HELPFUL RESOURCES

PCOA – Pima Council on the Aging 1350 N. Kolb Rd. (520)790-0504 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 Sun Shuttle Dial a Ride is a transit service funded by the Regional Transportation Authority. Instagram.com/suntran_tucson 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 ProgramActivities
- 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 Harn 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



8 AM - 4 PM: Fitness Room
9:30 -10:30 AM: Bone Builders Noon -1 PM: Pot Luck Lunch
Noon -1 PM: Pot Luck Lunch
1-2:30 PM: Bingo

Mondays

8-4 PM: Fitness Room
9-10 AM: Yoga
10:15-11 AM: Chair Yoga
11:15 AM-12:15 PM: Dance Fusion
10 AM - Noon: Knit & Crochet
1 - 2 PM: Jewelry/Beading Class
1-4 PM: Advanced Mah Jongg

Tuesdays

8 AM - 4 PM: Fitness Room 9-10 AM: Beginner Zumba Gold 10:15 -11AM: Chair Zumba 11:15 -12:15 PM: Bone Builders

Wednesdays

8 AM - 4 PM: Fitness Room 8:30 -9:25 AM: Beg. Line Dancing 9:30 - 10:30 AM: Line Dancing 10:45 - 11:45 AM: Strength, Balance & Stretch Noon - 1 PM: Strength, Balance & Stretch Chair 11AM - 3 PM: Quilters Club

1-4 PM: Advanced Mah Jongg

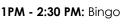
Thursdays

Fridays

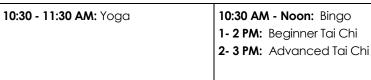
8AM - 4 PM: Fitness Room

8:30- 9:30 AM: Yoga

9:30 AM - Noon: Table Games 9:45 -10:45 AM: Zumba Gold 11- 11:45 AM: Chair Zumba 12:30 - 1:30PM: Bone Builders Noon -1PM: Pot Luck Lunch







8:45 -9:45 AM: Line Dancing 10 -11 AM: Inter Line Dance Class

11AM-3:00 PM: Table Games

9AM -12:30 PM: Table Games