

El Rio Neighborhood Center

1390 W. Speedway Blvd.

# PRIME TIMES

March 2020

50+ Adult Program

## Senior Nutrition Program

Monday - Friday  
8:00 am - 1:00 pm  
Grant funded by



*Meal program provided.  
Pre-registration required.  
For more information contact  
Diane at 837-8210*

## Tasty Tidbits

Crab Dip.....3/9

Pineapple Fruit Salad.....3/23



## Senior Activity Card

*Our Senior Activity Card provides quality year round programming, activities and services, special events, fieldtrips, newsletters, educational opportunities computer access at most of our recreation centers. Purchase at any recreation center.*

*Cost for the  
Senior Activity Card  
City Resident \$25 and \$30  
Non - Residents per year*



## NEED A LIFT? CALL 837-8210

El Rio offers free pick up and drop off for seniors who live in the surrounding area.





## ***St. Patrick's Day Celebration!***

*You don't have to be Irish to celebrate, just wear a little green and a happy face!*

*Our celebration will include cookies, coffee, green cupcakes and green ice cream.*

***Tuesday, March 17th***

***10:00 am - 11:00 am***



## **White Elephant Second Hand Store**

Join us for a unique experience in Green Valley.

You can shop for that special someone or just shop for yourself.

Please sign up soon. Space is limited.

Wednesday, March 11th

8:30 am - 11:30 am

**Early Bird Matinee**  
**Featuring: Benji**  
**Monday, March 9, 2020**  
**9:30 am - 11:30 am**



*Looking for help in regards to  
Medicare, Social Security, Social  
Services or aging issues?  
Please call 790-7272*

**Wednesdays from 8:30 am - 12:30 pm by  
appointment only.**

***El Rio Neighborhood Center***



The Enhance Fitness Program is offered by the Tucson Parks and Recreation Dept. in collaboration with the Pima Council on Aging.

This program offers four key components of fitness:

- \*Strength Training**
- \*Flexibility**
- \*Cardiovascular Conditioning**
- \*Balance Training**



These components are critical to reducing the risk of falls. This class is taught by a certified instructor who accommodates all levels of fitness.



**Time: 10:30 am - 11:30 am**

**Mon, Wed and Fri**

**El Rio Center, Recreation Bldg.**

Please call P.C.O.A. for more information regarding classes @ 790-7262

Note: Additional fees apply through Pima Council on Aging.

### Senior Advisory Committee

*Guadalupe Gonzalez.....President*

*Margaret Figueroa.....Vice President*

*To Be Determined.....Secretary*

*Teri Arajo.....Treasurer*

Board meetings are held the first Tuesday of each month at 10:00 am. Everyone is welcome to attend.



### *Kim's Kitchen*

*Come cook with Kim!*

*"Egg with Cheese, Hash Browns, & Waffles "*

*Wednesday, March 25, 2020*

*10:00 am - 10:30 am*

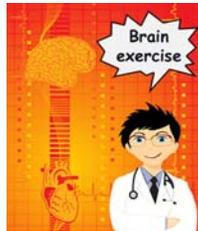
# On Going Activities

## The Craft Corner



If you're looking for a place to go and explore your creative side, please join our craft class on Tuesday  
March 31, 2020

10:00am - 11:00am



### Memory Games

Mon. 9:30am - 10:00am



### Loteria (Mexican Bingo)

Thurs. 10:30am - 11:30am

## Nurse Visit

The Pima County Health Department provides welfare checks on the 2nd & 3rd Wednesday of each month  
8:30 am - 11:30 am

Nurse, Debbie Agriesto checks blood pressure and answers any health related issues or concerns.



Raquel Angulo..... 3/1

Rudy Corral..... 3/7



Tues. 10:30am - 11:30am

Fri. 10:30am - 11:30am



### Chair Exercise

Tues. 10:00am - 10:30am

## Indoor Walk

Come and enjoy a workout video as we walk away the pounds.  
Fridays 10:00am- 10:30am

