



Septiembre 2025



Actividades Diarias

Lunes:
Dominós 12 -3
Club de Cartas 9 -3
Guitarra c/Ramon
12:30 - 3:30

Martes:
Club de Cartas 9-3
Artesanías de Papel
10 - 3

Miércoles:
Dominós 12 -3
Club de Cartas 9 -3
Guitarra c/Ramon
12:30 - 3:30

Jueves:
Dominós 12 -3
Club de Cartas 9 -3
Club de Bordado
9-3

Viernes:
Dominós 12 -3
Club de Cartas 9 -3
Guitarra c/Ramon
12:30 - 3:30



Lunes	Martes	Miercoles	Jueves	Viernes
1 CERRADO POR DIA LABORAL	2 Voleibol en Silla 10:30am - 11:30am	3 Zumba/ Ejercicio de Silla (Video) 9AM-11AM Platica Con el Medico 12pm	4 Voleibol en Silla 10:30am - 11:30am Pintura c/Marco 10:30 AM-12:30 PM	5 Zumba/Ejercicio de Silla 9 AM- 11AM
8 Zumba/ Ejercicio de Silla (Video) 9AM-11AM Bolos Virtual 12 PM- 1 PM	9 Voleibol en Silla 10:30am - 11:30am Loteria 12:30pm - 1:30pm	10 Zumba/ Ejercicio de Silla (Video) 9AM-11AM Karaoke w/Gaby 11:30 AM	11 Voleibol en Silla 10:15am - 11:15am Bingo Virtual 11:30 PM- 12:30 PM	12 EVENTO DE LA INDEPENDENCIA MEXICANA 12pm-2pm No Clases de Ejercisios
15 Zumba/ Ejercicio de Silla (Video) 9AM-11AM Bolos Virtual 12 PM-1 PM	16 Voleibol en Silla 10:30am - 11:30am Club de Caminar (Activity Center) 12:30pm - 1:30 pm	17 no exercise classes Excursión a Apple Annie's Orchard 8:30am - 3:30pm	18 Voleibol en Silla 10:30am - 11:30am Pintura c/Marco 10:30 AM-12:30 PM	19 Zumba/Ejercicio de Silla 9 AM- 11 AM
22 Zumba/ Ejercicio de Silla (Video) 9AM-11AM Bolos Virtual 12 PM-1 PM	23 Voleibol en Silla 10:30am - 11:30am	24 Zumba/ Ejercicio de Silla (Video) 9AM-11AM Juegos de un Minuto Para Ganar 12:30pm - 1:30pm	25 Voleibol en Silla 10:15am - 11:15am Bingo Virtual 11:30 PM- 12:30 PM	26 Zumba/Ejercicio de Silla 9 AM- 11 AM JUNTA GENERAL 11:30 AM
29 Zumba/ Ejercicio de Silla (Video) 9AM-11AM Bolos Virtual 12 PM-1 PM	30 Voleibol en Silla 10:30am - 11:30am	Evento de La Independencia Mexicana va estar en Activity Center DEBE REGISTRARSE ANTES de Septiembre 5 PARA PODER ATENDER (sin excepcione)		

**EL PUEBLO
SENIOR CENTER**
520-791-3250
101 W. Irvington Rd
Bldg. 13
Tucson AZ 85706
Lunes-Viernes:
9 a.m.-4 p.m.
Cerrado
Sabado y Domingo
y las fechas festivas.

**Membrecias
Residentes:**
Anual- \$25.00
Trimestral- \$7.00
Dia- \$1.50



Cualquier persona que necesite una adaptación debe comunicarse con el departamento al menos con dos semanas de anticipación si es posible.
Para obtener más detalles, envíe un correo electrónico al Coordinador de Inclusión a TPRD-Therapeutics@tucsonaz.gov o llame al 520-791-4504.



September 2025



Monday

Tuesday

Wednesday

Thursday

Friday

Daily Activities

Monday:

Dominoes 12-3
Card Club 9 -3
Guitar w/Ramon
12:30 - 3:30

Tuesday:

Card Club 9 - 3
Paper Crafts
10 - 3
Dominoes 12-3

Wednesday:

Dominoes 12-3
Card Club 9 - 3
Guitar w/Ramon
12:30 - 3:30

Thursday:

Quilters 9-3
Dominoes 12-3
Card Club 9 -3

Friday:

Dominoes 12-3
Card Club 9 -3
Guitar w/Ramon
12:30 - 3:30



1 CLOSED for Labor Day	2 Chair Volleyball 10:30am - 11:30am	3 Zumba/Chair Exercise 9 AM- 11 AM Dr. Talk 12pm	4 Chair Volleyball 10:30am - 11:30am Painting w/Marco 10:30 AM-12:30 PM	5 Zumba/Chair Exercise 9 AM- 11 AM
8 Zumba/Chair Exercise 9 AM- 11 AM Wii Bowling 12:00pm - 1:00pm	9 Chair Volleyball 10:30am - 11:30am Loteria 12:30pm - 1:30pm	10 Zumba/Chair Exercise 9 AM- 11 AM Karaoke w/Gaby 11:30 am	11 Chair Volleyball 10:15am - 11:15am Virtual Bingo 11:30am - 12:30pm	12 MEXICAN INDEPENDENCE EVENT 12pm-2pm No Zumba/Chair Exercise
15 Zumba/Chair Exercise 9 AM- 11 AM Wii Bowling 12:00pm - 1:00pm	16 Chair Volleyball 10:30am - 11:30am Walk the Track 9:30am - 10:00am	17 no exercise classes Trip to Apple Annie's Orchard 8:30am - 3:30pm	18 Chair Volleyball 10:30am - 11:30am Painting w/Marco 10:30 AM-12:30 PM	19 Zumba/Chair Exercise 9 AM- 11 AM
22 Zumba/Chair Exercise 9 AM- 11 AM Wii Bowling 12:00pm - 1:00pm	23 Chair Volleyball 10:30am - 11:30am	24 Zumba/Chair Exercise 9am-11am Minute to Win It Games 12:30pm - 1:30pm	25 Chair Volleyball 10:15am - 11:15am Virtual Bingo 11:30am - 12:30am	26 Zumba/Chair Exercise 9 AM- 11 AM GENERAL MEETING 11:30 AM
29 Zumba/Chair Exercise 9AM - 11AM Wii Bowling 12:00pm - 1:00pm	30 Chair Volleyball 10:30am - 11:30am	<u>Mexican Independence Fiesta</u> <u>will be held at Activity Center</u> MUST REGISTER BEFORE September 5 to attend (no exceptions)		

EL PUEBLO

SENIOR CENTER

520-791-3250
101 W. Irvington Rd
Bldg. 13
Tucson AZ 85706
Monday-Friday:
9 a.m.-4 p.m.
Closed on
Saturday, Sunday,
and Holidays.

Memberships

Residents:

Yearly - \$25.00
Quarterly-\$7.00
Day-\$1.50



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.