

## 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/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



November 2024

## HIGHLIGHTS

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

## MCC ACTIVITIES

**Monday, Nov. 4th:** 11am - Noon Gym Equip Training  
(sign up required/main dining room)

**Friday, Nov. 8th:** 9:30 AM - Noon Roseann Muller,  
Medicare Information / table main lobby

**Wednesday, Nov. 13th:** 10 AM - 2 PM Marana  
Airport Tour/ limited to 10/sign up in dining room

**Wednesday, Nov. 6th:** Sabino Canyon Day Trip

**Monday, Nov. 18th:** 9:30am - Noon: Medicare Up-  
date, Roseann Muller (in main dining room)

**Wednesday, Nov. 27th:** 1-3 PM Bunco

## CONTACT US

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

## Thanksgiving Luncheon

**Date:** Friday, November 22nd

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

**Lunch served:** 11:30 AM

**Location:** Marana Community Center

Party Planning Committee is providing:

Ham & Turkey

Required: a side dish, drink or dessert.

\*\*\*Must be a member to attend



## 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 / CLOSED**

**November 28 - Thanksgiving Day /CLOSED**

**November 29 - After Thanksgiving / CLOSED**

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

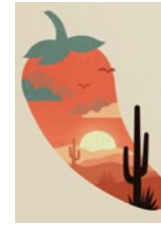
**Date:** Monday, November 18th

**Sign up required. Sign up 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, November 22nd for December 's picture**



## Introduction To The Game Of Pickleball For The Month Of November

**Classes held on Wednesday's, start date November 6th**

**When:** Wednesdays

**Time:** 8:30 AM to 9:30 AM

We will be holding beginner classes with experienced pickleball players welcome to assist.

\*\*Class will be held at the Ora Mae Harn Park Pickleball court. Sign up required.

'Tis the season for giving and gratitude! We are committed to giving back to our community, and we need your help this season for a volunteer opportunity. This year, we are participating in a Pancake Breakfast and Food Drive organized by Marana Heritage Arena. All proceeds and donations will go to the Marana Food Bank.



We hope you will join us as we seek volunteers for this event. You can also support the initiative by donating or enjoying the \$5 pancake breakfast! Please sign up in the dining room, and we will reach out with more details as the date approaches. Thank you for your support!

## Class Cancellations:

Tuesday, Dance Fusion: **All Month**

Thursday, Nov. 11th: Advanced Line Dance

Wednesday, Nov. 27: Zumba & Chair Zumba

Thursday, Strength, Stretch & Balance: **All Month**

Thursday, Strength, Stretch & Balance Chair: **All Month**

## 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>CLOSED NOVEMBER 11TH</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 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>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 -11:45 AM:</b> Strength, Balance & Stretch <b>Noon - 1 PM:</b> Strength, Balance & Stretch Chair <b>11AM - 3 PM:</b> Quilters Club <b>1 - 4 PM:</b> Advanced Mah Jongg <b>CLOSED NOV. 28</b>	<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>CLOSED NOV. 29</b>



<b>9:15 -10:00 AM:</b> Chair Yoga <b>10:30 - 11:30 AM:</b> Yoga <b>CLOSED NOVEMBER 11TH</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>CLOSED Nov. 28</b>	
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