

# Tolleson Senior Center & Social Club

Newsletter  
February 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

## Valentine's Day Wordsearch

Adore	Dear	Honey
February	Love	Admire
Friend	Hug	Special

o l a d f i d e a r  
c a f h e v e k u h  
r i a j b y a l a o  
g c t f r i e n d n  
p e r a u q u t o n  
s p m n a c l o r y  
z s b o r d o t e g  
h o n e y d v e g u  
w a d m i r e s e h

## 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

FEBRUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>8:00am-12:00pm</b> Adelante Healthcare <b>8:30am-10:00am</b> Bingo <b>10:00am-11:30am</b> Karaoke	<b>2</b> <b>8:30am-10:00am</b> Bingo <b>9:00am-10:00am</b> Mat Yoga <b>10:00am-11:00am</b> Chair Yoga	<b>3</b> <b>8:30am-10:00am</b> Bingo <b>10:00am-11:00am</b> Chair Exercise	<b>4</b> <b>8:00am-4:00pm</b> Helping Families in Need <b>8:30am-10:00am</b> Bingo <b>9:00am-10:00am</b> Tai Chi Exercise <b>10:00am-11:00am</b> Dance Fitness	<b>5</b> <b>8:30am-10:00am</b> Bingo <b>10:00am-11:30am</b> Karaoke <b>11:00am</b> Commodity Boxes first come/first serve
<b>8:00am-12:00pm</b> Adelante Healthcare <b>8:30am-10:00am</b> Bingo <b>10:00am-11:30am</b> Karaoke	<b>9</b> <b>8:00am</b> Brown Bag - first come/ first serve <b>8:30am-10:00am</b> Bingo <b>9:00am-10:00am</b> Mat Yoga <b>10:00am-11:00am</b> Chair Yoga	<b>10</b> <b>8:30am-10:00am</b> Bingo <b>10:00am-11:00am</b> Chair Exercise	<b>11</b> <b>8:00am-4:00pm</b> Helping Families in Need <b>8:30am-10:00am</b> Bingo <b>9:00am-10:00am</b> Tai Chi Exercise <b>10:00am-11:00am</b> Dance Fitness	<b>12</b> <b>9:00am-12:00pm</b> <b>Valentine's Day Dance (RSVP)</b>
<b>CLOSED</b>  <b>PRESIDENT'S DAY</b>	<b>16</b> <b>8:30am-10:00am</b> Bingo <b>9:00am-10:00am</b> Mat Yoga <b>10:00am-11:00am</b> Chair Yoga	<b>17</b> <b>8:30am-10:00am</b> Bingo <b>10:00am-11:00am</b> Chair Exercise <b>10:00am-11:30am</b> Trip to Blessed Sacrament (RSVP) <b>11:00am</b> Farmers Market First come/first serve	<b>18</b> <b>8:00am-4:00pm</b> Helping Families in Need <b>8:30am-10:00am</b> Bingo <b>9:00am-10:00am</b> Tai Chi Exercise <b>10:00am-11:00am</b> Dance Fitness	<b>19</b> <b>8:30am-10:00am</b> Bingo <b>9:00am-2:00pm</b> Lone Butte Casino Trip (RSVP) <b>10:00am-11:30am</b> Karaoke
<b>8:00am-12:00pm</b> Adelante Healthcare <b>8:30am-10:00am</b> Bingo <b>10:00am-11:30am</b> Karaoke	<b>23</b> <b>8:00am</b> Brown Bag - first come/ first serve <b>8:30am-10:00am</b> Bingo <b>9:00am-10:00am</b> Mat Yoga <b>10:00am-11:00am</b> Chair Yoga	<b>24</b> <b>8:30am-10:00am</b> Bingo <b>10:00am-11:00am</b> Chair Exercise <b>10:00am-11:30am</b> Arts & Craft (RSVP)	<b>25</b> <b>8:00am-4:00pm</b> Helping Families in Need <b>8:30am-10:00am</b> Bingo <b>9:00am-10:00am</b> Tai Chi Exercise <b>10:00am-11:00am</b> Dance Fitness <b>11:00am-11:30am</b> Cake Walk	<b>26</b> <b>8:30am-10:00am</b> Bingo <b>10:00am-11:30am</b> Karaoke

Lunch provided daily from 12pm-1pm.  
Senior Center members are encouraged to register for lunch by 11:00am.  
First Come/First Serve



