



CLEMENTS SENIOR NEWSLETTER

April 2026



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 staff!



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

REMINDERS



April 3
Egg Hunt in the Recreation Center for a chance to win a prize! Find your inner child and look for Easter Eggs
10 am

New!
Chair Strength Class every Monday and Friday from 10-11 am.
Work on balance, strength and flexibility



April 20
Field Trip to the Pima County Fair
Leaving the center at 2:30 pm and returning at 6:30 pm. Bring your admission fee (\$8) and money for food and/or shopping



April 24
El Rio Recreation Center Health Fair
Free health screenings include:
Osteoporosis
Diabetes
Hypertension
Cholesterol
Breathing Assessments
Visit with over 30 vendors!
Leaving Clements at 9:30 am Returning at 1 pm
Stopping for lunch on the way back!!

EARTH DAY! April 22



What can you do to make a difference?



To meet global climate goals, the average yearly footprint per person needs to drop to under 2 tons by 2050

Bring a reusable plate and silverware on April 22 to help us celebrate our beautiful planet and make a small difference in our carbon footprint!



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

