

To request assistance or to
become a volunteer, call
(602)-212-6088

Monday - Friday

9a.m. – 4p.m.

opas@vosymca.org



YOPAS is funded by grants and donations. You may also support **YOPAS** with your tax deductible donations.

- Honor the memory of a loved one with a memorial donation.
- Give a donation for a birthday or anniversary gift.
- Make your check payable to:

Y OPAS
1030 E Liberty Lane
Phoenix, AZ. 85048

We also accept cash and credit card!

YOPAS Vision Statement

The YMCA Outreach Programs for Ahwatukee Seniors (**YOPAS**) is a community effort offering choices for seniors to enhance their quality of life by maintaining a healthy spirit, mind and body.

YOPAS
Outreach Programs for Ahwatukee Seniors



Helping seniors
maintain
independent living
602-212-6088

YOPAS is a community effort offering free informal support services for the seniors of Ahwatukee and their caregivers. Services are provided by volunteers who care about the community and their neighbors.

YOPAS

Outreach Programs for Ahwatukee Seniors

YOPAS services help seniors maintain independent living in a single family home, apartment or condo.

If you, or someone you know, are 62 years or older, live in the Ahwatukee Foothills community (zip codes 85044, 85045, or 85048) and would like to use any of our services, call (602) 212-6088

YOPAS
is a part of the
Ahwatukee Foothills
Family YMCA.

YOPAS Services

- ***Transportation**
- ***Shopping & Errands**
- ***Friendly Visiting**
- ***Reassurance Calling**
- ***Caregiver Relief**
- ***Basic Business Help**
- ***Household Assistance**
- ***Information & Referral**
- ***Community Education**

Become a Volunteer Today!

Enjoy the satisfaction of helping Ahwatukee Seniors stay independent.

If you have always wanted to help, to serve, and to do something for others, but held back because you didn't want to be committed to a specific schedule, **YOPAS is the perfect solution! You commit only to appointments that fit your schedule.**