

City of Buckeye
Community Services Department



**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

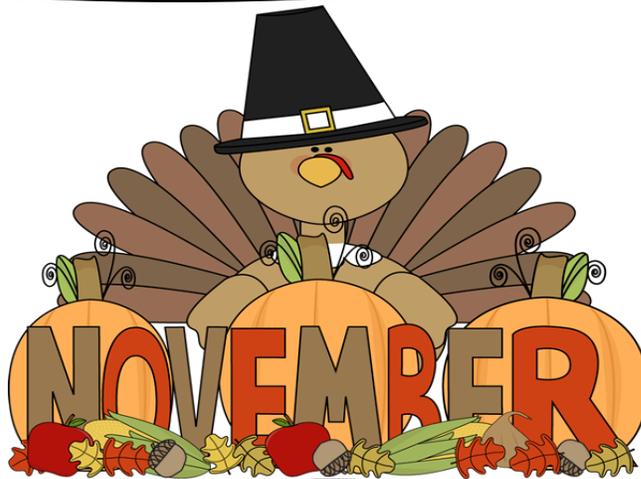
**Dr. Saide
Recreation Center**
(623) 349-6350

**Buckeye Public
Libraries**
623-349-6300

**Area Agency on Aging
Senior Help Line**
(602) 264-4357



**AREA
AGENCY
ON
AGING**
REGION ONE
INCORPORATED



2015

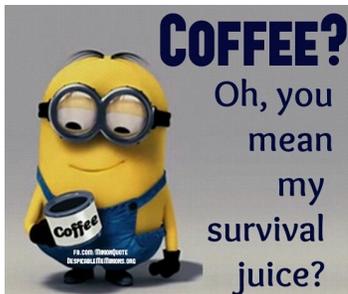
Upcoming Events

Dolly Steamboat.....	Nov. 5th
Let's Make a Deal.....	Nov. 6th
Wii Turkey Bowl.....	Nov. 10th
Closed for Veteran's Day.....	Nov. 11th
Lunch Bunch.....	Nov. 12th
Harvest Party.....	Nov. 13th
Senior Fall Bazaar.....	Nov. 18th
Hiking Trip.....	Nov. 19th
Thanksgiving Celebration.....	Nov. 20th
Castles & Coasters.....	Nov. 24th
Closed for Thanksgiving.....	Nov. 26th & 27th

Senior Programming

Coffee & Conversation

Enjoy coffee and friendly conversation with
Councilmember Brian McAchran
On Wednesday, November 25th
from 9-10 am



PUT ON A CRAZY COSTUME, FILL UP YOUR HANDBAG WITH LOTS OF JUNK AND "LET'S MAKE A DEAL" Who will be making the "DEALS" this time?

Friday, November 6th, 10-11am

Fall Senior Bazaar and Bake Sale!

Wednesday, Nov. 18th 9-11am
Buckeye Community Center

Get your shopping started for the holidays!

Unique handcrafted items and homemade baked goods
Vendor Raffle

Proceeds from the bake sale and vendor raffle benefit the Buckeye Senior Program



LUNCH BUNCH



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

DECEMBER

No Lunch Bunch

JANUARY

The Duce

FEBRUARY

Cheesecake Factory

*Lunch on your own

May include a stop for Ice Cream or Shopping.

CITY OF BUCKEYE UPCOMING EVENTS!

VETERANS DAY PARADE.....Saturday, November 7th
COMMUNITY YARD SALE.....Saturday, November 7th
DEMOLITION DERBY.....Saturday, November 21st
20TH ANNUAL HOMETOWN HOLIDAY BOTIQUE...Saturday, December 5th
RACE FOR THE RUNWAY MARATHON.....Saturday, December 12th
GLOW ON MONROE ELECTRIC LIGHT PARADE.....Saturday, December 12th
POLAR PLUNGE.....Saturday, January 23rd
BUCKEYE DAYS.....Saturday, January 23rd



Facebook.com-Recreation

Facebook.com-Buckeye Public Library

DO YOU HAVE **Concerns** about **falling?**



**A MATTER OF
BALANCE**
MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

This program is being conducted at this location by A.T. Still University as public service

The Class is FREE

**START DATE: JAN. 08, 2016
DAY: FRIDAYS
TIME: 9:30 AM – 11:30 AM**

Classes are held once a week for 8 weeks for 2 hours each.

