

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

**Buckeye Public
Libraries**

623-349-6300

Area Agency on Aging

Senior Help Line

(602) 264-4357

Dr. Saide

Recreation Center

(623) 349-6350



**AREA
AGENCY
ON
AGING**

REGION ONE
INCORPORATED



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Upcoming Events

Center closed Monday, February 15th

Phoenix Coyotes Game.....February 2nd
Mystery Trip.....February 4th
Cheesecake Factory.....February 11th
Sunset at Skyline Park.....February 12th
Paint Party Class.....February 17th
All you need is LOVE party.....February 19th
Walk with Ease Program.....February 22nd
Horseback Riding in WickenburgFebruary 23rd

CITY OF BUCKEYE UPCOMING EVENTS!

BUCKEYE AIR FAIR.....	Saturday, Feb. 6th
QUARTER AUCTION.....	Friday, Feb. 26th
BUCKEYE FARMERS MARKET.....	Saturday, Feb. 27th
DOG DAYS OF BUCKEYE.....	Saturday, Mar. 5th
MOVIE IN THE PARK.....	Friday, March 11th
CONCERT IN THE PARK.....	Friday, March 18th
SPRING CELEBRATION.....	Saturday, March 19th
MELODRAMA & OLIO.....	Fri & Sat., April 1&2
ARBOR DAY CELEBRATION.....	Friday, April 22nd

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

Our seasoned married couples dish out advise on LOVE!

*Keep a good sense of humor & always be each other's best friend!

Joy and Paul Leinard married 36 years

*Give each other space. Bob and Pat Crookshank married 37 years

*Never go to bed without making up, always kiss goodbye & when one leaves the house, you just never know. Clayton and Sue Mros married 24 years (and she hasn't shot him yet)

*To keep marriage together always discuss problems, never buy anything (especially large items) without discussing, try to be easy going it will help!
Willie and Louise Nelson married 47 years.

*Tell each other love you every day! Leave lots of love notes.
Ruth & Wade Williams married 34 years.



*Get along, make it work, don't quit. Richard & Linda Swim married 52 years.

*Always try to have better communication. Faye and John Blais

Senior Programming

LUNCH BUNCH

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

- March.....Popo's
- April.....Knock Knead Lobster
- May.....Babbo Italian Eatery

*Lunch purchase is on your own

*Some Lunch Bunch outings may include a stop
for ice cream and or shopping.



Exciting programs and activities that are coming up!

MARCH

- Lunchtime Herberger Theater "Daughters of Eve".....Thurs., March 3rd, 10:30am
- The Dutton's Show.....Fri., March 11th, 11:30am
- Lunch Bunch: Popo's.....Tues., March 15th, 10:30am
- Paint Party Class.....Wed., March 16th, 2pm
- Mystery Party???.Fri., March 18th, 10am
- Goodwill Shopping Trip.....Tues., March 22nd, 9am
- Mission San Xavier Trip.....Thurs., March 24th, 7:30am

APRIL

- The Price is Right Game.....Fri., April 1st, 10am
- Arizona Diamondbacks Game.....Wed., April 6th, 10:45am
- Lunch Bunch: Knock Knead Lobster.....Thurs., April 14th, 10am
- Senior Prom Party.....Fri., April 15th, 10am
- Mining Camp and Goldfield Ghost town.....Tues., April 19th, 9:30am
- Paint Party Class!.....Wed., April 19th, 2pm
- Spring Senior Yard and Bake Sale.....Fri., April 22nd, 8am
- Feed my Starving Children.....Sat., April 30th, 10:30am

*Registration date is always two weeks prior to a trip on Wednesday at 9:45am

SPECIAL SENIOR PROGRAMS



The Bookmobile will be visiting us on:
 Wednesdays
 February 10th & 24th
 11am– 12 noon

Grandparents Raising Grandkids

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

Next meeting:
Tuesday, February 23rd at 1pm

Health Presentations

Matter of Balance

Friday's Jan. 8th—Feb.26th
 from 9:30-11:30am

Sharry Kitzman, R.N.

Blood Pressure Checks

Thursday, February 4th and 18th
 9-11 am

Chris Allen

Medicare and Ins. Information

Thursday, Feb. 4th at 8am

Medicare Planning Solutions

Thursday, February 18th 10am

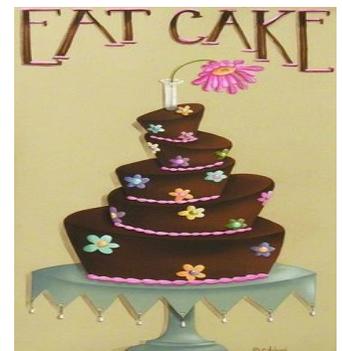
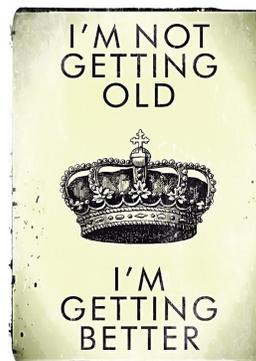
MONTHLY BIRTHDAY CELEBRATION

FEBRUARY BIRTHDAYS

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!

