



CLEMENTS SENIOR NEWSLETTER September 2026



Monday-Friday 9am - 4pm
(520) 791-5787 or
(520) 791-4730 after 4 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

NEW HOURS!

Recreation Building Hours
9 am - 4 pm

September 7

Recreation and Fitness Buildings Closed



September 16

TFD Fire/Fall Prevention Presentation
12:45-1:45pm

September 9 & September 23

Stirring the Pot & Textured Art are Back

WELCOME
BACK!

September 25 - Fieldtrip

Quincie Douglas Center

Health Fair/Clothing Bank

Free health screenings & giveaways

Free hotdogs and snowcones

Free clothing bank for all ages

11-1 pm (leaving at 10:30 am)



September 28 - October 16

Senior activities are open for anyone 50+

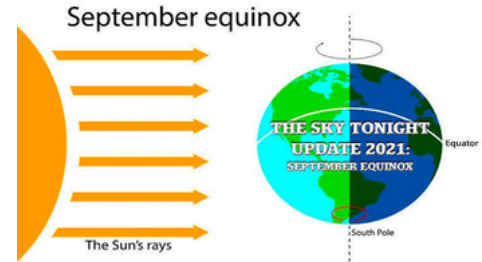
For more information Visit:

<https://www.tucsonaz.gov/Departments/Parks-and-Recreation/Rates-and-Fees#section-5>

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.



The September equinox occurs on Tuesday, September 22, 2026, at 5:05 p.m. marking the moment the Sun crosses the celestial equator heading south. On this day, day and night are of roughly equal length across the globe

What Happens During the Equinox

- Sun's Position: The Sun shines directly above the Earth's equator.
- Equal Light: Neither of Earth's poles tilts toward the Sun, giving both hemispheres equal daylight.
- Global Timing: The exact moment of the equinox happens at the same instant worldwide, regardless of your local time zone

Seasonal and Cultural Meaning

- Season Change: It ends summer in the north and winter's end in the south.
- Harvest Festivals: Many cultures celebrate harvest thanksgiving around this time.
- Animal Migration: Birds use this seasonal shift to guide their long journeys

