

North Tempe Center: January Activities

Located at: 1555 N. Bridalwreath, Tempe Open: 8am to 1pm, MONDAY to FRIDAY

Senior Center Phone #(480) 858-6512

Please register/sign-up to ensure your spot in these FREE programs!



Tempe Community Action Agency

Monday	Tuesday	Wednesday	Thursday	Friday
Coffee & Treats: Mon-Friday, 8am to 11am		1 Closed for Holiday!	2 8am-Noon Pickleball 10am-11:30am Table Games - 5 Alive	3 10-11am Geri-Fit Exercise
6 10-11am Geri-Fit Exercise 11am-1pm American Mahjong NOON TCAA Lunch	7 8am-11am Walking Club – First day informational meeting at 9:30am Tuesday Movie 10:30am-12pm- Racing in the Rain	8 8am-11am Walking Club 10:30-11:15am Special Event: New Schedule and Dolo Send- off Celebration 11:30am TCAA Lunch	9 8am-Noon Pickleball 10am-11:30am Table Games -5 Alive * Dolo's Last Day :(10 8:45-9:45am Yoga 10-11am Geri-Fit Exercise
13 10-11am Geri-Fit Exercise 11am-1pm American Mahjong NOON TCAA Lunch	14 8am-11am Walking Club 11am-Noon DROP IN ART: Sticker art	15 8am-11am Walking Club 10:45-11:15am CRAFT TIME: Winter Shadow box Scene 11:30am TCAA Lunch	16 8am-Noon Pickleball 10am-11:30am Table Games -5 Alive	17 8:45-9:45am Yoga 10-11am Geri-Fit Exercise
20 LUTHER king jr day Closed for Holiday!	21 8am-11am Walking Club 11am-Noon DROP IN ART: Sticker art	22 8am-11am Walking Club 10:45-11:15am CRAFT TIME: Painted Trinket Dish 11:30am TCAA Lunch	23 8am-Noon Pickleball 10am-11:30am Table Games -5 Alive	24 8:45-9:45am Yoga 10-11am Geri-Fit Exercise
27 10-11am Geri-Fit Exercise 11am-1pm American Mahjong NOON TCAA Lunch	28 8am-11am Walking Club 11am-Noon DROP IN ART: Sticker art	29 8am-11am Walking Club 10:30-11:30am Special Event: Guest Speaker-Fire Prevention 11:30am TCAA Lunch	30 8am-Noon Pickleball 10am-11:30am Table Games -5 Alive	31 8:45-9:45am Yoga 10-11am Geri-Fit Exercise



JANUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TCAA is funded in part by Area Agency on Aging, Region One Menu subject to change due to availability. Items with **contain pork or pork products.	Tempe Community	1 Closed for Federal Holiday	2 Chicken Tacos , refried beans, Mexican corn, whole wheat tortilla, and a banana.	3 Whole Wheat Spaghetti and Beef Meatballs, green beans, garden green salad, bread stick, and sliced pears.
6 Shrimp Scampi , yellow squash, five-way vegetable mix, whole wheat fettucine, and cubed mangos.	7 Chicken Kiev , spinach, ba- by carrots, whole grain roll, and an apple.	8 ** Roasted Pork Loin , cau- liflower, peas, brown rice pilaf, and mixed berries.	9 Tortilla-Encrusted Tilapia , Brussels sprouts, chuck wagon corn, whole grain roll, and an orange.	10 Hamburger on a whole wheat bun, tater tots, four- way vegetable medley, and grapes.
13	14	15	16	17
Herb-Encrusted Chicken, summer squash, Italian vegetable medley, whole wheat pasta, and sliced pears.	Open-Faced Roast Beef Sandwich , roasted red po- tatoes, green beans, whole wheat bread, whole wheat Fig Newtons (R), and mixed berries (D)	Vegetarian Lasagna , Nor- mandy vegetables, garden green salad, whole-wheat roll, and grapes.	Shrimp Alfredo , spinach, mixed vegetables, brown rice, and a banana.	** Scrambled Eggs and Pork Sausage, tater tots, diced bell pepper and onion mix, whole wheat biscuit, and Mandarin oranges.
20	21	22	23	24
Closed for Federal Holiday	Chicken Nuggets , carrots and potatoes, broccoli, whole grain roll, and apri- cots.	Meatloaf , roasted skin-on potatoes, Brussels sprouts, whole grain roll, and a mixed berry crisp.	Chicken Salad , edamame, stewed tomatoes, whole grain roll, grapes (D), and Graham Crackers (R)	Herb-Encrusted Tilapia, yams, winter blend vegeta- bles, brown rice pilaf, and an apple.
27	28	29	30	31
Popcorn Chicken , mashed potatoes, corn, whole wheat biscuit, and a banana.	** Pork Cutlet , peas and onions, yams, whole wheat roll, and tropical fruit.	Veggie Lasagna , Norman- dy vegetables, green gar- den salad, whole wheat roll, and Mandarin oranges.	Hamburger on a whole wheat bun, tater tots, 4-way veggie medley, and grapes	Shrimp Alfredo on whole wheat pasta, Italian vegeta- bles, carrots, and Mixed fruit.