

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

Movie Outing.....July, 9th
Deal Or No Deal.....July, 10th
Retro Movie Matinee.....July, 15th
Lunch Bunch at Haymaker.....July, 16th
The Big Bang Party.....July, 17th
Diamondbacks Game.....July, 21st
VeeQuiva.....July, 23rd
Texas Road House Early Dine.....July, 30th
Happy Hour.....July, 31st

Senior Programming

Coffee & Conversation

Enjoy coffee and friendly conversation with Councilmember Brian McAchran
On Wednesday, July 15th
from 9-10 am



DEAL OR NO DEAL

(BUCKEYE SENIOR CENTER VERSION)
Friday, July 10th 10-11am
Come and try your luck with our Banker .
Maybe you can get the best of him.



Casino Trip with Avondale
Thursday July 23rd
8am-3:30pm

Sign-ups begin Wednesday,
July 8th at 9:45am
Trip fee \$6.00

LUNCH BUNCH



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

August.....Olive Garden
September..... Five Guys
October.....Ichi Ban
NovemberClaim Jumper

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

CITY OF BUCKEYE UPCOMING EVENTS!

Quarter Auction.....Friday, August 21st
Oktoberfest Corn hole Tournament.....Saturday, October 10th
75th Annual Halloween Carnival.....Saturday, October 24th

For additional information such as hours and location of events
please visit Buckeyeaz.gov/events or call 623-349-6320



[Facebook.com-Recreation](https://www.facebook.com/Recreation)

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

Be informed when using discount prescription drug cards.

DID YOU KNOW?

Discount prescription drug cards can save you money. But, some scammers use fake discount cards to steal your identity or your money. Before accepting a card, remember:

- ◆ **Real** discount cards are **FREE**—you should never pay for one
- ◆ **Fake** discount cards ask for money or claim to replace Medicare
- ◆ Talk to someone you trust, like your health plan or pharmacist

If you are enrolled in Medicare Part D, your prescription drugs are already covered. Call 1-800-MEDICARE with questions about your prescription drug costs and any gaps in coverage.

DO YOUR PART!

Learn the difference between real and fake discount drug cards:

Prescription drug discount cards:

- ◆ Are free and may come from well-known stores or healthcare companies
- ◆ Can help Medicare Part D enrollees in a coverage gap
- ◆ Do not claim to replace Medicare or Insurance

Avoid Cards that:

- ◆ Ask for money or your Medicare number
- ◆ Claim you will lose your Medicare Prescription Drug coverage without a card

Remember: Never give out your Social Security, Medicare, health plan numbers or banking information to someone you don't know.

This information taken from Centers for Medicare and Medicaid Services.

To report suspected fraud, call 1-877-772-3379 or 1-800-MEDICARE (1-800-633-4227)

SPECIAL SENIOR PROGRAMS

Bonus Years Reading Program

Krista from the Buckeye Library will be taking the summer off. Both the Downtown and Coyote Branch Libraries have excellent summer programs be sure to check them out!

Grandparents Raising Grandkids

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

Next meeting: August 25th 1-2pm
(No meeting in July)

Health Presentations

Sharry Kitzman, R.N.

