



NEWS RELEASE

Contact: Sierra Davenport
Community Promotions and Marketing Manager
Parks and Recreation
520-837-8032
Sierra.Davenport@tucsonaz.gov

Date: 03/24/2014
TDD: 791-2639

Adina Wingate
Marketing and Public Relations Director
Pima Council on Aging, Area Agency on Aging, Region II
520-258-5067
awingate@pcoa.org

SENIOR LUNCH PROGRAM IN TUCSON: *TRANSFORMING COMMUNITIES, AT A CENTER NEAR YOU*

From the street, Armory Park Senior Center could be any attractive, busy hub, within a community. But look closer – it's a place where active adults can share a delicious meal, socialize, enroll in wellness –related classes, participate in lifelong learning classes such as computers, yoga, writing and more.

The City of Tucson Parks and Recreation Department and the Pima Council on Aging offer a lunch program at 8 different locations throughout Tucson. Meals are *generally* served at noon Monday through Friday. Individuals ages 60 and over and their spouses of any age are invited to participate. Meals are prepared to provide 1/3 of the daily recommended dietary allowances. They are low in fat, sugar and salt, but are not for “special” diets. A donation of \$2 per meal is suggested, which helps to support the program. Meals are provided on a reservation basis and must be reserved the week prior.

To coincide with the lunch program at some locations, there is a Healthy Aging program designed to enhance quality of life for a lifetime of independent living. Healthy Aging programs provide opportunities to learn new skills, meet new people, and rediscover old interests. Activities include health and wellness classes, arts and crafts, speakers, special events and day trips just to name a few.

Also available, at certain locations, is the Enhance Fitness program, an ongoing low-to-moderate level exercise class taught by a certified instructor, including a 20-minute low-impact aerobic segment, stretches, and structured strength training exercise using weights. Classes include sitting and standing components.

A transportation subsidy may be available to individuals with a current ADA Eligibility Card issued by the City of Tucson.

The Senior Lunch Program is funded by the Pima Council on Aging, the Arizona Department of Economic Security/Division of Aging and Adult Services, the City of Tucson, United Way and your donations.

-More-

If participants require an accommodation or materials in accessible format or require a foreign language interpreter or materials in a language other than English for any event, please call Tucson Parks and Recreation, 791-4873, at least five business days in advance



NEWS RELEASE

For more information or to find out what is available at a location near you, please contact one of the sites below.
Tucson Parks and Recreation Locations which host the Senior Lunch Meal Program:

Armory Park Senior Center

220 S. 5th Avenue
520-791-4865

Monday – Friday: 1 p.m. – 4 p.m. : **Armory Park is unique in that it does not require prior reservations at this time; and also offers an evening meal that starts at 3:30 p.m.**

Clements Regional Center

8155 E. Poinciana Dr.
520-791-5787

Monday-Friday 9 a.m. to 1 p.m.

El Rio Center

1390 W. Speedway
520-791-4683

Monday – Friday 9 a.m. – 1 p.m.

Fred Archer Center

1665 S. La Cholla
520-791-4353

Monday – Friday: 9 a.m. – 1 p.m.

Freedom Park Center

5000 South 29th Street
520-791-4969

Monday – Friday: 9 a.m. – 1 p.m.

Donna Liggins Center

2160 N. 6th Avenue
520-791-3247

Monday – Friday: 9 a.m. – 1 p.m.

Other Tucson and Pima County Locations hosting Senior Lunch Meal Programs:

Ajo Community Center

290 W. Fifth St.,
Ajo, Arizona 85321

520-387-5040 Monday – Friday: 9 a.m. - 1 p.m.

-More-

If participants require an accommodation or materials in accessible format or require a foreign language interpreter or materials in a language other than English for any event, please call Tucson Parks and Recreation, 791-4873, at least five business days in advance



NEWS RELEASE

Other Tucson and Pima County Locations hosting Senior Lunch Meal Programs:

Casa Community Center

780 S. Park Centre Ave.
Green Valley, Arizona 85614
520-625-2273, ext. 32
Monday – Friday: 9 a.m. - 1 p.m.

Eastside El Dorado

TMC El Dorado Health Campus
1400 N. Wilmot
Tucson, Arizona 85712
520-546-2257
Monday – Friday: 9 a.m. - 1 p.m.

El Pueblo Neighborhood Center

101 W. Irvington Road
Tucson, Arizona 85714
520-837-8210
Monday – Friday: 9 a.m. - 1 p.m.

Ellie Towne/Flowing Wells Community Center

1660 W. Ruthrauff Road
Tucson, Arizona 85705
520-887-9786
Monday, Wednesday, Friday: 9 a.m. - 1:00 p.m.

Quincie Douglas Senior Center

1575 E. 36th St.
Tucson, Arizona 85713
520-791-2509
Monday – Friday: 9 a.m. - 1 p.m.

Robles Junction Community Center

16150 W. Ajo Way
Tucson, Arizona 85735
520-578-3063
Monday, Wednesday, Friday: 9 a.m. - 1 p.m.

###

If participants require an accommodation or materials in accessible format or require a foreign language interpreter or materials in a language other than English for any event, please call Tucson Parks and Recreation, 791-4873, at least five business days in advance