

City of Buckeye
Community Services Department

C.C.

Center Connection

Keeping Older Adults Connected and Active

**Buckeye
Community Center**

201 E. Centre Ave.
Buckeye, AZ 85326
(623) 349-6600
Fax: (623) 349-6611

Hours of Operation:

Monday - Friday
8:00 am - 5:00 pm
www.buckeyeaz.gov

**Senior Program
Transportation**

(623) 349-6600

Area Agency on Aging

Senior Help Line

(602) 264-4357

Dr. Saide

Recreation Center

(623) 349-6350



**AREA
AGENCY
ON
AGING**

REGION ONE
INCORPORATED



2015

Upcoming Events

<i>Sock Hop.....</i>	<i>March 6th</i>
<i>Grandkids day.....</i>	<i>March 10th</i>
<i>Barleens Arizona Opry.....</i>	<i>March 17th</i>
<i>Lunch Bunch.....</i>	<i>March 19th</i>
<i>Fly a Kite Day.....</i>	<i>March 24th</i>
<i>Sandbag Baseball.....</i>	<i>March 27th</i>
<i>Estrella Mtn. Hike.....</i>	<i>March 31st</i>

Senior Programming

Coffee & Conversation

Enjoy coffee and friendly conversation with Councilmember Brian McAchran
Wednesday, March 18th
9am-10am



Do's, and Don'ts of Dieting Presentation!

Join us as Annette from USCAN presents the do's, and don'ts of dieting.

Thursday, March 12th
10am-11am



FLY A KITE DAY!

Come join us for fun, let's build and fly kite together!

Tuesday, March 24th
10am-11am



LUNCH BUNCH



Join us for our Monthly Lunch Outing
Here's where we're going:

March....Rula Bula Irish Pub
April.....My Big Fat Greek Restaurant
May..... Dillons at the Zoo
June.....Joe's Crab Shack

*Lunch on your own
May include a stop for Ice Cream or Shopping.

CITY OF BUCKEYE UPCOMING EVENTS!

Dog Days of Buckeye.....Saturday, Mar 7th
Movie Begins at Dusk-Tartesso Park.....Friday, Mar 13th
Concerts in the Park-Sundance Park.....Friday, Mar 27th
The Melodrama..... Friday & Saturday March 20th & 21st
Spring Celebration.....Saturday, March 28th
*For additional information such as hours and locations of the events
please visit buckeyeaz.gov/events or call 623-349-6354*



[Facebook.com - recreation](https://www.facebook.com/recreation)
[Facebook.com Buckeye Public Library](https://www.facebook.com/BuckeyePublicLibrary)

DO YOUR GRANDKIDS LIKE JUGGLING?



IF SO...IT'S GRANDKIDS DAY AT THE
BUCKEYE SENIOR CENTER!!!
MARCH 10TH 2015
9AM-12PM

LIFE IS JUST BETTER WITH GRANDKIDS, BRING THEM
ON DOWN TO THE BUCKEYE SENIOR CENTER TO
ENJOY SOME FUN, GAMES, RAFFLES, BINGO, AND
FOOD. COME WATCH THE FAMOUS JUGGLER
JAMES REID.

DON'T MISS OUT ON THE FUN!
SEE FRONT DESK FOR MORE DETAILS.

COST: \$5.00

IT'S GRANDKIDS DAY!!!



SPECIAL SENIOR PROGRAMS

Bonus Years Reading Program

Krista from the Buckeye Library will be making her rounds again on Monday's at 11am. We are not sure what she has up her sleeves but I can guarantee you it will be fun!

Grandparents Raising Grandkids

A support group providing emotional support, and assistance in navigating various social services.