Blood pressure checks
Will return in September

Health Class

U of A Nutrition Network
Healthy Eating

Friday, July 24th from 10-11am

Hydration Presentation

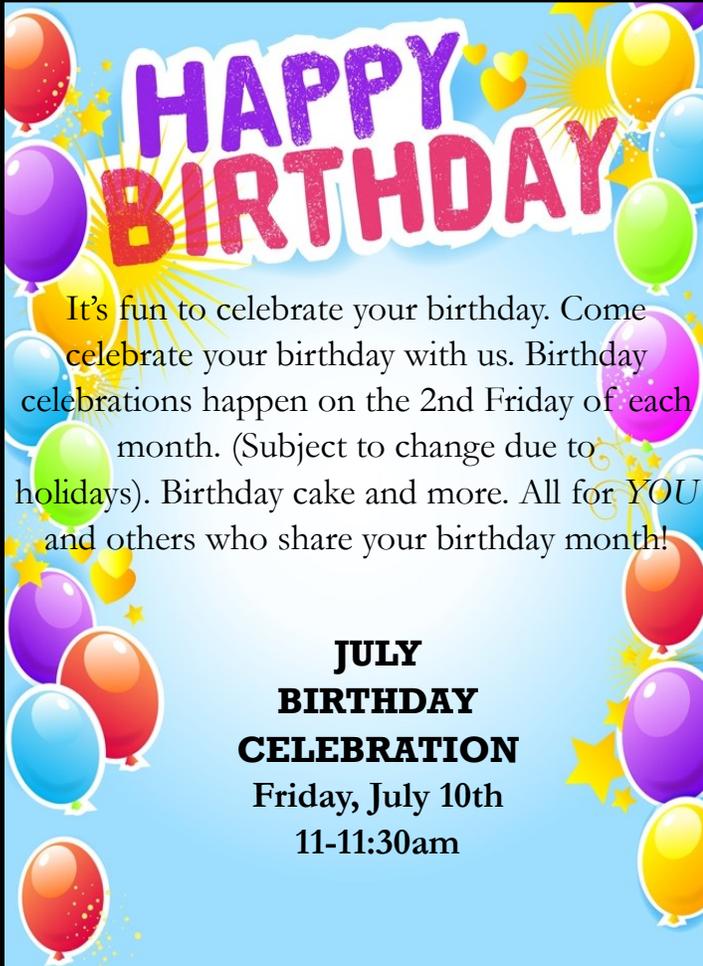
Denise Gorle w/ Comprehensive
Friday, July 10th from 9:30-10am

Joan Laubach

Your Wealth and Health
Thursday, July 23rd from 10-11am

MONTHLY BIRTHDAY CELEBRATION

JULY 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!

**JULY
BIRTHDAY
CELEBRATION**
Friday, July 10th
11-11:30am

- | | |
|--|--|
| Irene Fernandez
Martha Gayle
Connie Saige
Donna Trzaska
Frank Harris
Ellen Schuster (HDM)
Jimmie Womack
Elena Daniel (HDM)
Dorothy Wysocki (HDM)
Jim Yoder
Shirley Albertson
Karen Fiori
Joe Johnson
Anabelle Grijalva
Jose Gamboa | Myrl Ernsbarger
Daniel Beech
Pearlina Adams
Mary Thompson
Marylyn Bolden
Shirley Bachko
Judith Glaeseman
Louise Demby
Delfina Torres (HDM)
Parzina Washington (HDM) |
|--|--|



CENTER CONNECTION OUTINGS

***Some outings may include a stop for shopping and or Ice Cream**



MOVIE OUTING

Thursday, July 9th

9:30am-3pm

REGISTRATION BEGINS

Wednesday, June 24th 9:45 am

Trip fee \$2.00

Purchase of lunch and movie on your own.



AREA
AGENCY
ON
AGING

REGION ONE
INCORPORATED



DIAMONDBACKS GAME

Tuesday, July 21st

4:30-10:30pm

Game starts at 6:40pm

REGISTRATION BEGINS

July 8th at 9:45 am

Tickets \$10.00

Tickets limited to 11



HAYMAKER RESTAURANT

Thursday, July 16th

10:30am-3pm

REGISTRATION BEGINS

Wednesday, July 1st at 9:45am

Purchase of lunch on your own

Trip fee \$2.00



EARLY DINE at TEXAS ROADHOUSE

Thursday, July 30th

3-6:30pm

REGISTRATION BEGINS

Wednesday, July 15th at 9:45 am

Trip fee \$2.00

Purchase of dinner 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 !



AUGUST

Senior Pool Party

Wheel of Fortune

Super Hero Party

Great American Clothing Exchange

SEPTEMBER

Are You Smarter Than a 5th Grader?

