

## 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) 697-0022  
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



December 2024

## HIGHLIGHTS

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

Hello Members!

There are cancellations due to holiday closures and the facility schedule. Please read the December In-Touch in its entirety. On behalf of the MPR staff, we would like to wish you all a very Merry Christmas and Joyous Holiday Season! Join us as we celebrate the holiday season with a fun Pajama Bingo Day. If you dress in festive pajamas, you get a **FREE** Bingo day. We will also be serving up Hot Cocoa and Cookies.

Monday, Dec. 16<sup>th</sup> – MCC

Tuesday, Dec. 17<sup>th</sup> – MCR

**Monday, Dec. 2nd:** 11 am - Noon Gym Equip Training  
(sign up required/main dining room)

**Tuesday, Dec. 3rd:** 1 - 3 PM Deco Mesh Wreath Class w/  
Sheila Sedig (limited to 10, sign up required/main dining  
rm)

**Monday, Dec. 9th:** 10:30 -11:30 AM Fonda Insley,  
Infor. you need to know about aging & options

**Friday, Dec. 13th:** 9:30 –11 AM Brandon Laue, update on  
**NEW** Recreation Center

**Wednesday, Dec. 18th:** 1-3 PM Bunco

## CONTACT US

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

## Christmas Luncheon

**Date:** Friday, December 20th

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

**Lunch served:** 11:30 AM

**Location:** Marana Community Center

Party Planning Committee is providing: Fried/Baked  
Chicken

Ugly Sweater Contest 1st & 2nd place

\*\*Must be a member to attend, sign up book in lobby



## 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 / CLOSED**

**December 25 - Christmas Day / CLOSED**

**December 31- New Year's Eve / CLOSED**

\*\*All ACTIVITIES are subject to change

## PAINT WITH MAEVE

**Location:** Marana Community Center

**Time:** 9-11 AM

**Date:** Monday, Dec. 16th

**Sign up required, sheet in dining room**

For cancellations or to sign up call

Tammy @ 520-419-0221

\* Please do not call front desk to sign up.

Sign up on **Friday, Dec. 27th for January's picture**



## Pick-up Pickleball Games

Will resume Wednesday, January 8th



The instructor-led classes are scheduled to resume in January. In the meantime, we urge you to continue meeting up on Wednesdays throughout December. The time frame will be from 9:00 AM to 10:00 AM, providing a great opportunity to connect and keep up with your game. HAVE FUN!

## DAY TRIP'S OPEN DECEMBER 1ST

All trips are open to members and non - members age 50 plus. Additional fees may be required.

**Wednesday, Feb. 5th:** Tubac Arts Festival \$25.00 per person transportation 8:30 AM – 5 PM / no entry fee

**Wednesday, March 19:** Rooster Cogburn 8 AM - 3 PM \$30.00 Per person transportation & entry fee

**Wednesday, April 16** - U of A Mirror Lab \$35.00 Per person transportation & entry fee

## Class Cancellations:

Wed., Dec. 11: Beg. Zumba & Chair Zumba

Wed., Dec. 11: Bone Builders

Thursday's: CANCELED all Dec. Strength, Stretch & Balance and Chair

Friday, Dec. 27: Zumba/Chair Zumba classes

## 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>11 AM - 2 PM:</b> Ping Pong <b>Noon -1 PM:</b> Member 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 - 3 PM :</b> Jewelry /Beading Class <b>1- 4 PM:</b> Advanced Mah Jongg <b>CLOSED - DEC. 24</b> <b>CLOSED - DEC. 31</b>	<b>8 AM - 4 PM:</b> Fitness Room <b>9-10 AM:</b> Beginner Zumba Gold <b>10 AM- Noon:</b> Social hour with staff & tables games <b>10:15 -11AM:</b> Chair Zumba <b>11:15 -12:15 PM:</b> Bone Builders <b>1- 3 PM:</b> Beginner Mah Jongg <b>CLOSED - DEC. 25TH</b>	<b>8 AM - 4 PM:</b> Fitness Room <b>8:30 -9:25 AM:</b> Beg./Inter. Line Dance <b>9:30 -10:30 AM:</b> Advance Line Dance <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>Noon -1 PM:</b> Bone Builders <b>Noon -1PM:</b> Member Pot Luck Lunch <b>1PM - 2:30 PM:</b> Bingo



<b>9:15 -10:00 AM:</b> Chair Yoga <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>CLOSED - DEC. 24</b> <b>CLOSED - DEC. 31</b>	<b>8:45-9:45 AM:</b> Beg./Inter. Line Dance <b>10 -11 AM:</b> Advanced Line Dance <b>CLOSED - DEC. 25TH</b>	<b>10:30 AM-3:30 PM:</b> Table Games	
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