



**NEW GROUP!**

**UDALL FOODIES!**

Are you interested in exploring some of Tucson's great restaurants?

Then join us as we visit a new place each month.

Thursday, April 18th



Depart: 11 AM

Return: 2 PM

Cost: \$2

Brunch on your own at Corbett's



**Walk and Picnic at Agua Caliente Park**

Tuesday, April 30th

Depart at 9:30 AM



Return at 1:30 PM

Cost: \$2

Let's enjoy the park and spend some time in nature.

Bring your own lunch, pack a water bottle and a hat.

Space Limited, sign up early!



**Calling ALL Beginning Painters...**



Beginning Thursday, April 25th

we will have a 3 part series

to learn and create

with COLOR THEORY led by Janine.

April 25th: Mixing w/ Primary Colors

May 9th: Analogous Colors

May 23rd: Complementary Colors

11:30AM to 1PM

Cost: \$5/session



\*Ask for a synopsis sheet when signing up.

Space limited, sign up early.

No prior experience necessary.



**SPRING JAM Session**  
**feat. Desert Bluegrass**

**Association**

Friday, April 26th

1PM

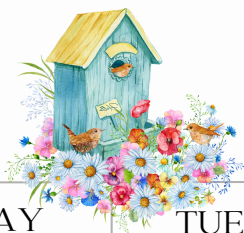
MPR



*Suggested donation: \$3/person*

Raffle Door Prizes sponsored by

AHCUSA



# APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 	2 	3 	4 	5 
8 	9 	10 	11 	12 
15 	16 	17 	18 	19 
22 	23 	24 	25 	26 
29 	30 	1 	2 	3 

Chair Fitness  
9:30AM - 10:15AM

Toning + Latin Cardio  
9:30AM - 10:15 AM

Cardio Sticks  
9:30AM - 10:15AM

Stretch & Breathe  
9:30AM - 10:15AM

Feedback Mtg  
11:45AM

Field Trip  
check front

Craft  
check front

Chair Volleyball  
9AM - 12PM

Vendor  
check front

Circuit Training  
9:30AM - 10:15AM

## Book Club

Wed., April 17th  
10:30AM - 12:00PM

**The Nurse's Secret**  
by Amanda Skenandore



## **RUMMY GAMES ON TUESDAY'S**

**Rummicube:** Begins March 19th  
1st & 3rd Tuesday's - 10am to 12pm  
**Shanghai Rummy:** Begins March 26th  
2nd & 4th Tuesday's - 10am to 12pm  
Room #102



Scan to take you  
to Udall's webpage

Udall's Carol West Senior Center  
7200 Tanque Verde Road  
Tucson, AZ 85715  
(520) 791-4121  
TPRD-Udall@tucsonaz.gov

**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.**