

Udall Senior Center

OCTOBER
2025
Newsletter



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.

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.



Banner
University Medicine

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

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. .

DIY WIRE PUMKIN WREATH

Monday, October 20th

11AM - 1PM

Cost: \$6

Bring your own embellishments
Space is limited.
Sign up at the front 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 	30	1 	2 	3 
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  



Chair Fitness
9:30AM - 10:15AM



Toning + Latin Cardio
9:30AM - 10:15 AM



Cardio Sticks
9:30AM - 10:15AM



Stretch & Breathe
9:30AM - 10:15AM



Arts & Crafts



Circuit Training
9:30AM - 10:15AM



Chair Volleyball
9AM - 12PM



Field Trip
Check Front



Vendor
Info Table



Meeting
Times Vary



Competitive
Chair Volleyball
1PM - 3:45PM



Presentation
Times Vary



Video in place
of instructor



Fitness classes are subject to
Instructor availability



Walking Group
9:30AM - 10:15AM

**COLORING CONTEST
WINNER!**



OCTOBER
ARTIST:
Lori Matteson

**Happy
Birthday**

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



Book Club

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



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
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