

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



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
8:00am-12:00pm Adelante Healthcare 8:30am-10:00am Bingo 10:00am-11:30am Karaoke	2 8:30am-10:00am Bingo 9:00am-10:00am Mat Yoga 10:00am-11:00am Chair Yoga	3 8:30am-10:00am Bingo 10:00am-11:00am Chair Exercise	4 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	5 8:30am-10:00am Bingo 10:00am-11:30am Karaoke 11:00am Commodity Boxes first come/first serve
8:00am-12:00pm Adelante Healthcare 8:30am-10:00am Bingo 10:00am-11:30am Karaoke	9 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	10 8:30am-10:00am Bingo 10:00am-11:00am Chair Exercise	11 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	12 9:00am-12:00pm Valentine's Day Dance (RSVP)
CLOSED 	16 8:30am-10:00am Bingo 9:00am-10:00am Mat Yoga 10:00am-11:00am Chair Yoga	17 8:30am-10:00am Bingo 10:00am-11:00am Chair Exercise 10:00am-11:30am Trip to Blessed Sacrament (RSVP) 11:00am Farmers Market First come/first serve	18 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	19 8:30am-10:00am Bingo 9:00am-2:00pm Lone Butte Casino Trip (RSVP) 10:00am-11:30am Karaoke
8:00am-12:00pm Adelante Healthcare 8:30am-10:00am Bingo 10:00am-11:30am Karaoke	23 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	24 8:30am-10:00am Bingo 10:00am-11:00am Chair Exercise 10:00am-11:30am Arts & Craft (RSVP)	25 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	26 8:30am-10:00am Bingo 10:00am-11:30am 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
1:00pm-2:00pm Special Presentation 2:30pm-3:30pm Valentine's Day Craft 4:00pm-5:00pm Diamond Paintings 4:30pm-5:15pm Grief/Loss (Spanish)	2 1:30pm-2:30pm Prize Bingo 3:00pm-4:00pm Chair Exercise 4:30pm-5:15pm Grief/Loss (English)	3 1:00pm-2:00pm Drumstick Cardio Workout 2:00pm-3:00pm Beaded Bracelets 3:30pm-5:00pm DIY Canvas Paintings	4 3:00pm Sprouts Food Donation Distribution - first come / first serve	5 1:00pm-2:30pm Salsa Dancing 2:00pm-5:00pm Movie and Popcorn	6 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 DIY Valentine's Pens 4:30pm-5:15pm Grief/Loss (Spanish)	9 VALENTINE'S PARTY 1:00pm-5:00pm	10 1:00pm-2:00pm Drumstick Cardio Workout 2:00pm-4:00pm Painting with Brigitte (RSVP) 4:30pm-5:30pm DIY Keychains	11 3:00pm Sprouts Food Donation Distribution - first come / first serve	12 1:00pm-2:30pm Salsa Dancing 1:00pm-3:00pm Valentine's Day Flower Arrangements with Maddie (RSVP)	13 9:30am-10:30am Line Dancing 10:00am-12:00pm Valentine's Day Mariachi Performance (RSVP) 2:00pm-4:00pm Drop In Crafts
CLOSED FOR PRESIDENT'S DAY	16 1:30pm-2:30pm Prize Bingo 3:00pm-4:00pm Chair Exercise 4:30pm-5:15pm Grief/Loss (English)	17 1:00pm-2:00pm Drumstick Cardio Workout 2:30pm-4:00pm Dr Michelle Green Presentation 4:15pm-5:00pm Makai Hawaiian Dance Show	18 3:00pm Sprouts Food Donation Distribution - first come / first serve	19 1:00pm-2:30pm Salsa Dancing 2:30pm-5pm Movie and Popcorn	20 9:30am-10:30am Line Dancing 9:00am-10:30am Trip to Walmart 11:00am-12:00pm Prize Bingo 2:00pm-4:00pm Drop In Crafts
