



Daily Activities



MONDAY

-
- Cribbage 9-11:30 a.m.
- Board Games 9 a.m.-2 p.m.
- Video Yoga 12:30-1:30 p.m.

TUESDAY

-
- Pickleball 7 a.m.-noon
- Hand, Knee, & Foot 9 a.m.-noon
- Chair Fitness 8:30-9:30 a.m.
- Cookbook Club 10-11 a.m.
(1st & Last Tuesday)

WEDNESDAY

-
- Mexican Train 9:30 a.m.-12:30 p.m.
- Gardening Club 8-9:30 a.m.
(2nd Wed)

THURSDAY

-
- Pickleball 7 a.m.-noon
- Hand, Knee & Foot 9 a.m.-noon
- Chair Fitness 8:30-9:30 a.m.
- American Mahjong 10 a.m.-2p.m.
- Crafty Ladies 11 a.m.-2 p.m.

FRIDAY

-
- Samba 9:30 a.m.-1 p.m.
- Pinochle 9 a.m.-noon
- Bingo 10-11:30 a.m.
(Every other Fri.)
- Video Zumba 12:30 p.m.-1:30 p.m.
with Destiny



Enhanced Fitness

Monday, Wednesday, Friday
8:30-9:30 a.m.
Levels 1 & 2
Call 520-790-7262 to Register

Senior Meal Program

Monday-Friday at noon
\$2 suggested donation
Must complete intake form to participate
Call 520-791-5787 to reserve a meal for the next week by Tuesday at 1 p.m.

All times and activities are subject to change



Clements Senior Newsletter

February 2020



Tucson Parks and Recreation
A Nationally Accredited Agency

Field Trip

Sonoran Glass Show

Date: Wednesday, Feb. 5

Location: 633 W 18th St, Tucson, AZ 85701

Cost: Free (Lunch on your own)

Depart: 9:30 a.m.

Return: 1 p.m.

Ice Cream Social at Udall Center

Friday, Feb. 14- Valentines Day from 1 p.m. to 3 p.m. \$2 for members and \$3.50 for non-members. Cost includes transportation and ice cream.

Days To Remember Tucson Water Info Table

Tuesday Feb. 18

Tucson Water will answer any questions and provide information needed.

Mardi Gras Party

Tuesday, Feb. 25

11 a.m. - 1 p.m.

Building 1 MPR Room.

Members \$5 and non-members \$6.50.

Come out and join us in good food, music and bingo Louisiana style!

Tech Class with David on Thursday
Feb 27th 2020 at 10 am

Senior Activity Card

Annual Senior Activity Card

\$25 City resident/\$30 Non-City residents

Quarterly Senior Activity Card

\$7 City resident/\$8 Non-City residents

Valid Monday-Friday in Recreation Bldg. and Tuesdays and Thursdays all day in the Fitness Building & Pool.

Holiday Closure Dates

**President's Day
Monday, Feb. 17**

New Activities

Baking with Ana

Feb. 12, Baking project will be dessert Empanadas followed by a movie. \$8 for members and \$9.50 for non members. Cost includes hands on, samples, batch to take and a movie at the center. Time will start at 9 a.m. in Building 1 in the kitchen. Space is limited so please sign up and ask more info at front desk

Rocks of Kindness

Tuesdays and Thursdays at 9:30 am - 10:30 am
Rocks of Kindness is our small way of giving back to others. Rocks of kindness is a painting project that you design in your way and is then put out for the public to see or front children's hospitals

There will be new activities as the year progresses.