Mystery Trip

Phoenix Mercury Game

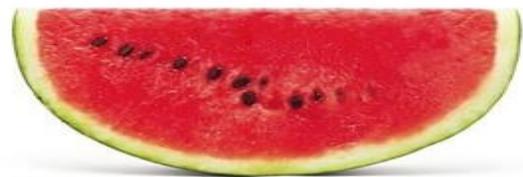
Pajama Party

And much, much more!

eat
less sugar
{ you're sweet
enough already }

Watermelon has
anti-inflammatory and
antioxidant **health**
benefits.

facts of **HEALTH**.com



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 1-4pm

League Dates

Tournament on July 7th

Next League runs from

July 14th thru September 1st Tournament on
September 8th



FREE GAMES
BRAGGING RIGHTS
PRIZES

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!



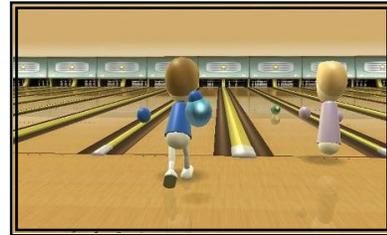
CURRENT EXERCISE & OUTDOOR PROGRAMS

Don't act your age! Stay active!

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



Wii BOWLING LEAGUE



Next League runs

September 14th-November 9th

Two (2) member Team

Mondays from 1-3p.m.

Registration begins

Wednesday, August 19th at 9:45am

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:

September 24th from 1-3pm



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!

JULY 2015

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



		<p style="text-align: right;">1</p> <p>Silver Sneakers 8:45-9:45am Bingo 10:15am Double Deck Pinochle 1-4pm</p>	<p style="text-align: right;">2</p> <p>Patriotic Fun! 10:30-11:30am</p>	<p style="text-align: right;">3</p>  <p style="text-align: center;">CLOSED</p>
<p style="text-align: right;">6</p> <p>Silver Sneakers 8:45-9:45am Senior Hooping 10-11am Arts & Crafts 10-11:30am Open Wii 1-3pm</p>	<p style="text-align: right;">7</p> <p>Vegas Dice 10-11:30am Texas Hold'em 1-4pm Hoop Class 6:30-7:30pm</p>	<p style="text-align: right;">8</p> <p>Silver Sneakers 8:45-9:45am Bingo 10:15am Double Deck Pinochle 1-4pm</p>	<p style="text-align: right;">9</p> <p>MOVIE OUTING 9:30am-3pm</p>	<p style="text-align: right;">10</p> <p>Silver Sneakers 8:45-9:45am Deal or No Deal 10-11am B-Day Bash 11-11:30am Bingo 12:45pm</p>
<p style="text-align: right;">13</p> <p>Silver Sneakers 8:45-9:45am Senior Hooping 10-11am Arts & Crafts 10-11:30am Open Wii 1-3pm</p>	<p style="text-align: right;">14</p> <p>Vegas Dice 10-11:30am Texas Hold 'em 1-4pm Hoop Class 6:30-7:30pm</p>	<p style="text-align: right;">15</p> <p>Silver Sneakers 8:45-9:45am Bingo 10:15am Double Deck Pinochle 1-4pm RETRO MOVIE MATINEE 1-2pm</p>	<p style="text-align: right;">16</p> <p>LUNCH BUNCH HAYMAKER 10:30am-3pm</p>	<p style="text-align: right;">17</p> <p>BIG BANG PARTY! 10am-Noon Bingo 1:16pm</p> 
<p style="text-align: right;">20</p> <p>Silver Sneakers 8:45-9:45am Senior Hooping 10-11am Arts & Crafts 10-11:30am Open Wii 1-3pm</p>	<p style="text-align: right;">21</p> <p>Texas Hold 'em 1-4pm DIAMONDBACKS GAME 4:30-10:30pm Hoop Class 6:30-7:30pm</p>	<p style="text-align: right;">22</p> <p>Silver Sneakers 8:45-9:45am Bingo 10:15am Double Deck Pinochle 1-4pm</p>	<p style="text-align: right;">23</p> <p>VEE QUIVA CASINO TRIP 8am-3:30pm</p>	<p style="text-align: right;">24</p> <p>Silver Sneakers 8:45-9:45am U of A HEALTH PRESENTATION 10-11am Bingo 12:45pm</p>
<p style="text-align: right;">27</p> <p>Silver Sneakers 8:45-9:45am Senior Hooping 10-11am Arts & Crafts 10-11:30am Open Wii 1-3pm</p>	<p style="text-align: right;">28</p> <p>Vegas Dice 10-11:30am Texas Hold 'em 1-4pm Hoop Class 6:30-7:30pm</p>	<p style="text-align: right;">29</p> <p>Silver Sneakers 8:45-9:45am Bingo 10:15am Double Deck Pinochle 1-4pm</p>	<p style="text-align: right;">30</p> <p>TEXAS ROADHOUSE 3:30-6:30pm</p>	<p style="text-align: right;">31</p> <p>Silver Sneakers 8:45-9:45am Sandbag Baseball 10-11am Bingo 12:45pm HAPPY HOUR 2-3pm</p>

