Participation Fees

Center used rates: Resident/Non-Resident

Daily FeeCity 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

QCAROL 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

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

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 MahJ	ong 1PM - 3:45PM	Lobby
Ballroom Dance	2PM - 4PM	Aerobics
(+\$5)		Rm.

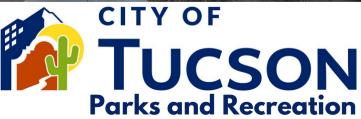
FRIDAY

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

WEDNESDAY

Pinocnie		9AM - 12:45PN	I KM. 103
Toning +			
Latin Dance	9:30	DAM - 10:15AN	I MPR
Canasta	10:30	OAM - 12PM	Lobby
Book Club* (3rd Wednesday of t		OAM - 11:30AM	Rm. 102
Chinese Mahjo	ong 12:	30PM - 3:45PN	1 Lobby
Mexican Train		1PM - 3:45PM	1 Conf.
Taiwanese Ma	hjong	1PM - 3:45PM	1 Rm.103
American Mah	ijong	1PM - 3:45PM	1 Rm. 102
Table Tennis		1PM - 3:45PM	1 MPR





Updated July 1st, 2025 Schedule subject to change.

June-July 2025