

## NATIONAL FOOD DAY

This month we celebrate Jelly - Filled Doughnut. These sweet treats have been around for decades and are a quick breakfast snack!

**Location:** Community Room & Community Center

**Date:** Friday, June 8

**Time:** 10 AM

**Cost:** FREE



## FEATURE RECIPE

Try this delicious easy recipe at home.

### EASY FRUIT SALAD

- 3 to 4 - ou1 - medium pineapple, cut into 1- inch chunks
- 1 - pint (2 cups) fresh strawberries, sliced
- 1 - pint (2 cups) blueberries
- 1 - small bunch (2 cups) seedless green grapes
- 1 - bunch leaf lettuce
- ¼ - cup raspberry vinaigrette dressing
- 3 ounces feta cheese, crumbled

### Directions

Mix pineapple, strawberries, blueberries and grapes in large bowl.  
Serve fruit mixture on lettuce. Drizzle with dressing.



## ZUMBA GOLD & SEATED ZUMBA GOLD



Zumba® Gold is a lower intensity Zumba® class for participants who are looking for a fun way to get moving. This low impact dance fitness class is suitable for the participant who may need modifications which can include using a chair to sit as needed or even remaining seated for the entire class. Zumba® Gold instructors use both verbal and/or visual cues to help the class members follow the leader while dancing choreography created especially with them in mind. Everyone is urged to give it a try as no dance experience is required and if you claim to have two left feet, please bring both of them. It's no problem. Some-one will probably have two right feet and you can trade! The aim is to keep moving, to have fun, and keep fit while you dance with friends.

## BUNCO! - COME ROLL THE DICE

This popular dice game involves 100% luck and no skill. Join us, win big!

**Location:** Community Center

**Date:** Tuesday, June 28

**Time:** 1 - 2:30 PM

**Cost:** pre pay \$2.00 per person



### Lunch Option:

R&R Pizza will be catered for an additional \$5.50 per person

**Includes:** Drink, Wings or Pizza & Salad  
**(must submit order by June 27 by 5 PM)**

Membership Trial Pass  
**5 DAYS FREE**

**Invite your friends or family to join in the fun.**  
Annual Membership: \$40 | 4 Month Membership: \$20

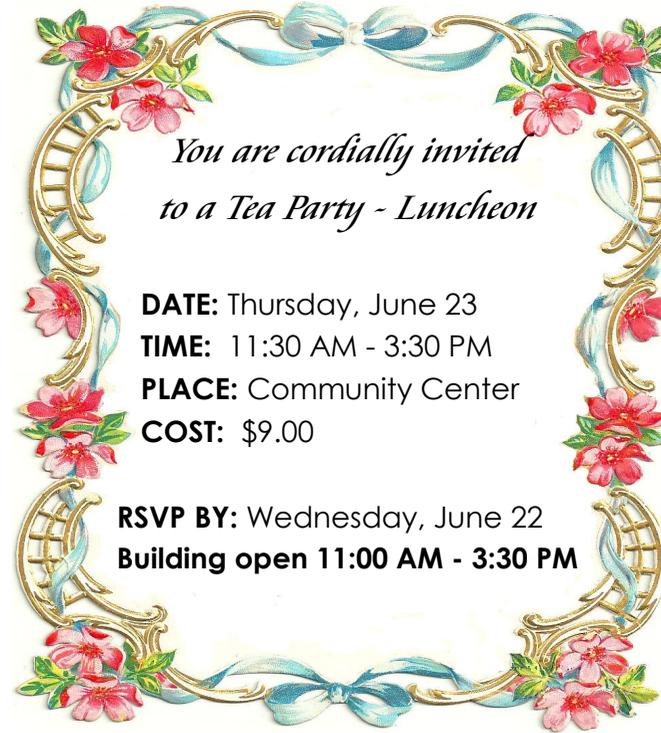
Only valid for 5 single days of attendance to the Marana Senior Program. One trial pass per person. Some activities are subject to additional fees. Expires 30 days from date of activation. Registration & new account creation required before attending.