JULY 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
		1 Beef Stew Zucchini Biscuit Fresh Peach	2 Chicken Fingers Broccoli Green Beans WW Roll Sliced Pears	3  CLOSED
6 Liver & Onions Mashed Potatoes Broccoli WW Roll Cantaloupe	7 Pot Roast California Blend Green Beans WW Roll Pasta Peaches w/ Cottage Cheese	8 Chicken Pot Pie Corn Oatmeal Cookie Sliced Pears	9 Stuffed Peppers Brussels Sprouts WW Bread Rice Pineapple	10 Roast Pork Zucchini Peas & Carrots Biscuit Gelatin w/ Fruit Cocktail
13 Fish Sandwich California Blend Sliced Pears	14 Veggie Pizza Tossed Salad Oatmeal Cookie Watermelon Chunks	15 Sliced Ham Mashed Potatoes Glazed Carrots WW Roll Peaches	16 Spaghetti & Meat Balls Broccoli Green Beans Bread Stick Mandarin Oranges	17 BIG BANG PARTY Cheeseburgers Corn Tater Tots Watermelon
20 Pork Chop Peas & Carrots Mashed Potatoes WW Roll Pineapple Chunks	21 Teriyaki Chicken Brussels Sprouts Brown Rice Mandarin Oranges	22 Roast Beef California Blend Green Beans WW Bread Buttered Noodles Strawberries	23 Fruit Plate w/ Cottage Cheese & Egg Tomato Wedges Celery Sticks Carrot Cake Muffin WW Bread	24 Beef Tips & Gravy over Rice Succotash Broccoli WW Roll Orange Slices
27 Oven Baked Chicken Italian Veggies Stewed Tomatoes Biscuit Banana	28 BUILD A SANDWICH BAR Chicken Noodle Soup Crackers Orange Slices	29 Taco Salad Fiesta Mix Spanish Rice Frozen Mango	30 Meat Loaf Glazed Carrots Cauliflower WW Roll Pineapple	31 Sweet & Sour Chicken Oriental Blend Veggies Lima Beans Blended Rice Peaches

Get ready to place your t-shirt order!
 We will start taking T-shirt orders on Monday, July, 6th.



\$3.00 Small -X Large
\$4.00 XX Large
\$5.00 XXX Large



Must have payment when you place your order
 You may order more than one shirt
 Last day to order will be Friday, July 31st.

EAT A RAINBOW
 For Health!
 Facebook.com/livelovefruit

- RED**: To improve heart & blood health & support joints
- ORANGE**: To prevent cancer & promote collagen growth
- YELLOW**: Helps your heart, vision digestion & immune system
- GREEN**: Powerful detoxers, fight free radicals, improve immune system
- BLUE/PURPLE**: Improve mineral absorption, powerful anti-oxidants
- WHITE**: Activate our natural killer cells & reduce cancer risk



DID YOU KNOW?

