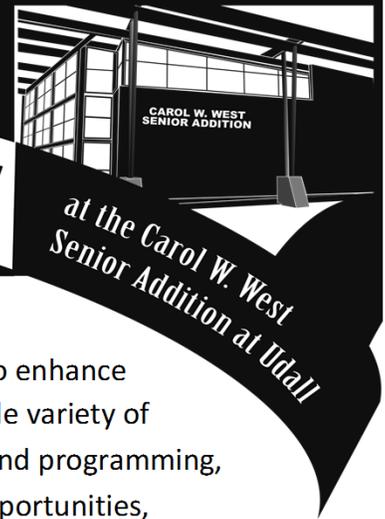


OPEN: Monday - Friday, 9:00 a.m. - 4:00 p.m.



SENIOR ACTIVITIES

7200 E. Tanque Verde Rd. • (520) 791-4121 • tucsonaz.gov/parks/udall



at the Carol W. West
Senior Addition at Udall

Tucson Parks and Recreation provides Tucson's adults 50+ the opportunity to enhance their social, physical, and emotional well being through participation in a wide variety of age-appropriate activities. Our Senior Activity Card provides quality year-round programming, activities and services, special events, field trips, newsletters, educational opportunities, computer access, evidence-based health programs, and meaningful volunteer opportunities.

FEE INFORMATION

Daily Fee:

City Resident: \$1.50 / Non-City Resident: \$2.00

Quarterly Senior Activity Card:

City Resident: \$7.00 / Non-City Resident: \$8.00

Annual Senior Activity Card:

City Resident: \$25.00 / Non-City Resident: \$30.00

Activity Card benefits include the Senior Center activities on the reverse side and the following:

TUESDAYS & FRIDAYS

UDALL RECREATION CENTER

Walking Track, *Weight & Cardio Machines, Gym Activities and Game Room

**Weight Room Orientation Required: Tues (6:30pm), Thurs (7:30am) or Sat (9am)*

UDALL SWIMMING POOL (Adult Lap Swim)

Udall Swimming Pool is open April - November, see schedule for times

TUCSON PARKS & RECREATION CENTERS

Archer, Armory, Cherry Ave, Clements, Donna Liggins, El Pueblo,
El Rio, Freedom, Oury, Quincie Douglas and Randolph Centers
(Call Centers for senior program days & times)

UDALL SENIOR CENTER - WEEKLY ACTIVITIES

MONDAY	
9:00am - 12:00pm	Pinochle (Rm 103)
9:00am - 12:00pm	Women's Billiards
9:05am - 10:05am	Wellness Hour (MPR) 50 max
11:00am - 3:30pm	Advanced Mah Jongg (Rm 102)
11:45am - 1:45pm	Wii Bowling (MPR)
12:00pm - 4:00pm	Billiards
12:30pm - 4:00pm	Assorted Card Games (Rm 103)
2:00pm - 4:00pm	Table Tennis (MPR)

THURSDAY	
9:00am - 4:00pm	Billiards
9:00am - 1:00 pm	Advanced Mah Jongg (Rm 102)
9:00am - 12:00pm	Table Tennis (MPR)
11:00am - 2:00pm	Euchre (Lobby)
12:00pm - 3:30pm	Social Bridge (Rm 103)
12:30pm - 1:30pm	Volunteers Monthly Mtg (Conf Rm)
1:30pm - 4:00pm	Chinese Mah Jongg (Rm 102)

TUESDAY	
9:00am - 4:00pm	Billiards
9:30am - 11:30am	BINGO (Rm 102)
9:30am - 11:30am	Needles Corner (Rm 103)
10:30am - 1:00pm	Table Tennis (MPR)
12:00pm - 3:30pm	Social Bridge (Rms 102/103)
1:00pm - 2:00pm	Garden Clinic 1st Tues (Conf Rm)
1:00pm - 2:00pm	Elder Circles 2nd Tues (Rm 103)
1:30pm - 3:30pm	Ballroom Dancing \$4pp (Main)

FRIDAY	
9:00am - 4:00pm	Billiards
9:00am - 11:30am	Shanghai (Rm 102)
9:00am - 12:00pm	Pinochle (Rm 103)
9:05am - 10:05am	Wellness Hour (MPR) 50 max
11:30am - 3:00pm	Canasta (MPR C)
12:30pm - 3:30pm	Party Bridge (MPR A & B)
1:00pm - 3:00pm	Poker (Lobby)

WEDNESDAY	
9:00am - 12:00pm	Women's Billiards
9:05am - 10:05am	Wellness Hour (MPR) 50 max
10:05am - 11:05am	Book Club 3rd Wed (Rm 102)
11:30am - 1:00pm	Chair Volleyball (MPR)
12:00pm - 4:00pm	Billiards
12:30pm - 4:00pm	Amer. Mah Jongg (Rms 102/103)
1:00pm - 3:30pm	Mexican Train (Lobby)



50+ LEISURE CLASSES

Yoga, Line Dancing & EZ T'ai Chi

Call 791-4877 to Register

EZEEREG.COM

60+ PIMA COUNCIL ON AGING



Enhance Fitness Level I & II

Call 790-7262 to Register

PCOA.ORG

LIMITED SPACE FOR ACTIVITIES

UP-DATED: 3/9/20