

JANUARY 2026

Monday

Tuesday

Wednesday

Thursday

Friday

MUST SIGN UP for activities in person (limited space)

Daily Activities

Monday:

Dominoes 1:30 - 3
Card Club 9 - 3
Guitar w/Ramon
12:30 - 3:30

Tuesday:

Dominoes 12 - 3
Card Club 9 - 3
Paper Crafts 9 - 3

Wednesday:

Dominoes 12 - 3
Card Club 9 - 3
Guitar w/Ramon
12:30 - 3:30

Thursday:

Quilters 9 - 3
Dominoes 12 - 3
Card Club 9 - 3

Friday:

Dominoes 12 - 3
Card Club 9 - 3
Guitar w/Ramon
12:30 - 3:30

5

**Zumba/Chair
Exercise
9am-11am**

6

**Chair Volleyball
10:30am - 11:30am**

7

**Zumba/ Chair
Exercise
9am-11am**

8

**Chair Volleyball
10:30am -11:30am**

9

**Zumba/Chair
Exercise
(Video Edition)
9 AM- 11 AM**

12

**Zumba/Chair
Exercise
9am-11am**

13

**Chair Volleyball
10:30am - 11:30am**

**Loteria
12:30pm - 1:30pm**

14

**Zumba/Chair
Exercise
9am-11am**

15

**Chair Volleyball
10:30am - 11:30am**

**Painting w/Marco
10:30 AM-12:30 PM**

16

No Exercise Classes
HAPPY 2026 NEW YEAR
**Welcoming the
New Year Potluck
12pm-2pm**

19

**CLOSED FOR
MLK DAY**



20

**Chair Volleyball
10:30am - 11:30am**

21

**Zumba/Chair
Exercise
9am-11am**

**Karaoke w/Gaby
12 PM-2PM**

22

**Chair Volleyball
10:30am-11:30am**

23

**Zumba/Chair
Exercise
9 AM- 11 AM**

**Paint w/ Dinah
11am - 1pm**

26

**Zumba/Chair
Exercise
9am-11am**

27

**Chair Volleyball
10:30am -11:30am**
**FIELD TRIP TO Park
Place MALL @
10:00AM**

28

**Zumba/Chair
Exercise
9am - 11am**

29

**Senior Trip to
Senior Olympics
Chair Volleyball
(must be registered)**

30

**Zumba/Chair
Exercise
(Video Edition)
9 AM- 11 AM**

**GENERAL MEETING
11:30 AM**

**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.



Enero 2026

Lunes

Martes

Miercoles

Jueves

Viernes

Actividades

Diarias

Lunes:

Dominós 1:30 -3
Club de Cartas
9 -3
Guitarra c/Ramon
12:30 - 3:30

Martes:

Dominós 12 -3
Club de Cartas
9 -3
Club de
Artesanías 9-3

Miércoles:

Dominós 12 -3
Club de Cartas
9 -3
Guitarra 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
Guitarra c/Ramon
12:30 - 3:30

DEBE REGISTRARSE para las actividades en persona (espacio limitado)

CERRADO POR EL AÑO NUEVO

**Zumba/
Ejercicio de Silla
9 AM- 11 AM**

**5 Zumba/
Ejercicio de Silla
9am - 11am**

**6 Voleibol en Silla
10:30am - 11:30am**

**7 Zumba/
Ejercicio de Silla
9am-11am**

**8 Voleibol en Silla
10:30am - 11:30am**

**9 Zumba/
Ejercicio de Silla
9 AM- 11 AM**

**12 Zumba/
Ejercicio de Silla
9am - 11am**

**13 Voleibol en Silla
10:30am - 11:30am**
**Loteria
12:30 - 1:30pm**

**14 Zumba/
Ejercicio de Silla
9am - 11am**

**15 Voleibol en Silla
10:30am - 11:30am**
**Pintura c/Marco
10:30 AM-12:30 PM**

**16 No Clases de
Ejercicio**
**Bienvenidos al
Año Nuevo Potluck
12pm-2pm**

**19 CERRADO POR
DIA DE MLK**

**20 Voleibol en Silla
10:30am - 11:30am**

**21 Zumba/
Ejercicio de Silla
9am-11am**
**Karaoke c/Gaby
12 PM-2PM**

**22 Voleibol en Silla
10:30am - 11:30am**

**23 Zumba/
Ejercicio de Silla
9 AM- 11 AM**
**Pintura c/Dinah
11am - 1pm**

**26 Zumba/
Ejercicio de Silla
9am - 11am**

**27 Voleibol en Silla
10:30am - 11:30am**
**Excursion a Park Place
MALL @ 10:00am**

**28 Zumba/
Ejercicio de Silla
9am - 11am**

**29 Senior Trip to
Senior Olympics
Chair Volleyball
(debe estar registrado)**

**30 Zumba/
Ejercicio de Silla
9 AM- 11 AM**
**Junta General
11:30 AM**

EL PUEBLO SENIOR CENTER

520-791-3250
101 W. Irvington Rd
Bldg. 13
Tucson AZ 85706
Lunes-Viernes:
9 a.m.-4 p.m.
Cerrado
Sabado y Domingo
y las
fechas festivas.

Membrecias Residentes:

Annual- \$25.00
Trimestral- \$7.00
Dia- \$1.50

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