

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

May is Older Americans Month

Upcoming Events

Buckeye Community Center is closed Monday, May 25th	
Plant Swap.....	May 1st
Loteria.....	May 5th
Beer Class.....	May 7th
Lunch Bunch.....	May 14th
Fiesta Fun Party!.....	May 15th
Herberger Lunch Time Theater.....	May 21st
National Senior Health and Fitness Day.....	May 27th
Mystery Trip.....	May 28th
Giant Kerplunk!.....	May 29th

Senior Programming

Coffee & Conversation

Enjoy coffee and friendly conversation with Councilmember Brian McAchran On Wednesday, May 20th from 9-10 am



Play Giant Kerplunk!

Friday, May 29th

10-11am

Careful not to pull the wrong stick making all the balls fall!

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CITY WIDE BUDGET MEETING

Be well informed about your city
Please attend and find out what is new for Buckeye this coming Fiscal Year.
Tuesday, May 12th at 9am



LUNCH BUNCH



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

June.....Joe's Crab Shack
July.....Haymaker
August.....Olive Garden
September.....Five Guys



CITY OF BUCKEYE UPCOMING EVENTS!

Concert in the Park at Tartesso Sports Park.....Friday, May 1st
Demolition Derby.....Saturday, May 9th
Movie in the Park at Festival Foothills..... Friday, May 29th
Farmers Market..... Saturday, May 30th
Independence Day at Youngkers High School.....Saturday, July 4th

*For additional information such as hours and locations of the events
 please visit buckeyeaz.gov/events or call 623-349-6320*



Facebook.com-Recreation

Facebook.com-Buckeye Public Library

FIFTEEN FOODS THAT HELP YOU STAY HYDRATED

*These high-water-content foods are refreshing, filled with nutrients,
 and naturally low in calories. It's still important to drink plenty of water—especially in
 the summertime—but you can also quench your thirst with these 15 hugely hydrating
 foods, all of which are at least 90% water by weight.*

Water Content	Water Content
CUCUMBER.....96.7%	SPINACH.....91.4%
ICEBERG LETTUCE.....95.6%	STAR FRUIT.....91.4%
CELERY.....95.4%	STRAWBERRIES.....91%
RADISHES.....95.3%	BROCCOLI.....90.7%
TOMATOES.....94.5%	GRAPEFRUIT.....90.5%
GREEN PEPPERS.....93.9%	BABY CARROTS.....90.4%
CAULIFLOWER.....92.1%	CANTALOUPE.....90.2%
WATERMELON.....91.5%	

SPECIAL SENIOR PROGRAMS

Bonus Years Reading Program

Krista from the Buckeye Library will be making her rounds again on Monday's at 11 am
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:
May 26th 1-2 pm**

Health Presentations

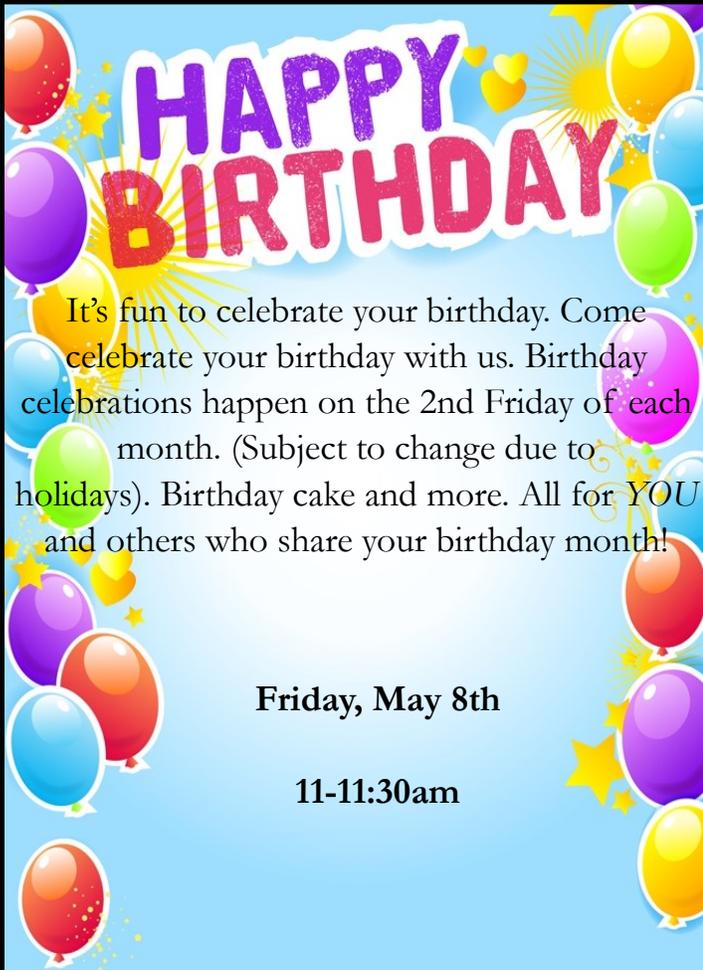
Sharry Kitzman, R.N.
Blood Pressure Checks
Thursday, 14th
9-11am

