

WELCOME fall CLEMENTS SENIOR NEWSLETTER

September 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



EnhanceFitness Class on Mon/Wed/Fri from 8:30-9:30 am \$45/month
Sign up online at PCOA.org

REMINDERS

REMEMBER! →



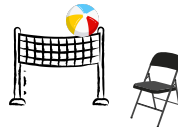
Payment for Bingo with Lunch is due no later than the Wednesday BEFORE. This month, payment will be due by 9/10/2025. If you don't want lunch, Bingo is always free to play!



DOC TALK
Sept 16
Don't Get Scammed



Udall Chair Volleyball tournament
Sept 25th
Starting at 9am



September 22 - October 10

We are offering a virtual chair fitness class
Monday, Wednesday & Friday
9am - 10am



Come play Farkle!
Monday, Wednesday & Friday
1pm - 3pm



IMPORTANT DATES

September 1
Center Closed for Labor Day

September 9
Craft with Staff
10:30 am

September 12
Bingo WITH LUNCH (\$5)
10-11:30 am

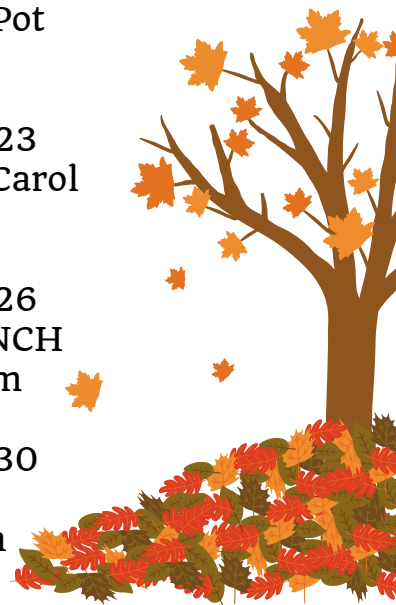
September 16
Guest Speaker
"Don't Get Scammed"
10-11am

September 18
Stirring the Pot
10:30 am

September 23
Painting with Carol
10:30 am

September 26
Bingo NO LUNCH
10-11:30 am

September 30
Bunco
1-2:30 pm



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

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

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