Next meeting:
Tuesday, March 24th
1pm-2pm

Health Presentations

Sharry Kitzman, R.N.
Blood Pressure Checks
Thursdays, March 5th and 19th
9am-11am

Health Class

U of A Nutrition Network
Protein
Friday, March 13th
10am-11am

MONTHLY BIRTHDAY CELEBRATION

MARCH BIRTHDAYS

MARCH BIRTHDAY CELEBRATION
Friday, March 13th
11am-11:30am

It's fun to celebrate your birthday. Come celebrate your birthday with us. Birthday celebrations happen on the 2nd Friday of each month. (Subject to change due to holidays). Birthday cake and more. All for YOU and others who share your birthday month!

Ronald Boyd	Harold Kennon
Gustavo Calderon	Celia Campos
Charlotte Staggs	Ana Ramirez
Joe Federico	William Sims
Peggy Iverson	James Stricklin
Betty Marchesseault	Paul Johnson
Joseph Somersle	Marty Hardman
Betty Cox	Tapunuu Ahsoon
Peter Frazier	Ernestine Grayson
Randolph Morrison	Olga Medina
Corina Wilson	Al Guidry
Christine Brooks	Christine Rempert
Jesus Galvez	Susie Smith
Joy Brandofino	Sharry Kitzman
	Stella Powers



CENTER CONNECTION OUTINGS

(Some trips may include a stop for shopping or ice cream)

TOTAL WINE

Thursday, March 12th
6pm-9pm



Wander in Wine

Discovering Spain and Portugal.
Wine, Spirits & Beer Classes

Trip Fee \$10.00

REGISTRATION BEGINS

Wednesday, Feb 25th, at 9:45am

* Lunch is on your own



**AREA
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ON
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REGION ONE
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RULA BULA

Thursday, March 19th
10am-3pm



Trip Fee \$2.00

REGISTRATION BEGINS

Wednesday, Mar 4th, at 9:45am

*Lunch is on your own

BARLEENS

Tuesday, March 17th
4pm-10pm



Trip Fee \$10.00

(Dinner is included)

REGISTRATION BEGINS

Wednesday, Mar 4th, at 9:45am



ESTRELLA MTN HIKE

Tuesday, March 31th
10am-3pm



Trip Fee \$2.00

REGISTRATION BEGINS

Wednesday, Mar 18th, at 9:45am

*Lunch on your own

MEAL PROGRAMS

DAILY LUNCH PROGRAM

In partnership with Area Agency on Aging, the of Buckeye Senior Program offers a daily lunch program for senior participants 60 years and older. Take a look at our monthly lunch menu inside this newsletter!

RECOMMENDED CONTRIBUTION

\$3.00 for participants and guests 60 & older and those participants 18 and over with disabilities.

All other guests & visitors under the age of 60, there is a \$5.00 meal fee.

Lunch begins at 11:30 am with salad bar.

HOME DELIVERED MEAL PROGRAM

Home delivered meals are provided to persons that are unable to leave home because of a disabling physical, emotional or environmental condition and are unable to prepare adequate, nutritious meals for themselves.

For more information call
SENIOR HELP-LINE @ (602) 264-4357

PRIVATE PAY HDM are available at this site. Private Pay meals are \$5.00 per meal.

Here is a sneak peek at some exciting programs and activities that are coming up !



APRIL

Turf Paradise
Spring Senior Bazaar
Mystery Trip

MAY

Beer Class
Herberger Lunchtime Theater
National Senior Health & Fitness Day
And much, much more!

Crabby Road

Crabby Road

I finally figured out why Leprechauns dress so funny. They're single guys who've never had a wife.



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City of Buckeye
Community Services Department

Ongoing Senior Adult Programs & Activities

SILVER SNEAKERS PROGRAM

What is Silver Sneakers? Silver Sneakers is the nation's leading fitness program offering customized classes designed to improve range of movement and muscular strength exclusively for older adults.

Who can attend exercise classes? All adults 55 & older may attend the exercise classes, however, will not receive a Silver Sneaker card and/or additional benefits if your health plan coverage doesn't include the Silver Sneakers Program.

