

Udall Senior Center

NOVEMBER
2025
Newsletter

DOC TALK with CARELON

“Too Many Meds?”

Wednesday, November 12th

10:30 AM - 12PM

Room 102

Space is limited.

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

CENTER CLOSED

Tuesday, November 11th
Thursday, November 27th
Friday, November 28th



SEED BEAD JEWELRY w/ SHERYL

Thursday, November 13th

10:30AM - 12PM

Suggested direct donation:

\$3/pair (2 pair limit)

Space is limited.

Sign up at the Front Desk.



ARMCHAIR TRAVELS

w/ KevenAnn

“Postcards from the Perimeter”

Friday, November 21st

10:30AM - 12PM

Media Room

Space is limited.

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

Follow along at:

postcardsfromtheperimeter.com



DOC TALK with BAYADA

“Gut Health”

Monday, November 17th

10:30AM - 12:00PM

Media Room

Space is limited.

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

FRIENDSGIVING POTLUCK

Friday, November 21st

1PM - 3PM

MPR

“Let’s get together and give thanks!”
Bring your favorite side dish to share,
and we’ll provide the turkey and drinks.
Space is limited.
Sign up for at the desk.





NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 	4	5 	6 	7
10 	11 Closed VETERANS DAY HONORING ALL WHO SERVED	12 	13 Seed Bead Jewelry w/Sheryl 	14
17 	18 Field Trip to Los Milics Biscuit Bistro	19 	20 	21
24 	25	26 	27 Closed Happy Thanksgiving	28 Closed
1 	2	3 	4 	5

- 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

COLORING CONTEST WINNER!

Claudia Borders



Happy Birthday

- Serani Wijesinhghe
- Suzanne Whipple
- Paul Hoffman
- Michael Bourne
- Anna Griffin
- Larry Nedved
- Elizabeth Glass
- Sharon Dely
- Mee Hileman
- Su-Jung Taglianetti
- Elsa Pratt
- Elizabeth Brown
- Jeannie Covey
- James Healy
- Patricia Harns



Book Club
Wed., November 19th
10:30AM - 12:00PM
Educated
by Tara Westover

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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