



Tucson Chinese Cultural Center's Seniors Program

Date: July 11 2019



Christmas in July...
Turkey Lunch with all the trimmings
(Turkeys donated by Lotus Garden Restaurant)

Visit our website: www.tucsonchinese.org each week under the Seniors program tab

A vegetarian version of this Thursday's lunch is available upon request. Please notify us IN ADVANCE if you would like a vegetarian meal by contacting Susan at schan@tucsonchinese.org NO SPECIAL REQUESTS.

Thank you!



Birthday Celebration... Come celebrate with us.

Strawberry filling cake



Mahjongg...

Come join Marie and learn to play Hong Kong Style format mahjong.
Classes are on Tuesdays from 10AM-12:00PM

Donation table...

Please see the front desk for APPROVAL before you place your donation on the donation table in the lobby. We cannot accept any opened, partially used items, and perishables food donations. All food items that are not commercially wrapped in their original container will not be accepted. TCCC has the right to dispose of all items accordingly.



Safety first...

As our Seniors' program continues to expand, we might not know all of our members and their guest. It is important that you introduce yourself to people you might not know otherwise. This will help us keep the Center a safe and secure place for all TCCC members and their guest so that we may have an enjoyable program.

TCCC Instructors: Please make sure you are taking roll call before starting class.
All guest must register and pay at the front desk, prior to starting the classes.

Please let us know if you have any questions or concerns.



Class Schedule...

(subject to change without notice)

8:00AM-9:00AM

Country Swing Line Dancing with Karen

9:00AM-10:00AM

Taichi with Rani (XingYi)

(Substitute: North American Tang Shou Tao Association)

(Note: CIUA instructor to arrive in September : TBD)

9:30AM-10:00AM

Chinese Fan Dancing with Shuping

10:00AM-11:00AM

Senior Aerobics with Donna

10:00AM-11:00AM

Taichi with Roger

10:00AM-11:00AM

Taichi with Shuping (Chen Style)

11:00AM-11:30AM

Chinese Fan Dancing with Shuping

11:00AM-11:30PM

Taichi for arthritis with Roger Ederle

Senior Membership...

Just a reminder in order to participate in our Seniors program, you must be 55 years or older.

Senior Fee: \$180.00 per person /per year.

Daily Fee: \$10.00 per person

Extra Lunch Fee to go: \$7.00 per box

Announcements?...

Got an announcement to share with your fellow members? Birthday? Anniversary?

Please email me the information so I can share with everyone.

schan@tucsonchinese.org

Suggestions/Ideas...

Have a suggestion or idea for the Seniors Program?

Please email me with more information at schan@tucsonchinese.org

Note: Program schedule and lunch menu subject to change
TCCC does not endorse any speaker or the content of their presentation



Tucson Chinese Cultural Center

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Tucson, AZ 85704

520-292-6900

www.TucsonChinese.org

<https://www.facebook.com/TucsonChineseCulturalCenter>

For tickets please contact: 520-292-6900 or schan@tucsonchinese.org

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