**BUCKEYE COMMUNITY
CENTER
201 EAST CENTRE AVENUE
BUCKEYE, AZ. 85326**

**CONTACT:
PHILLIP YABES
623-349-6604**

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2005
 This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.
A Matter of Balance Lay Leader Model
 Recognized for Innovation and Quality in Healthcare and Aging, 2005, American Society on Aging.
 A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AMQ780).

SPECIAL SENIOR PROGRAMS

HARVEST PARTY
FRIDAY, NOV. 13TH 3-5PM
 Join us in the patio garden and enjoy the
 bounties of fall!



Grandparents Raising Grandkids

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

Next meeting:
Tuesday, November 24th

Health Presentations

Sharry Kitzman, R.N.
 Blood Pressure Checks
 Thursday, November 19th
 8-10am

Health Information
 Joan Laubach
 Open enrollment Medicare
 Thursday, Nov. 12th 10-11am

**MONTHLY BIRTHDAY
 CELEBRATION**

NOVEMBER 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!

**BIRTHDAY
 CELEBRATION**
 Friday, November 13th
 11-11:30am

- | | |
|-----------------------|----------------------|
| Anita Holmes | Jack Pilla |
| Jorge Charles | Carroll Saunders |
| Arlene Gysler | Alvina Doucette |
| Sylvester Ellis | Ray Amparano |
| Gloria Ramos | Yolanda Rygiel |
| Dutch Gibbons | Judy Quintana |
| Astrid Berlin-Aasland | Michael Beal |
| David Oliva | Sandra Schell-Dieter |
| DeeDee Sernas | Myrtle Ford |
| Gebre Abera | Carolyn Gambul |
| Beverly Davis | Barnard Goodman |
| Letha McKoy | Angela Leinard |
| Yoshiko Frazier | Terry McCallion |
| Clyde Leyva | Jami Price |
| Jerry McComas | Diego Soto |
| Lily Rogers | Dan Randall |
| Lynn Wetzel-Moericke | Wayne Farr |
| Virginia Gonzalez | Geri Roach |

Happy Birthday



CENTER CONNECTION OUTINGS

Barleens Arizona Opry



Wed. Dec. 9th and Dec. 16th
10:30am-5pm

Trip fee: \$15.00 (non refundable)

Registration begins

Wednesday, Nov. 25th at 9:45am

Please specify which date you are
wanting to go on. ADA trip, seating
limited to 22 each trip.



AREA
AGENCY
ON
AGING

REGION ONE
INCORPORATED



Lunch Bunch Trip
Thursday, November 12th
10:30am-3pm

Trip fee \$2.00

REGISTRATION BEGINS

Wednesday, October 28th
9:45am

Purchase of lunch on your own.

Take a Hike!!!
Thursday, Nov. 19th
8:30am-2pm
Trip fee: \$2.00



Join us for a short hike
and a picnic lunch at
Estrella Mountain
Registration begins

Wednesday, Nov. 4th at 9:45am
Outdoor trip with high level walking
Please pack your own lunch

CASTLES n COASTERS
Super Phil is taking y'all to
Arizona's finest family fun &
thrill park!

Tuesday, November 24th
9am-3pm

Trip fee \$9.00

(for a round of goofy golf)

REGISTRATION BEGINS
Wednesday, November 4th 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 !



December

Barleens AZ Opry 12/9 & 12/16

Secret Santa

Ornament Exchange

Shopping trip: 12/10

January

Lunch –Adams Natural Meats

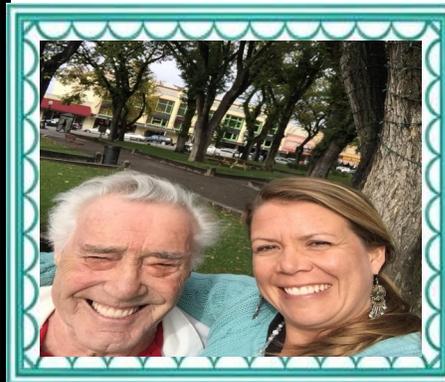
Cardinals Stadium Tour

Boys Choir & Dinner

Lunch Bunch The Duce

And much, much more!

