



Tolleson Senior Center & Social Club

Newsletter
January 2026



Assistance with WIC, SNAP, AHCCCS, and Cash Assistance

Adelante Healthcare

Monday 8AM - 12PM

Walk-ins welcome

Helping Families In Need

Thursday 8AM - 4PM

Home Delivered Meals

Contact the Area Agency on Aging at 602-264-4357 and they will help you determine if you are eligible for services.

Contact Information

Phone: 623-936-2760

Tolleson Civic Center
Esther Angulo Community Center
9055 W Van Buren St
Tolleson, AZ 85353

Hours:

Monday - Wednesday
7:30am-7:00pm

Thursday - Friday
7:30am-5:00pm

Saturday
9:00am-5:00pm



Winter Wordsearch

Y	X	B	I	C	I	C	L	E	N
W	I	Y	P	G	F	F	L	B	C
B	O	O	T	S	R	H	H	P	O
U	C	O	A	T	O	G	A	N	L
L	D	Z	N	K	Z	J	T	I	D
E	K	G	M	N	E	K	Q	N	S
J	S	K	I	I	N	G	C	J	O
S	C	A	R	F	R	P	X	F	C
S	Z	Z	K	Q	P	P	C	A	K
D	F	Q	U	I	L	T	I	A	S

Boots

Coat

Cold

Frozen

Hat

Icicle

Quilt

Scarf

Skiing

Socks



Get Paid to be a Family Caregiver

Contact your local AHCCCS/ALTCS office for additional information
602-417-6600

Transportation

Reservation cut-off is 4PM, one day in advance.

For cancellations call before 7:00am

623-936-2760



Programs held in partnership with Area Agency on Aging, Region One, 24-Hour Senior Help Line CALL: 602-264-4357 TOLL FREE: 888-783-7500 TEXT (SMS): 520-775-1899

Senior Center

Tolleson Senior Center
Ages 60+ & Disabled Adults

DAILY ACTIVITIES

Billiards, Dominos, Fitness Room, and Board Games



MONTHLY ACTIVITIES

JANUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Lunch provided daily from 12pm-1pm. Senior Center members are encouraged to register for lunch by 11:00am. First Come/First Serve</p>				
<p>8:00am-12:00pm Adelante Healthcare</p> <p>5 8:30am-10:00am Bingo</p> <p>8:30am-10:00am Bingo</p> <p>10:00am-11:30am Karaoke</p>	<p>8:30am-10:00am Bingo</p> <p>9:00am-10:00am Mat Yoga</p> <p>10:00am-11:00am Chair Yoga</p>	<p>HAPPY NEW YEAR 2026</p> <p>8:30am-10:00am Bingo</p> <p>10:00am-11:00am Chair Exercise</p>	<p>New Year's Day CLOSED</p> <p>8:00am-4:00pm Helping Families in Need</p> <p>8:30am-10:00am Bingo</p> <p>9:00am-10:00am Tai Chi Exercise</p> <p>10:00am-11:00am Dance Fitness</p>	<p>1 8:30am-10:00am Bingo</p> <p>2 10:00am-11:30am Karaoke</p>
<p>8:00am-12:00pm Adelante Healthcare</p> <p>12 8:30am-10:00am Bingo</p> <p>10:00am-11:30am Karaoke</p>	<p>8:00am Brown Bag & Commodity Boxes - first come/ first serve</p> <p>13 8:30am-10:00am Bingo</p> <p>9:00am-10:00am Mat Yoga</p> <p>10:00am-11:00am Chair Yoga</p>	<p>8:30am-10:00am Bingo</p> <p>10:00am-11:00am Chair Exercise</p>	<p>8:00am-4:00pm Helping Families in Need</p> <p>14 8:30am-10:00am Bingo</p> <p>9:00am-10:00am Tai Chi Exercise</p> <p>10:00am-11:00am Dance Fitness</p>	<p>8:30am-10:00am Bingo</p> <p>16 10:00am-11:30am Karaoke</p>
<p>CLOSED FOR MLK</p> <p>19 8:30am-10:00am Bingo</p> <p>9:00am-10:00am Mat Yoga</p> <p>10:00am-11:00am Chair Yoga</p>	<p>20 8:30am-10:00am Bingo</p> <p>9:00am-10:00am Mat Yoga</p> <p>10:00am-11:00am Chair Yoga</p>	<p>8:30am-10:00am Bingo</p> <p>10:00am-11:00am Chair Exercise</p> <p>10:00am-11:30am Trip to Blessed Sacrament (RSVP)</p> <p>11:00am Farmers Market First come/first serve</p>	<p>8:00am-4:00pm Helping Families in Need</p> <p>21 8:30am-10:00am Bingo</p> <p>9:00am-10:00am Tai Chi Exercise</p> <p>10:00am-11:00am Dance Fitness</p> <p>11:00am-11:30am Cake Walk</p>	<p>22 8:30am-10:00am Bingo</p> <p>23 10:00am-11:30am Karaoke</p>
<p>8:00am-12:00pm Adelante Healthcare</p> <p>26 8:30am-10:00am Bingo</p> <p>10:00am-11:30am Karaoke</p>	<p>8:00am Brown Bag - first come/ first serve</p> <p>27 8:30am-10:00am Bingo</p> <p>9:00am-10:00am Mat Yoga</p> <p>10:00am-11:00am Chair Yoga</p>	<p>8:30am-10:00am Bingo</p> <p>10:00am-11:00am Chair Exercise</p> <p>10:00am-11:30am Arts & Craft (RSVP)</p>	<p>8:00am-4:00pm Helping Families in Need</p> <p>28 8:30am-10:00am Bingo</p> <p>9:00am-10:00am Tai Chi Exercise</p> <p>10:00am-11:00am Dance Fitness</p>	<p>29 8:30am-10:00am Bingo</p> <p>30 10:00am-11:30am Karaoke</p>

