

Participation Fees

Center used rates: Resident/Non-Resident

Daily Fee

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

Senior Activity Card (Age 50+)

Quarterly

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

Annual

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

Senior Activity Card Ages 50+



Senior days: Tuesday and Friday
Walking Track & Weight Room
Udall Recreation Center



Pool tables available during open hours

Leisure Classes

View classes and register at
tucsonparks.info/classes
EZEereg.com
or call Class Registration at
(520) 791-4877

PCOA ENHANCE FITNESS CLASS

Monday/Wednesday/Friday
from 11am - 12pm MPR
The cost is \$45/month
(520) 790-7262
Sign up online at
<https://www.eventbrite.com/cc/enhance-fitness-classes-176939>

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We welcome individuals of all abilities.
To request modifications, please contact us
at least two weeks in advance, if possible.
Email TPRD-therapeutics@tucsonaz.gov or
call (520) 791-4504 for assistance.



 **CAROL W. WEST SENIOR CENTER**
7200 E. Tanque Verde Rd.
Tucson AZ 85715
 **(520) 791-4121**
 tucsonaz.gov/parks/udall

SENIOR ACTIVITIES

Hours of Operation: Monday thru Friday 9AM to 4PM, excluding Holidays

MONDAY

Pinochle	9AM - 12:45PM	Rm. 103
Chair Fit	9:10AM - 10AM	MPR
<i>(*Class subject to Instructor availability)</i>		
Golden Fit	10:10AM - 10:45AM	MPR
<i>(*Class subject to Instructor availability)</i>		
Canasta	10:30AM - 12PM	Lobby
Rummy 6	10:30AM - 12PM	Conf. Rm
Jewelry Corner	11AM - 3PM	Rm. 102
Table Tennis	1PM - 3:45PM	MPR

TUESDAY

Needles Corner	9:30AM - 12PM	Rm. 103
Shanghai Rummy/Samba/ Rummikub	9:30AM - 12:30PM	Lobby
Cribbage	1PM - 3:45PM	Lobby
American Mahjong	1PM - 3:45PM	Rm. 103

WEDNESDAY

Pinochle	9AM - 12:45PM	Rm. 103
Toning +		
Latin Dance	9:10AM - 10AM	MPR
<i>(*Class subject to Instructor availability)</i>		
Golden Fit	10:10AM - 10:45AM	MPR
<i>(*Class subject to Instructor availability)</i>		
Canasta	10:30AM - 12PM	Lobby
Rummy 6	10:30AM - 12PM	Conf. Rm
Book Club*	10:30AM - 11:30AM	Rm. 102
<i>(*3rd Wednesday of the month)</i>		
Chinese Mahjong	12:30PM - 3:45PM	Lobby
Taiwanese Mahjong	1PM - 3:45PM	Rm.103
American Mahjong	1PM - 3:45PM	Rm. 102
Table Tennis	1PM - 3:45PM	MPR

Updated June 5th, 2026
Schedule subject to change.

THURSDAY

Recreational		
Chair Volleyball	9AM - 12PM	MPR
Euchre	9AM - 12:30PM	Lobby
Crafts Corner	10AM - 12:30PM	Rm. 103
Bridge	12:30PM - 3:45PM	Rm. 102
Mexican Train	1PM - 3:45PM	Rm. 103
Cribbage	1PM - 3:45PM	Lobby
Table Tennis	1PM - 3:45PM	MPR

FRIDAY

Pinochle	9AM - 12:45PM	Rm. 103
Canasta	10:30AM - 12PM	Lobby
Scrabble	10AM - 12PM	Rm. 102
Competitive Bridge	12:30PM - 3:45PM	Rm. 102
Texas Hold'em	12:30PM - 3:45PM	MPR-A
Competitive Chair VB	1PM - 3:45PM	MPR-BC



CITY OF
TUCSON
Parks and Recreation