**FREE Tax Preparation Services**  
**A New Leaf - VITA**  
**Every Friday 10:00am-1:00pm**  
**2/6/26 - 4/10/26**

## Social Club Ages 50+

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

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

### Dinner

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



## MONTHLY ACTIVITIES

FEBRUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1:00pm-2:00pm</b> Special Presentation <b>2:30pm-3:30pm</b> Valentine's Day Craft <b>4:00pm-5:00pm</b> Diamond Paintings <b>4:30pm-5:15pm</b> Grief/Loss (Spanish)	<b>2</b> <b>1:30pm-2:30pm</b> Prize Bingo <b>3:00pm-4:00pm</b> Chair Exercise <b>4:30pm-5:15pm</b> Grief/Loss (English)	<b>3</b> <b>1:00pm-2:00pm</b> Drumstick Cardio Workout <b>2:00pm-3:00pm</b> Beaded Bracelets <b>3:30pm-5:00pm</b> DIY Canvas Paintings	<b>4</b> <b>3:00pm</b> Sprouts Food Donation Distribution - first come / first serve	<b>5</b> <b>1:00pm-2:30pm</b> Salsa Dancing <b>2:00pm-5:00pm</b> Movie and Popcorn	<b>6</b> <b>9:30am-10:30am</b> Line Dancing <b>11:00am-12:00pm</b> Prize Bingo <b>2:00pm-4:00pm</b> Drop In Crafts
<b>2:00pm-4:00pm</b> Painting with Charlyze (RSVP) <b>4:30pm-5:00pm</b> DIY Valentine's Pens <b>4:30pm-5:15pm</b> Grief/Loss (Spanish)	<b>9</b> <b>VALENTINE'S PARTY</b> <b>1:00pm-5:00pm</b>	<b>10</b> <b>1:00pm-2:00pm</b> Drumstick Cardio Workout <b>2:00pm-4:00pm</b> Painting with Brigitte (RSVP) <b>4:30pm-5:30pm</b> DIY Keychains	<b>11</b> <b>3:00pm</b> Sprouts Food Donation Distribution - first come / first serve	<b>12</b> <b>1:00pm-2:30pm</b> Salsa Dancing <b>1:00pm-3:00pm</b> Valentine's Day Flower Arrangements with Maddie (RSVP)	<b>13</b> <b>9:30am-10:30am</b> Line Dancing <b>10:00am-12:00pm</b> Valentine's Day Mariachi Performance (RSVP) <b>2:00pm-4:00pm</b> Drop In Crafts <i>Valentine's Day</i>
<b>CLOSED FOR PRESIDENT'S DAY</b>	<b>16</b> <b>1:30pm-2:30pm</b> Prize Bingo <b>3:00pm-4:00pm</b> Chair Exercise <b>4:30pm-5:15pm</b> Grief/Loss (English)	<b>17</b> <b>1:00pm-2:00pm</b> Drumstick Cardio Workout <b>2:30pm-4:00pm</b> Dr Michelle Green Presentation <b>4:15pm-5:00pm</b> Makai Hawaiian Dance Show	<b>18</b> <b>3:00pm</b> Sprouts Food Donation Distribution - first come / first serve	<b>19</b> <b>1:00pm-2:30pm</b> Salsa Dancing <b>2:30pm-5pm</b> Movie and Popcorn	<b>20</b> <b>9:30am-10:30am</b> Line Dancing <b>9:00am-10:30am</b> Trip to Walmart <b>11:00am-12:00pm</b> Prize Bingo <b>2:00pm-4:00pm</b> Drop In Crafts
<b>2:00pm-3:00pm</b> Floral Bracelets with Sunshine Craft (RSVP) <b>3:30pm-4:30pm</b> DIY Charm Bracelets <b>4:30pm-5:15pm</b> Grief/Loss (Spanish)	<b>23</b> <b>1:30pm-2:30pm</b> Prize Bingo <b>3:00pm-4:00pm</b> Chair Exercise <b>4:30pm-5:15pm</b> Grief/Loss (English)	<b>24</b> <b>1:00pm-2:00pm</b> Drumstick Cardio Workout <b>2:00pm-4:00pm</b> Candle Making (RSVP) <b>4:30pm-5:00pm</b> Hand Fan Decorating	<b>25</b> <b>3:00pm</b> Sprouts Food Donation Distribution - first come / first serve	<b>26</b> <b>1:00pm-2:30pm</b> Salsa Dancing <b>2:30pm-4:30pm</b> Loom Knitting (RSVP) <b>2:30pm-5pm</b> Movie and Popcorn	<b>27</b> <b>9:30am-10:30am</b> Line Dancing <b>11:00am-12:00pm</b> Prize Bingo <b>2:00pm-4:00pm</b> Drop In Crafts

Don't forget to RSVP for  
February activities!



