

ARMORY PARK

SILVER THREADS

**SENIOR
CENTER**

SCAN THIS QR CODE TO ADD
THIS NEWSLETTER TO YOUR
SMART PHONE



220 S. 5TH AVE
520-791-4865

CENTER EMAIL:

TPRD-ARMORY@TUCSONAZ.GOV

SUPERVISOR: MIKE DAVIS

COORDINATOR: JEREMY HERR

CENTER INFORMATION

HOURS OF OPERATION

Monday-Friday: 9 a.m. -4:30 p.m.

Saturdays: 9 a.m.-4 p.m.

Closed Sundays & most holidays

MEMBERSHIP FEES

Daily fee: \$1.50

Quarterly Pass: \$7 OR Annual Pass: \$25

ARMORY CLUB #1

Boutique

Club # 1 is a volunteer group that raises Funds for special causes, providing assistance for events, field trips, & activities. They also have a boutique with snacks, gifts, & clothing items. Speak with the Front desk or Board Members to learn more about joining the cause.

Monday - Friday

Buy drinks, snacks, household & clothing items.
Start your morning with a cup of coffee for only
\$.50 Small, \$1 Large

Want the store open? Ask to volunteer

Sales Policy- No returns or Exchanges and all sales are final



**CONGREGATE
MEAL PROGRAM**



SERVING ADULTS AGE 60+
AND THEIR SPOUSES

MONDAY-FRIDAY: 3-4 PM
THERE IS A REQUESTED DONATION OF
\$2-\$3 PER MEAL \$8 PER GUEST

ALL PARTICIPANTS MUST HAVE COMPLETED
INTAKE FORM ON FILE
TRANSPORTATION MAY BE AVAILABLE-
SEE DESK STAFF FOR MORE INFORMATION

MONTHLY PARKING PASSES

AVAILABLE FOR MEMBERS ONLY FOR \$2 EACH
ONE PER CUSTOMER WITH MEMBERSHIP

PASSES ARE GOOD FOR THE MONTH IN DESIGNATED SPOTS
SURROUNDING ARMORY SENIOR CENTER, MON - SAT, 8AM - 5PM

ANYONE IN NEED OF AN ACCOMMODATION SHOULD CONTACT THE
DEPARTMENT AT LEAST TWO WEEKS IN ADVANCE IF POSSIBLE.
FOR MORE DETAILS EMAIL THE INCLUSION COORDINATOR AT
TPRD-THERAPEUTICS@TUCSONAZ.GOV OR CONTACT CALL 520-791-4504.

Seniors 50+

Daily Activities

JOIN US EVERY DAY AT ARMORY FOR FUN ACTIVITIES AND SO MUCH MORE!

MONDAY'S

Step Dancing 9:30am (Ballroom)
 Tai Chi 10:30am (MPR) video
 Chair Volleyball 11:30am (Ballroom) 10:30am
 Wing Chun 11:30am (Ocotillo Room)
 Gratitude Crew 11:30am on 11th
 Movie Matinee 12:30pm (Theatre)
 Disc Golf 2pm (Armory Park)

TUESDAY'S:

Ageless Moves and Grooves 9:30am (Ballroom)
 BINGO 12pm (Ballroom)
 Blood Pressure Checks 2:00pm (Lobby)

WEDNESDAY'S

Sign Language Class 9:30am (Ocotillo Room)
 Anything Goes Crafts 10:30am (Craft Room)
 Loteria-Mexican BINGO 12pm (Ballroom)
 Writing Class 1pm (Ocotillo Room)
 Neal's Fun Jam 1:30pm

THURSDAY'S

Fitness Aerobics 9:30am (Ballroom)
 Craft Class 12pm (Craft Room)

FRIDAY'S

Chair Yoga 9:30am (Ballroom)
 Chair Volleyball 10:30am (Ballroom)
 Technical Difficulties/Guidance 1:30pm (Ocotillo)
 Brain Games 1:30pm (Ballroom)
 Karaoke 2nd & last Friday 12pm (Ballroom)

All activities subject to change

MORE TO COME

Activities

WING CHUN is back!

Monday's 11:30-12:30

Wing Chun is a Southern Chinese martial art known for its close-quarters combat techniques, rapid-fire punches, and efficient, direct movements. It's a concept-based style that emphasizes close-range fighting and utilizes both striking and "sticking" or controlling techniques. Considered one of the youngest Kung Fu styles, Wing Chun is often described as a highly effective self-defense system, even for smaller individuals.

Come Watch or join in!

ZACK

F A R E W E L L

Wednesday, August 6th
 11am

Meal will be provided,
 sealed sweets will be accepted for treat table.
 COME HELP FILL ZACK'S LUGGAGE
 WITH SPECIAL WISHES

MONA'S

Breakfast & Shopping Trip

Friday August 8th Check in at 8:00am
 Jerry Bobs and White Elephant Store in Green Valley
 Cost \$2.00 sign up in advance at front desk
 Pay for own breakfast including tip & purchases

Guest Speaker Tuesday August 12th 11:30am

Ali from **Soulistic Hospice**

A dedicated group caring for and enriching the lives of patients and their families coping with advanced illness, regardless of their ability to pay.

ArchWell[™]
 HEALTH

Guest Speaker

Tuesday August 19th special guest
 Laura from Archwell will be bringing info
 and extra BINGO prizes

Field Trip

on Thursday August 21st Check in at 8am
 Mt Lemmon -meal provided
 Cost \$2 Limited Space
 Funded by club #1



Carelon presents DOC TALK

Wednesday, August 27th 1-2
 Diabetes Talk