







January 2025 Activities Calendar

Liogue Senior Center 7601 S. Camino Benem Tucson, AZ 85757 Phone: 520-879-5530

Monday	Tuesday	Wednesday	Thursday	Friday
		1 	2 Exercise 10am-11am Chair Volleyball <u>Arts/Crafts</u> Calendar making	3 
6 Dr. Gonzales-Therapist 9:30-12 Exercise 10am-11am <u>Arts/Crafts</u> Calendar making	7 Exercise 10am-11am Chair Volleyball <u>Arts/Crafts</u> Calendar making	8 Podiatry 9:30-11am <u>Presentation: 10am-11</u> Language/Cultural	9 Exercise 10am-11am Chair Volleyball <u>Art/Crafts</u> Calendar making	10 
13 Dr. Gonzales-Therapist 9:30-12 Exercise 10am-11am <u>Arts/Crafts</u> Calendar making	14 Exercise 10am-11am Chair Volleyball <u>Arts/Crafts</u> Calendar making	15 Diabetes Wellness Check 9:30-11am <u>Presentation: 10am-11</u> Casa De La Luz Information session	16 <u>C.O.E. Meeting-10am</u>	17 
20 	21 Exercise 10am-11am Chair Volleyball <u>Arts/Crafts</u> Calendar making	22 Podiatry 9:30-11am <u>Presentation: 10am-11</u> Language/Cultural	23 Exercise 10am-11am Chair Volleyball <u>Arts/Crafts</u> Calendar making	24 
27 Dr. Gonzales-Therapist 9:30-12 Exercise 10am-11am <u>Arts/Crafts</u> Calendar making	28 Exercise 10am-11am <u>Arts/Crafts</u> Calendar making	29 Diabetes Wellness Check 9:30-11am <u>Presentation: 10am-11</u> Alzheimer's information	30 Exercise 10am-11am <u>Arts/Crafts</u> Calendar making	31 