For more information please contact Sharon Meinders at: (623) 349-6607

Monday, Wednesday & Friday 8:45-9:45am

TEXAS HOLD'EM POINTS BASED POKER LEAGUE

Tuesdays from 1pm-4pm

League Dates

March 10th-April 28th

Tournament Date

Tuesday, May 5th

1pm-4pm



FREE GAMES
BRAGGING RIGHTS
PRIZES

CURRENT EXERCISE & OUTDOOR PROGRAMS

Don't act your age! Stay active!

- ◆ SILVER SNEAKERS
- ◆ HOT STEPPERS
- ◆ INDOOR EXERCISE EQUIPMENT



Wii BOWLING LEAGUE



Two (2) member Team

Mondays from 1pm-3pm

Winter Wii Bowling league runs

February 2nd-March 23rd

REGISTRATION BEGINS

Wednesday, Jan 14th, at 9:45am

ARTS & CRAFTS

Arts & Crafts are scheduled each Monday from 10-11:30 am. Participants can take part in Arts & Crafts projects each month. Arts or Crafts guest instructors are welcome. If you like doing Arts & Crafts, or if you like teaching Arts & Crafts, please join our program. We would enjoy having you involved.



INSTRUCTORS WELCOME!

BUCKEYE BLANKETEERS

Crochet, Knit, Sew, or Quilt!

Join the Buckeye Blanketeers the last Thursday of the month. All blankets are donated to Project Linus. Project Linus distributes your homemade blankets to infants, toddlers, children and teens in need of comfort during crisis or illness. We will meet in the exercise room from 12:30 pm until closing time!

Blanketeers will meet:

Thursday, March 26th

1pm-4pm



DROP-IN COMPUTER LAB

Monday - Friday (8am-5pm)

Drop in to type and print a letter, use the Internet, play games, or practice what you are learning in class. There are five computers, with use on a first come basis limited to a two hour maximum.

- **YOU MAY NOT** install software on these computers
- **YOU MAY NOT** download files on these computers
- **TO SAVE** your work, bring a flash drive or **CD** from home. **YOU MAY NOT** save files on these computers.



COMMUNITY CENTER LIBRARY

Monday - Friday (8am-5pm)

In conjunction with CITY of Buckeye Main Library the Buckeye Community Center offers a variety of books by different authors and titles, large print books and magazines. Participants can sign up and receive a library card and check out books. We also have audio books.



EXERCISE EQUIPMENT

If you are looking to get in shape the Buckeye Community Center has exercise equipment available for seniors and active adults. Two commercial grade treadmills, stationary bike & multi-use gym are currently available for use. Exercise area is open Monday-Friday: 8-5pm. Please use the equipment wisely. Staff is available to assist if you have questions or need help.



CITY OF BUCKEYE SENIOR SITE COUNCIL

The Buckeye Senior Program Site Council meets the second Wednesday of each month to advise the Buckeye Senior Program Staff on matters relating to the delivery of services. The site council is not a separate entity from the Senior Program and serves as an advisory committee to the Senior Program Staff.

Site Council Key Function

- **Advising**
- **Coordinating**
- **Planning**
- **Evaluating**
- **Implementing**
- **Advocating**



Next Site Council Meeting Date:
Wednesday, April 8th
9:15am-9:45am

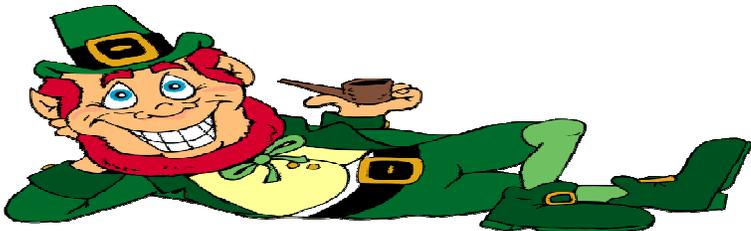
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The City of Buckeye Community Services staff would like to welcome you to the Buckeye Community Center. The Community Center is here for your enjoyment and to provide services to the Buckeye Community and its visitors.

Please take the time to read our Courtesy Guidelines posted within the Community Center. They are for the enjoyment and safety of all our guests, customers, and staff. If you have any questions, please feel free to ask one of our Community Services staff members.

