

## 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/SunShuttle)  
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



May 2024

## HIGHLIGHTS

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

### MCC ACTIVITIES

**Monday, May 6th:** 11 AM - Noon Equipment Training, w/ Rosemary Caicedo

**Friday, May 10th:** 10 –11:30 AM Jason Angel, Director of Development Services The Growth of Marana (business & residential) Christine Byler, Community Development

**Tuesday, May 14th:** 11 AM - Noon The War on Salt Kim Tzintzun (dining /event room)

**Monday, May 20th:** 10 -11AM Fall Prevention with Frank Brown

### CLOSURE

**Effective May 3rd, the Marana Community Room on 5100 W. Ina Road will no longer be open on Fridays.**

**For any inquiries about the closure, please see Olivia.**

### CONTACT US

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

### Memorial Day / Cinco De Mayo Luncheon

**Date:** Friday, May 17th

**Time:** 10:30 AM - 1:30 PM

**Lunch served:** 11:30 AM

**Location:** Marana Community Center

**\*\*Party Planning Committee is providing: Taco Bar & Hot Dogs**

A sign-up sheet is available in the main lobby of Marana Community Center. Attendees are required to bring a side dish, drink, or dessert. Must have a current membership.

**2024 Town Observed Holidays**

- January 1 - New Year's Day
- January 15 - MLK Holiday
- February 19 - President's Day
- May 27 - Memorial Day / CLOSED**
- 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 MAY**

**Classes will start Wednesday, May 1st**

When: Wednesdays

Time: 8:30 AM to 9:30 AM

We will be blending beginner with experienced pickleball players. As the summer heat is upon us we hope to avoid it as much as possible.

Class will be held at the Ora Mae Harn Park Pickleball court. 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, May 29th**

**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!

**COMING SOON**

**SUMMER AQUATICS**

Marana Community Pool

Kick off Tuesday, June 4th



Tuesday's and Thursday's 10-11AM




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
<p><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</p> <p><b>CLOSED / MONDAY, MAY 27TH MEMORIAL DAY</b> </p>	<p><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 &amp; Crochet  <b>1 - 2 PM:</b> Jewelry/Beading Class  <b>1- 4 PM:</b> Advanced Mah Jongg</p>	<p><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</p>	<p><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 &amp; Stretch  <b>Noon - 1 PM:</b> Strength, Balance &amp; Stretch Chair  <b>11AM - 3 PM:</b> Quilters Club  <b>1 - 4 PM:</b> Advanced Mah Jongg  <b>9:30 Line Dance Cancelled May 23rd &amp; 30th</b></p>	<p><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</p> <p></p>



<p><b>10:30 - 11:30 AM:</b> Yoga</p> <p><b>CLOSED / MONDAY, MAY 27TH MEMORIAL DAY</b></p>	<p><b>10:30 AM - Noon:</b> Bingo  <b>1- 2 PM:</b> Beginner Tai Chi  <b>2- 3 PM:</b> Advanced Tai Chi</p>	<p><b>8:45 -9:45 AM:</b> Line Dancing  <b>10 -11 AM:</b> Inter Line Dance Class</p> <p><b>8:45 Class Cancelled May 22nd &amp; 29th</b></p>	<p><b>9 AM-3:30 PM:</b> Table Games </p>	
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