

HAPPY
4th of July

July 2026



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Daily Activities

Monday:

Dominoes 12-3
Card Club 9 -3
Guitar w/Ramon
12:30 - 3:30

Tuesday:

Card Club 9 - 3
Paper Crafts
10 - 3
Dominoes 12-3

Wednesday:

Dominoes 12-3
Card Club 9 -3
Guitar w/Ramon
12:30 - 3:30

Thursday:

Quilters 9-3
Dominoes 12-3
Card Club 9 -3

Friday:

Dominoes 12-3
Card Club 9 -3
Guitar w/Ramon
12:30 - 3:30

**MUST SIGN UP for
activities in person
(limited space)**



6
**Zumba 9am
Chair Exercise 10am**

7
**Chair Volleyball
10:30AM-11:30AM**

8
No Exercise Classes
MPR CLOSED
(private event)

9
**Chair Volleyball
10:30 AM-11:30 AM**

10
**Zumba 9am
Chair Exercise 10am**

13
**Zumba 9am
Chair Exercise 10am**

14
MPR CLOSED
(private event)

15
**Zumba 9am
Chair Exercise 10am**
**Karaoke w/ Gaby
12pm**

16
**Chair Volleyball
10:30 AM-11:30 AM**
**Painting w/Marco
10:30 AM-12:30 PM**

17
**Zumba 9am
Chair Exercise 10am**

20
**Zumba 9am
Chair Exercise 10am**

21
MPR CLOSED
(elections)

22
No Exercise Classes
**Luau Party
12pm-2pm
(\$5 fee)**

23
**Chair Volleyball
w/Pasqua Yaqui
Senior Center
10:30AM-12PM**

24
**Zumba 9am
Chair Exercise 10am**
**General Meeting
11:30am**

27
**Zumba 9am
Chair Exercise 10am**

28
**Chair Volleyball
10:30AM-11:30AM**
**Craft Club
@ 12:30**

29
**Zumba 9am
Chair Exercise 10am**

30
**Chair Volleyball
10:30AM-11:30AM**

31
**Zumba 9am
Chair Exercise 10am**

**EL PUEBLO
SENIOR CENTER**

520-791-3250
101 W. Irvington Rd
Bldg. 13
Tucson AZ 85714
Monday-Friday:
9 a.m.-4 p.m.
Closed on
Saturday, Sunday,
and Holidays.

Memberships

Residents:

Yearly - \$25.00
Quarterly-\$7.00
Day-\$1.50



Anyone in need of an accommodation should contact the department at least two weeks in advance if possible. For more details email the Inclusion Coordinator at TPRD-Therapeutics@tucsonaz.gov or contact call 520-791-4504.



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Julio 2026



LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

 DEBE REGISTRARSE para las actividades en persona (espacio limitado) 		1 Zumba 9am Ejercicio de Silla 10am	2 Voleibol en Silla 10:30AM- 11:30AM Pintura c/Marco 10:30 AM-12:30 PM	3 CENTRO CERRADO 
6 Zumba 9am Ejercicio de Silla 10am	7 Voleibol en Silla 10:30AM- 11:30AM	8  No Clases de Ejercicio MPR Cerrado (evento privado)	9 Voleibol en Silla 10:30AM- 11:30AM	10 Zumba 9am Ejercicio de Silla 10am
13 Zumba 9am Ejercicio de Silla 10am	14 MPR Cerrado (evento privado)	15 Zumba 9am Ejercicio de Silla 10am Kaoroke w/Gaby 12pm	16 Voleibol en Silla 10:30AM- 11:30AM Pintura c/Marco 10:30 AM-12:30 PM	17 Zumba 9am Ejercicio de Silla 10am
20 Zumba 9am Ejercicio de Silla 10am	21 MPR Cerrado (elecciones)	22 No Clases de Ejercicio  Luau Fiesta 12pm-2pm (\$5 fee) 	23 Voleibol en Silla w/Pasqua Yaqui Senior Center 10:30AM- 12PM	24 Zumba 9am Ejercicio de Silla 10am Junta General 11:30am
27 Zumba 9am Ejercicio de Silla 10am	28 Voleibol en Silla 10:30AM- 11:30AM Club de Artesania @12:30pm	29 Zumba 9am Ejercicio de Silla 10am	30 Voleibol en Silla 10:30AM- 11:30AM	31 Zumba 9am Ejercicio de Silla 10am

**EL PUEBLO
SENIOR CENTER**
520-791-3250
101 W. Irvington Rd
Bldg. 13
Tucson AZ 85714
Lunes-Viernes:
9 a.m.-4 p.m.
Cerrado
Sabado y Domingo
y las fechas festivas.

**Membresias
Residentes:**
Anual- \$25.00
Trimestral- \$7.00
Dia- \$1.50



Cualquier persona que necesite una adaptación debe comunicarse con el departamento al menos con dos semanas de anticipación si es posible. Para obtener más detalles, envíe un correo electrónico al Coordinador de Inclusión a TPRD-Therapeutics@tucsonaz.gov o llame al 520-791-4504.

