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## NEWS RELEASE

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### **NEW 60+ LUNCH AND RECREATION PROGRAM AT WILLIAM CLEMENTS REGIONAL CENTER**

The City of Tucson Parks and Recreation Department and the Pima Council on Aging will be offering a new recreation and socialization program for people 60 years of age and older that will include activities, socialization and a delicious lunch program starting on Monday, August 5, at the William Clements Regional Center, 8155 E. Poinciana Drive. Meals will be 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 requested, which helps to support the program. Meals are provided on a reservation basis and must be reserved the week prior. We are looking forward to participant input to get this new and exciting program off the ground so be one of the first to sign up!!!

To coincide with the lunch, there will be a Healthy Aging program designed to enhance the quality of life and the opportunity for a lifetime of independent living. Healthy Aging programs include fitness programs, arts and crafts, speakers, special events and day trips just to name a few of the exciting things to come. Also available is an enhanced fitness program that will improve coordination, strength and lifestyle. The program hours will be 9 a.m. to 1 p.m. with lunch served at noon.

This 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 Parks and Recreation Department, United Way and your donations.

Call 791-5787 or visit the William Clements Center for more information or to sign up.

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*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*