Health Class

ASU Nutrition Presentation
Friday, May 22nd 10-11am
Dairy-Milk alternatives and the importance of calcium

MONTHLY BIRTHDAY CELEBRATION

MAY BIRTHDAYS



HAPPY BIRTHDAY

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!

Friday, May 8th
11-11:30am

- | | |
|---|--|
| Shelby Lackey
Jeremiah Vinson
Alejo Grango
Robert Crookshank
Rose Willsey
Bernie Niles
Joe Sapien
Mary St. Vincent
Manuel Hernandez
Phyllis Agee
Mary Scott
Robert Gleim
Candy Stauffer
Delores Harris | Janice Johnson
Alyce Tramm
Stephanie Eger
Delores Martinez
Edith Zerilli
Sandra Adams
Brayton Davis
Robert Pieters
Judy Barbier
Tracy Granville
Alice Smethers
Pat Zahl
Carmen Amparano
Sally Haese
Shirley Owens
Nancy Skinner |
|---|--|



CENTER CONNECTION OUTINGS

Some outings may include a stop for ice cream and or shopping as time permits



BEER CLASS

THURSDAY, MAY 7th

5:30-9pm

Support your local craft
breweries

Trip fee \$10.00

REGISTRATION BEGINS

Wednesday, April 29th at 9:45am



AREA
AGENCY
ON
AGING

REGION ONE
INCORPORATED



THURSDAY, MAY 14th

10am-3pm

Trip fee \$2.00

REGISTRATION BEGINS

Wednesday, April 29th at 9:45am

*Lunch purchase is on your own



THURSDAY, MAY 21st

10:30am-4pm

Theme Variations-
First You Dream

A musical revue reminding you
that you are never too old to dream

Trip fee \$6.00

REGISTRATION BEGINS

Wednesday, May 6th at 9:45am

Purchases and lunch on your own



Where to? It's our
MYSTERY TRIP!!!

THURSDAY, MAY 28th

10am-3pm

HINT: I serve roughly 4
million people

Trip fee \$2.00

REGISTRATION BEGINS

Wednesday, May 13th at 9:45am

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.

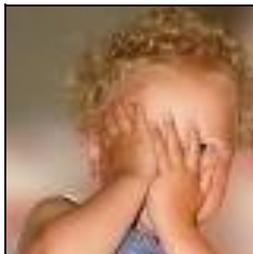
HOME DELIVERED MEAL PROGRAM

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!



JUNE

Family Feud
Retro Movie Matinee
Candy ball Game
Beach Party
Happy Hour

JULY

Deal or No Deal
Retro Movie Matinee
The Big Bang!
Happy Hour
And much, much more!



*The Buckeye Community Center
will be closed
Monday, May 25th
in observance of Memorial Day.*



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

CURRENT EXERCISE & OUTDOOR PROGRAMS

Don't act your age! Stay active!

