



# CLEMENTS SENIOR NEWSLETTER 2026



Monday-Friday 8am - 2pm  
(520) 791-5787 or  
(520) 791-4730 after 2 pm  
[tucsonaz.gov/parks](http://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](http://PCOA.org)



## REMINDERS

Recreation and Fitness Centers  
Closed on July 3rd  
Fitness Center closed on July 4th



July 24  
KIDCO Ends!  
Let's Celebrate with  
Bingo and treats!

Chair Strength and Active Fitness are  
great compliments to each other.  
Both classes offer fitness at your own  
ability and pace.

Active Fitness  
Tuesday & Thursday @ 8 am & 9:05 am



Chair Strength  
Monday & Friday @ 10 am



Senior activities are open for anyone 50+  
For more information Visit:  
<https://www.tucsonaz.gov/Departments/Parks-and-Recreation/Rates-and-Fees#section-5>

Sign up and payments are required for some  
activities. Sign up sheets will be available a  
week in advance at the front desk



Benjamin Franklin was the oldest person to  
sign the Declaration of Independence.  
He was 70 years old at the time. This makes  
you think, you're never too old or young to  
be part of something monumental...

There have been 27 different  
versions of the U.S. flag.  
The original flag featured 13 stars  
and stripes to represent the 13  
colonies. Today's American flag  
features 50 stars and 13 stripes.



The Liberty Bell is tapped  
13 times on July 4th.  
Every year on July 4, descendants of the  
Declaration of Independence signers tap  
the Liberty Bell 13 times. The tradition  
was created as a way to honor the original  
13 colonies.

July 5th is the highest intake day of  
the year at Animal Control Agencies.  
If you have pets, secure them inside  
before fireworks begin. Make sure  
your pets tags and your contact  
information are up to date.