

Participation Fees

Center used rates: Resident/Non-Resident

Daily Fee

City Resident: \$1.50
Non- City Resident: \$2

Senior Activity Card (Age 50+)

Quarterly

City Resident: \$7
Non- City Resident: \$8

Annual

City Resident: \$25
Non- City Resident: \$30

Senior Activity Card Ages 50+

Senior days: Tuesday and Friday
Walking Track & Weight Room
Udall Recreation Center



**Pool tables available during
open hours**

Leisure Classes

View classes and register at
tucsonparks.info/classes
EZEereg.com
or call Class Registration at
(520) 791-4877

PCOA ENHANCE FITNESS CLASS

Monday/Wednesday/Friday
from 11am - 12pm MPR
The cost is \$36/month
Sign up online at www.pcoa.org

CAROL W. WEST SENIOR CENTER
7200 E. Tanque Verde Rd. Tucson AZ 85715

(520) 791-4121

tucsonaz.gov/parks/udall

SENIOR ACTIVITIES

Hours of Operation: Monday thru Friday 9AM to 4PM, excluding Holidays

MONDAY

Pinochle	9AM - 1PM	Rm. 103
Chair Fit	9:30AM - 10:15AM	MPR
Canasta	10:30AM - 12PM	Lobby
Jewelry Corner	11AM - 3PM	Rm. 102
Table Tennis	1PM - 3:45PM	MPR

TUESDAY

Needles Corner	9:30AM - 12PM	Rm. 103
Samba/Rummy	9AM - 12PM	Lobby
Bridge	12:30PM - 3:45PM	Rm. 102
Cribbage	1PM - 3:45PM	Rm. 103
American MahJong	1PM - 3:45PM	Lobby
Ballroom Dance (+\$5)	2PM - 4PM	Aerobics Rm.

WEDNESDAY

Pinochle	9AM - 12:45PM	Rm. 103
<i>Toning +</i> Latin Dance	9:30AM - 10:15AM	MPR
Canasta	10:30AM - 12PM	Lobby
Book Club* (3rd Wednesday of the month)	10:30AM - 11:30AM	Rm. 102
Chinese Mahjong	12:30PM - 3:45PM	Lobby
Mexican Train	1PM - 3:45PM	Conf.
Taiwanese Mahjong	1PM - 3:45PM	Rm.103
American Mahjong	1PM - 3:45PM	Rm. 102
Table Tennis	1PM - 3:45PM	MPR

THURSDAY

Chair Volleyball	9AM - 12PM	MPR
Euchre	10AM - 12PM	Lobby
Crafts Corner	10AM - 12:45PM	Rm. 103
Bridge	12:30PM - 3:45PM	Rm. 102
Cribbage	1PM - 3:45PM	Rm. 103
Table Tennis	1PM - 3:45PM	MPR

FRIDAY

Pinochle	9AM - 1PM	Rm. 103
Fridays Fit Classes: (Rotates every Friday) Stretch & Breathe/Circuit Training/Cardio Sticks	9:30AM - 10:15AM	MPR
Mexican Train	10:30AM - 12PM	Rm. 102
Canasta	10:30AM - 12PM	Lobby
Competitive Bridge	12:30PM - 3:45PM	Rm. 102
Competitive Chair Volleyball	1PM - 3:45PM	MPR
Texas Hold'em	1PM - 3:45PM	MPR



CITY OF
TUCSON
Parks and Recreation

Updated July 1st, 2025
Schedule subject to change.

June-July 2025