

El Rio Neighborhood Center



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

Hours:

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

Holidays Closed:

Nov. 11, 26-27, Dec. 25,
Jan. 1, 15, 18, Feb. 15,
and April 9.

(Hours are subject to change.)

Youth Programs

- **KIDCO after-school recreation program** for children for ages 5-12. Mon.-Fri. - 2-5:30pm - Non-refundable registration fee required. Transportation from Brichta and Tully Schools.
- **Karate** - free for youth, Mon. and Thurs., 5:30-6:30pm.
- **Oasis Reading Club/Tutoring** - El Rio Library, Mon.-Fri., Register at the library with the tutor.
- **Karate** - free for youth, Mon. and Thurs., 5:30-6:30pm.
- **Folklorico classes** - Free, ages 3-14 years on Tuesdays from 6-7 pm.

Teen Programs

- **Teen Recreation** - ages 13-17, Tues./Thurs., 6-8pm. Sports, games, arts and crafts and organized activities

H.Y.P.E. for ages 11-17 - Afterschool - 6pm	
Mon.	Weight Training
Tues.	Computer Search
Wed.	Wii Play
Tues./Thurs.	Games/Sports
Fri.	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. Center's daily use cost applies.

Adult Programs

- Karate - Tues. and Thurs., 6-8:30pm
- 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. 12 - Holiday Workshop
- Nov. 14 - Senior St. David's Festival
- Dec. 10 - Holiday Workshop
- Dec. 19 - Nativity Event
- Dec. 23 - Senior Winter Formal
- Jan. 9 - X-treme fitness
- Feb. 6 - El Rio's Got Talent
- March 5 - Urban Camping Trip
- March 13 - Health Fair
- March 12 and 26 - Movie Night
- April 9 and 23 - Movie Night
- April 17 - Midnight Hoops Fundraiser

Discount Program

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

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, 1st Thursday of each month, 9am-1pm. (3rd Mon. if missed)
- **Senior Advocacy** - Tues., 8am-2pm
- **Free Legal Referral Clinic** - Thurs., 5-7pm

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

Fitness Walk
Monday and Wednesdays, 10am
Bring a good pair of shoes, comfortable clothing.

Computer Classes
Monday and Wednesdays, 10-11am
Class is designed for individuals with little or no basic experience on computers.

El Rio's weight room is waiting for you!



Weight Room Certification Days
Mon., 12:30pm and
Tues., 6:30 pm,
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

El Rio Other Services

- **El Rio Branch Library**, 594-5245, Mon./Tues. 9am-6pm, Wed./Thurs., 10am-6pm, Fri. 10am-5pm, Sat./Sun., Closed for lunch, noon-1pm. Please call to verify hours.
- Pima College - Adult Education - 882-0940
- W.I.C. (Women and Children) - 620-6847
- Nosotros Day Care - 623-5912

Facility Amenities

Indoor:

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

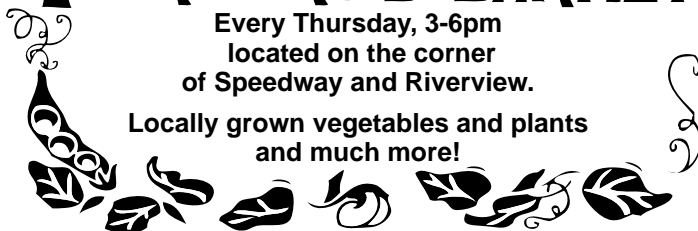
Outdoor:

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

EL RIO'S FARMERS MARKET

Every Thursday, 3-6pm
 located on the corner
 of Speedway and Riverview.

Locally grown vegetables and plants
 and much more!



El Rio Seniors

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:

- Nutrition class
- Speakers
- Food Plus program
- Wii Physically Fit - Mon., 10:30am
- Field trips - dates/times vary
- Crafts - Tues., 9-10:30am
- Billiards - Mon. and Wed., 10am
- Folkloric dance, Tues., Thurs., 12:30pm
- Tasty Tidbits (cooking) - Mon., 10am
- Creative Clay - Fri., 9am-noon
- 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
- Arthritis Fitness - Mon. and Fri., 9:30am. This class helps increase flexibility and muscle strength.
- Arthritis Water Class - Fri., 10am (Transportation to Edith Ball Adaptive Recreation Center)
- Sewing Class - Mon., 9:30am - All levels welcome!
- Grandparent Raising Grandchildren Support Group - Second Thursday each month, 6pm.