Thank you!

MARCH 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">2</p> <p>Silver Sneakers (V) 8:45-9:45am Arts & Crafts 10-11:30am Bonus Years/Reading 11:00 am Wii Bowling 1-3pm Hand & Foot Canasta 1-4pm</p>	<p style="text-align: right;">3</p> <p style="text-align: center;">Texas Hold 'em 1-4pm</p>	<p style="text-align: right;">4</p> <p>Silver Sneakers (V) 8:45-9:45am Bingo 10:15am Double Deck Pinochle 1-4pm</p>	<p style="text-align: right;">5</p> <p style="text-align: center;">Blood Pressure 9-11am Euchre 1-4pm</p>	<p style="text-align: right;">6</p> <p style="text-align: center;">Silver Sneakers 8:45- 9:45am Bingo 12:45pm Sock Hop 6-9pm</p>
<p style="text-align: right;">9</p> <p>Silver Sneakers 8:45-9:45am Arts & Crafts 10-11:30am Wii Bowling 1-3pm Hand & Foot Canasta 1-4pm</p>	<p style="text-align: right;">10</p> <p style="text-align: center;">Grandkids Day 9-12am Texas Hold'em 1-4pm</p>	<p style="text-align: right;">11</p> <p>Silver Sneakers (V) 8:45-9:45am Site Council 9:15-9:30am Bingo 10:15am Double Deck Pinochle 1-4pm</p>	<p style="text-align: right;">12</p> <p style="text-align: center;">Health Presentation 10-11am Euchre 1-4pm Total Wine 6-9pm</p>	<p style="text-align: right;">13</p> <p style="text-align: center;">Silver Sneakers 8:45-9:45am Nutrition Presentation 10-11am B-Day Bash 11-11:30am Bingo 12:45pm</p>
<p style="text-align: right;">16</p> <p>Silver Sneakers 8:45-9:45am Arts & Crafts 10-11:30am Wii Bowling 1-3pm Hand & Foot Canasta 1-4pm</p>	<p style="text-align: right;">17</p> <p style="text-align: center;">Texas Hold 'em 1-4pm Barleens Arizona Opry 4-10pm</p>	<p style="text-align: right;">18</p> <p>Silver Sneakers 8:45-9:45am Bingo 10:15am Double Deck Pinochle 1-4pm</p>	<p style="text-align: right;">19</p> <p style="text-align: center;">Blood Pressure 9-11am Lunch Bunch 10-3pm Euchre 1-4pm Hot Steppers 1:30-2:30pm</p>	<p style="text-align: right;">20</p> <p style="text-align: center;">Leaping Leprechaun Party 10-12pm Bingo 1:15pm</p>
<p style="text-align: right;">23</p> <p>Silver Sneakers 8:45-9:45am Arts & Crafts 10-11:30am Wii Bowling 1-3pm Hand & Foot Canasta 1-4pm</p>	<p style="text-align: right;">24</p> <p style="text-align: center;">Fly a Kite Day 10-11am Texas Hold 'em 1-4pm Grandparents Raising Grandkids 1 - 2 pm</p>	<p style="text-align: right;">25</p> <p>Silver Sneakers 8:45-9:45am Bingo 10:15am Double Deck Pinochle 1-4pm</p>	<p style="text-align: right;">26</p> <p style="text-align: center;">Euchre 1-4pm Blanketeers 1-4pm</p>	<p style="text-align: right;">27</p> <p style="text-align: center;">Silver Sneakers 8:45 - 9:45 am Sandbag Baseball 10-11am Bingo 12:45pm</p>
<p style="text-align: right;">30</p> <p>Silver Sneakers 8:45-9:45am Arts & Crafts 10-11:30am Wii Bowling 1-3pm</p>	<p style="text-align: right;">31</p> <p style="text-align: center;">Crochet with Carolyn 9-11am Estrella Mtn. Hike 10-3pm Texas Hold'em 1-4pm</p>			

MARCH 2015

Funded in part by:
Area Agency on Aging
SUGGESTED CONTRIBUTION:
\$3.00
Lunch served Monday-Friday
11:30-12:30. Excluding Party days

Monday	Tuesday	Wednesday	Thursday	Friday
2 Beef Tips over Rice Zucchini Roll Pineapple	3 Chicken Noodle Soup Ham & Cheese Sand V-8 Juice Cantaloupe	4 Pork Chop Peas & Carrots Mashed Potatoes Roll Orange	5 Chicken Alfredo w/ Pasta Italian Veggies Roll Peaches	6 Fish Sticks Clam Chowder Roll Crackers Apple Raisin Crisp
9 Roast Turkey Mashed Potatoes Broccoli Roll Pears	10 French Dip Curley Fries Carrots Banana	11 Salisbury Steak Green Beans Mashed Potatoes Roll Pineapple	12 Beef Stew Biscuit Apricots	13 Seasonal Fruit Plate w/ Cottage Cheese & Hard Boiled Egg Crackers Oatmeal Cookie
16 Oven Fried Chicken Roasted Potatoes Peas Roll Strawberries	17 BBQ Sandwich Cole Slaw Carrots Pear	18 Lasagna Green Beans Garlic Bread Sliced Orange	19 Chicken & Dumplings Broccoli Crackers Tropical Fruit	20 Corn Beef w/Cabbage Red Potatoes Sour Dough Roll Peaches
23 Roast Beef Mashed Potatoes Glazed Carrots Blueberry Muffin Cantaloupe	24 Baked Fish Corn Rice Pilaf Roll Apple Sauce	25 Meat Loaf Mashed Potatoes Carrots Roll Oatmeal Cookie Apple	26 Chef's Salad Pickled Beets Roll Mandarin Oranges	27 Cheese Burger w/onion, tomato lettuce & pickle spear V-8 Watermelon
30 Hot Turkey Sandwich w/ Mashed Potatoes & Gravy Broccoli Berry Gelatin w/ Berries	31 Stuffed Peppers Brussels Sprouts Roll Oatmeal Cookie Sliced Peaches			



TURF PARADISE
ATTN: HORSE RACE FANS
TUESDAY, APRIL 7th
10-3pm



It's that time of year again, we are heading out for fun in the sun at Turf Paradise. Come along with us to enjoy the betting of horse racing and a dine in buffet.

Trip Fee: \$10 (no funds)

REGISTRATION BEGINS

Wednesday, Mar 11th at 9:45am

Seat Limited: 20



LET US PICK YOUR BRAIN!!!

Memory Games



Here you have a few fun brain exercises to train our attention and working memory (the abil-ity to keep information current for a short period while using this information). Give them a try! They are not as easy as they may sound...

1. Say the days of the week backwards, then in alphabetical order.
2. Say the months of the year in alphabetical order. Easy? well, why don't you try doing so backwards, in reverse alphabetical order.
3. Find the sum of your date of birth, mm/dd/yyyy. Want more exercises? Do the same with friends' and relatives' date of birth.
4. Name two objects for every letter in your complete name. Work up to five
5. objects, trying to use different items each time.

Wherever you are, look around and within two minutes, try to find 5 red things that will fit in your pocket, and 5 blue objects that are too big to fit



LEAPIN' LEPRECHAN PARTY



IT'S TIME FOR THE WEARIN' OF
THE GREEN. SHOW OFF YOUR
VERY BEST ST. PADDY'S DAY
ATTIRE.



WE'LL SEE YOU

MARCH 20TH 10AM TO NOON



RAFFLE

MUSIC

DANCING



SNACKS



12 FOODS TO EAT FOR ENERGY



HONEY



APPLES



EGGS



SWEET POTATOES



SALMON



ORANGES



BANANAS



OATS



BEANS



SPINACH



YOGURT



ALMONDS

TAKE CARE OF
YOUR BODY.
IT'S THE ONLY
PLACE YOU HAVE
TO LIVE IN.

