

## NATIONAL FOOD DAY

This month we celebrate Ice Cream Sundaes. This sweet treat has been around for decades and is a great dessert for any meal.



**Location:** Community Room & Community Center

**Date:** Tuesday, July 19 @ MCR

**Time:** 10:15 AM

**Date:** Wednesday, July 20 @ MCC

**Time:** 12:45 PM

**Cost:** FREE



## INTRODUCING: Cynthia Nemeth-Briehn

Cynthia Nemeth-Briehn, the Parks & Recreation Director, brings years of experience to the Town of Marana. She began her career in parks and recreation while serving in the United State Air Force. After her enlistment, she worked in parks and recreation departments for the City of Tempe, the City of Goodyear, City of Flagstaff, Coconino County and now the Town of Marana. Cynthia also spent some time in the private sector working as a Trade Show Manager. She holds Bachelor of Science degrees in recreation and sociology from Arizona State University and a Masters of Public Administration from Northern Arizona University. With her husband Kevin, she has quickly made Marana home and is thrilled to be of service to the residents of this fine community.

# IN TOUCH

Recreation  
Guide for  
Active Adults



JULY 2016

## INDEPENDENCE DAY POTLUCK



MARANA COMMUNITY

CENTER OPEN:

10:00 AM - 3:30 PM

**Date:** Friday, July 1, 2016

**Lunch Served:** Noon - 1 PM

**Luncheon Includes:** Hamburgers, Hot Dogs, Drinks (provided)

**WE NEED YOU:** Sign-up & bring a side dish to share (see Diane Bellew to sign-up!)

### Activities:

Cornhole Toss, Door Raffle, Patriotic Best Dressed, Patriotic Trivia & Word Search

Party catering provided by Senior Program Members

## A LITTLE HISTORY OF INDEPENDENCE DAY



**Independence Day** of the United States, also referred to as **Fourth of July** or **July Fourth** in the U.S., is a federal holiday commemorating the adoption of the Declaration of Independence on July 4, 1776, by the Continental Congress declaring that the thirteen American colonies regarded themselves as a new nation, the United States of America, and no longer part of the British Empire

Independence Day is commonly associated with fireworks, parades, barbecues, carnivals, fairs, picnics, concerts, baseball games, family reunions, and political speeches and ceremonies, in addition to various other public and private events celebrating the history, government, and traditions of the United States.

Independence Day is the National Day of the United States.

## July 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						

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.

## SUMMER BINGO RATES ARE HERE

Get out of the heat! Bring a friend and enjoy the competitive game of Bingo.

**Summer Promo Rate Valid:** July 1 to July 31

**Where:** Community Center & Community Room

**Fees:** \$1.00 for 3 cards & \$2.00 for 6 cards

See inside calendar for Bingo schedule



B	I	N	G	O
09	16	41	50	71
06	22	42	57	64
15	28	FREE	56	70
05	29	40	51	73
02	27	38	47	66

IN TOUCH / MONTHLY ACTIVITIES

# JULY 2016

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> 9 AM: Member provided potluck Breakfast / MCR 1-2:30PM: Bingo Cancelled @ MCC
In Observance of July 4th <b>4</b> 	<b>5</b>	<b>6</b>	<b>7</b> *10-Noon: Elaine, Wire Wrapping / MCR 	<b>8</b>
11 AM: Birthday Cake / MCC 	9 AM-3 PM: Quilters / MCC  10-Noon : Elaine, Wire Wrapping / MCC	10-11 AM: NWFD Blood Pressure / MCC 	<b>14</b>	<b>15</b>
9:30-10:30 AM: Meet with the Director/ MCC <b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b> 1-2 PM: Meet with the Director / MCR
<b>25</b>	1-2 :30 PM: Bunco/MCC \$2.00 to play! <b>26</b>	10-11 AM: NWFD Blood Pressure / MCC 	<b>28</b>	<b>29</b> MCR = Marana Community Room MCC = Marana Community Center  = Member provided Potluck

### WEEKLY ACTIVITIES BY SITE

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<h2 style="margin: 0;">MCC</h2> <p style="font-size: small; margin: 0;">Marana Community Center 13250 North Lon Adams Road Marana, AZ 85653</p>	9-10 AM: Aerobics 10-11:30 AM: Bone Builders 10:30- Noon: Bingo 10:15-11:15 AM: Equipment Training 11:15 AM- 12:15 PM: Aquatics NOTE: Program closed July 4	9 AM -Noon: Open Art 1- 2:30 PM: Bunco (26th)	9-10 AM: Strengthen Our Seniors Fitness Class 10-11 AM: Bodies in Motion 11:15 AM - 12:15 PM: Aquatics 1-2:30 PM: Bingo 	8:30-10 AM: Bone Builders 8:30-9:30 AM: Zumba Gold 9 AM -Noon: Open Art 10-11 AM: Bodies in Motion 11:15 AM-12:15 PM: Yoga	10-11 AM: Line Dancing (BEG.) 11:15 AM - 12:15 PM: Aquatics *1-2:30 PM: Bingo  
<h2 style="margin: 0;">MCR</h2> <p style="font-size: small; margin: 0;">Marana Community Room 5100 West Ina Road Marana, AZ 85743</p>	Facility Closed	8:15-9:15 AM: Line Dancing (INT.) 9:15-10:15 AM: Line Dancing (BEG.) 10:30 AM-Noon: Bingo 12:15-1:15 PM: Yoga 2-3 PM: Advanced Tia Chi (limit 20)	10:30-11:30 AM: Yoga	10-11 AM: Seated Zumba Gold *11 AM -1 PM: Canasta, Card Game 	9 AM-1 PM: Mexican Train & Table Games 2-3 PM: Advanced Tia Chi (limit 20) 3-4 PM: Beginner Tia Chi (limit 20) 