

# Udall Senior Center

## FEBRUARY 2026 Newsletter

### SENIOR VALENTINE'S PARTY

Hosted by  
**El Rio Neighborhood Center**

Tuesday, February 10th

Departure: 9:30AM Return: 12:45PM

Enjoy a morning of music, treats,  
and Valentine fun!



\*The field trip is full right now,  
but you can still sign up for the waitlist!

### DOC TALK with CAREMORE

Protecting Your Memory:  
"Your Guide to Cognitive Wellness"

Wednesday, February 11th

10:30AM - 11:30AM

Room 102

Space is limited.

Minimum attendance needed.

Please pre-register at the front desk.

**CENTER CLOSED**

**Monday, February 16th.**

President's Day



**PRESIDENT'S  
— DAY —**

## FEBRUARY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 	3	4 Humana	5	6 
9 	10 	11 CareMore HEALTH	12	13
16 <b>Closed</b> ★ ★ ★ <b>PRESIDENT'S — DAY —</b>	17	18 	19	20 
23 	24	25 	26	27



Chair Fitness  
9:30AM - 10:15AM



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



Video in place  
of Instructor



Competitive  
Chair Volleyball  
1PM - 3:45PM



Presentation  
Times Vary



Organization  
Info Table



Fitness classes are subject to Instructor availability



Field Trip

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](mailto:TPRD-therapeutics@tucsonaz.gov) or call 520-791-4504 for assistance.



Robert Talley  
Linda Dutil  
Greg Lewis  
Clara Smith  
Eleonor Donohe

Linda Fulgenzi  
Yudi Walker  
Jeffrey Van Buren  
Christine Colosimo  
Sheri Konopko

### Book Club

Wed., February 18th  
10:30AM - 12:00PM

Room 102

**The Map that Change  
the World**

by Simon Winchester



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