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



TEXAS HOLD'EM
POINTS BASED POKER LEAGUE

Tuesdays 1-4pm

League Dates

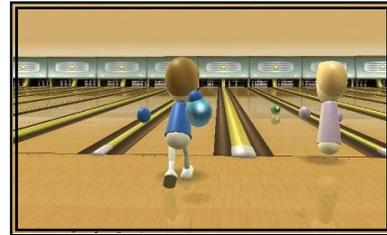
May 12th through June 30th

Tournament on July 7th



FREE GAMES
BRAGGING RIGHTS
PRIZES
<><><>

Wii BOWLING LEAGUE



Two (2) member Team

Mondays from 1-3p.m.

Summer Wii Bowling League runs

May 4th through June 29th

Registration begins

Wednesday, April 22nd 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, May 28th from 1-4pm



DROP-IN COMPUTER LAB

Monday - Friday (8- 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 (8- 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**



ALL WELCOME

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

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!

MAY 2015

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

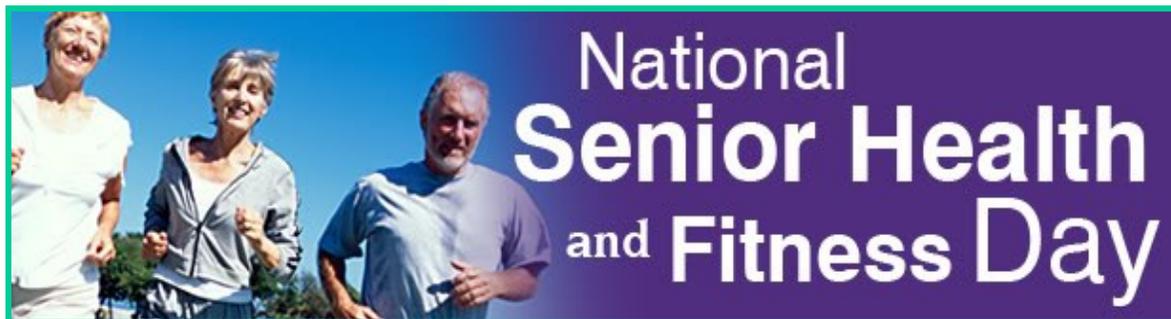
FRIDAY

<p>Honey Peach Fro-Yo Bites A mini recipe</p> <p>1 large peach– cut into small bite size pieces 1 cup yogurt 1 tablespoon honey</p> <p>Mix all ingredients together , put into ice cube tray and freeze Pop out and store refrigerated in a sealed container</p> <p style="font-size: 1.2em;">Enjoy!</p>				<p>1</p> <p>Silver Sneakers 8:45-9:45am Plant Swap 10-11am Bingo 12:45pm</p> 
<p>4</p> <p>Silver Sneakers 8:45-9:45am Arts & Crafts 10-11:30am Wii Bowling 1-3pm</p>	<p>5</p> <p>Loteria 10-11am Texas Hold ‘em 1-4pm</p>	<p>6</p> <p>Silver Sneakers 8:45-9:45am Bingo 10:15am Double Deck Pinochle 1-4pm</p>	<p>7</p> <p>LCR 10-11am Beer Class 5:30-9pm</p>	<p>8</p> <p>Silver Sneakers 8:45-9:45am B-Day Bash 11-11:30am Bingo 12:45pm</p>
<p>11</p> <p>Silver Sneakers 8:45-9:45am Arts & Crafts 10-11:30am Wii Bowling 1-3pm</p>	<p>12</p> <p>City Wide Budget Meeting 9-11am Texas Hold ‘em 1-4pm</p>	<p>13</p> <p>Silver Sneakers (V) 8:45-9:45am Site Council 9:15-9:45am Bingo 10:15am Double Deck Pinochle 1-4pm</p>	<p>14</p> <p>Lunch Bunch 10am-3pm Blood Pressure Checks 9-10am Hot Steppers 1:30-2:30</p>	<p>15</p> <p>Fiesta Fun Party! 10am-Noon Silly Sombrero Bingo 1pm</p> 
<p>18</p> <p>Silver Sneakers 8:45-9:45am Arts & Crafts 10-11:30am Wii Bowling 1-3pm</p>	<p>19</p> <p>Texas Hold ‘em 1-4pm</p>	<p>20</p> <p>Silver Sneakers 8:45-9:45am Bingo 10:15am Double Deck Pinochle 1-4pm</p>	<p>21</p> <p>Herberger Theater 10:30am-4pm</p>	<p>22</p> <p>ASU Nutrition Presentation 10-11am Bingo 12:45pm</p> 
<p>25</p> <p style="font-size: 1.5em; font-weight: bold;">CLOSED</p> 	<p>26</p> <p>Crochet with Carolyn 9-11am Texas Hold ‘em 1-4pm</p>	<p>27</p> <p>National Senior Health & Fitness Day 9-11am Bingo 12:45pm Double Deck Pinochle 1-4pm</p>	<p>28</p> <p>Mystery Trip 10am-3pm Blanketeers 1– 4pm</p>	<p>29</p> <p>Silver Sneakers 8:45-9:45am Giant Kerplunk! 10-11am Bingo 12:45pm</p>