# IN TOUCH

Recreation  
Guide for  
Active Adults



JUNE 2016



*You are cordially invited  
to a Tea Party - Luncheon*

**DATE:** Thursday, June 23

**TIME:** 11:30 AM - 3:30 PM

**PLACE:** Community Center

**COST:** \$9.00

**RSVP BY:** Wednesday, June 22

**Building open 11:00 AM - 3:30 PM**

**Event Partners:** Care More & Pima County Geasa Marana Library, Sponsoring with Walgreen's

**Luncheon Includes:** Egg & Chicken Salad Sandwiches, Strawberry & Cream Cheese Sandwiches, Cucumber & Cream Cheese, Cookies, Cakes & Scones Sandwiches & Assorted Teas

**Highlight Activities:** His & Her Hat Contest, Trip Down Memory Lane, Bring a child photo for Guess Who Game & Enjoy Vintage Music

## SUMMER AQUATICS ARE HERE



Workout to the music & stay cool at the same time. Come enjoy the benefits of low impact fitness in the water.

**Class Begins:** Wednesday, June 1

**Where:** Marana Community Pool

**Time:** 11:15 AM - 12:15 PM

IN TOUCH / MONTHLY ACTIVITIES

# JUNE 2016

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>10-Noon:</b> Elaine, Wire Wrapping / MCC	<b>10-11 AM:</b> NWFD Blood Pressure / MCC 		<b>9 AM:</b> Member provided potluck Breakfast / MCR
<b>6</b>	<b>7</b>	<b>8</b> <b>9 AM-Noon:</b> Blue Cross Blue Shield/MCC	<b>9</b> <b>9-10 AM:</b> Wire Wrapping, Elaine / MCR	<b>10</b>
<b>11 AM:</b> Birthday Cake / MCC 	<b>13</b> <b>9 AM-3 PM:</b> Quilters / MCC <b>10 AM - Noon:</b> Wire Wrapping <b>10 AM:</b> Weighted Quilts with 	<b>14</b> <b>10-11 AM:</b> NWFD Blood Pressure / MCC 	<b>15</b> <b>16</b>	<b>17</b>
<b>9-Noon:</b> Blue Cross Blue Shield / MCC <b>11 AM-Noon:</b> Book Club /MCC	<b>20</b> <b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>27</b>	<b>28</b>	<b>29</b> <b>10-11 AM:</b> NWFD Blood Pressure / MCC 	<b>30</b>	<b>MCR</b> = Marana Community Room <b>MCC</b> = Marana Community Center  = Member provided Potluck

## WEEKLY ACTIVITIES BY SITE

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<b>MCC</b> Marana Community Center 13250 North Lon Adams Road Marana, AZ 85653	<b>9-10 AM:</b> Aerobics <b>10:30-Noon AM:</b> Bingo <b>10-11:30 AM:</b> Bone Builders <b>10:15-11:15 AM:</b> Equipment Training <b>11:15 AM- 12:15 PM:</b> Aquatics	<b>9 AM –Noon:</b> Open Art <b>11AM - Noon:</b> Lap Swim	<b>9-10 AM:</b> Strengthen Our Seniors Fitness Class <b>10-11 AM:</b> Bodies in Motion <b>11:15 AM - 12:15 PM:</b> Aquatics <b>1-2:30 PM:</b> Bingo 	<b>8:30-10 AM:</b> Bone Builders <b>8:30-9:30 AM:</b> Zumba Gold <b>9 AM –Noon:</b> Open Art <b>10-11 AM:</b> Bodies in Motion <b>11 AM– Noon:</b> Lap Swim <b>11:15 AM-12:15 PM:</b> Yoga	<b>10-11 AM:</b> Line Dancing (BEG.) <b>11:15 AM - 12:15 PM:</b> Aquatics <b>1:00-2:30 PM:</b> Bingo 
<b>MCR</b> Marana Community Room 5100 West Ina Road Marana, AZ 85743	Facility Closed	<b>8:15-9:15 AM:</b> Line Dancing (INT.) <b>9:15-10:15 AM:</b> Line Dancing (BEG.) <b>10:30 AM-Noon:</b> Bingo <b>12:15-1:15 PM:</b> Yoga <b>2-3 PM:</b> Advanced Tia Chi (limit 20)	<b>10:30-11:30 AM:</b> Yoga	<b>10-11 AM:</b> Seated Zumba Gold	<b>9 AM-1 PM:</b> Mexican Train & Table Games <b>2-3 PM:</b> Advanced Tia Chi (limit 20) <b>3-4 PM:</b> Beginner Tia Chi (limit 20) 