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) 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 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,

One trial pass per person. Expires 30 days from date of activation. New members only.

4 Month \$20 or Annual Membership \$40.

NEW \$2.00 drop in fee

INTOUCH SENIOR PROGRAM NEWSLETTER



April 2025

HIGHLIGHTS

- Special Events
- Senior ProgramActivities
- Program Highlight

CONTACT US

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

Guest Speaker Highlight

Friday, April 4th: 10-11:30 AM Brandon Laue, Superintendent of the MARC

We are pleased to welcome Brandon Laue, who will be sharing valuable information about the upcoming opening of the new MARC building, set to debut in May. The MARC will enhance our Senior Program, offering exciting opportunities for growth and engagement.

As we embark on this journey, it's important to note that we are currently in the preliminary stages of planning and development for the building's programs and services. During this meeting, our primary objective is to collect as much detailed information as possible regarding the building's features, available resources, and the benefits that will be accessible to us as participants in the Senior Program. We look forward to an informative session that will help us all understand the significance of the new MARC building and how it can positively impact our community.

Mystery Bingo

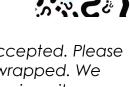
Date: Wednesday, April 23rd

Location: Marana Community Center

Time: 1-3 PM

Fee: \$5.00 for 3 cards per person to

play



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

2025 Town Observed Holidays

January 1 - New Year's Day

January 20 - MLK Holiday

February 17 - President's Day

May 26 - Memorial Day

July 4 - Independence Day

September 1 - Labor Day

November 11-Veterans Day

November 27 - Thanksgiving Day

November 28 - After Thanksgiving

December 24 - Christmas Eve

December 25 - Christmas Day

December 31- New Year's Eve

**All ACTIVITIES are subject to change

PAINT WITH MAEVE

Location: Marana Community Center

Time: 9-11 AM

Date: Monday, April 14th

Sign up required, sheet in dining room

For cancellations or to sign up call Tammy @ 520-419-0221

** Please do not call front desk. The paint classes will be cancelled during the summer months. Classes will resume in September



MCC Activities:

Friday, April 4th: 10-11:30 AM Brandon Laue, Superintendent of the MARC update for Senior Program Members

Monday, April 7th: 11am - Noon Gym Equip Training (sign up required/main dining room) w / Rosemary

Wednesday, April 30th: 1-3 PM Bunco

Please take a moment to fill out a ALL Members, Member Contact Info Sheet at the Front Desk at the MCC or MCR. With Programming expanding we want to make sure we have the correct numbers and email addresses to reach you in case of program changes. BE SURE TO INCLUDE AN EMERGENCY CONTACT NAME AND NUMBER.

Courtesy Reminder:

Members, Please remember to bring and scan your badge when you enter the MCC building. If you need a replacement badge, please see the front desk. The charge for reprinting is \$5.00.

Thank you for your cooperation.

WEEKLY ACTIVITIES BY SITE



8 AM - 4 PM: Fitness Room
9:30 -10:30 AM: Bone Builders
11AM - Noon: Chair Volleyball
Noon -1 PM: Member Pot Luck L
Neen 2 DAA: Table Tonnis

9:30 -10:30 AM: Bone Builders			
11AM - Noon: Chair Volleyball			
Noon -1 PM: Member Pot Luck Lunch			
Noon - 2 PM: Table Tennis			
9:30 -10:30 AM: Bone Builders 11AM - Noon: Chair Volleyball Noon -1 PM: Member Pot Luck Lunch Noon - 2 PM: Table Tennis 1-2:30 PM: Bingo			

Mondays

luesdays
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
1-3 PM: Jewelry /Beading Class

1-4 PM: Advanced Mah Jongg

Tai Chi

Wednesdays 8 AM - 4 PM: Fitness Room 9-10 AM: Beginner Zumba Gold 10:15 -11AM: Chair Zumba 11:15 -12:15 PM: Bone Builders 1-3 PM: Beginner Mah Jongg

muisaays
8 AM - 4 PM: Fitness Room
8:30 -9:25 AM: Beg./Inter. Line Dance
9:30 -10:30 AM: Advance Line Dance
10:45 - 11:45 AM: Strength, Stretch &
Balance
Noon - 12:45 PM: Chair Strength,
Stretch & Balance

Thursdaye

	1114476
	8AM - 4 PM: Fitness Room
ce	8:30- 9:30 AM: Yoga
nce •	9:30 AM - Noon: Table Games
&	9:45 -10:45 AM: Zumba Gold
	11-11:45 AM: Chair Zumba
	Noon -1 PM: Bone Builders
	Noon -1PM: Member Pot Luck Lunch
	1PM - 2:30 PM: Bingo

Fridays

MCR
Marana Community Room
5100 West Ina Rd
Marana, AZ 85743

10:30 AM - Noon: Bingo
1-2 PM: Beginner Tai Chi
2-3 PM: Advanced Tai Ch

3:45-9:45 AM: Beg./Inter. Line			
Dance			
10 -11 AM:	Advanced Line Dance		

11 AM - 3 PM: Quilters Club

1-4 PM: Advanced Mah Jonga