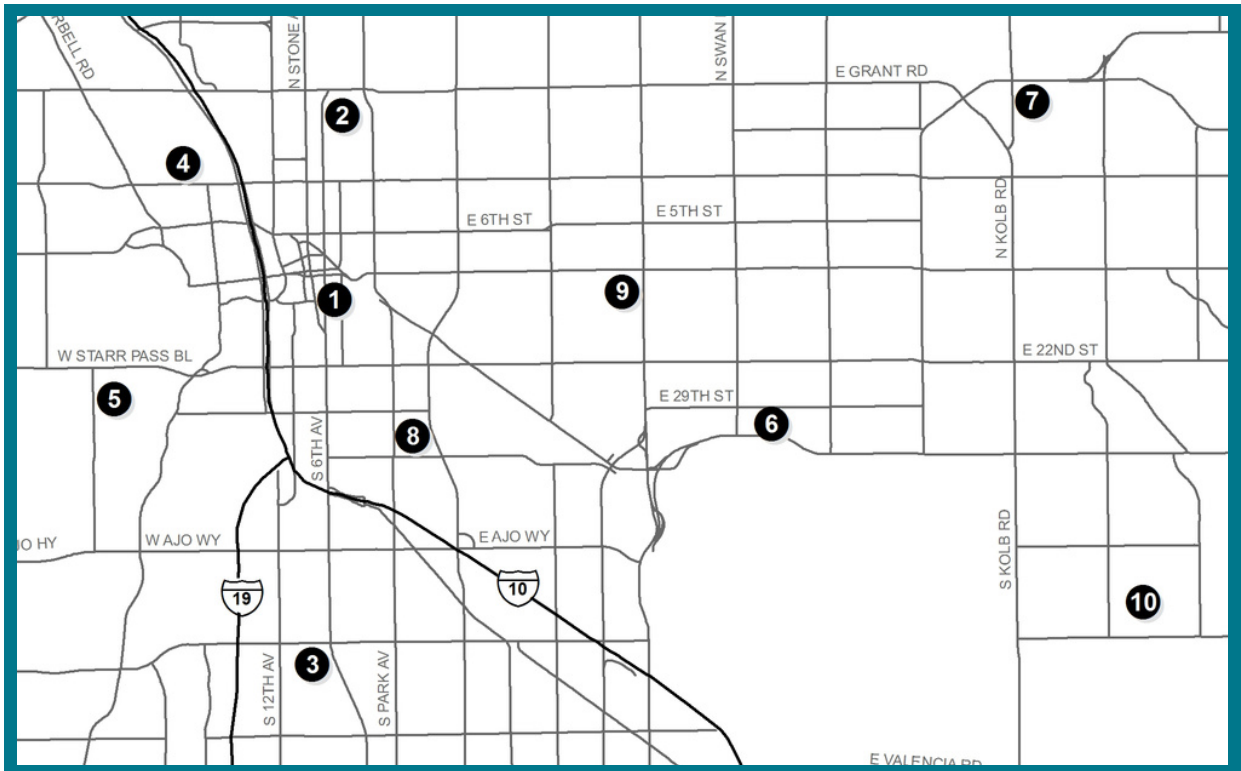


# Senior Meal Program & EnhanceFitness

A partnership with Pima Council on Aging, Catholic Social Services, and Tucson Parks and Recreation



## M Senior Meal Program

Social activities and nutritious meals for people 60 and older.  
\$2 suggested donation  
\$8 for guests not eligible for the program.

Pre-registration is required.  
Call the center at selected sites for more information or to register.

## E EnhanceFitness

A low to moderate level exercise class taught by a certified fitness instructor. Includes a 20 minute no/low-impact aerobic segment, stretches, and structured strength training exercises using weights. Fitness assessments done at 4-month intervals.  
What: 1 hour, 3 times per week  
Cost: \$36/month

For more info, call the PCOA Health Promotion Department at 520-305-3410.

Level 1 - chair class  
Level 2 - low impact standing aerobics  
Levels 1 & 2 - both chair and low impact standing aerobic segments

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|---|---|
| <p><b>1 Armory Park Senior Center</b><br/>220 S. 5th Ave.<br/>520-791-4865<br/>M Monday-Friday 3-4 p.m.</p>   | <p><b>6 Freedom Park Center</b><br/>5000 E. 29th Street<br/>520-791-4969<br/>M Monday-Friday at noon</p>  |
| <p><b>2 Donna Liggins Center</b><br/>2160 N. 6th Ave.<br/>520-791-3247<br/>M Monday-Friday at 11:30 a.m.</p>  | <p><b>7 Morris K. Udall Center</b><br/>7200 E. Tanque Verde Road<br/>520-791-4931<br/>E Monday, Wednesday, Friday<br/>11 a.m.-noon Level 1/2</p>                            |
| <p><b>3 El Pueblo Center</b><br/>101 W. Irvington Rd.<br/>520-791-5155<br/>M Monday-Friday at noon<br/>(Neighborhood Center)<br/>E Monday, Wednesday, Friday<br/>11 a.m.-noon Level 1/2</p> | <p><b>8 Quincie Douglas Center</b><br/>1575 E. 36th Street<br/>520-791-2507<br/>M Monday-Friday<br/>8:30-9:30 a.m.<br/>11:30 a.m.-noon</p>                                  |
| <p><b>4 El Rio Neighborhood Center</b><br/>1390 W. Speedway<br/>520-791-4683<br/>M Monday-Friday at 11:30 a.m.<br/>E Monday, Wednesday, Friday<br/>11 a.m.-noon Level 2</p>                 | <p><b>9 Randolph Recreation Center</b><br/>200 S. Alvernon<br/>520-791-4560<br/>E Monday, Wednesday, Friday<br/>9-10 a.m. Levels 1/2</p>                                    |
| <p><b>5 Fred Archer Center</b><br/>1665 S. La Cholla<br/>520-791-4353<br/>M Monday-Friday at 11:30 a.m.</p>   | <p><b>10 William Clements Center</b><br/>8155 E. Poinciana Dr.<br/>520-791-5787<br/>M Monday-Friday at noon<br/>E Monday, Wednesday, Friday<br/>8:30-9:30 a.m. Levels 2</p> |