Road trip to Prescott, Arizona!



PRESCOTT
TRADING COMPANY



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

Sept. 22– Nov. 17

Tournament on Nov. 24th



FREE GAMES
BRAGGING RIGHTS
PRIZES

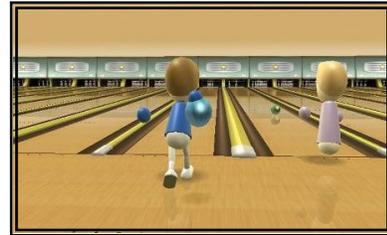
CURRENT EXERCISE & OUTDOOR PROGRAMS

Don't act your age! Stay active!

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



Wii BOWLING LEAGUE



Two (2) member Team

Mondays from 1-3pm

Winter Wii Bowling league runs

Monday February 1– March 28, 2016

Registration begins Wednesday

January 20, 2016

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, November 19th 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

As of September 27th, 2015 the Buckeye Community Center will no longer carry library books for check out. You may still check out books from the Downtown Library located on 6th street or the Coyote Branch Library located at Yuma and Dean.



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, December 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.

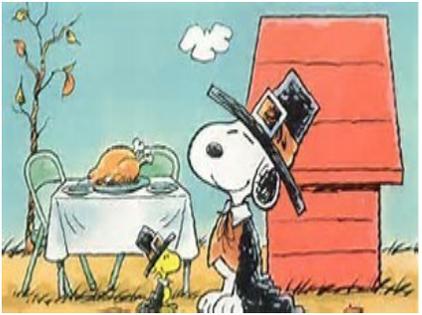
Thank you!

NOVEMBER 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
<p>Silver Sneakers 8:45-9:45am Arts & Crafts 10-11:30am Wii Bowling 1-3pm</p>	<p>Silver Sneakers Yoga 9:30-10:30am Chicken Soup for the Soul 11:15am Texas Hold'em 1-4pm</p>	<p>Silver Sneakers(V) 8:45-9:45am Site Council 9:15-9:30am Bingo 10:15am LOTERIA 2pm</p>	<p>Silver Sneakers Circuit 10:30-11:30am DOLLY STEAM BOAT 10am-4pm</p>	<p>Silver Sneakers 8:45- 9:45am LET'S MAKE A DEAL 10-11am Bingo 12:45pm</p>
9	10	11	12	13
<p>Silver Sneakers 8:45-9:45am Arts & Crafts 10-11:30am Wii Bowling 1-3pm</p>	<p>Silver Sneakers Yoga 9:30-10:30am Chicken Soup for the Soul 11:15am Texas Hold'em 1-4pm</p>	<p style="text-align: center;">CENTER CLOSED</p> <div style="text-align: center;">  </div>	<p>Silver Sneakers Circuit 10:30-11:30am Blood Pressure 9-11am LUNCHBUNCH CLAIM JUMPER 10:30am-3pm</p>	<p>Silver Sneakers 8:45-9:45am B-Day Bash 11-11:30am Bingo 12:45pm HARVEST PARTY 3-5pm</p>
16	17	18	19	20
<p>Silver Sneakers 8:45-9:45am Arts & Crafts 10-11:30am Open Wii 1-3pm</p>	<p>Silver Sneakers Yoga 9:30-10:30am Chicken Soup for the Soul 11:15am Texas Hold 'em 1-4pm</p>	<p>Silver Sneakers 8:45-9:45am SENIOR FALL BAZAAR & BAKE SALE 9-11am Bingo 12:45pm</p>	<p>Silver Sneakers Circuit 10:30-11:30am ESTRELLA HIKE 8:30am-2pm Blanketeers 1-4pm</p>	<p style="text-align: center;">THANKSGIVING CELEBRATION 10am-NOON Bingo 1:15pm</p>
23	24	25	26	27
<p>Silver Sneakers 8:45-9:45am Arts & Crafts 10-11:30am Open Wii 1-3pm</p>	<p>Silver Sneakers Yoga 9:30-10:30am CASTLES & COASTERS 9-3pm Chicken Soup for the Soul 11:15am Texas Hold 'em 1-4pm</p>	<p>Silver Sneakers 8:45-9:45am Bingo 10:15am</p>	<p style="text-align: center;">CENTER CLOSED</p> <div style="text-align: center;">  </div>	<p style="text-align: center;">CENTER CLOSED</p> <div style="text-align: center;">  </div>
30	<div style="text-align: center;">  </div>			
<p>Silver Sneakers 8:45-9:45am Arts & Crafts 10-11:30am Open Wii 1-3pm</p>				

