



CLEMENTS SENIOR NEWSLETTER 2025



Monday-Friday 8am - 2pm
(520) 791-5787 or
(520) 791-4730 after 2 pm
tucsonaz.gov/parks

FEES for 50+

Senior Passes for 50+
\$25 yearly/\$7 for 3 months
\$1.50 daily
This pass includes use of the
Fitness Center on
Tuesday and Thursday. Inquire at
each Parks & Rec Center for
specific hours/days to use your
senior pass



PCOA Senior Nutrition Congregate
hot meal program for 60+
Offered Monday - Friday
from Noon-1 pm in the MPR room.
A suggested donation of \$2-\$3
is encouraged.
Reserve your meal by Tuesday the
week prior with staff!



EnhanceFitness Class on
Mon/Wed/Fri
from 8:30-9:30 am
\$36/month
Sign up online at
PCOA.org

REMINDERS

Aug. 3: National Watermelon Day

August 4

Come enjoy some delicious watermelon
treats with us today

August 13

Doc Talk

Diabetes Prevention

10 am



August 18-22

Fitness and Recreation Buildings Closed
for Cleaning

August 25-30

Gym and Dance Floors Closed for
cleaning & resurfacing



Sign up and payments are required for some
activities. Sign up sheets will be available a
week in advance at the front desk

Senior activities are open for anyone 50+
For more information Visit:

<https://www.tucsonaz.gov/Departments/Parks-and-Recreation/Rates-and-Fees#section-5>

IMPORTANT DATES

August 4

National Watermelon Day
Enjoy some delicious treats today
MPR starting at 10 am



August 5

Craft with Staff
10:30 am

August 8

Bingo (with Lunch)
10-11:30 am

August 12

Painting with Carol
10:30 am

August 13

Doc Talk "Diabetes"
10am

August 14

Stirring the Pot
10:30 am

August 18-22

Fitness & Recreation Buildings
Closed

August 26

Bunco
1-2:30 pm

August 29

Bingo (No Lunch)