CLEMENTS SENIOR NEWSLETTER

October 2024

CITY OF TUCSON
PARKS & RECREATION

Monday-Friday 8am - 2pm
(520) 791-5787 or
(520) 791-4730 after 2 pm
tucsonaz.gov/parks

FEES for 50+

Senior Passes for 50+
$25 yearly/$7 for 3 months
$1.50 daily
This pass includes use of the Fitness Center on Tuesday and Thursday. Inquire at each Parks & Rec Center for specific hours/days to use your senior pass

REMINDERS

REMEMBER! →

Payment for Bingo with Lunch is due no later than the Wednesday BEFORE. This month, payment will be due by 10/9/2024. If you don't want lunch, Bingo is always free to play!

October 3
U of A nursing students
Blood Pressure Checks

October 8
Pima County Health Dept
Blood Pressure checks

October 10
Guest speaker - Dr. Gaddi
specializing in pelvic medicine and reconstructive surgery

October 15
Guest Speaker presented by Carelon
Fall Prevention

October 19
BooBash at Lincoln Park Soccer Fields
5-8 pm
Games, Trunks, Costumes and Fun!

Please bring a bag(s) of individually wrapped candy for our Candy Drive
Aug 26-Oct 11

October 31
Wear your Halloween costume to be entered to win a prize

The garden is open Mon-Fri from 8am-2pm

Senior activities are open for anyone 50+
For more information Visit:
https://www.tucsonaz.gov/Departments/Parks-and-Recreation/Rates-and-Fees#section-5

Sign up and payments are required for some activities. Sign up sheets will be available a week in advance at the front desk

IMPORTANT DATES

October 3
U of A Nursing Students
Blood Pressure Checks 11:30-1 pm

October 8
Craft with Staff 10:30 am
Pima County Health Dept
Blood Pressure Checks 10-12 pm

October 10
Guest speaker - Dr. Gaddi
11-12pm

October 11
Bingo WITH LUNCH ($5)
10-11:30 am

October 15
Guest Speaker
Fall Prevention
10-11am

October 17
Stirring the Pot
10:30-11:30am

October 19
BooBash
5-8 pm

October 21
Painting with Carol
10:30 am

October 25
Bingo NO LUNCH
10-11:30 am

October 29
Senior Meeting
10:15 am

PCOA Aging well for life
ENHANCE® FITNESS

PCOA Senior Nutrition Congregate hot meal program for 60+
Offered Monday - Friday from Noon-1 pm in the MPR room. A suggested donation of $2-$3 is encouraged. Reserve your meal by Tuesday the week prior with Olivia

EnhanceFitness Class on Mon/Wed/Fri from 8:30-9:30 am $36/month
Sign up online at PCOA.org