

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](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,

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

IN TOUCH

SENIOR
PROGRAM
NEWSLETTER



April 2025

HIGHLIGHTS

- ◇ **Special Events**
- ◇ **Senior Program Activities**
- ◇ **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

WEEKLY ACTIVITIES BY SITE

MCC

Marana Community Center
13250 N. Lon Adams Rd
Marana, AZ 85653

MCR

Marana Community Room
5100 West Ina Rd
Marana, AZ 85743

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



ALL Members, Please take a moment to fill out a 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.**

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

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.

| Mondays | Tuesdays | Wednesdays | Thursdays | Fridays |
|---|--|--|--|---|
| 8 AM - 4 PM: Fitness Room 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 | 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 | 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 | 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 11 AM - 3 PM: Quilters Club 1-4 PM: Advanced Mah Jongg | 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 Noon -1 PM: Bone Builders Noon -1PM: Member Pot Luck Lunch 1PM - 2:30 PM: Bingo |
| 9:15 -10:00 AM: Chair Yoga 10:30 - 11:30 AM: Yoga | 10:30 AM - Noon: Bingo 1- 2 PM: Beginner Tai Chi 2- 3 PM: Advanced Tai Chi | 8:45-9:45 AM: Beg./Inter. Line Dance 10 -11 AM: Advanced Line Dance | 10:30 AM-3:30 PM: Table Games | |