Social Club Ages 50+

Monday - Wednesday 1:00pm-7:00pm
Thursday - Friday 1:00pm-5:00pm
Saturday 9:00am-5:00pm

Dinner

Monday - Wednesday 5:30-6:30pm
Thursday - Friday 4:00-5:00pm
Saturday (Lunch Only) 12:00-1:00pm

Daily Activities: Billiards, Dominos, Fitness Room, Board Games, and more



MONTHLY ACTIVITIES

JANUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>2026</p> <p>2:00pm-4:00pm Diamond Paintings</p> <p>4:30pm-5:15pm Grief/Loss (Spanish)</p>	<p>Don't forget to RSVP for January activities!</p> <p>5 1:30pm-2:30pm Bingo</p> <p>3:00pm-4:00pm Chair Exercise</p> <p>4:30pm-5:15pm Grief/Loss (English)</p>	<p>6 1:00pm-2:00pm Drumstick Cardio Workout</p> <p>2:00pm-3:00pm Phoenix Herp Presentation</p> <p>3:30pm-4:30pm Craft</p>	<p>New Year's Day CLOSED</p> <p>7 3:00pm Sprouts Food Donation Distribution - first come / first serve</p>	<p>1 1:00pm-2:30pm Salsa Dancing</p> <p>2 2:30pm-5pm Movie and Popcorn</p>	<p>3 9:30am-10:30am Line Dancing</p> <p>11:00am-12:00pm Prize Bingo</p> <p>2:00pm-4:00pm Drop In Crafts</p>
<p>2:00pm-4:00pm Painting with Charlie (RSVP)</p> <p>12 4:30pm-5:00pm Craft</p> <p>4:30pm-5:15pm Grief/Loss (Spanish)</p>	<p>1:30pm-2:30pm Bingo</p> <p>3:00pm-4:00pm Chair Exercise</p> <p>4:30pm-5:15pm Grief/Loss (English)</p>	<p>13 1:00pm-2:00pm Drumstick Cardio Workout</p> <p>2:00pm-4:00pm Candle Making (RSVP)</p> <p>4:30pm-5:00pm Bracelet making</p>	<p>14 3:00pm Sprouts Food Donation Distribution - first come / first serve</p>	<p>15 1:00pm-2:30pm Salsa Dancing</p> <p>2:30pm-5pm Movie and Popcorn</p>	<p>9:00am-2:00pm Red Cross Blood Drive</p> <p>9:30am-10:30am Line Dancing</p> <p>11:00am-12:00pm Prize Bingo</p> <p>2:00pm-4:00pm Drop In Crafts</p>
<p>CLOSED FOR MLK</p> <p>19 1:30pm-2:30pm Bingo</p> <p>3:00pm-4:00pm Chair Exercise</p> <p>4:30pm-5:15pm Grief/Loss (English)</p>	<p>20 1:30pm-2:30pm Bingo</p> <p>3:00pm-4:00pm Chair Exercise</p> <p>4:30pm-5:15pm Grief/Loss (English)</p>	<p>1:00pm-2:00pm Drumstick Cardio Workout</p> <p>2:00pm-4:00pm Painting with Brigitte (RSVP)</p> <p>4:30pm-5:00pm DIY Keychains</p>	<p>21 3:00pm Sprouts Food Donation Distribution - first come / first serve</p>	<p>22 1:00pm-2:30pm Salsa Dancing</p> <p>2:30pm-5pm Movie and Popcorn</p>	<p>23 9:30am-10:30am Line Dancing</p> <p>11:00am-12:00pm Prize Bingo</p> <p>2:00pm-4:00pm Drop In Crafts</p>
<p>2:00pm-3:00pm Sunshine Craft (RSVP)</p> <p>26 3:30pm-4:30pm Ceramic Craft</p> <p>4:30pm-5:15pm Grief/Loss (Spanish)</p>	<p>1:30pm-2:30pm Bingo</p> <p>3:00pm-4:00pm Chair Exercise</p> <p>4:30pm-5:15pm Grief/Loss (English)</p>	<p>27 1:00pm-2:00pm Drumstick Cardio Workout</p> <p>2:00pm-3:30pm Dr Michelle Green Presentation</p> <p>4:00pm-5:00pm DIY Canvas Painting</p>	<p>28 3:00pm Sprouts Food Donation Distribution - first come / first serve</p>	<p>29 1:00pm-2:30pm Salsa Dancing</p> <p>2:30pm-5pm Movie and Popcorn</p>	<p>30 9:30am-10:30am Line Dancing</p> <p>10:00am-4:00pm State Bar of Arizona Legal Event</p> <p>11:00am-12:00pm Prize Bingo</p>