- 0
- 5
- 10
- 15**: For the first 15 minutes of your workout, your body burns **sugars and carbs**
- 20
- 25
- 30**: At 30 minutes, your body enters the **fat burning zone**
- 35
- 40 **KEEP PUSHING!**

top10supplements.com

BIG BANG PARTY

**FRIDAY,
JULY 17TH
10AM-NOON**

DANCING

RAFFLE

SNACKS

**BINGO
AT
1:16PM**

Best Low Cal High Fiber *Summer* FRUITS & VEGGIES

Blackberries: ½ cup of fresh blackberries provides 4 grams of fiber with only 31 calories!

Raspberries: ½ cup of fresh raspberries yields 4 grams of fiber with only 32 calories!

Blueberries: ½ cup of blueberries has 2 grams of fiber and 42 calories.

Peaches: 1 medium peach provides 2 grams of fiber and 59 calories.

Nectarines: 1 medium nectarine has 2 grams of fiber with 62 calories.

blogilates.com

Broccoli: ½ cup of broccoli provides 3 grams of fiber with a mere 26 calories!

Carrots: ½ cup of carrots has 2.5 grams of fiber with 27 calories.

Sweet Yellow Corn: the equivalent of ½ cup prepared on the cob or sliced off has 2.5 grams of fiber and 65 calories.

Snap Green Beans: ½ cup of cooked snap green beans has 2 grams of fiber and 22 calories.

Edible Popped Peas such as Snow peas and Sugar Snap Peas: ½ cup of cooked pea pods has 2 grams of fiber and 33 calories.

VEGAS DICE!

A fast paced dice game.

Tuesday's:
July 7th, 14th, & 28th
from 10-11:30am

- *****
 HDM PUZZLE WINNERS ARE:
 • HALLIE HARRIS
 • CHRISTINA ELMORE
 • ETHEL McCRAE
 • LINDA TERRIS
 • RONALD BOYD
 Congratulations!!

RULES FOR A HEALTHY LIVING

- Less Soda, More Water
- Less Alcohol, More Tea
- Less Sugar, More Fruits
- Less Meat, More Vegetables
- Less Driving, More Walking
- Less Worry, More Sleep
- Less Anger, More Laughter
- Less Words, More Action



Be a Buddy



With the summer heat coming on strong don't forget to check up on your neighbor. A simple phone call or stop in to see if all is well is swell!

Gather up your teammates for a friendly game of Sandbag Baseball!

Friday, July 31st 10-11am

Wear your favorite baseball team shirt.
We will be playing inside.

Fun things to do!



RETRO MOVIE MATINEE WEDNESDAY, JULY 15TH 1-2PM "HERE'S LOOKING AT YOU KID" SNACKS PROVIDED



HOOP IT UP!

Hooping has been known to burn from 400-600 calories per hour. Come experience a fun way of exercising that makes you feel like you are playing

Senior Class Low Impact: Every Monday in July 10-11am
\$3.00 per class or \$10.00 for all 4 classes.

Regular Hoop Class: Every Tuesday in July from 6:30-7:30pm
\$25.00 for Buckeye Resident
\$35.00 for Non-Resident.

Registration begins Wednesday, June 24th
Register at the Buckeye Community Center
201 E. Centre Ave 623-349-6600

* Hoops provided and also available for purchase

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.



Patriotic Fun!

"Celebrate America the Beautiful".
Thursday, July 2nd from 10:30-11:30am

Join us for a light hearted game of all
American trivia and red, white and blue
snacks

PUZZLE PAGE

**Celebrate a
SAFE & HAPPY
JULY 4TH!**



Word Search

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

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

Created by Sue Lindlauf
Grand Forks Herald 2012

- | | | | |
|------------|--------------|-----------------|------------------|
| 1. FOURTH | 5. DAY | 9. CELEBRATION | 13. INDEPENDENCE |
| 2. JULY | 6. PICNICS | 10. PARADES | 14. AMERICA |
| 3. HOLIDAY | 7. FIREWORKS | 11. FAMILY | 15. PATRIOTIC |
| 4. FLAG | 8. SAFETY | 12. DECLARATION | 16. FREEDOM |



★
*Some of our
Superstars!*



The cactus is in bloom
in our patio garden