We are introducing a new program for our Home Delivered Meal participants. Each month they have the opportunity to take part in a challenge or two. This month's challenge was to be the first to complete the word search.



PUZZLE WINNERS ARE:

Congratulations!!

Elizabeth Hickman

Ron Boyd

Hallie Harris



Fun things to do!



THE DOO WOP SOCK HOP



IT'S A
EVENING
EVENT!

LET'S ROCK AROUND THE CLOCK!

TICKETS
ARE JUST
\$5.00

Friday March, 6, 2015
Time: 6:00-9:00pm

TICKETS
ARE JUST
\$5.00

Dinner & Entertainment: Hamburgers, Chips, and Ice Cream Floats!



HOT STEPPERS DANCE CLASS

LEARN LINE DANCING

CLASS TAUGHT BY PROFESSIONAL LINE DANCE INSTRUCTOR
TERRY PEEBLES

**FREE
LINE DANCE
LESSONS**

THURSDAY, MARCH 19TH
1:30-2:30PM

**FREE
LINE DANCE
LESSONS**

REMINDERS

PARTIES & SPECIAL EVENTS- Parties and special events are for senior participants. Guests 18 years & older are welcome to attend and are subject to the \$5.00 guest meal FEE! Please refrain from bringing guests 18 years and younger.

TRIP ETTIQUETTE- Please remember to clean up after yourself when we take a casino bus or one of our City vehicles on a trip.

CONTRIBUTIONS- A \$3.00 contribution for meals is suggested. Any amount you would like to donate for transportation is greatly appreciated.

REGISTRATIONS- Payment is due at the time of registration! No exceptions! Space is limited on some trips, and to make it fair for everyone, no spots will be held without payment! Trip fees are non-refundable.

SANDBAG BASEBALL

Friday, Mar 27th
10-11am

Let's see your HOMERUN!
Get your teams ready, wear your favorite team shirt and hat.
Come out ready to play ball.

PUZZLE PAGE

Saint Patrick's Day Word Search Puzzle

See if you and your child can find a few hidden St. Patrick's Day terms!

Look for words appearing up, down, across, backwards and diagonally.



Brought to you by



let's fix dinner™

C E O I E D A R A P I P N B D
A L U D S O S H A M R O C K U
T F E A S I M M C J I G P I B
H V I P O W R O E S S K C U L
E O S A R O A H L G H Z D P I
D T F T C E H O T O G R E E N
R U V R K I C W I D P L E Q I
A E K I N U A H C R Y W T O C
L O H C A J P L A B V M I U L
T O Z K K P O H D U V O S E O
N M A R C H A L I O N I J L V
I A G N C X O U B Q W E F E E
A L U J D G I A W O B N I A R
S H I L L E L A G H W Y A Q O

Irish
Green
Leprechaun
Parade
Shamrock

Gold
Celtic
Dublin
Patrick
Luck

March
Cathedral
Rainbow
Charm
Clover

Jig
Saint
Cross
Shillelagh
Harp



Find more fun puzzles and games at NestléFamily.com

SPRING Celebration

Saturday March 28th

9am-12pm

Sundance Park

(Lower Buckeye Rd. & Rainbow)



**HOT AIR
BALLOON RIDES**

\$10 per person
Limited tickets
Pre-order tickets at
the Rec. Center

FACE PAINTING

TRAIN RIDES

**PHOTOS WITH
MR. & MRS. EASTER BUNNY**

**Bounce House ~ Egg Decorating
Egg Drop ~ Petting Zoo
Pony Rides ~ and more!**

* Some activities may require a fee to participate

EGG HUNT SCHEDULE

- 2 & Under ~ 9:30-11:30am
- 3-4 year olds ~ 9:30am
- 5-7 year olds ~ 10am
- 8-10 year olds ~ 10:30am
- 11 year olds and up ~ 11am



www.buckeyeaz.gov/events
recreation@buckeyeaz.gov



Presented by Community Services Department