



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.

Get Paid to be a Family Caregiver

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

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

Transportation

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

For cancellations
call before 7:00am

623-936-2760

Boots	Icicle
Coat	Quilt
Cold	Scarf
Frozen	Skiing
Hat	Socks



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
Lunch provided daily from 12pm-1pm. Senior Center members are encouraged to register for lunch by 11:00am. First Come/First Serve			New Year's Day CLOSED	1 8:30am-10:00am Bingo 10:00am-11:30am Karaoke
8:00am-12:00pm Adelante Healthcare 8:30am-10:00am Bingo 10:00am-11:30am Karaoke	5 8:30am-10:00am Bingo 9:00am-10:00am Mat Yoga 10:00am-11:00am Chair Yoga	6 8:30am-10:00am Bingo 10:00am-11:00am Chair Exercise	7 8:00am-4:00pm Helping Families in Need 8:30am-10:00am Bingo 9:00am-10:00am Tai Chi Exercise 10:00am-11:00am Dance Fitness	8 8:30am-10:00am Bingo 10:00am-11:30am Karaoke
8:00am-12:00pm Adelante Healthcare 8:30am-10:00am Bingo 10:00am-11:30am Karaoke	12 8:00am Brown Bag & Commodity Boxes - first come/ first serve 8:30am-10:00am Bingo 9:00am-10:00am Mat Yoga 10:00am-11:00am Chair Yoga	13 8:30am-10:00am Bingo 10:00am-11:00am Chair Exercise	14 8:00am-4:00pm Helping Families in Need 8:30am-10:00am Bingo 9:00am-10:00am Tai Chi Exercise 10:00am-11:00am Dance Fitness	15 8:30am-10:00am Bingo 10:00am-11:30am Karaoke
	19 CLOSED FOR MLK	20 8:30am-10:00am Bingo 9:00am-10:00am Mat Yoga 10:00am-11:00am Chair Yoga	21 8:00am-4:00pm Helping Families in Need 8:30am-10:00am Bingo 9:00am-10:00am Tai Chi Exercise 10:00am-11:00am Dance Fitness 11:00am-11:30am Cake Walk	22 8:30am-10:00am Bingo 10:00am-11:30am Karaoke
8:00am-12:00pm Adelante Healthcare 8:30am-10:00am Bingo 10:00am-11:30am Karaoke	26 8:00am Brown Bag - first come/ first serve 8:30am-10:00am Bingo 9:00am-10:00am Mat Yoga 10:00am-11:00am Chair Yoga	27 8:30am-10:00am Bingo 10:00am-11:00am Chair Exercise 10:00am-11:30am Arts & Craft (RSVP)	28 8:00am-4:00pm Helping Families in Need 8:30am-10:00am Bingo 9:00am-10:00am Tai Chi Exercise 10:00am-11:00am Dance Fitness	29 8:30am-10:00am Bingo 10:00am-11:30am Karaoke
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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
	Don't forget to RSVP for January activities!		New Year's Day CLOSED	1 1:00pm-2:30pm Salsa Dancing 2:30pm-5pm Movie and Popcorn	2 9:30am-10:30am Line Dancing 11:00am-12:00pm Prize Bingo 2:00pm-4:00pm Drop In Crafts
2:00pm-4:00pm Diamond Paintings 4:30pm-5:15pm Grief/Loss (Spanish)	5 1:30pm-2:30pm Bingo 3:00pm-4:00pm Chair Exercise 4:30pm-5:15pm Grief/Loss (English)	6 1:00pm-2:00pm Drumstick Cardio Workout 2:00pm-3:00pm Phoenix Herb Presentation 3:30pm-4:30pm Craft	7 3:00pm Sprouts Food Donation Distribution - first come / first serve	8 1:00pm-2:30pm Salsa Dancing 2:30pm-5pm Movie and Popcorn	9 9:00am-2:00pm Red Cross Blood Drive 9:30am-10:30am Line Dancing 11:00am-12:00pm Prize Bingo 2:00pm-4:00pm Drop In Crafts
