NATIONAL FOOD DAY

This month we celebrate **M&M's Day**.
Date: Friday, October 14 @ MCR
Time: 11 AM
Date: Wednesday, October 12 @ MCC
Time: 12:30 PM
Cost: FREE

BEGINNER MAH JONGG

Monday's, 9:30 AM-Noon

Thursday's, 9:30 AM-Noon

TO ALL BINGO PLAYERS !!

We have had a generous member step up and sponsor the following dates of Bingo @ MCC only:

FRIDAY, OCTOBER 7 @ 1PM
WEDNESDAY, OCTOBER 12 @ 1PM
MONDAY, OCTOBER 17 @ 10:30 AM
WEDNESDAY, OCTOBER 26 @ 1PM

WHICH MEANS IT WILL BE FREE!!!!

WALK FOR THE CURE

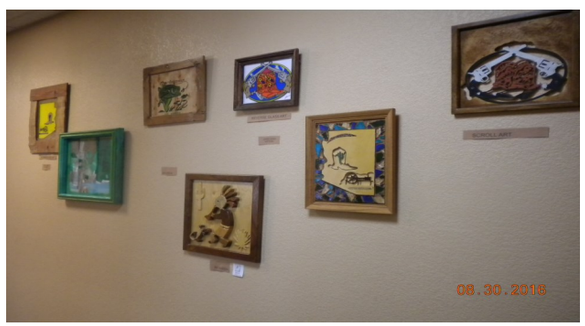
Donate your time and walk the Ora Mae Harn Park with Miss Yvonne

You can be a listening ear and strong shoulder to family and friends who are in the battle. Come and join us in support of Breast Cancer Awareness Month.

Who: Senior Program Members
Where: Marana Community Center
When: Wednesday, October 19, 2016
Time: 9:00 AM

Wear a hat and bring a bottle of water.

Thank you to Jerry Gwin! We are pleased to have this kind of talent as part of our program. The KoKopelli Crafts are gorgeous and unique. We look forward to having them displayed again.



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

MARANA

OCTOBER 2016

HALLOWEEN PARTY

MARANA COMMUNITY CENTER OPEN

11:00 AM - 3 PM

Date: Thursday, October 27
Lunch Served: Noon - 1 PM
Luncheon Includes: Hot Dogs, Nachos, Chips, Drinks, Popcorn & Dessert

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

Activities: Carnival Themed Games & Chili Cook Off

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 / MONTHLTY ACTIVITIES
OCTOBER 2016

Monday	Tuesday	Wednesday	Thursday	Friday
3	**4** **10 AM - Noon:** Elaine, Wire Wrapping Barrettes, / MCC	**5** **10 - 11 AM:** Houses to Homes, Christine Byler	**6**	**7** **9 AM:** Member provided potluck Breakfast / MCR
10 11 **AM:** Birthday Cake / MCC 	**11** **9 AM-3 PM:** Quilters / MCC 	**12** **10-11 AM:** NWFD Blood Pressure / MCC 	**13**	**14**
17	**18** **10 AM - Noon:** Elaine, Wire Wrapping Bracelet's / MCC	**19**	**20**	**21**
24 **11AM - Noon:** Book Club / MCC "The City" by D. Koontz	**25** **1-2:30 PM:** Bunco @ MCC $2.00 to play 	**26** **10-11 AM:** NWFD Blood Pressure / MCC 	**27**	**28**
31				**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 AM-Noon:** Bingo	**9 AM –Noon:** Open Art	**8-Noon:** Mexican Train & Table Games **9-10 AM:** S. O. S. Fitness Class **10-11 AM:** Bodies in Motion **11AM- Noon:** Bone Builders NEW **1-2:30 PM:** Bingo	**8:30-9:30 AM:** Zumba Gold **9:30– 10:30:** Seated Zumba Gold NEW **9 AM –Noon:** Open Art **10-11 AM:** Bodies in Motion **11:15 AM-12:15 PM:** Yoga	**8-Noon:** Mexican Train & Table Games **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 **12:30-1:30 PM:** Yoga - **NEW TIME** **2-3 PM:** Advanced Tia Chi (limit 20) (class 1st, 3rd & 4th Tuesday)	**10:30-11:30 AM:** Yoga	**11 AM-3 PM:** Canasta, card game	**9 AM-1 PM:** Mexican Train & Table Games **2-3 PM:** Advanced Tai Chi (limit 20) **3-4 PM:** Beginner Tai Chi (limit 20)