

December 2025

Monday

Tuesday

Wednesday

Thursday

Friday

1 Zumba/Chair Exercises 9am-11am	2 Chair Volleyball 10:30am - 11:30am	3 Zumba/Chair Exercises 9am-11am	4 Art Class w/Marco 10:30am-12:30pm  Cookie Exchange 12pm - 1pm (MUST SIGN UP)	5 Zumba/Chair Exercises 9am-11am
8 Zumba/Chair Exercises 9am-11am	9 Chair Volleyball 10:30am - 11:30am Minute to Win It 12:30pm-1:30pm	10 Zumba/Chair Exercises 9am - 11am Karaoke w/Gaby 12:00pm	11 Chair Volleyball 10:30am - 11:30am	12 MPR CLOSED no exercise classes
15 Zumba/Chair Exercises 9am-11am	16 Chair Volleyball 10:30am - 11:30am	17 No Exercise Classes Holiday Party 12pm - 2pm (MUST SIGN UP)	18 Chair Volleyball 10:30am - 11:30am Art Class w/Marco 10:30am-12:30pm 	19 Zumba/Chair Exercises 9am - 11am Painting w/ Dinah 11am 
22 Zumba/Chair Exercises 9am - 11am General Meeting 11:30am	23 Chair Volleyball 10:30am - 11:30am	24 Zumba/Chair Exercises 9am - 11am Center Closes at 2pm	25 MERRY CHRISTMAS Center Closed	26 Zumba/Chair Exercises 9am - 11am
29 Zumba/Chair Exercises 9am - 11am	30 Chair Volleyball 10:30am - 11:30am Loteria 12:30pm - 1:30pm	31 Zumba/Chair Exercises 9am - 11am Center Closes at 2pm	1  Center Closed	

EL PUEBLO SENIOR CENTER
520-791-3250
101 W. Irvington Rd
Bldg. 13
Tucson AZ 85706
Monday-Friday:
9 a.m.-4 p.m.
Closed on
Saturday, Sunday,
and Holidays.

Memberships Residents:
Yearly - \$25.00
Quarterly-\$7.00
Day-\$1.50



Anyone in need of an accommodation should contact the department at least two weeks in advance if possible. For more details email the Inclusion Coordinator at TPRD-Therapeutics@tucsonaz.gov or contact call 520-791-4504.

Diciembre 2025

	Lunes	Martes	Miercoles	Jueves	Viernes
Actividades Diarias Lunes: Dominós 1:30 -3 Club de Cartas 9 -3 Guitara c/Ramon 12:30 - 3:30 Martes: Dominós 12 -3 Club de Cartas 9 -3 Miércoles: Dominós 12 -3 Club de Cartas 9 -3 Guitara c/Ramon 12:30 - 3:30 Jueves: Dominós 12 -3 Club de Cartas 9 -3 Club de Bordado 9-3 Viernes: Dominós 12 -3 Club de Cartas 9 -3 Guitara c/Ramon 12:30 - 3:30	1 Zumba/Ejercicio de Silla (Video) 9am-11am	2 Voleibol en Silla 10:30am - 11:30am	3 Zumba/Ejercicio de Silla (Video) 9am-11am	4 Pintura c/Marco 10:30am - 12:30pm Intercambio de Galletas 12pm - 1pm	5 Zumba/Ejercicio de Silla 9am-11am
	8 Zumba/Ejercicio de Silla (Video) 9am-11am	9 Voleibol en Silla 10:30am - 11:30am Juegos de un Minuto Para Ganar 12:30pm-1:30pm	10 Zumba/Ejercicio de Silla (Video) 9am-11am Karaoke w/Gaby 12pm	11 Voleibol en Silla 10:30am - 11:30am	12 MPR CERRADO no clases de ejercicio
	15 Zumba/Ejercicio de Silla (Video) 9am-11am	16 Voleibol en Silla 10:30am - 11:30am	17 No Hay Clases de Ejercicio Fiesta de Navidad 12pm-2pm	18 Voleibol en Silla 10:30am - 11:30am Pintura c/Marco 10:30am - 12:30am	19 Zumba/Ejercicio de Silla 9am-11am Pintura c/Dinah 11am
	22 Zumba/Ejercicio de Silla (Video) 9am-11am Junta General 11:30am	23 Voleibol en Silla 10:30am - 11:30am	24 Zumba/Ejercicio de Silla (Video) 9am-11am Centro Cierra a las 2pm	25 MERRY CHRISTMAS Centro Cerrado	26 Zumba/Ejercicio de Silla 9am-11am
	29 Zumba/Ejercicio de Silla (Video) 9am-11am	30 Voleibol en Silla 10:30am - 11:30am Loteria 12:30pm - 1:30pm	31 Zumba/Ejercicio de Silla (Video) 9am-11am Centro Cierra a las 2pm	1  Centro Cerrado	

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 Sabado y Domingo
 y las
 fechas festivas.

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