NOVEMBER 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 Pork Chop Mash potatoes Spinach WW Biscuit Apple	3 Hot Turkey Sandwich Sweet Potatoes Broccoli Mandarin Oranges	4 Chicken Fajitas Peas Spanish Rice Peaches Salad Bar	5 Veggie Lasagna Salad Peaches Bran Muffin	6 Baked Meatloaf Glazed Carrots Cauliflower Pineapple Salad Bar
9 Beef Tips over Wild Rice with gravy Tomato Spinach Grapes Salad Bar	10 Sack Lunch	11 CLOSED 	12 BBQ Wings Carrot & Celery Sticks Zucchini Cantaloupe	13 Baked Cod California Blend Spinach Rice Pilaf Apple Sauce Salad Bar
16 Grilled Ham & Cheese Tomato Soup Corn Fruit Cocktail Salad Bar	17 Veggie Pizza Salad Watermelon	18 Beef Stroganoff Broccoli Zucchini Squash Peaches Salad Bar	19 Chicken Noodle Soup 1/2 Sandwich V-8 Juice Broccoli Banana	20 THANKSGIVING CELBRATION Turkey & Dressing Mashed Potatoes Corn Cranberries Dinner Roll Pumpkin Pie
23 Chili w/ Beans Peas & Carrots Broccoli Corn bread Grapes Salad Bar	24 French Dip Cole Slaw Carrot Sticks Cantaloupe	25 Fruit Plate w/ Cottage Cheese Tomato Celery Sticks Blueberry Muffin Salad Bar	26 CLOSED	27 CLOSED 
30 Oven Fried Chicken Italian veggies Green Beans WW Biscuit Pineapple Salad Bar				

Banana Bread: Make one loaf for breakfast this week and freeze the other for up to a month!

3 Cups all-purpose flour (or 2 cups white and 1 cup whole-wheat)
1 ½ Cups sugar
2 ½ tsp. Baking Powder
1 tsp. Baking Soda
1 tsp. cinnamon
4 egg whites
4 small or 3 larger mashed bananas
½ cup unsweetened applesauce

Directions:

1. In one bowl, combine egg whites, bananas and applesauce.
2. In another larger bowl, stir flour, sugar, powder, soda, and cinnamon.
3. Add the wet bowl to the dry bowl and stir until just combined. If thick, add TBS. hot water
4. Pour batter into a greased 8 inch X 4 inch bread pan and bake 45-55 minutes at 350 degrees.
Cool on a wire rack

Crochet with Carolyn

Learn to crochet or just improve your skills, but most important, have fun! All are welcome. We will be crocheting lap robes and hats for our Veteran's in the VA hospital, assisted living facilities and the homeless.

Bring your own supplies (yarn, crochet hook, pattern if you have one). A limited supply of these items will be available.

Location: Buckeye Community Center

Time: 9-11am

When: Last Tuesday of the month (Tuesday, November 24th). If you have any questions, please call Carolyn #480-363-1045.



Get Out and Walk

Walking **30 minutes a day** can help you...



