

August 2026



Ask a staff how to reserve your place. Anyone in need of an accommodation should call the department at (520)791-4504 or email the inclusion team at **TPRD - Therapeutics@Tucsonaz.gov**

Monday	Tuesday	Wednesday	Thuresday	Friday
3 Color With Me 10:30-11:30 AM	4 Karaoke 12:30-2:00 PM Chair Tai Chi 10:00-11:00 AM	5 Puzzles & Board Games 10:30-11:30 AM	6 	7 Karaoke 12:30-2:00 PM Chair Tai Chi 10:00-11:00 AM
10 Color With Me 10:30-11:30 AM	11 Karaoke 12:30-2:00 PM Chair Tai Chi 10:00-11:00 AM	12 Puzzles & Board Games 10:30-11:30 AM	13 	14 Karaoke 12:30-2:00 PM Chair Tai Chi 10:00-11:00 AM
17 Color With Me 10:30-11:30 AM	18 Karaoke 12:30-2:00 PM Chair Tai Chi 10:00-11:00 AM	19 Puzzles & Board Games 10:30-11:30 AM	20 	21 Karaoke 12:30-2:00 PM Chair Tai Chi 10:00-11:00 AM
24 Color With Me 10:30-11:30 AM	25 Karaoke 12:30-2:00 PM Chair Tai Chi 10:00-11:00 AM	26 Puzzles & Board Games 10:30-11:30 AM	27 	28 Movie and Popcorn 12:00-2:00 Karaoke 12:30-2:00 PM Chair Tai Chi 10:00-11:00 AM
31 Color With Me 10:30-11:30 AM				Donna Liggins Center 2160 N. 6 th Ave Mon-Fri. 9:30-1:00 Membership Quartly \$7.00 Annual \$25.00

COMMUNITY LUNCHES PROVIDED BY CARIDAD COMMUNITY KITCHEN

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

AUGUST

3

PARMESAN POLLOCK
FIRE ROASTED POTATOES
GREEN BEANS
BREAD & BUTTER
TROPICAL FRUIT
TARTAR SAUCE

4

BEEF BARLEY
SCANDINAVIAN
VEGETABLES
DINNER ROLL & BUTTER
CRAISINS
FIG NEWTON

5

BEEF STROGANOFF
& EGG NOODLES
ROASTED CAULIFLOWER
BABY SPINACH SALAD
BANANA

6

CHICKEN TINGA
RICE & BEANS
CARROTS
APPLE SLICES

7

CHICKEN TETRAZZINI
CAPRI VEGETABLES
CARROT RAISIN SALAD
APPLESAUCE
PUDDING

10

MEATLOAF
MASHED POTATOES
& GRAVY
SUCCOTASH
BREAD & BUTTER
APPLE SLICES

11

CHEF SALAD
CITRUS SLAW
DINNER ROLL & BUTTER
DICED PEACHES
FIG NEWTON

12

DENVER OMELET
ROASTED POTATOES
STEAMED SPINACH
BREAD & BUTTER
ORANGE

13

CHICKEN TACO BOWL
SPANISH RICE
CAPRI VEGETABLES
PINEAPPLE

14

CHICKEN MARSALA
LEMON HERB QUINOA
CALIFORNIA
VEGETABLES
BANANA

17

BEEF LASAGNA ROLL WITH
MARINARA SAUCE
CAPRI VEGETABLES
BREAD & BUTTER
CRANBERRY APPLE CRISP

18

SPLIT PEA & HAM SOUP
GLAZED BEETS
BREAD & BUTTER
MIXED FRUIT
OATMEAL CRÈME PIE

19

BEEF STEW
STEAMED BROCCOLI
CORNBREAD & BUTTER
APPLE SLICES
GRAHAM BEARS

20

CARNITAS
QUINOA & BLACK BEANS
STEAMED SPINACH
BREAD & BUTTER
TROPICAL FRUIT

21

BBQ BEEF
SWEET POTATOES
ROASTED CORN & FAJITA
VEGETABLE MEDLEY
CORNBREAD & BUTTER
BAKED PEACHES

24

CHICKEN
PARMESAN
PENNE MARINARA
EDAMAME
MIXED FRUIT

25

SOUTHWEST
CHICKEN SALAD
CARROT-RAISIN SALAD
DINNER ROLL & BUTTER
GRAHAM CRACKERS
BANANA

26

SWEDISH MEATBALLS
BROWN RICE PILAF
COUNTRY VEGETABLES
MIXED GREEN SALAD
APPLESAUCE

27

BREADED POLLOCK
CAULIFLOWER RICE
NORMANDY VEGETABLES
BREAD & BUTTER
DICED PEACHES
TARTAR SAUCE

28

HONEY MUSTARD
CHICKEN
SWEET POTATOES
SWEET PEAS
BREAD & BUTTER
ORANGE

31

PINAPPLE GLAZED PORK
TENDERLOIN
TOMATO POLENTA
SNAP PEA BLEND
DINNER ROLL & BUTTER
APRICOTS

1

"THE WILLINGNESS TO SHOW
UP CHANGES US. IT MAKES US A
LITTLE BRAVER EACH TIME"
BRENE BROWN

2

HAPPINESS IS
ENJOYING THE LITTLE
THINGS IN LIFE.

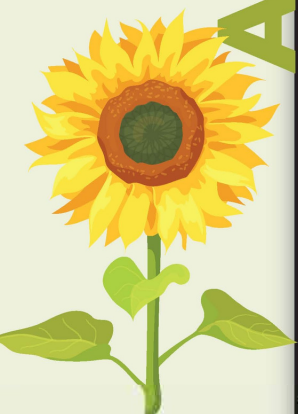
3

"BE HAPPY FOR THIS
MOMENT. THIS
MOMENT IS YOUR LIFE"
OMAR KHAYAM

4

"NOTHING CAN DIM
THE LIGHT WHICH
SHINES FROM
WITHIN"
MAYA ANGELOU

All meals served with 8oz of milk. | Menu items may be substituted with nutritionally equivalent options.



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C. Mc.e, to b(ow).
SIO\SOI\45 C\

COMMUNITY
FOOD BANK
OF SOUTHERN ARIZONA

CARIDAD
COMMUNITY KITCHEN