Senior Center

Tolleson Senior Center Ages 60+ & Disabled Adults

Breakfast (Monday - Friday) 7:45am - 9:15am
Lunch (Monday - Friday) 12:00pm - 1:00pm
Lunch contribution \$2.00, Guest \$4.00

Tolleson Social Club Ages 50+

Lunch (Saturday) 12:00pm - 1:00pm
Dinner (Monday - Wednesday) 5:30pm - 6:30pm
Dinner (Thursday - Friday) 4:00pm - 5:00pm
Free meals for registered members

LUNCH & DINNER MENU JANUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 New Year's Day CLOSED	2 Lunch: Pizza & Chips Dinner: Ham and Pineapple Pizza, Side Salad, Chips, Cookie, Fruit	3 Lunch: Italian BMT Sandwich, Chips, Cookie, Choice of Fruit
5 Lunch: Beef Barbacoa Bowl, Green Salad, Beans Dinner: Diced Grilled Chicken, Brown Rice, Steamed Broccoli, Fruit	6 Lunch: Fish Soup, Potatoes, Carrots Dinner: Beef and Bean Burrito, Spanish Rice, Salsa and Sour Cream, Fruit	7 Lunch: Chicken Milenese, Oven Squash, Corn Dinner: Baked Fish, Brown Rice, Green Beans, Jello	8 Lunch: Beef Flautas, Tomato and Onion, Lettuce Dinner: Beef Picadillo, Spanish Rice, Baby Carrots, Applesauce	9 Lunch: Turkey Pizza, Green Salad, Carrots Dinner: Chicken Alfredo, Steamed Broccoli, Breadstick, Fruit Cup	10 Lunch: Ham and Cheese Sandwich, Chips, Fruit Cup, Cookie, Milk and Juice
12 Lunch: Bean and Cheese Popusas, Carrots, Cabbage Salad, Cauliflower, Fruit Dinner: Spaghetti with Meat Sauce, Dinner Roll, Side Salad, Fruit Cup	13 Lunch: Citrus Baked Cod, Peas and Carrots, V-8 Juice Dinner: Chicken Tinga, Refried Beans, Steamed Corn, Fruit	14 Lunch: Teriyaki Chicken, Oven Baked Broccoli, Veggie Egg Roll Dinner: Chicken Stir Fry, Brown Rice, Steamed Mixed Veggies, Applesauce	15 Lunch: Charro Beans, Pico De Gallo Salad, Potatoes Dinner: Pork Carnitas, Black Beans, Fruit Cup	16 Lunch: 3 Cheese Sandwich, 3 Bean Salad, Carrots Dinner: Pepperoni and Sausage Pizza, Side Salad, Cookie, Fruit	17 Lunch: Chicken Caesar Wrap, Yogurt Parfait, Chips, Cookie, Milk and Juice
