

# Udall Senior Center

# MAY 2026 Newsletter

**CENTER CLOSED**  
Monday, May 25th



**Mother's Day**  
**COOKIE DECORATING**

sponsored by Eden Health

Monday, May 4th

10:30AM - 11:30AM

Arts & Crafts   
Space is limited.

Minimum attendance needed.

Please pre-register at the front desk.

**CHRONIC PAIN**  
**SELF-MANAGEMENT PROGRAM**

hosted by Pima County



Tuesdays, May 5<sup>th</sup> through June 9<sup>th</sup>  
10:30AM - 1PM  
MPR

This six-week program was developed by Stanford University to help adults and caregivers gain the skills needed to manage chronic pain conditions. Through group interaction, goal setting, and action planning, participants learn many ways to take control of their own health in an engaging and interactive workshop.

**\*Meets for 2.5 hrs., once a week, for 6 weeks\*.**

























**Pre-registration is required.**


**Minimum attendance needed.**


**Please pre-register at the front desk or [bit.ly/Udall-Center-CPSMP](http://bit.ly/Udall-Center-CPSMP)**




# MAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27  	28	29  	30	1
4   	5 	6  	7	8
11  	12 	13  	14	15
18  	19 	20  	21	22
25 <b>Closed</b> 	26 	27  	28	29

 Chair Fitness  
9:30AM - 10:10AM

 Toning + Latin Cardio  
9:10AM - 10AM

 Golden Fit  
10:10AM - 10:45AM

 Cookie Decorating  
hosted by Eden Health

 CPSMP Program




happy Birthday  
Andrea Newton John Prentice  
Robert Matte Myra Hill  
Denise Oliphant Bonnie Rolstad  
Billie Stellato Frances Scott  
Jean Goodenkauf

### Book Club

Wed., May 20th  
10:30AM - 11:45AM  
"Here One Moment"  
by Liane Moriarty




 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](mailto:TPRD-therapeutics@tucsonaz.gov) or call 520-791-4504 for assistance.



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