MAY 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
<p>Check out our special menu items on Thursday, May 7th, Tuesday, May 12th and Monday, May 18th!</p>				<p>1 Pork Roast Zucchini Peas & Carrots Biscuit Fruity Jell-O</p>
4	5	6	7	8
<p>Sliced Ham Mash Potatoes Glazed Carrots WW Roll Peaches</p>	<p>Spaghetti & Meatballs Broccoli Green Beans Bread stick Mandarin Oranges</p>	<p>Baked Cod California Blend Spinach Rice Pilaf Apple Sauce</p>	<p>Apple Oatmeal Breakfast 8-10am Pork Chop Peas & Carrots Mashed potatoes WW Roll Pineapple Chunks</p>	<p>Teriyaki Chicken Brussels Sprouts Brown Rice Mandarin Oranges</p>
11	12	13	14	15
<p>Roast Beef Buttered Noodles California Blend Wheat Bread Strawberries</p>	<p>Fruit Plate w/ Cottage Cheese Potato Bar Crackers Carrot Cake</p>	<p>Beef Tips Over Rice Succotash Broccoli WW Roll Fresh Orange</p>	<p>Oven Baked Chicken Italian Vegetables Stewed Tomatoes Biscuit Banana</p>	<p>Taco Salad Fiesta Mix Corn Spanish Rice Watermelon Slice </p>
18	19	20	21	22
<p>Chicken Noodle Soup Build a Sandwich Sliced Oranges</p>	<p>Meat Loaf Mashed Potatoes Glazed Carrots WW Roll Cantaloupe</p>	<p>Sweet & Sour Chicken Oriental Blend Lima Beans Peaches</p>	<p>Pot Roast Spinach Brussels Sprouts WW Bread Apricots</p>	<p>Chicken Fried Steak Zucchini & Yellow Squash V-8 Juice WW Roll Banana</p>
25	26	27	28	29
<p>CENTER CLOSED </p>	<p>BBQ Beef Sandwich Parsley Cauliflower Corn of the Cob Fruit Cocktail</p>	<p>Tuna Salad Carrot Salad Blueberry Muffin Cantaloupe</p>	<p>Lasagna Broccoli Green Beans WW Garlic Bread Grapes</p>	<p>French Dip Sandwich Tomato Wedges Yellow Zucchini Strawberries</p>



“ If You Keep Moving...You’ll Keep Improving!”

Wednesday, May 27th 9-11am

Buckeye Community Center 201 E. Centre Ave

623-349-6600

- 7:30am Early Bird walk– 1/2 mile loop around the track outside
- 9am Blood Pressure Checks
- 9:30am Memory Game
- 9:45am Parachute Fun!
- 10am Healthy Eating Demonstration
- 10:15am Color Me Fit
- 10:30am Health Trivia Bingo
- 10 :45am Dance Demonstration
- 11am Awards Ceremony

National Senior Health and Fitness Day, an annual event that will be observed at more than 1,000 local sites across the United States-all on the same day– Wednesday, May 27th 2015. This event is the nation’s largest health and wellness event for older adults. This event will host senior related health and fitness activities encouraging all older adults to enhance the quality of their lives through regular physical activity



**STRIVE FOR PROGRESS,
NOT PERFECTION**

1 pound of fat is
3,500 calories
(If you want to lose one pound a week, just burn 500 calories a day more than you eat. Fitness is a science, not magic.)