2:00pm-4:00pm Painting with Charlene (RSVP) 4:30pm-5:00pm Craft 4:30pm-5:15pm Grief/Loss (Spanish)	12 1:30pm-2:30pm Bingo 3:00pm-4:00pm Chair Exercise 4:30pm-5:15pm Grief/Loss (English)	13 1:00pm-2:00pm Drumstick Cardio Workout 2:00pm-4:00pm Candle Making (RSVP) 4:30pm-5:00pm Bracelet making	14 3:00pm Sprouts Food Donation Distribution - first come / first serve	15 1:00pm-2:30pm Salsa Dancing 2:30pm-5pm Movie and Popcorn	16 9:30am-10:30am Line Dancing 11:00am-12:00pm Prize Bingo 12:30pm-1:30pm Digestive Health Presentation
	19 CLOSED FOR MLK	20 1:00pm-2:00pm Drumstick Cardio Workout 2:00pm-4:00pm Painting with Brigitte (RSVP) 4:30pm-5:00pm DIY Keychains	21 3:00pm Sprouts Food Donation Distribution - first come / first serve	22 1:00pm-2:30pm Salsa Dancing 2:30pm-5pm Movie and Popcorn	23 9:30am-10:30am Line Dancing 11:00am-12:00pm Prize Bingo 2:00pm-4:00pm Drop In Crafts
2:00pm-3:00pm Sunshine Craft (RSVP) 3:30pm-4:30pm Ceramic Craft 4:30pm-5:15pm Grief/Loss (Spanish)	26 1:30pm-2:30pm Bingo 3:00pm-4:00pm Chair Exercise 4:30pm-5:15pm Grief/Loss (English)	27 1:00pm-2:00pm Drumstick Cardio Workout 2:00pm-3:30pm Dr Michelle Green Presentation 4:00pm-5:00pm DIY Canvas Painting	28 3:00pm Sprouts Food Donation Distribution - first come / first serve	29 1:00pm-2:30pm Salsa Dancing 2:30pm-5pm Movie and Popcorn	30 9:30am-10:30am Line Dancing 10:00am-4:00pm State Bar of Arizona Legal Event 11:00am-12:00pm Prize Bingo
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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	1 Lunch: Pizza & Chips Dinner: Ham and Pineapple Pizza, Side Salad, Chips, Cookie, Fruit	2 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	ISAAC S-----1/09	MICHELLE S-----1/19	PATRICIA D-----1/24
MARIA V-----1/01	SHIRLEY J-----1/10	MARIA D-----1/21	ROSA L-----1/25
GUADALUPE R-----1/02	JULIA Q-----1/10	ANA T-----1/21	CELIA O-----1/25
LORENA O-----1/03	MARTHA S-----1/11	ISMAEL P-----1/22	RICHARD N-----1/26
LUPE H-----1/04	MARIA V-----1/12	GLORIA R-----1/22	ROCIO G-----1/27
ANGELINA A-----1/04	RAUL S-----1/13	MARIA B-----1/22	MARIA V-----1/27
MANUEL F-----1/05	FRED D-----1/13	JANIE E-----1/22	MARIO H-----1/28
KIMBERLY E-----1/05	GABRIEL M-----1/13	DOLORES D-----1/23	JAVIER M-V-----1/28
RUBEN G-----1/06	APOLONIO A-----1/13	MARIA V-----1/23	MARIA V-----1/28
SALLY B-----1/07	MARIA B-----1/14	CARLOS F-R-----1/23	MARIA C-----1/29
TINA R-----1/07	MILKA P-----1/14	LYDIA L-----1/23	LORENZO D. JR-----1/29
YOLANDA C-----1/08	JAMIE U-----1/15	MARTHA R-----1/24	ERNESTINE G-----1/29
TEOFILO V-----1/08	JACKIE W-----1/17	MARIA L-----1/24	GUADALUPE H-----1/29
	ROBERT C-----1/19	MARIA C-----1/24	EVANGELINA V-----1/31

