

Udall Senior Center

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!

FEBRUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2  	3	4  	5 	6 
9 	10 	11  	12	13 
16  ★ PRESIDENT'S DAY ★	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



Field Trip

Fitness classes are subject to Instructor availability

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.



FEBRUARY 2026 Newsletter

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



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



CAROL WEST SENIOR ADDITION
7200 Tanque Verde Road
Tucson, AZ 85715

(520) 791-4121

tprd-udall@tucsonaz.gov