

# THE SCOOP



Senior Program  
Member Newsletter

## Marana Community Center

### LOOKING BACK AT 2015



**Table Games:** Mexican Train, Rummikub, Mah Jongg, Checkers, Puzzles, Cards, Etc.

**Open Art:** Knitting, Crocheting, Paper Crafts

**Outdoor Games:** Shuffle Board, Pickle Ball, Horse Shoes, Tennis, Corn Hole, Bean Bag Baseball



### Community Center

Tuesday, January 26

1:00 - 2:30

Free

R&R Pizza Lunch Option  
\$5.50

### Weekly Activities



= Member provided Potluck at Noon

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Table Games</b> 8:00 - 4:00 <b>Bingo</b> 10:30 - Noon	<b>Table Games</b> 8:00 - 4:00 <b>Open Art</b> 9:00 - Noon	<b>Table Games</b> 8:00 - 4:00 <b>Bingo</b> 1:00 - 2:30 	<b>Table Games</b> 8:00 - 4:00 <b>Open Art</b> 9:00-Noon	<b>Table Games</b> 8:00 - 4:00 <b>Medicare Help</b> 9:00 - 10:00 

### Weekly Fitness Programs

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Outdoor Games</b> 8:00-4:00 <b>Aerobics</b> 9:00 - 10:00 <b>Equipment Training</b> 10:15 - 11:15 <b>Bone Builders</b> 10:00 - 11:30	<b>Outdoor Games</b> 8:00 - 4:00	<b>Outdoor Games</b> 8:00 - 4:00 <b>S.O.S.</b> 9:00 -10:00 <b>Bodies in Motion I</b> 10:00 -11:00	<b>Outdoor Games</b> 8:00 - 4:00 <b>Bone Builders</b> 8:30 - 10:00 <b>Bodies in Motion II</b> 10:00 -11:00 <b>Yoga</b> 11:15 - 12:15	<b>Outdoor Games</b> 8:00 - 4:00 <b>Line Dancing</b> 10:00 - 11:00

All activities are subject to change & times are approximate.

### JANUARY 2016

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

### Mark Your Calendars

- 1/1 Marana Community Center closed for New Years Day
- 1/6 NWFD Blood Pressure Checks 10:00 - 11:00
- 1/11 Birthday Cake 11:00 - 11:30
- 1/12 Quilters 9:00 - 3:00
- 1/18 Marana Senior Program closed for MLK Day
- 1/20 NWFD Blood Pressure Checks 10:00 - 11:00
- 1/25 U of A Extension, Joanie Lean Protein 9:30 - 10:15
- 1/29 Girl Scouts, Sponsoring Egeee's Lunch Noon - 1:00

### Marana Community Center

13250 North Lon Adams Road  
Marana, AZ 85653

Phone: (520) 382-3485

#### Hours of Operation:

Monday-Friday  
8:00 a.m. - 4:00 p.m.

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Member Newsletter

## Marana Community Room

New Year's Word Search  
www.KidsCanHaveFun.com

C Q N F V L T V T H F D R N W  
E Z I I R J A N U A R Y C O L  
L P A R A D E O E S R A A I D  
E H U E A F I R S T T G L S P  
B P O W P M U M D R I C E E M  
R A N O S I L E K D M K N M T  
A T T R D D O J H Q E R D A L  
T I W K N N B Q H B I Z A K N  
I S E S A I E I Z B X V R E Z  
O B R V D G J A C A E K R R H  
N K X S E H M M R B P O W S P  
G P A U M T H R C Y N K L A S

Baby Parade Noisemakers Midnight Time Celebration  
Fireworks January First Eve Calendar

### FUN for Ages 50+ Invite your friends

Annual Memberships: \$40      4 Months: \$20

Marana Senior Program  
**TRIAL PASS**  
**5 DAYS FREE**  
Contact (520) 382-3485 to activate.

Only valid for 5 single days of attendance to the Marana Senior Program. One trial pass per person. Some activities are subject to additional fees. Expires 30 days from date of activation.

Trial Pass is valid at both locations. Redeem yours today!

**Table Games:** Mexican Train, Rummikub, Mah Jongg, Checkers, Puzzles, Cards, Etc.

### JANUARY 2016

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

### Mark Your Calendars

- 1/1 Marana Community Room closed for New Year Holiday
- 1/5 NWFD Blood Pressure Checks 10:00 - 10:30
- 1/15 NWFD Blood Pressure Checks 11:00 - 11:30
- 1/18 Marana Senior Program closed for MLK Day
- 1/19 NWFD Blood Pressure Checks 10:00 - 10:30
- 1/29 NWFD Blood Pressure Checks 11:00 - 11:30

### Weekly Activities

= Facility Closed

Monday	Tuesday	Wednesday	Thursday	Friday
	Bingo 10:30 - Noon			Mexican Train Table Games 9:00 - 1:00 

### Weekly Fitness Programs

Member provided pot luck breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
	Intermediate Line Dancing 8:15-9:15 Beginner Line Dancing 9:15-10:15 Yoga 12:15-1:15 Advanced Tai Chi (Limit 20) 2:00-3:00	Yoga at MCR 10:30 - 11:30		Advanced Tai Chi (Limit 20) 2:00-3:00 Beginning Tai Chi (Limit 20) 3:00-4:00

All activities are subject to change & times are approximate.



### Marana Community Room

5100 West Ina Road  
Marana, AZ 85743  
Phone: (520) 382-3485  
**Customer Service Hours:**  
Tuesdays  
10:00 a.m. - Noon

Membership required to participate in Senior Programs

[www.marana.com](http://www.marana.com)