FEBRUARY BIRTHDAY CELEBRATION
 Friday, February 12th
 11-11:30am

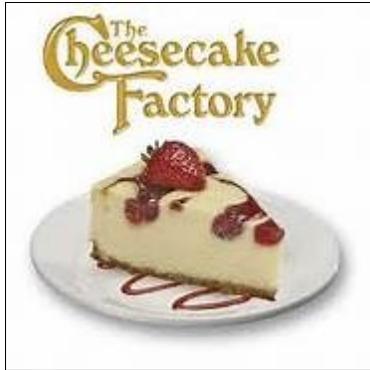
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|----------------------|--------------------|
| Larry Nelson | Beulah Gunter |
| Charles Berger | Beverly Werner |
| Petrona Venegas | Elizabeth Burns |
| Patricia Farr | Darcy Trela |
| Tammy Rodriguez | Charles Moore |
| Alex Rodriguez | Vera Hollaway (H) |
| Ann Cottrell | Rose Provencio (H) |
| Jerry Young | Barbara Hughes |
| Shirley Brock | Hope Gomez |
| Manuel Herrera | Ruth Williams |
| Pedro Perez-Quintero | |
| Nena Renfrew | |
| Virginia Wegener | |



CENTER CONNECTION OUTINGS

CHEESCAKE FACTORY

Thursday, February 11th
10am-3pm



Trip fee \$2.00
REGISTRATION BEGINS
Wednesday, Jan. 27th at 9:45am
* Lunch purchase on your own



AREA
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HORSE BACK RIDING IN WICKENBURG

Tuesday, February 23rd
8:30-3pm



Trip fee \$25.00
REGISTRATION BEGINS
Wednesday, Feb. 10th at 9:45am
*purchase of lunch is on your
own

HERBERGER THEATRE LUNCHTIME

Thursday, March 3rd
10:45-3pm



Trip fee \$6.00
REGISTRATION BEGINS
Wednesday, February 17th at
9:45am
*Lunch purchase on your own

THE DUTTONS EXPERIENCE

“Spring into SPRING show”
Friday, March 11th
11:30-6:00pm



Trip fee \$27
REGISTRATION BEGINS
Wednesday, February 3rd at 9:45am,
cut off date is Friday, February 12th.
No refunds, unless unable to secure
seating.

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.

Coffee & Conversation

Enjoy coffee and friendly conversation with
Councilmember Brian McAchran
On Wednesday, February 17th
from 9-10 am

Coffeeology ESPRESSO YOURSELF •

Better latte Than Never • Take life one cup at a time • So many blends, so little time • Friends don't let friends drink bad coffee • Take time to smell the coffee • Deja Brew: the feeling you've had this coffee before...

Stop eating

crap

C -carbonated drinks

R -refined sugars

A -artificial food

P -processed food

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

Tuesday (Yoga) 9:30-10:30am, Thursday (Circuit)

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

Tuesday, February 2nd-March 22nd

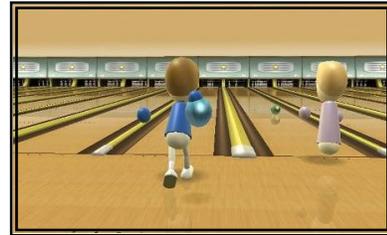
TOURNAMENT

Tuesday, March 29th



FREE GAMES
BRAGGING RIGHTS
PRIZES

Wii BOWLING LEAGUE



Two (2) member Team

Mondays from 1-3p.m.

Winter Wii Bowling league runs

February 1st—March 23rd

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, February 25th, 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.



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

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

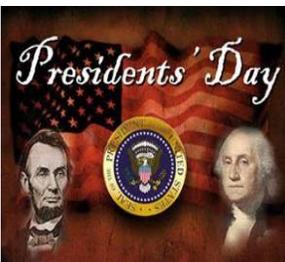
Next Site Council Meeting Date:
Wednesday, March 9th
9:15-9:45am

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!

