

MAR2025



**EMPOWERED
ADULT
SERVICES**

CONTACT US

(480) 525-8550

PROGRAM LINE

(480) 392-4158

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Walking Club! Speeches!</p> <p>Culinary Shopping Group: A</p>	<p>4 Kenzie's! Culinary: Shells & Cheese</p> <p>Red Mountain Park: Group B</p>	<p>5 Communication Skills! Story Chain!</p> <p>Red Mountain Park: Group A</p>	<p>6 Chair Yoga! Salt Painting!</p> <p>Red Mountain Park: Group C</p>	<p>7 Fun Friday! Culinary: Chicken Tacos</p> <p>Thrift Store Group: A</p> <p>Spirit Day: Pajama</p>
<p>10 Journals! Speeches!</p> <p>Culinary Shopping Group: B</p>	<p>11 Kenzie's! Culinary: Chicken Salad Croissants</p> <p>Chandler Mall: Group A</p>	<p>12 DIY Bookmarks! Pet Rock!</p> <p>Science Center: Group B</p>	<p>13 Describe & Draw Obstacle Course!</p> <p>Wonder Spaces Group C</p>	<p>14 Fun Friday! Culinary: French Bread Pizza</p> <p>Thrift Store Group: B</p> <p>Spirit Day: Pixar Day</p>
<p>17 Journals! Speeches!</p> <p>Culinary Shopping Group: C</p>	<p>18 Kenzie's! Culinary: Baked Spaghetti</p> <p>Chandler Mall: Group B</p>	<p>19 Would you Rather? Make your own Puzzles!</p> <p>Science Center: Group C</p>	<p>20 Exercise Circuit! Nature Painting</p> <p>Wonder Spaces Group A</p>	<p>21 Fun Friday! Culinary: Deli Wraps</p> <p>Thrift Store Group: C</p> <p>Spirit Day: Beach Day</p>
<p>24 Journals! Speeches!</p> <p>Culinary Shopping Group: A</p>	<p>25 Kenzie's! Culinary: Breakfast Burritos</p> <p>Chandler Mall: Group C</p>	<p>26 Would you Rather? Balloon Sports!</p> <p>Science Center: Group A</p>	<p>27 March Madness! Walking Club!</p> <p>Wonder Spaces: Group B</p>	<p>28 Fun Friday! Culinary: Cottage Pie</p> <p>Thrift Store Group: A</p> <p>Spirit Day: Tie Dye Day</p>
<p>31 Journals! Speeches!</p> <p>Culinary Shopping Group: B</p>				

GROUP:

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EAS FOR YOUR INFORMATION:

Red Mountain Park (Dates: 3/4, 3/5, 3/6 [2.00])

7745 E Brown Rd, Mesa, AZ 85207

We are going to check out some experiments and see what the science center has to offer us!

***ACTIVITY FEE IS FOR ENTRY ONLY**

Chandler Mall (Dates: 3/11, 3/18, 3/25) [2.00]

3111 W Chandler Blvd, Chandler, AZ 85226

The group has chosen to get some steps in and eat lunch at the Chandler Mall.

***ACTIVITY FEE IS FOR ENTRY ONLY**

AZ Science Center (Dates: 3/12, 3/19, 3/26 [35.00])

600 E Washington St, Phoenix, AZ 85004

We are going to check out some experiments and see what the science center has to offer us!

***ACTIVITY FEE IS FOR ENTRY ONLY**

Wonder Spaces (Dates: 3/13, 3/20, 3/27, [30.00])

9245 E Hummingbird Ln, Scottsdale, AZ 85250

We are going to get our mini golfing on at the newest indoor minigolf spot in Arizona!

***ACTIVITY FEE IS FOR ENTRY ONLY**

March Ideologies

This month, we're focusing on promoting overall well-being through engaging and interactive activities. Members will have the opportunity to explore new recipes while preparing nutritious snacks that support a balanced diet. Outdoor fitness challenges will encourage movement, teamwork, and a positive mindset, while self-care planning workshops will provide practical strategies for maintaining well-being, including crafting personalized self-care kits. Throughout the month, hands-on projects will strengthen fine motor skills, and collaborative group challenges will foster effective communication. Join us this March as we focus on feeling good, staying active, and supporting one another in a fun and encouraging environment.

GROUP: