UDALL CENTER - CAROL WEST SENIOR ADDITION

ACTIVITY INFORMATION

Tucson Parks and Recreation
A Nationally Accredited Agency

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

CITY OF TUCSON FOUNDED 1775

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

Quarterly Senior Activity Card:
City Resident: $7 / Non-City Resident: $8

Annual Senior Activity Card:
City Resident: $25 / Non-City Resident: $30

SENIOR ACTIVITY CARD BENEFITS

(Senior Activity Card includes the following:)

Walking Track, *Weight & Cardio Machines
and Scheduled Gym Activities
Tuesdays & Fridays (7:30am-3:30pm)

*Weight Room Orientation is required.
Tues (7:30am), Thurs (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.)

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.

EASTSIDE SENIOR CLUB
TUCSON • ARIZONA

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.

PCOA
PIMA COUNCIL ON AGING
Advocacy, Action, Assistance

UDALL CENTER - SENIOR ADDITION ACTIVITIES

*MONDAY	
9:00am - 12:00pm	**Pinochle** (Rm 103)
9:00am - 12:00pm	**Women's Billiards**
9:05am - 10:05am	**Wellness Hour** (MPR)
11:00am - 3:30pm	**Advanced Mah Jongg** (Rm 102)
12:00pm - 4:00pm	**Billiards**
12:30pm - 4:00pm	**Assorted Card Games** (Rm 103)
1:00pm - 2:00pm	**Elder Circles** 2nd Mon (Rm 103)
2:00pm - 4:00pm	**Table Tennis** (MPR)

*TUESDAY	
9:00am - 4:00pm	**Billiards**
9:00am - 12:00pm	**Cribbage** (Lobby)
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)
1:30pm - 3:30pm	**Ballroom Dancing** $3pp (Main)

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

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

*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)
11:15am - 3:00pm	**Canasta** (MPR-C)
12:30pm - 3:30pm	**Party Bridge** (MPR-A & B)
1:00pm - 3:00pm	**Poker** (Rm 102)

LEISURE CLASSES LISTED BELOW
REQUIRE A REGISTRATION FEE

CALL 791-4877 TO REGISTER

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

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

EZ T'AI CHI - FRI (1:00pm-2:00pm)

*LIMITED SPACE FOR SOME ACTIVITIES

www.tucsonaz.gov/parks/udall

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