

# Armory Park Senior Center

"A Premier Vital Aging Center Committed to Excellence"



Center Supervisor: Robin Landers  
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**220 S. 5th Ave.**  
**791-4865 - FAX: 791-5314**

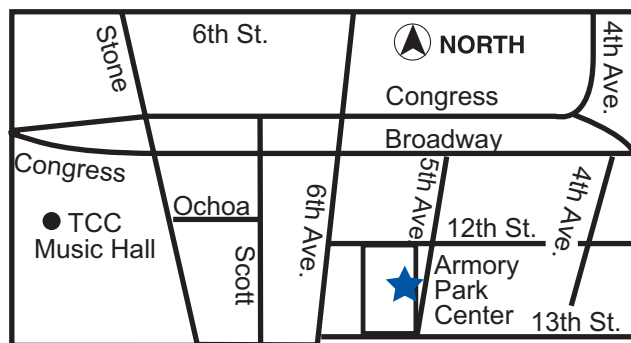
**Hours:**  
Mon./Tues./Wed. 9am-7:30pm  
Thurs./Fri. 9am-4pm  
Sat. 9am-4pm  
Sun./Holidays Closed

*(Hours are subject to change.)*

**Holidays Closed:**  
Sept. 7, Oct. 12,  
Nov. 11, 26-27

## Armory Park Center Mission

Armory Center is a vital aging center that enhances the quality of life for persons 50+ by providing socialization, recreation, education, information, nutrition, social services, and support. We include seniors in programming decisions in a clean, safe, pleasing and inclusive environment.



## Age 50+ Programs

### Our programs include:

- Fitness classes
- Table Tennis
- Scrabble
- Health Clinic
- Arthritis swim
- Loteria
- Ukulele
- Hawaiian Quilting
- Arthritis Fitness
- Wii Interactive games
- Crochet and Plastic Canvas Sewing
- Come and enjoy ballroom dancing on Saturdays from 1:30-4pm. (\$2 per person)
- Tap dance
- Bingo
- Walking Away the Pounds
- Party Bridge
- Beading class
- Woodworking class
- Tai Chi
- Line Dancing
- Day trips

## Armory Park Membership

Membership is free for seniors 50+

## Silver Threads Newsletter

Pick-up a copy of our monthly Silver Threads Newsletter at the front desk...we have something for everyone!

## Club #1 Membership

Meetings every third Wednesday of the month at 9:30am. All Members are encouraged to attend.

## SeniorNet

Computer Classes for ages 50+. For additional call 721-7591 or go to [www.tucsonseniornet.org](http://www.tucsonseniornet.org)

## Weight Room Certification Classes

Mondays at 4pm and Thursdays at 9am  
Participants must possess a **free** Center Membership.

## Matter of Balance

Your odds of falling each year after age 65 are about one in three. This program has been confirmed, by research to reduce fear of falling, stop the fear of falling cycle, and increase activity levels among older adults. Classes include practice exercise to improve strength, build coordination and balance, learn to get up and down safely from a lower surface, conduct a home safety evaluation and discuss strategies and options to affect appropriate changes.

## Human Services

- Food Box Distribution program - 4th Wed. each month from 9am-noon.
- NA Meetings for all ages, Tues., 7-8pm
- Nutrition program (dinner) for Ages 60+, Mon. - Fri., 3-4pm
- AARP Group - Every first Thurs. of the month, 1:30pm-2:30pm
- Wellness Clinic - Tues., 8:30-11:30am