



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



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.



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.

Marana Parks & Recreation - (520) 382-3485 - maranaAZ.gov/recreation



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!!!!

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.



08.30.2016

IN TOUCH

Recreation
Guide for
Active Adults



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

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IN TOUCH / MONTHLY 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				<p>MCR = Marana Community Room</p> <p>MCC = Marana Community Center</p> <p> = Member provided Potluck</p>

WEEKLY ACTIVITIES BY SITE

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<p>MCC</p> <p>Marana Community Center 13250 North Lon Adams Road Marana, AZ 85653</p>	<p>9-10 AM: Aerobics</p> <p>10-11:30 AM: Bone Builders</p> <p>10:30 AM-Noon: Bingo</p>	<p>9 AM -Noon: Open Art</p>	<p>8-Noon: Mexican Train & Table Games</p> <p>9-10 AM: S. O. S. Fitness Class</p> <p>10-11 AM: Bodies in Motion</p> <p>11AM- Noon: Bone Builders </p> <p>1-2:30 PM: Bingo </p>	<p>8:30-9:30 AM: Zumba Gold </p> <p>9:30- 10:30: Seated Zumba Gold</p> <p>9 AM -Noon: Open Art</p> <p>10-11 AM: Bodies in Motion</p> <p>11:15 AM-12:15 PM: Yoga</p>	<p>8-Noon: Mexican Train & Table Games</p> <p>10-11 AM: Line Dancing (BEG.)</p> <p>1-2:30 PM: Bingo </p>
<p>MCR</p> <p>Marana Community Room 5100 West Ina Road Marana, AZ 85743</p>	Facility Closed	<p>8:15-9:15 AM: Line Dancing (INT.)</p> <p>9:15-10:15 AM: Line Dancing (BEG.)</p> <p>10:30 AM-Noon: Bingo</p> <p>12:30-1:30 PM: Yoga - NEW TIME</p> <p>2-3 PM: Advanced Tai Chi (limit 20) (class 1st, 3rd & 4th Tuesday)</p>	<p>9:30-10:30 AM: Yoga - NEW TIME</p>	<p>11 AM-3 PM: Canasta, card game</p>	<p>9 AM-1 PM: Mexican Train & Table Games</p> <p>2-3 PM: Advanced Tai Chi (limit 20)</p> <p>3-4 PM: Beginner Tai Chi (limit 20) </p>