Connect
with family, friends and neighbors



depression
heart disease
obesity
osteoporosis



Save Money
on travel
and doctors' visits



Boost Your Mind
and feel good about yourself

Stay Healthy
and reduce your risk of
many conditions



Help the Planet
by reducing air pollution

Get walking every day with these tips:



10 Minutes + 10 Minutes + 10 Minutes = 30 Minutes

Start Slow
Just 10 minutes at a time
is a great way to get started!



Make a Plan
Put walking on your calendar
to make sure you have time to walk.



Walk Fast
Fast enough that you cannot sing,
but are able to talk.



Find a Buddy
Walk with a partner to help you stick to
your walking plan and connect with others.



Walk Instead of Drive
Find a safe route to walk to work, school, the
store or other places you normally would drive.



Change Your Scenery
Walk in a park or trail you've never visited.
Discover new places and have fun!

Your local park is a great place
to walk everyday.



Gather for the best Thanksgiving Celebration ever!

Rusty Nunz will be our Entertainer!!!

Buckeye Community Center

Friday, November 20th

10-Noon



Fun things to do!

CABELA'S OUTING!



PUTTIN' ON THE RITZ

WINTER DINNER DANCE

Friday, December 4th

6:00PM – 10:00PM

201 East Centre Avenue, Buckeye

Tickets: \$15.00

Catered event and D.J.

Semi-formal attire required

Open to the public ages 18 and older

Seating is limited

Tickets go on sale Nov. 4th

For tickets and information call:

623-349-6600

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.

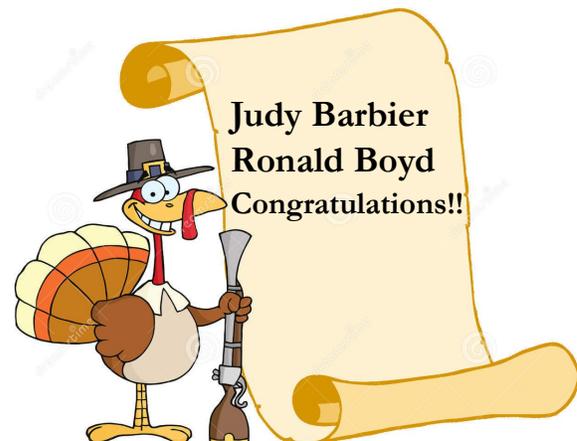
TRIP ETTIQUETTE- Please remember to clean up after yourself when we take a casino bus or one of our City vehicles on a trip.

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:



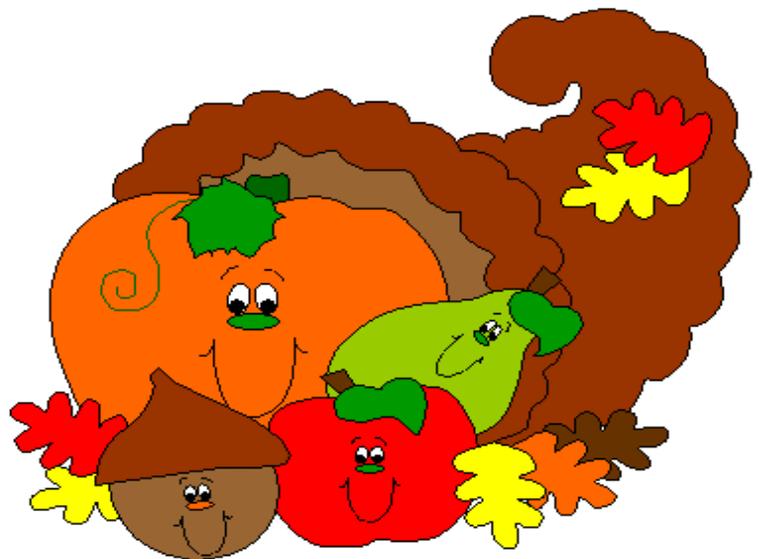
PUZZLE PAGE

Thanksgiving Word Search

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

cook
corn
dinner
fall
family
feast
food
gravy
harvest

maize
pilgrims
pumpkin
relatives
settlers
squash
stuffing
thanks
turkey



P
A
R
A
D
E



Saturday

November 7, 2015

10:00 am

Parade Route along Monroe Ave.

