



Freedom Park Center Newsletter

Activities for 50+

5000 E 29th St
520-791-4969



Monday- Friday
9am - 6pm



Monthly Newsletter
OR

FEES for 50+

Senior Passes FOR 50+
\$25 yearly/\$7.00 for 3 months
\$1.00 daily

This pass includes use of weight room at Freedom Center on Monday and Wednesday 9am - 2pm only. Inquire at each Parks & Rec Center for specific hours to use your senior pass

PCOA Senior Congregate Nutrition Meal HOT MEAL PROGRAM for 60+

Monday - Friday Service time 12:15pm

Remember to reserve your meals for the days you attend by Tuesday the prior week by noon

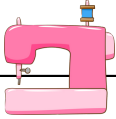




Meals are for those individuals who have signed up in advance only!

If you have not signed up please wait for everyone to be served, you will be asked to join when meals have been accounted for.

Scan your card daily,
sign in and add your suggested donation of \$2.00 in the red box every morning
Pick up your pink or blue meal card.

Food MUST BE EATEN inside the center. You may take home your milk and fruit **only**.

Senior 50+ Daily Activities Include:

<p>Mondays: Sewing 9:15am</p> 	<p>Tuesdays: Sewing 9:15am Chair-o-bics 10-11am</p> 	<p>Wednesdays: Blood Pressure 10am-12pm</p> 	<p>Thursdays: Sewing 9:15am Chair-o-bics 10-11am BINGO 11:15-12</p> 	<p>Fridays: Coloring & table games</p> 
--	--	--	---	---

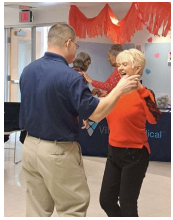
Every day come join friends for music, cards, coloring, billiards and of course fun!
Extra activities are always added in, see additional information on this newsletter for exciting events.

Coffee and tea is offered by the Freedom Senior Club

Please remember to add a small donation every time you take something from the coffee table so it can continue to be available. Thank you



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 TPRDTherapeutics@tucsonaz.gov or contact call 520-791-4504.



New Program

TOUGH BUDDIES

Friday
8th & 22nd
2-3pm

A recreational work out in stations to music. Bring a buddie or make partner up and stay motivated! Have fun with fitness with friends of all ages

Week 2

Wednesday 6th

11am
National Oreo
Cookie Day
Join us for
cookie fun



Friday 8th

11am
Library Book Bike
Come pick up a book and
expand your knowledge



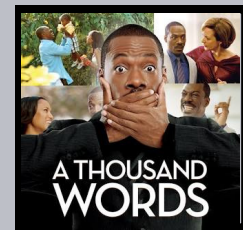
Week 3

Tuesday 12th

10am
Nicole from Dementia
Capable Southern AZ
Speaker
Providing info on
understanding dementia

Friday 15th

9:30am
Movie & Popcorn



a
comedy
drama

Week 4



Wednesday 20th

11am



Friday 22nd

Board Mtg
10am
General Mtg
11:30am

Week 5

Thursday 28th

9-11
U of A nurses
provide blood
pressure checks



Friday 29th

Center Closed
for
Cesar Chavez
Day

