

Monday-Friday:
9:30am-1:30pm
2160 N. 6th Ave
Tucson, Arizona
(520) 791-3247

Donna Liggins Senior Club:

Ask a staff how to reserve your place today. 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
call 520-791-4504

Membership options:

Resident:

\$25 Annually

\$7 Quarterly

\$1 Daily

December

MONDAY

1 Board Games



8 Color Therapy



15 Board Games



22 Color Therapy



29 Board Games



TUESDAY

2 Chair Tai Chi
10am-11am
**TALK ABOUT
NUTRITION**



9 Chair Tai Chi
10am-11am
**Ornament Decorating
@12:30pm**



16 Chair Tai Chi
10am-11am
WALK IN THE PARK



23 Chair Tai Chi
10am-11am
Card Games



30 Chair Tai Chi
10am-11am
Shared stories



WEDNESDAY

3 Watercolor painting
@12:30pm



10 Chair Exercises
10am



17 **FIELD TRIP TBD**



24 Lets make holiday cards
12:30pm



31 **NEW YEAR'S EVE**



THURSDAY

4 Art w/ Dinah
10am-11:30am



11 Bingo w/ prizes
@ 12:30pm



18 Chair Exercises
10am



25 **MERRY CHRISTMAS**
CENTER CLOSED



FRIDAY

5 Chair Tai Chi
10am-11am



12 Chair Tai Chi
10am-11am
Bingo w/ prizes
@ 12:30pm



19 Chair Tai Chi
10am-11am
**Christmas Potluck
11:30am**



26 Chair Tai Chi
10am-11am
Lets make Bracelets

