

Armory Park Senior Center

"A Premier Vital Aging Center"



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

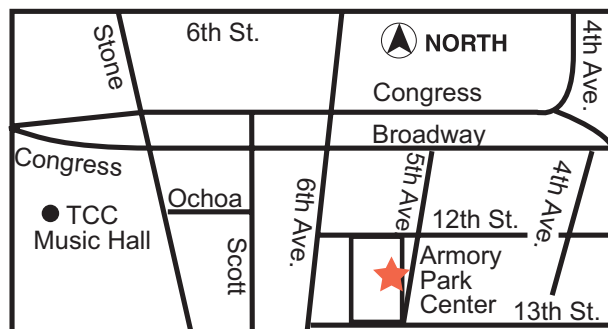
New Hours:

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

Holidays Closed:

Nov. 11, 27, Dec. 25
Jan. 1, 19, Feb. 16

(Hours are subject to change.)



Special Dates

- Nov. 26 - Thanksgiving Party - Noon-1:30pm, free
- Dec. 8 - Holiday Parade of Lights in Armory Park
- December - Armory Center Holiday Party, call for more information.
- Feb. 14 - Sweethearts Valentine Social, Noon-2pm, free
- Feb. 21 - Bringing Carnival to downtown Tucson! Armory Park - Noon-6 pm. "Many Voices, One Song!" Tucson's first community parade and carnival. Family festival will begin with a parade at noon on 6th Avenue between 12th and 13th Streets with a Community Festival from 1-6pm. Sponsored by City of Tucson Parks and Recreation, Batucaoxee and Armory Park Neighborhood Association.

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.

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 - Wed. – Thurs., 9:30 –11:30am
- NA Meetings for all ages, Tues., 6-7:30pm
- Nutrition Program (dinner) for Ages 60+, Mon. – Fri., 3–4pm
- Wellness Clinic – Tue, 9-11:30am

Armory Park Memberships are Free!

Age 50+ Programs

Our programs include:

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|-------------------------------------|---------------------------|
| • Fitness classes | • Tap dance |
| • Table Tennis | • Bingo |
| • Scrabble | • Walking Away the Pounds |
| • Health Clinic | • Party Bridge |
| • Arthritis swim | • Beading class |
| • Loteria | • Woodworking class |
| • Ukulele | • Tai Chi |
| • Hawaiian Quilting | • Line Dancing |
| • Pilates | • Arthritis Fitness |
| • Wii Interactive games | • Day trips |
| • Yoga | • Ball Class |
| • Crochet and Plastic Canvas Sewing | |

Club #1 Membership Meetings every third Wednesday of the month at 9:30am. All Members are encouraged to attend.

Other Age 50+ Services

- SeniorNet – 721-7591 – Computer Classes for ages 50+.
For additional information, go to www.tucsonseniornet.org

Weight Room Certification Classes

- Mon. and Wed., 9–10:30am
- Tues. and Thurs., 3-4pm

Participants must possess a **free** Center Membership.