Udall Senior Center



DOC TALK with CAREMORE "Don't get Scammed"

Wednesday, October 8th 10:30 AM - 12PM Room 102 *Space is limited. Minimum attendance needed. Please pre-register at the desk.



FALLS PREVENTION FAIR Tucson Chinese Cultural Center

Friday, October 17th 11AM - 3PM

Join us for a day of prevention and fun!

-No cost to attend
-Free Food and Beverages
-Educational Workshops
-Interactive Demonstrations
-Health Screening & Resource Booths.

*See flyer posted on the community bulletin board

DIY WIRE PUMKIN WREATH

Monday, October 20th
11AM - 1PM
Cost: \$6
Bring your own embellishments
Space is limited.
Sign up at the front desk.



BRAIN HEALTH PRESENTATION with BAYADA

Friday, October 24th
10:30AM - 12PM
Media Room
*Space is limited.
Minimum attendance needed.
Please pre-register at the desk.

ARMCHAIR TRAVELS

with Bob & Elaine

Wednesday, October 29th 10:30AM - 11:30AM Media Room

Lets travel to the Canadian Provinces of Nova Scotia, Prince Edward Island and New Bransvick.

*Space is limited.

Minimum attendance needed. Please pre-register at the desk. .

NEW FITNESS PROGRAM

WALK THIS WAY! INDOOR WALKING GROUP

OCTOBER:
Tuesday 28th,
Friday 31st.
9:30 AM - 10:15AM
*Sign up at the front desk.

COLORING CONTEST

NOVEMBER ART
For more details see Sam or Paty.

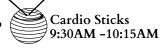
OCTOBER



| | | | | TARRO & RECREATION |
|---------------------------|--------------------------------|--------------|----------|--------------------------------|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| 29 | 30 | 1 (0-0) | 2 | 3 |
| (0-0) | | | | |
| 6 | 7 | 8 | 9 | 10 |
| | | | | * |
| 13 | 14 | 15 | 16 | 17 |
| | | | | |
| 20 DIY Pumkin Craft | 21 | 22 | 23 | 24 |
| | | | | |
| 27 | 28 *NEW* Walking Program | 29 | 30 | 31 *NEW* Walking Program |
| NOFIT | * | NO FIT CLASS | | ご方 |

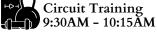


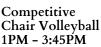
(a-b) Γoning + Latin Cardio 9:30AM - 10:15 AM









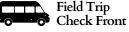




Walking Group 9:30AM - 10:15AM









Video in place of instructor



Vendor Info Table





Fitness classes are subject to Instructor availability

Book Club

Wed., October 15th 10:30AM - 12:00PM The Alice Network by Kate Quinn



OCTOBER ARTIST: .ori Matteson

Deborah Jones Steven Jones Brian Warburton Nancy McKee Vanessa Aries **Julie Terlisner** Michael Bova **Jacqueline Milano**

Maggie Christy Elaine Smith Christine Derrington Sonia Dunscombe Diane Hall Annie Herman Esperanza Ardon

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 WEST SENIOR ADDITION 7200 Tanque Verde Road Tucson, AZ 85715

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