



January 2026

CLEMENTS SENIOR NEWSLETTER

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

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



CITY OF
TUCSON

PARKS & RECREATION

Monday-Friday 8am - 2pm
(520) 791-5787 or
(520) 791-4730 after 2 pm
tucsonaz.gov/parks

 **PCOA**
Aging well for life

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

 **ENHANCE
FITNESS**

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

2026 NEW YEAR RESOLUTIONS.

finding the fun in whatever life throws our way!

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

Let's encourage each other!

The most popular resolutions for 2026 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