

## HELPFUL RESOURCES

**PCOA – Pima Council on the Aging** 1350 N. Kolb Rd. (520)790-0504  
[www.pcoa.org](http://www.pcoa.org) Offerings: legal help, meals/nutrition, careers, transportation, housing & help at home

**The Watermark at Continental Ranch** 8689 N. Silverbell Rd.  
(520) 789-6690 Assisted Living and Memory Care Community.  
Call for a tour!

**Marana Health Center** 13395 N. Marana Main St. (520) 682-4111  
Medical, Dental and Urgent Care needs.

**Marana Food Bank and Community Resource Center** (520) 682-3001  
11734 W. Grier Rd. Food boxes, tax information and volunteers are appreciated

**Sun Shuttle Dial-A-Ride** (520) 792-9222 [SunTran.com/Sun Shuttle](http://SunTran.com/Sun Shuttle)  
Sun Shuttle Dial a Ride is a transit service funded by the Regional Transportation Authority. [Instagram.com/suntran\\_tucson](https://www.instagram.com/suntran_tucson)  
[facebook.com/suntrantucson](https://www.facebook.com/suntrantucson)

**\*Refer to inside schedule for class days, times, and locations**

## MEMBER ENROLLMENT

Sign-up for your 5 **FREE** Days,

4 Month \$20 or Annual Membership \$40. **NEW** \$2.00 drop in fee

Invite your friends and family for 5 single days of attendance to the Marana Senior Program.

One trial pass per person. Some activities are subject to an additional fee.

Expires 30 days from date of activation. New members only.

\*Registration and new account creation required.

# IN TOUCH

SENIOR  
PROGRAM  
NEWSLETTER



April 2024

## HIGHLIGHTS

- ◇ Special Events
- ◇ Senior Program Activities
- ◇ Day Trips
- ◇ Program Highlight

## CONTACT US

Marana Senior Center  
13250 N. Lon Adams Rd.  
Marana AZ. 85653  
520-382-1950

## MCC ACTIVITIES:

**Monday, April 1st:** 11 AM - Noon Equipment

Training, with Rosemary Caicedo

**Monday, April 8th:** 9:30 AM - Noon Smart Cremation,  
Holly Karpiak (main lobby)

## DAY TRIP

**May 8th, Wednesday:** Kitt Peak Observatory Sells, Az.  
\$30.00 per person covers transportation fee & entry fee

**\*\*OPEN for registration April 1st**

## MYSTERY BINGO

**DATE:** Wednesday, April 24th

**Location:** Marana Community Center

**Time:** 1- 3 PM

**Fee:** \$5.00 for 3 cards per person to play

**Enjoy a lot of laughter, great social setting and the unexpected**

*\*Bingo prize donations are being accepted. Please bring your new or gently used items unwrapped. We will not accept any broken/missing piece items.*



## 2024 Town Observed Holidays

January 1 - New Year's Day  
 January 15 - MLK Holiday  
 February 19 - President's Day  
 May 27 - Memorial Day  
 July 4 - Independence Day  
 September 2 - Labor Day  
 November 11-Veterans Day  
 November 28 - Thanksgiving Day  
 November 29 - After Thanksgiving  
 December 24 - Christmas Eve  
 December 25 - Christmas Day  
 December 31- New Year's Eve

## INTRODUCTION TO THE GAME OF PICKLEBALL FOR THE MONTH OF APRIL

**Classes will start Wednesday, April 3rd**

8:30-9:30 AM: brand new, never touched a paddle lessons

9:30-10:30 AM: open pickleball , experienced people just coming to play and practice skills, those in lessons have option to stay and practice with experienced peers. Staff still available to assist and answer questions.

12 participant's per class. Class will be held at the Ora Mae Ham Park Pickleball court. If you have any questions please call Tammy at 520-419-0221. Sign up required

**Courtesy Reminder:** Members, Please remember to bring and scan your badge when you enter the MCC building. We will not be able to manually enter you into the system. If you need a replacement badge, please see the front desk. The charge for reprinting is \$5.00. Thank you for your cooperation.

**BUNCO!** Join us on **Wednesday, April 17th**

**1-3 pm** for this exciting game of dice. Pre- Sign up is required. Don't know how to play? No worries! We'll have game rules available and there's always someone willing to teach you!

### PAINT WITH MAEVE

**Location:** Marana Community Center

**Time:** 9-11 AM

**Date:** Monday, April 15th

**Sign up required. Sign up sheet in the main dining room Friday, March 29th**

For cancellations call Tammy @ 520-419-0221

\*do not call front desk to sign up



Due to sensitive allergies and asthma, please avoid wearing excessively scented products such as perfumes, colognes, and aftershaves. This is a request, not a mandate.

### WEEKLY ACTIVITIES BY SITE



Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<b>8 AM - 4 PM:</b> Fitness Room <b>9:30 - 10:30 AM:</b> Bone Builders <b>Noon - 1 PM:</b> Pot Luck Lunch <b>1-2:30 PM:</b> Bingo	<b>8- 4 PM:</b> Fitness Room <b>9-10 AM:</b> Yoga <b>10:15 -11 AM:</b> Chair Yoga <b>11:15 AM -12:15 PM:</b> Dance Fusion <b>10 AM - Noon:</b> Knit & Crochet <b>1 - 2 PM:</b> Jewelry/Beading Class <b>1- 4 PM:</b> Advanced Mah Jongg	<b>8 AM - 4 PM:</b> Fitness Room <b>9-10 AM:</b> Beginner Zumba Gold <b>10:15 -11AM:</b> Chair Zumba <b>11:15 -12:15 PM:</b> Bone Builders	<b>8 AM - 4 PM:</b> Fitness Room <b>8:30 -9:25 AM:</b> Beg. Line Dancing <b>9:30 - 10:30 AM:</b> Line Dancing <b>10:45 - 11:45 AM:</b> Strength, Balance & Stretch <b>Noon - 1 PM:</b> Strength, Balance & Stretch Chair <b>11AM - 3 PM:</b> Quilters Club <b>1- 4 PM:</b> Advanced Mah Jongg	<b>8AM - 4 PM:</b> Fitness Room <b>8:30- 9:30 AM:</b> Yoga <b>9:30 AM - Noon:</b> Table Games <b>9:45 -10:45 AM:</b> Zumba Gold <b>11- 11:45 AM:</b> Chair Zumba <b>12:30 - 1:30PM:</b> Bone Builders <b>Noon -1PM:</b> Pot Luck Lunch <b>1PM - 2:30 PM:</b> Bingo



<b>10:30 - 11:30 AM:</b> Yoga	<b>10:30 AM - Noon:</b> Bingo <b>1- 2 PM:</b> Beginner Tai Chi <b>2- 3 PM:</b> Advanced Tai Chi	<b>8:45 -9:45 AM:</b> Line Dancing <b>10 -11 AM:</b> Inter Line Dance Class	<b>11AM-3:00 PM:</b> Table Games	<b>9AM -12:30 PM:</b> Table Games
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