

El Rio Neighborhood Center



Center Supervisor: Virginia Martinez
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1390 W. Speedway Blvd.
791-4683

New Hours:

Mon./Wed. 9am-6pm
Tues./Thurs. Noon-8pm
Friday 1-6pm
Saturday Closed
Sunday/Holiday Closed

(Hours are subject to change.)

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



Adult Programs

- Karate - Tues. and Thurs., 6-8pm
- Living Better with Arthritis, Mon./Wed., 10:45-11:30am
- Learn more about computers - Learn basic skills, e-mail and the internet. Mon., and Wed., from 10-11am.

Special Dates

- Nov. 14 - Senior trip / Agua Caliente picnic
- Nov. 21 - Senior Thanksgiving Celebration
- Dec. 9-10 KIDCO Christmas Play
- Dec. 12 - Senior trip to Zoo Lights
- Jan. 16 - Senior Old Tucson Trip
- Feb. 13 - Senior Valentine's Celebration
- March 13 - Senior 4th Ave. Trip - Shopping and lunch
- March 14 - Health and Safety Fair
- April 16 - Senior Easter Party
- April 17 - Senior Old Town Artisans Trip
- April 1 - Spelling Bee
- May 13 - End of KIDCO Production
- May 22 - Senior Golden Pins Lane Trip

Human Service Programs

- Adult Education for adults, Mon-Fri., times vary
- G.E.D. for adults, year-round
- Westside H.O.P.E. Senior Assistance Program, Mon.-Thurs., 1-4pm
- Food Box Program Assistance for adults, year-round, Mon.-Fri., 8am-4:30pm
- Senior Advocacy - Tues., 8am-2pm
- Free Legal Referral Clinic - Thurs., 5-7pm

Youth Programs

- **KIDCO after-school program** for children for ages 5-12 Mon.-Fri. - 2-5:30pm - began Aug. 15. Non-refundable registration fee required. Transportation from Brichta and Tully Schools.
- **Karate** - free for youth, Tues. and Thurs., 5:30-7:30pm.

Teen Programs

- **Drop-in Recreation** - Tues./Thurs., 6-8pm. Enjoy sports, games, arts and crafts and organized activities for ages 13-17

H.Y.P.E. for ages 11-17 - Afterschool-6pm	
Mon.	Weight Training
Tues.	Computer Search
Wed.	Wii Play
Thurs.	Games/Sports
Fri.	Aerosol Art

Zumba for Adults and Seniors

Exercise can be fun. Zumba fuses Latin rhythm and easy moves to create a rhythmic workout system, Tues. and Thurs., 5:30-6:30pm, \$1.



El Rio's weight room is waiting for you!

El Rio Seniors



Weight Room Certification Days
Mon., 12:30pm and
Tues., 6pm, please
arrive 10 minutes early.

Try our air-conditioned weight room. You will feel better, look great and meet some new friends.



Facility Use: City Resident

Pass	Daily	Quarterly	Annual	20-visit
Adult	\$1	\$16	\$60	\$17
Senior (62+)	\$.75	\$12	\$45	\$13
Youth (-18)	\$.75	\$12	\$45	\$13

Facility Use: Non-City Resident

Pass	Daily	Quarterly	Annual	20-visit
Adult	\$1.25	\$20	\$75	\$22
Senior (62+)	\$1	\$15	\$57	\$17
Youth (-18)	\$1	\$15	\$57	\$17

Transportation to the Center

Pick-up and drop-off our seniors that live in the area. Join us for a day of fun, activities, food and the freedom from staying at home. Please call Diane at 624-5313 for more information about this great program.

Fun and Gains 50+ - 624-5313 (Se Hable Español)
Mon.-Fri., 7:30am-1pm.

There are more benefits to recreating than just having fun. The El Rio Center provides classes, programs and services that fit lifestyles for people 50+.

Senior Nutrition for ages 60+ (Meal donation \$1.50)

Program includes:

- Folkloric dance
- Billiards
- Field trips - dates/times vary
- Crafts, Tues., 9-10:30am
- Arthritis Fitness - Mon. and Fri., 9:30am. This class helps increase flexibility and muscle strength.
- Lean Cuisine (cooking) - Mon., 10am
- Creative Clay - Tues. and Thurs., 9am
- Easy Does it Fitness - Wed., 10am. Exercise smarter rather than harder, you will reap the benefits.
- Games and Bingo, Mon., 11am-noon
- Health and blood pressure, 1st and 3rd Fri. each month
- Speakers
- Nutrition class
- Food Plus program
- Wii Physically Fit

El Rio Other Services

- Library - 594-5245
- Pima College - Adult Education - 882-0940
- W.I.C. (Women and Children) - 620-6847
- Nosotros Day Care - 623-5912

Facility Amenities

Indoor:

- Stage
- Kitchen
- Large event room
- Meeting rooms
- Arts and crafts room
- Weight room
- Pottery room
- Pool tables
- TV room
- Conference room
- Senior room

Outdoor:

- Covered basketball court
- Outdoor stage area
- Playground
- Marquee
- Nosotros Day Care
- Outdoor patio

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 Discount Program
 Available for City of Tucson Residents.
 Come to the Center or call for information.



Guitar for Beginners
Wed.-Fri., 1-2pm
 Latin with an emphasis on singing and vocals.

Fitness Walk
Monday and Wednesdays, 10am
 All you need is a good pair of shoes, comfortable clothing and a desire to get fit.

Computer Classes
Monday and Wednesdays from 10-11am
 Windows, e-mail and visiting web sites are but a few things to learn from this class.
 Class is designed for individuals with little or no basic experience on computers.