# 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 FEBRUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Lunch:</b> Tuna Casserole, Mixed Vegetables, Green Salad <b>Dinner:</b> Chicken Parmesan Sandwich, Chips, Broccoli with Ranch, Jello	<b>Lunch:</b> Cheese and Potato Soup, Green Beans <b>Dinner:</b> Ground Beef Soft Tacos, Beans, Fruit	<b>Lunch:</b> Cheeseburger with Onion and Tomato, Potato Wedges, 3 bean Salad <b>Dinner:</b> Chicken Alfredo, Broccoli, Breadstick, Orange Wedges	<b>Lunch:</b> Orange Chicken, Oriental Veggies, Carrots <b>Dinner:</b> Chicken Fajitas with Bell Peppers, Spanish Rice, Fruit	<b>Lunch:</b> Pork Pozole, Cabbage, Onion, and Radish on Side, Zucchini <b>Dinner:</b> Cheese Pizza, Side Salad, Cookie, Fruit	<b>Lunch:</b> Turkey and Bacon Sandwich, Baby Carrots with Ranch, Chips, Fruit Cup, Milk and Juice
<b>Lunch:</b> Shrimp Fettuccine, Spinach, Mixed Veggies <b>Dinner:</b> Chicken Tinga, Spanish Rice, Fruit	<b>Lunch:</b> Creamy Chicken with Poblano Peppers <b>Dinner:</b> Special Dinner	<b>Lunch:</b> Lentil Soup, Steamed Broccoli, Tomato, Onion, and Bell Pepper in Main <b>Dinner:</b> Chicken Noodle Soup, Cucumber Salad, Fresh Pear	<b>Lunch:</b> Salsa Verde Pork, Green Beans, Butternut Squash <b>Dinner:</b> Spaghetti with Meat Sauce, Side Salad, Fruit Cup	<b>Lunch:</b> Beef Barbacoa, Carrots and Potatoes in Main, Pinto Beans <b>Dinner:</b> Chicken Tenders, Biscuit, Steamed Corn, Applesauce	<b>Lunch:</b> Chicken Salad Sandwich, Celery and Carrot Sticks with Ranch, Cookie, Fruit, Milk and Juice
<b>CLOSED FOR PRESIDENT'S DAY</b>	<b>Lunch:</b> Chicken Cordon Bleu, Oven Roasted Cauliflower, Mixed Veggies <b>Dinner:</b> Lemon Herb Tilapia, Cilantro Lime Rice, Applesauce	<b>Lunch:</b> Hawaiian Pork, Bell Peppers, Peas and Pineapples <b>Dinner:</b> Pepperoni Pizza, Mixed Green Salad, Cookie, Fruit	<b>Lunch:</b> Fish Sandwich, Coleslaw, Corn on the Cob <b>Dinner:</b> Chicken Tenders, Potato Wedges, Fruit	<b>Lunch:</b> Beef Soup, Potatoes, Spinach Salad <b>Dinner:</b> Mac and Cheese, Steamed Cauliflower, Dinner Roll, Orange Wedges	<b>Lunch:</b> Chicken Caesar Wrap, Chips, Yogurt Parfait with Granola, Cookie, Milk and Juice
<b>Lunch:</b> Oven Baked Chicken, Oven Roasted Cauliflower, Mixed Veggies <b>Dinner:</b> Chicken Quesadilla, Black Beans and Rice, Applesauce	<b>Lunch:</b> BBQ Pulled Pork Sandwich, Coleslaw, Black Beans <b>Dinner:</b> Beef Meatball Sub, Chips, Fruit, String Cheese	<b>Lunch:</b> Baked Salmon, Sweet Potatoes, Asparagus <b>Dinner:</b> Chicken Drumstick, Mashed Potatoes, Steamed Corn, Fruit Cup	<b>Lunch:</b> Albondiga Soup, Potatoes, Squash <b>Dinner:</b> Baked Lemon Garlic Chicken with Roasted Veggies, White Rice, Fruit	<b>Lunch:</b> Turkey Burger, Carrots, 3 Bean Salad <b>Dinner:</b> BBQ Pulled Pork, Dinner Roll, Coleslaw, Fruit Cup	<b>Lunch:</b> Tuna Salad Sandwich, Whole Grain Crackers, Carrot Sticks with Ranch, Yogurt Parfait, Milk and Juice

## BIRTHDAYS OF THE MONTH

BERTHA V.-----2/02  
 JESUSITA F.-----2/03  
 BLANCA C.-----2/03  
 ROBERT C.-----2/03  
 CANDELARIA C.---2/03  
 ANDREA W.-----2/04  
 CARLITA P.-----2/05  
 JUANITA V.-----2/05  
 MARIA G.-----2/06  
 DUANE P.-----2/06  
 SILVINO M.-----2/10

GONZALO R.-----2/10  
 MARYLU M.-----2/11  
 ERNESTINA V.-----2/12  
 MARIA B.-----2/12  
 SANDRA B.-----2/13  
 ESPERANZA M.----2/14  
 RAMON M.-----2/14  
 ALMA M.-----2/21  
 DANNY H.-----2/21  
 DOUGLAS C.-----2/21  
 LUIS H.-----2/22  
 ROSALINDA A.-----2/22

MARTIN R.-----2/23  
 MICKIE V.-----2/23  
 NOEMI R.-----2/24  
 ELENA R.-----2/24  
 DEBORA G.-----2/26  
 ROBIN A.-----2/27  
 ELVIRA R.-----2/28  
 HERIBERTO P.----2/29