How much physical activity do I need for general health?



At least **30 minutes of moderate-intensity** activity on most if not all days of the week

A 30-minute walk a day, most days of the week will keep your heart in prime pumping shape. If this number seems daunting, start small: Two 15-minute brisk walks a day will bring you up to the correct total. Find ways to stay active that are fun and engaging and it will be easier to make them habits.

Take the stairs!





QUARTER AUCTION!

Friday, May 29th 5-9pm

American Legion

402 E Narramore

623-243-9548

Doors open at 5pm for registration

Admission \$3.00

Includes one bidding paddle

Seating is limited

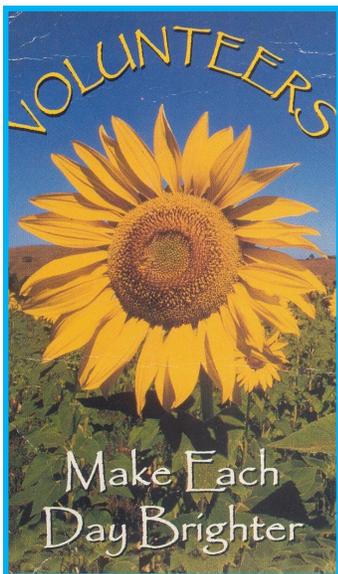
Cash only event



Gil found his pot of gold at the end
of the rainbow!



The Volunteer Breakfast





FIESTA

like there is no

MAÑANA



FIESTA FUN!!
FRIDAY, MAY 15TH
10AM-NOON

SNACKS

**Music by the
NEEDHAM TWINS**

RAFFLE

Fun things to do!



Plant Swap



Friday, May 1st from 10-11am
In the Patio Garden



Bring in plants or seeds to swap for your garden
Meet fellow gardeners
Learn what to plant when
Enjoy light refreshments



HOT STEPPERS DANCE CLASS

LEARN LINE DANCING!
THURSDAY MAY 14TH
1:30-2:30PM

**FREE
LINE DANCE
LESSONS**



**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.

HDM puzzle winners for April are:

Ronald Boyd

Linda Terris

Ralph Hunt

Hallie Harris

Christine Elmore

Al Guidry

Egg guessing game winners:

Rose Provencio -26

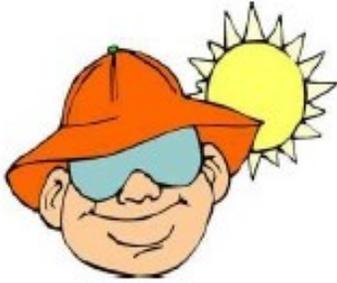
Hallie Harris -26

Ronald Boyd-25

Ethel McCrae-25



PUZZLE PAGE



Summer Time



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

Find these words in the puzzle. Words are hidden → and ↓.

AUGUST
BALL
BEACH
CAMP
FRIEND
HOT
ICE CREAM

JULY
KIDS
OUTSIDE
PLAY
POOL
SUNNY
WARM



Presented by the City of Buckeye Community Services Department



DEMOLITION

Spring
2015

DERBY

The most fun you can have on a Saturday night in Buckeye!

Saturday
May 9th

Gates Open: 5:30pm
Derby Starts: 7:00pm

Helzapoppin'
Rodeo Arena
Miller Rd. South of Baseline

FULL CAR DERBY

*Some activities
may require a fee
to participate

"Old Guys" Nascar
Lawn Mower Racing

Kids Race

AND MORE!

Pre-Sale Tickets available at the Community and Recreation Centers

Adults - \$10
Children (6-12) - \$5
Ages 5 and under FREE!
Family Pack including
2 Adult & 2 Children - \$25



For information visit
www.buckeyeaz.gov/events

