or scan the QR code.