2:00pm-3:00pm Floral Bracelets with Sunshine Craft (RSVP) 3:30pm-4:30pm DIY Charm Bracelets 4:30pm-5:15pm Grief/Loss (Spanish)	23 1:30pm-2:30pm Prize Bingo 3:00pm-4:00pm Chair Exercise 4:30pm-5:15pm Grief/Loss (English)	24 1:00pm-2:00pm Drumstick Cardio Workout 2:00pm-4:00pm Candle Making (RSVP) 4:30pm-5:00pm Hand Fan Decorating	25 3:00pm Sprouts Food Donation Distribution - first come / first serve	26 1:00pm-2:30pm Salsa Dancing 2:30pm-4:30pm Loom Knitting (RSVP) 2:30pm-5pm Movie and Popcorn	27 9:30am-10:30am Line Dancing 11:00am-12:00pm Prize Bingo 2:00pm-4:00pm 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
2 Lunch: Tuna Casserole, Mixed Vegetables, Green Salad Dinner: Chicken Parmesan Sandwich, Chips, Broccoli with Ranch, Jello	3 Lunch: Cheese and Potato Soup, Green Beans Dinner: Ground Beef Soft Tacos, Beans, Fruit	4 Lunch: Cheeseburger with Onion and Tomato, Potato Wedges, 3 bean Salad Dinner: Chicken Alfredo, Broccoli, Breadstick, Orange Wedges	5 Lunch: Orange Chicken, Oriental Veggies, Carrots Dinner: Chicken Fajitas with Bell Peppers, Spanish Rice, Fruit	6 Lunch: Pork Pozole, Cabbage, Onion, and Radish on Side, Zucchini Dinner: Cheese Pizza, Side Salad, Cookie, Fruit	7 Lunch: Turkey and Bacon Sandwich, Baby Carrots with Ranch, Chips, Fruit Cup, Milk and Juice
9 Lunch: Shrimp Fettuccine, Spinach, Mixed Veggies Dinner: Chicken Tinga, Spanish Rice, Fruit	10 Lunch: Creamy Chicken with Poblano Peppers Dinner: Special Dinner	11 Lunch: Lentil Soup, Steamed Broccoli, Tomato, Onion, and Bell Pepper in Main Dinner: Chicken Noodle Soup, Cucumber Salad, Fresh Pear	12 Lunch: Salsa Verde Pork, Green Beans, Butternut Squash Dinner: Spaghetti with Meat Sauce, Side Salad, Fruit Cup	13 Lunch: Beef Barbacoa, Carrots and Potatoes in Main, Pinto Beans Dinner: Chicken Tenders, Biscuit, Steamed Corn, Applesauce	14 Lunch: Chicken Salad Sandwich, Celery and Carrot Sticks with Ranch, Cookie, Fruit, Milk and Juice
16 CLOSED FOR PRESIDENT'S DAY	17 Lunch: Chicken Cordon Bleu, Oven Roasted Cauliflower, Mixed Veggies Dinner: Lemon Herb Tilapia, Cilantro Lime Rice, Applesauce	18 Lunch: Hawaiian Pork, Bell Peppers, Peas and Pineapples Dinner: Pepperoni Pizza, Mixed Green Salad, Cookie, Fruit	19 Lunch: Fish Sandwich, Coleslaw, Corn on the Cob Dinner: Chicken Tenders, Potato Wedges, Fruit	20 Lunch: Beef Soup, Potatoes, Spinach Salad Dinner: Mac and Cheese, Steamed Cauliflower, Dinner Roll, Orange Wedges	21 Lunch: Chicken Caesar Wrap, Chips, Yogurt Parfait with Granola, Cookie, Milk and Juice
23 Lunch: Oven Baked Chicken, Oven Roasted Cauliflower, Mixed Veggies Dinner: Chicken Quesadilla, Black Beans and Rice, Applesauce	24 Lunch: BBQ Pulled Pork Sandwich, Coleslaw, Black Beans Dinner: Beef Meatball Sub, Chips, Fruit, String Cheese	25 Lunch: Baked Salmon, Sweet Potatoes, Asparagus Dinner: Chicken Drumstick, Mashed Potatoes, Steamed Corn, Fruit Cup	26 Lunch: Albondiga Soup, Potatoes, Squash Dinner: Baked Lemon Garlic Chicken with Roasted Veggies, White Rice, Fruit	27 Lunch: Turkey Burger, Carrots, 3 Bean Salad Dinner: BBQ Pulled Pork, Dinner Roll, Coleslaw, Fruit Cup	28 Lunch: 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

