



# Tubac Community Center

*Your Community - Your Center - Since 1999*

## NOVEMBER 2025

### Holiday hours at the Center

Veterans Day, Nov. 11: Closed (some classes will meet, check online calendar)  
Thanksgiving Day – Closed (except for the Tubac Turkey Trot)

### Rabies Clinic

Saturday, Nov. 1, 8:30-11 AM  
Outside behind the Center  
Sponsored by Santa Cruz County.  
More info: 520-375-7860.

### Tubac Public Library

Holiday closures: Nov 11, 27 & 28  
Monday-Thursday 9-5. Friday 9-4.  
Music Madness: Mondays 10 AM  
Story Time: Wednesdays 10 AM  
Fun & Games: Thursdays 2 PM

### AA Meetings

Monday and Wednesday at 5 PM  
Women's meeting Tuesday at 5 PM  
Men's meeting Saturday at 12 Noon  
All meetings are in Room B8.

### 15th Annual Tubac Turkey Trot

Thanksgiving Day, Nov 27, 8 AM  
Family-friendly event to benefit the Amado Community Food Bank.  
Registration 8 AM. Race/walk at 9 AM.  
Adults \$15/Children 12 & under \$10.  
Donate at [www.communityfoodbank.org](http://www.communityfoodbank.org).

### Community Lunch

Thursdays at Noon in B3  
Come enjoy lunch prepared by local restaurants, visit with old friends and make new friends. RSVP by Wed noon.  
\$7 suggested donation.

### NEW! Health Talks with VAS

Thurs, Nov 13 & 20, 1:15 PM, Long Room  
Valley Assistance Services presents weekly health talks covering a variety of topics and led by registered nurses. Join us Thursdays after Community Lunch.

### Registered Nurse On-site

NEW time/room: Thursdays, 10-12 in B1  
Nurse Judy from Valley Assistance Services will be on-site for blood pressure checks and to provide information on health and financial assistance programs including SNAP, Medicaid and Arizona Long Term Care. Info: 520-625-5966.

### Santa Cruz Valley Citizens Council - Community Meeting

Monday, Nov. 10, 9 AM, Long Room  
Everyone is invited. In-person and by Zoom. [www.yourscvcc.org](http://www.yourscvcc.org)

### Tubac Fire District Board Meeting

Wed, Nov. 26, 1:30 PM, Long Room  
The public is invited to attend.  
More info: [www.TubacFireDistrict.org](http://www.TubacFireDistrict.org)

### Tubac Nature Center

Open Wed and Sat 10 AM-12 PM in B2  
Bird Walks: Tuesdays 8-10 AM  
Thursday Hikes: 8-11 AM  
Nature Walk: Nov 15, 9:30-11:30  
Speaker Series: Birding & Nature Above the Arctic Circle in Finland & Norway  
Nov 12, 2-3:30 PM, Long Room  
Habitat Restoration: 3rd Wed, 9-11 AM  
Volunteer to restore habitats in Tubac, meet at Ron Morriss Park. Register at [www.TubacNatureCenter.org](http://www.TubacNatureCenter.org).

### Yoga/Balance Slow Flow Vinyasa

Mon, Wed & Fri, 8:30 AM, Long Room  
With Melissa Wilson. Sponsored by the Tubac Health Care Foundation.

### TRX Exercise Class

Tues 10 AM, Thurs and Sat 9 AM in B7  
Cardio, flexibility and strength training with Dr. Jim Derickson. Bring a mat and water. Call 520-419-8850 to sign up.

### Back to Core Exercise Class

Tuesdays & Thursdays, 11-12 in B7  
No class on Nov 13, 18 and 27.  
Strength, fitness and flexibility class with a certified personal fitness trainer. Bring mat, stretchy bands, 3-5 lb hand weights.  
Register: [anne.bruno.barthelemy@gmail.com](mailto:anne.bruno.barthelemy@gmail.com)

### Fit over Fifty Exercise Class

Re-starting on November 17.  
Mon, Wed and Fri 10-11 AM in B7  
TRX (your straps or not), weights, floor exercises, stretching, bands and core work. Bring a mat, water and a smile.  
Text Pat if interested 719-238-1083.

### Explore a Smithsonian Exhibit

Wed, Nov. 12, 1PM in the Garden  
Community Garden of Tubac is part of the Smithsonian's *Spark! Places of Innovation* traveling exhibition that explores innovation in rural communities. Stop by the Garden to learn about their wicking bed project that saves water.

### Pickleball

Open Play - Daily 7 AM to 12 PM  
Free Skills & Drills Clinics:  
Welcome/Beginners every Friday 8 AM  
Intermediate 3.0 - 2nd & 4th Fri 9 AM  
Advanced 3.5/4.0 - 1st & 3rd Fri 9 AM  
[www.tubacpickleballclub.com](http://www.tubacpickleballclub.com).

### Tubac Community Quilters

Tuesdays 12:30 - 4:30 PM in B1  
Quilters are invited to socialize and share their common hobby. BYO sewing machine & supplies. Register: [anne.bruno.barthelemy@gmail.com](mailto:anne.bruno.barthelemy@gmail.com)

### Tubac Buddhist Meditation Community

Sundays 8:30-10 AM, Long Room  
Affirmations, meditation, reflection and discussion. All are welcome in-person or by Zoom. Info: [TubacBuddhistMeditationCenter@gmail.com](mailto:TubacBuddhistMeditationCenter@gmail.com).

### Oneness Meditation Group

Thursdays at 5 PM, B1  
Gather to meditate and learn to live in a stress-less state of calm and peace.  
Info: Diana 520-988-0730

### NEW! Bhajans: Community Devotional Singing & Music Making

Thursdays, 6-7:30 PM, Long Room  
Join your voice for chanting, mantra, song and let your heart and spirit be nourished. Instruments welcome!  
Contact Jenny at [hello@jennylick.com](mailto:hello@jennylick.com).

### NEW! Healing Power of the Breath

Sat, Nov. 22, 10AM -12PM, Long Room  
Experiential workshop introducing the power of breath to heal the body, reduce stress and create change.

### Free Medical Equipment Loans

Wheelchairs, walkers, crutches, canes, shower seats, commodes and more available for loan. Call to check availability and schedule pick-up.

**All classes and activities held at the Tubac Community Center are free. The Center is supported by donations from the community.**

10.30.25