



January 2026



PARKS & RECREATION

CLEMENTS SENIOR NEWSLETTER

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

Center Closing at 2 pm on
December 31
Center Closed on January 1



NEW! We are excited to announce a new
program. Join Samba, a popular
variation of Canasta. Wednesdays
starting at 10 am. Experienced and
new players welcome!

41st Annual Senior Olympic Festival
January 3-31st.

Play, support your friends and
relatives or just enjoy
watching over 30 different events!

<https://www.tucsonaz.gov/Departments/Parks-and-Recreation/Classes-and-Programs/Senior-Programs/Senior-Olympic-Festival>



January 19
Center Closed for Martin
Luther King Day



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 or call 520-791-4504
for assistance



2026 NEW YEAR RESOLUTIONS.

finding the fun in whatever life throws our way!

- | | |
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| <input type="checkbox"/> Build a better budget. | <input type="checkbox"/> Lift weights. |
| <input type="checkbox"/> Cook one new thing. | <input type="checkbox"/> One new exercise. |
| <input type="checkbox"/> Read a book | <input type="checkbox"/> Decorate with family. |
| <input type="checkbox"/> Read more books. | <input type="checkbox"/> Sanitize your phone. |
| <input type="checkbox"/> Join a club. | <input type="checkbox"/> Try hydrotherapy. |
| <input type="checkbox"/> One cleaning schedule. | <input type="checkbox"/> Delegate more chores. |
| <input type="checkbox"/> Draw with chalk | <input type="checkbox"/> Donate old clothes. |
| <input type="checkbox"/> Drink less alcohol. | <input type="checkbox"/> Explore new hobbies. |
| <input type="checkbox"/> Quit smoking. | <input type="checkbox"/> Invest in your skincare. |
| <input type="checkbox"/> Eat veggies regularly. | <input type="checkbox"/> Play upbeat music. |
| <input type="checkbox"/> Share your resolutions. | <input type="checkbox"/> Take back your lunch break. |
| <input type="checkbox"/> Try a new diet plan. | <input type="checkbox"/> Write to yourself. |
| <input type="checkbox"/> Doctor's visits. | <input type="checkbox"/> Do one thing at a time. |
| <input type="checkbox"/> Take the stairs. | <input type="checkbox"/> Take more walks. |
| <input type="checkbox"/> Cut calories. | <input type="checkbox"/> Go to bed on time. |
| <input type="checkbox"/> Become a plant owner. | <input type="checkbox"/> Make your bed. |
| <input type="checkbox"/> Plan a vacation. | <input type="checkbox"/> More compliments. |
| <input type="checkbox"/> Start doing yoga. | <input type="checkbox"/> Learn a new skill. |
| <input type="checkbox"/> Drink up. | <input type="checkbox"/> nye resolutions. |
| <input type="checkbox"/> Consider therapy. | <input type="checkbox"/> Add more citrus. |
| <input type="checkbox"/> Volunteer. | <input type="checkbox"/> Give your Best. |
| <input type="checkbox"/> Listen to novels. | <input type="checkbox"/> Set your mind for new. |

Let's encourage each other!

The most popular resolutions for 202 are tied
between improving physical health (20%) and
saving more money (20%). Following were,
exercising more (19%), eating healthier (18%),
being happy (17%), and losing weight (17%).

Only 9% will keep their resolutions.
Setting specific goals will improve your odds
(I will loose 5 lbs instead of I will loose weight)

YOU CAN DO IT