

## 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/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



February 2025

## HIGHLIGHTS

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

### MCC Activities:

**Monday, Feb. 3rd:** 11am - Noon Gym Equip Training  
(sign up required/main dining room)

**Monday, Feb 10th:** 9:30 AM - 1 PM Smart Cremation  
Holly (main lobby)

**Wednesday, Feb. 12th:** Kino Gem & Mineral Show  
9:30 AM - 3 PM (limited to 12) \$10.00 per person

**Monday, Feb 17th: CLOSED PRESIDENT'S DAY**

**Wednesday, Feb 28th:** 1- 3 PM Bunco

### February Potluck

This year, we are trying some new ideas, and our party planning committee is making changes to our usual format. In February, we will host a potluck-style gathering instead of a traditional luncheon. This event will take place on Friday, February 14th, 2025.

The potluck will be followed by a game of Bingo. Prices are \$2 for 3 cards and \$4 for 6 cards. The party planning committee and staff would love it if you joined us for the potluck.

If you're interested in contributing your time, the party planning committee is also looking for new members to help with future event planning. We hope to see you there!

### CONTACT US

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

## 2025 Town Observed Holidays

January 1 - New Year's Day

January 20 - MLK Holiday

**February 17 - President's Day / CLOSED**

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, February, 10th

**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, February 28th for March's picture**



### Day Trip Schedules:

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

**Wed, Feb. 12th:** Kino Gem & Mineral Show 9:30 AM - 3 PM (limited to 12) \$10.00 per person

**Wed, March 5th:** Marana Heritage Park 8:30 Am - Noon (no fees)

**Wed, March 19th:** Rooster Cogburn 8:30 AM - 2 PM \$30 per person

## Crafting for a Cause / Looking for Volunteers

We will be holding 2 crafting classes to build up items for sale at Founder's Day. No experience needed

**Tuesday, Feb 4 & Tuesday, Feb. 18**

**1 - 3 PM**

## Introduction To The Game Of Pickleball Has Been Postponed Until March

**Resumes:** Wednesday, March 5th

The Pickleball Courts have been reserved for every Wednesday for those who wish to continue to play 9 -10 AM.



\*\* sign up sheet in main dining room

## Class Cancellations:


Wednesday, Feb. 26: Beginner Zumba & Chair Zumba

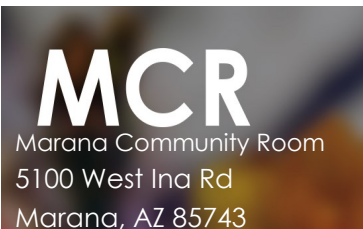
Thursday, Feb 27: Strength, Stretch & Balance

Thursday, Feb. 27: Strength, Stretch, Balance Chair

## 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>11AM - Noon:</b> Chair Volleyball  <b>Noon -1 PM:</b> Member Pot Luck Lunch <b>Noon - 2 PM:</b> Table Tennis <b>1-2:30 PM:</b> Bingo <b>** CLOSED : Feb. 17/Presidents Day</b>	<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>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 <b>1- 3 PM:</b> Beginner Mah Jongg	<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>10:45 - 11:30 AM:</b> Strength, Stretch & Balance <b>11:45 AM - 12:30 PM:</b> Strength, Stretch & Balance Chair <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>** CLOSED: Feb 17/ President's Day</b>	<b>10:30 AM - Noon:</b> Bingo <b>1- 2 PM:</b> Beginner Tai Chi <b>2- 3 PM:</b> Advanced Tai Chi	<b>8:45-9:45 AM:</b> Beg./Inter. Line Dance <b>10 -11 AM:</b> Advanced Line Dance	<b>10:30 AM-3:30 PM:</b> Table Games	<b>11AM - Noon:</b> Chair Volleyball
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