19 CLOSED FOR MLK	20 Lunch: Chicken Quesadilla with Pico De Gallo, Zucchini, Green Salad Dinner: Tacos Dorados de Papa, Salsa, Sour Cream, Fruit	21 Lunch: Pork Chop, Scalloped Potatoes, Green Beans Dinner: Meatloaf, Mashed Potatoes, Roasted Carrots, Applesauce	22 Lunch: Baked Potatoes with Cheese, Broccoli, Tomatillo and Onion Bake Dinner: Red Cheese Enchiladas, Brown Rice, Fruit Cup	23 Lunch: Beef in Broth, Onion and Tomatillo in Main, Peruano Beans Dinner: Cheeseburger, Chips, Lettuce and Tomato, Orange Wedges	24 Lunch: Tuna Sandwich, Cucumber Slices with Ranch, Chips, Orange Wedges
26 Lunch: Chicken Soup, Beans/Squash, Fruit Dinner: Sopa de Fideo con Papas, Dinner Roll, Fruit Cup, Jello	27 Lunch: Tacos al Pastor, Steamed Broccoli, Pico Salad w/Avocado, Fruit Dinner: Beef Chili, Cornbread, Carrot Sticks, Applesauce	28 Lunch: Crusted Tilapia, Red Potatoes, Asparagus, Fruit Dinner: Veggie Quesadilla, Spanish Rice, Black Beans, Salsa, Banana	29 Lunch: Veggie LoMein w/Bell Peppers and Onion, Asian blend Vegetables, Fruit Dinner: Meatball Sub, Fresh Fruit Cup, Side Salad with Ranch	30 Lunch: Chicken Mole, Roasted Corn, Green Salad, Fruit Cup Dinner: Popcorn Chicken, Mashed Potatoes, Corn and Cheese, Fruit	31 Lunch: Egg Salad Sandwich, Goldfish Pretzels, Apple Slices, Cookie, Milk and Cookies

BIRTHDAYS OF THE MONTH

MARIA T.-----1/01
MARIA V.-----1/01
GUADALUPE R.-----1/02
LORENA O.-----1/03
LUPE H.-----1/04
ANGELINA A.-----1/04
MANUEL F.-----1/05
KIMBERLY E.-----1/05
RUBEN G.-----1/06
SALLY B.-----1/07
TINA R.-----1/07
YOLANDA C.-----1/08
TEOFILO V.-----1/08

ISAAC S.-----1/09
SHIRLEY J.-----1/10
JULIA Q.-----1/10
MARTHA S.-----1/11
MARIA V.-----1/12
RAUL S.-----1/13
FRED D.-----1/13
GABRIEL M.-----1/13
APOLONIO A.-----1/13
MARIA B.-----1/14
MILKA P.-----1/14
JAMIE U.-----1/15
JACKIE W.-----1/17
ROBERT C.-----1/19

MICHELLE S.-----1/19
MARIA D.-----1/21
ANA T.-----1/21
ISMAEL P.-----1/22
GLORIA R.-----1/22
MARIA B.-----1/22
JANIE E.-----1/22
DOLORES D.-----1/23
MARIA V.-----1/23
CARLOS F-R.-----1/23
LYDIA L.-----1/23
MARTHA R.-----1/24
MARIA L.-----1/24
MARIA C.-----1/24

PATRICIA D.-----1/24
ROSA L.-----1/25
CELIA O.-----1/25
RICHARD N.-----1/26
ROCIO G.-----1/27
MARIA V.-----1/27
MARIO H.-----1/28
JAVIER M-V.-----1/28
MARIA V.-----1/28
MARIA C.-----1/29
LORENZO D. JR.-----1/29
ERNESTINE G.-----1/29
GUADALUPE H.-----1/29
EVANGELINA V.-----1/31

