



## NATIONAL FOOD DAY

This month we celebrate **Peach Pie**.

**Location:** Community Room & Community Center

**Date:** Friday, September 16 @ MCR

**Time:** 11 AM

**Date:** Friday, September 16 @ MCC

**Time:** 12:30 PM

**Cost:** FREE

Ancient Greeks are believed to have originated pie pastry. In the plays of Aristophanes (5th century BC) there are mentions of sweetmeats including small pastries filled with fruit.



## FREE BINGO GAMES !!

We have had a generous sponsor offer free Bingo prizes on the following dates:

**WEDNESDAY, SEPTEMBER 7 @ 1PM / MCC**

**MONDAY, SEPTEMBER 12 @ 10:30 AM / MCC**

**WEDNESDAY, SEPTEMBER 21 @ 1PM / MCC**

**FRIDAY, SEPTEMBER 30 @ 1PM / MCC**

**TAKE ADVANTAGE OF THIS GENEROUS OPPORTUNITY!!!**

Thank you to our Marana Senior Program Quilting Group! We are pleased to have this kind of talent as part of our program. The quilts are gorgeous and we look forward to displaying them again.



## celebrating LABOR DAY Word Search



See how many of these newspaper related words you can find in the puzzle. The words can be forward, backward or diagonal.

- |              |            |              |              |
|--------------|------------|--------------|--------------|
| 1. LABOR     | 5. WORK    | 9. SUMMER    | 13. AMERICAN |
| 2. DAY       | 6. LONG    | 10. NATIONAL | 14. MONDAY   |
| 3. HOLIDAY   | 7. WEEKEND | 11. USA      | 15. DAY      |
| 4. SEPTEMBER | 8. ENDING  | 12. TRAVEL   | 16. OFF      |

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



SEPTEMBER 2016



## LABOR DAY PARTY



MARANA COMMUNITY CENTER OPEN

11:00 AM - 3 PM

**Date:** Thursday, September 1

**Lunch Served:** Noon - 1 PM

**Luncheon Includes:** Chicken Drumsticks & Drinks (provided)

**WE NEED YOU TO:** Sign-up & bring a side dish to share (sign - up book on table by scanner)

**Activities:**

Cornhole Toss, Door Raffle, & Word Search

Party catering provided by Senior Program Members

### Senior Program Members: Update Your Contact Information

Senior Program members, please stop by the front desk to see Deb or Elizabeth. They will be more than happy to assist you in updating your contact information.

If an emergency arises, if a class is cancelled or if we need to move your class to another building we need to be able to contact you.

**PLEASE BRING YOUR BADGE AND SCAN IN EACH DAY!!**

Thank you, Staff

IN TOUCH / MONTHLY ACTIVITIES

# SEPTEMBER 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p> = Member provided Pottluck  <b>MCC</b> = Marana Community Center  <b>MCR</b> = Marana Community Room</p>			<b>1</b>	<b>2</b> <b>9 AM:</b> Member provided pottluck Breakfast / MCR
<b>5</b> <b>*Senior program closed for Labor Day</b> 	<b>6</b> <b>10 AM -Noon:</b> Wire Wrapping with Elaine MCC	<b>7</b> <b>1- 2:30 PM:</b> FREE BINGO / MCC	<b>8</b>	<b>9</b>
<b>12</b> <b>10:30-Noon:</b> FREE BINGO / MCC <b>11 AM:</b> Birthday Cake / MCC	<b>13</b> <b>9 AM-3 PM:</b> Quilters / MCC 	<b>14</b> <b>10-11 AM:</b> NWFD Blood Pressure / MCC 	<b>15</b>	<b>16</b> <b>1-2:00 PM:</b> Meet with the Director / MCR
<b>19</b>	<b>20</b> <b>10 AM -Noon:</b> Wire Wrapping with Elaine MCC	<b>21</b> <b>1- 2:30 PM:</b> FREE BINGO / MCC	<b>22</b>	<b>23</b>
<b>26</b> <b>9:30-10:30 AM:</b> Meet with the Director / MCC	<b>27</b> <b>1-2:30 PM:</b> Bunco @ MCC \$2.00 to play 	<b>28</b> <b>10-11 AM:</b> NWFD Blood Pressure / MCC 	<b>29</b> <b>1- 2:30 PM:</b> FREE MYSTERY BINGO / MCC	<b>30</b> <b>1- 2:30 PM:</b> FREE BINGO / MCC

### WEEKLY ACTIVITIES BY SITE

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<p><b>MCC</b>  Marana Community Center  13250 North Lon Adams Road  Marana, AZ 85653</p>	<b>9-10 AM:</b> Aerobics <b>9:30 AM-Noon:</b> Mah Jongg (BEG.) <b>10-11:30 AM:</b> Bone Builders <b>10:30 AM-Noon:</b> Bingo <b>***Senior program closed for Labor Day</b> 	<b>9 AM -Noon:</b> Open Art	<b>9-10 AM:</b> Strengthen Our Seniors Fitness Class <b>10-11 AM:</b> Bodies in Motion <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>9:30 AM-Noon:</b> Mah Jongg (BEG.) <b>10-11 AM:</b> Bodies in Motion <b>11:15 AM-12:15 PM:</b> Yoga 	<b>10-11 AM:</b> Line Dancing (BEG.) <b>1-2:30 PM:</b> Bingo
<p><b>MCR</b>  Marana Community Room  5100 West Ina Road  Marana, AZ 85743</p>	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) (class 1st, 3rd & 4th Tuesday)	<b>10:30-11:30 AM:</b> Yoga	<b>10-11 AM:</b> Seated Zumba Gold <b>11 AM-3 PM:</b> Canasta, card game	<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) 