

NATIONAL FOOD DAY

This month we celebrate Root Beer Floats! These are a quick, easy fix to a simple dessert and so refreshing!



Location: Community Room & Community Center

Date: Friday, August 5 @ MCR Room

Date: Friday, August 5 @ Center

Time: 12:30 PM

Cost: FREE

MEET THE STAFF



Customer Service Clerks: Left to Right Elizabeth Castro and Debra Mackin.
Senior Program Staff: Left to Right Yvonne Santa Cruz, Recreation Assistant Tammy Burchett, Recreation Programmer Darice Johnson, Recreation Coordinator

THANK YOU, Anja Leigh for giving us the opportunity to display your amazing art work at the Marana community Center. We look forward to having you back.



IN TOUCH

Recreation
Guide for
Active Adults



AUGUST 2016

TEA FOR TWO & TRIP DOWN MEMORY LANE



*You are cordially invited
to Tea & Treats - Trip
Down Memory Lane*

DATE: Thursday, August 11

TIME: 1:00 - 3:00 PM

PLACE: Community Center

COST: FREE

RSVP BY: Tuesday, August 9 by 4 PM

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

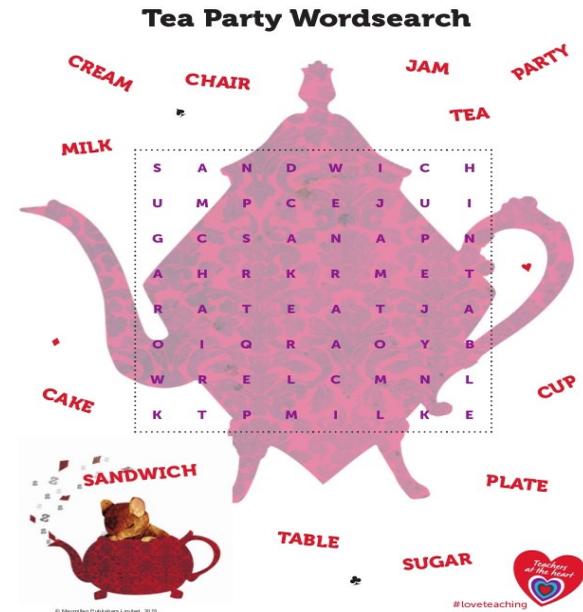
Snack Includes:

Cookies, Cakes & Assorted Teas

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

August 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	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.

IN TOUCH / MONTHLY ACTIVITIES

AUGUST 2016

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4 1-2 PM: Elaine, Barrettes / Wire Wrapping @ MCR	5 9 AM: Member provided potluck Breakfast @ MCR
8 11 AM: Birthday Cake @ MCC	9 9AM-3 PM: Quilters @ MCC 10 AM-Noon : Elaine, Wire Wrapping @ MCC	10	11	12
15	16 9 AM-3 PM: Quilters @ MCC	17 10-11 AM: NWFD Blood Pressure @ MCC	18	19
22	23	24	25	26
29	30 1-2:30 PM: Bunco @ MCC \$2.00 to play, sign up at front desk	31 10-11 AM: NWFD Blood Pressure @ MCC		MCR = Marana Community Room MCC = Marana Community Center = Member provided Potluck

WEEKLY ACTIVITIES BY SITE

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
MCC Marana Community Center 13250 North Lon Adams Road Marana, AZ 85653	9-10 AM: Aerobics 10-11:30 AM: Bone Builders 10:30- Noon: Bingo	9 AM -Noon: Open Art	9-10 AM: Strengthen Our Seniors Fitness Class 10-11 AM: Bodies in Motion 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.) 1- 2:30 PM: Bingo
MCR Marana Community Room 5100 West Ina Road Marana, AZ 85743	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 Tai Chi (limit 20)	10:30-11:30 AM: Yoga	10-11 AM: Seated Zumba Gold 11 AM -1 PM: Canasta	9 AM-1 PM: Mexican Train & Table Games 2-3 PM: Advanced Tai Chi (limit 20) 3-4 PM: Beginner Tia Chi (limit 20)