

# UDALL CENTER - CAROL WEST SENIOR ADDITION

## ACTIVITY INFORMATION



7200 E. Tanque Verde Rd. (520) 791-4121



Hours of Operation: Mon - Fri (9am-4pm), Closed Saturday & Sunday

Everyone is required to pay the daily fee or have a Senior Activity Card to participate in any activity at the Udall Carol West Senior Addition.

### FEE INFORMATION

#### Daily Fee:

City / Non-City Resident: \$1.50 / \$2

#### Quarterly Senior Activity Card:

City / Non-City Resident: \$7 / \$8

#### Annual Senior Activity Card:

City / Non-City Resident: \$25 / \$30

The Eastside Senior Club (ESC) collaborates with the Senior Center to provide additional activities, special events, trips & refreshments.

#### \$5 Lifetime Membership Fee

The club meets the 1st & 3rd Wednesday of the month from 11:30am-12:30pm in the MPR.



### SENIOR ACTIVITY CARD BENEFITS

(Senior Activity Card includes the following:)

Walking Track and \*Weight & Cardio Machines

**Tuesdays & Fridays (7:30am-3:30pm)**

\*Weight Room Orientation is required.

**Tues (7:30am), Weds (6pm) or Sat (9am)**

Adult Lap Swim - **Tuesdays & Fridays**

(Check pool schedule for times)

Udall Swimming Pool open April - November

Access to other City Parks & Recreation Centers:

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

### CLASS INFORMATION

Tucson Parks & Recreation offers classes for ages 50+ that include:  
**Yoga, Line Dancing & T'ai Chi**  
Call 791-4877 to register.

Program Guide available at the front desk with fees & session dates.

Pima Council on Aging (PCOA) offers Enhance Fitness classes.  
Call 790-7262 to register.



# UDALL CENTER - SENIOR ADDITION ACTIVITIES

<b>*MONDAY</b>	
9:00am - 12:00pm	<b>Pinochle</b> (Rm 103)
9:00am - 12:00pm	<b>Women's Billiards</b>
9:05am - 10:05am	<b>Wellness Hour</b> (MPR)
11:00am - 3:30pm	<b>Advanced Mah Jongg</b> (Rm 102)
11:45am - 1:30pm	<b>Wii Bowling</b> (MPR)
12:00pm - 4:00pm	<b>Billiards</b>
2:00pm - 4:00pm	<b>Table Tennis</b> (MPR)

<b>*TUESDAY</b>	
9:00am - 4:00pm	<b>Billiards</b>
9:30am - 11:30am	<b>BINGO</b> (Rm 102)
9:30am - 11:30am	<b>Needles Corner</b> (Rm 103)
10:30am - 1:00pm	<b>Table Tennis</b> (MPR)
12:00pm - 3:30pm	<b>Social Bridge</b> (Rms 102/103)
1:30pm - 3:30pm	<b>Ballroom Dancing</b> \$3pp (Main)

<b>*WEDNESDAY</b>	
9:00am - 12:00pm	<b>Women's Billiards</b>
9:05am - 10:05am	<b>Wellness Hour</b> (MPR)
10:05am - 11:05am	<b>Book Club</b> 3rd Wed (Rm 102)
11:30am - 12:30pm	<b>ESC Mtg</b> 1st/3rd Wed (MPR)
12:00pm - 4:00pm	<b>Billiards</b>
12:30pm - 4:00pm	<b>Social Mah Jongg</b> (Rms 102/103)
1:00pm - 3:30pm	<b>Mexican Train</b> (Lobby)

<b>*THURSDAY</b>	
9:00am - 4:00pm	<b>Billiards</b>
9:00am - 1:00 pm	<b>Advanced Mah Jongg</b> (Rm 102)
10:30am - 1:00pm	<b>Table Tennis</b> (MPR)
11:00am - 2:30pm	<b>Scrabble</b> (Lobby)
11:00am - 2:00pm	<b>Euchre</b> (Lobby)
12:00pm - 3:30pm	<b>Social Bridge</b> (Rm 103)
1:30pm - 3:30pm	<b>Darts</b> (MPR)
1:30pm - 4:00pm	<b>Social Mah Jongg</b> (Rm 102)

<b>*FRIDAY</b>	
9:00am - 4:00pm	<b>Billiards</b>
9:00am - 11:30am	<b>Shanghai</b> (Rm 102)
9:00am - 12:00pm	<b>Pinochle</b> (Rm 103)
11:15am - 3:00pm	<b>Canasta</b> (MPR-C)
12:30pm - 3:30pm	<b>Party Bridge</b> (MPR-A & B)
1:00pm - 3:00pm	<b>Poker</b> (Rm 102)
12:30pm - 4:00pm	<b>Water Based Painting</b> (Rm 103)

**YOGA** - TUES & THURS (9:15am-10:15am)

LEISURE CLASSES LISTED BELOW

REQUIRE A REGISTRATION FEE

CALL 791-4877 TO REGISTER



**YOGA** - TUES & THURS (9:15am-10:15am)

**LINE DANCING** - TUES (2:00pm-3:30pm)

**EZ T'AI CHI** - FRI (9:00am-10:00am)



Revised 3/6/14

\*LIMITED SPACE FOR SOME ACTIVITIES