February 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Silver Sneakers 8:45-9:45am Arts & Crafts 10-11:30am Wii Bowling 1-3pm	2 Silver Sneakers: Yoga 9:30-10:30 Texas Hold 'em 1-4pm PHX COYOTES GAME 4:45PM-10PM	3 Silver Sneakers 8:45-9:45am Bingo 10:15am Double Deck Pinochle 1-4pm	4 Blood Pressure 9-11am MYSTERY TRIP 10-3pm Silver Sneakers: Circuit 10:30-11:30	5 Silver Sneakers 8:45-9:45am Matter of Balance 9:30-11:30 Not so Newlywed Game 10-11am Bingo 12:45pm
8 Silver Sneakers 8:45-9:45am Arts & Crafts 10-11:30am Wii Bowling 1-3pm	9 Silver Sneakers: Yoga 9:30-10:30 VEE QUIVA CASINO TRIP 9:30-3:30PM Texas Hold 'em 1-4pm	10 Silver Sneakers (V) 8:45-9:45am Site Council 9:15-9:45am Bingo 10:15am Double Deck Pinochle 1-4pm	11 LUNCH BUNCH: CHEESECAKE FACTORY 10-3PM Silver Sneakers: Circuit 10:30-11:30	12 Silver Sneakers 8:45-9:45am Matter of Balance 9:30-11:30 B-Day Bash 11-11:30am Bingo 12:45pm SUNSET AT SKYLINE PARK 5-7 pm
15 CENTER CLOSED 	16 Silver Sneakers: Yoga 9:30-10:30 Texas Hold 'em 1-4pm	17 Silver Sneakers 8:45-9:45am Bingo 10:15am Double Deck Pinochle 1-4pm Paint Party Class 2-5pm	18 Blood Pressure 9-11am Silver Sneakers: Circuit 10:30-11:30	19 Matter of Balance 9:30-11:30 All you need is LOVE Party 10-12pm Bingo 1:15pm
22 Silver Sneakers 8:45-9:45am Arts & Crafts 10-11:30am Wii Bowling 1-3pm	23 HORSEBACK RIDING & LUNCH WICKENBURG 8:30-4PM Silver Sneakers: Yoga 9:30-10:30 Texas Hold 'em	24 Silver Sneakers 8:45-9:45am Bingo 10:15am Double Deck Pinochle 1-4pm	25 Silver Sneakers: Circuit 10:30-11:30 Buckeye Blanketeers 12:30pm	26 Silver Sneakers 8:45-9:45am Matter of Balance 9:30-11:30 Bingo 12:45pm
29 Silver Sneakers 8:45-9:45am Arts & Crafts 10-11:30am Wii Bowling 1-3pm	<p>"You miss 100% of the shots you never take." - Wayne Gretzky</p> 			

FEBRUARY 2016

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 Beef Tips and Gravy over Wild Rice Spinach WW Roll Grapes	2 Baked BBQ Wings Carrot & Celery Sticks Zucchini WW Roll Cantaloupe	3 Beef Stroganoff Over Noodles Broccoli WW Roll Peaches	4 Veggie Lasagna Tossed Salad Garlic Bread Pears	5 Baked Tilapia California Blend Rice Pilaf Apple Sauce
8 Grilled Ham & Cheese Cream of Tomato Soup Corn Fruit Cocktail	9 French Dip Sand Cole Slaw Carrot Sticks Ranch Cup Cantaloupe	10 Oven Baked Chicken Green beans Biscuit Pineapple	11 Turkey Croissant Sandwich Spinach Salad Banana	12 Chili w/ Beans Broccoli Corn Bread Grapes
15 CENTER CLOSED 	16 Sliced Ham Mashed Potatoes Glazed Carrots WW Roll Peaches	17 Herb Roasted Chicken Mixed Veggies Biscuit Banana	18 Lasagna Broccoli Garlic Bread Orange Slices	19 ALL YOU NEED IS LOVE PARTY Build your own Yellow Submarine Strawberry Fields Forever Here comes the Sunchips
22 Pork Chops Sweet Potatoes Spinach Biscuit Apple	23 Hot Turkey Sand Mashed Potatoes Broccoli Mandarin Oranges	24 Meat Loaf Mashed Potatoes Cauliflower WW Roll Pineapple	25 Veggie pizza Tossed Salad Oatmeal Cookie Pears	26 Chicken Fajitas Peppers & Onions Spanish Rice Tortilla Peaches
29 Sweet & Sour Chicken Oriental Veggies Rice Orange Slices Fortune Cookies	 			

Just Relax! Take a Deep Breath! The key to deep breathing is breathing deeply from the abdomen. When you take deep breaths from the abdomen, rather than shallow breaths from your upper chest, you inhale more oxygen. The more oxygen you intake, the less tense, short of breath, and anxious you feel.

1. Sit comfortably with your back straight. Put one hand on your stomach.
2. Breathe in through your nose. The hand on your stomach should rise.
3. Exhale through your mouth, pushing out as much air as you can while contracting your abdominal muscles. The hand on your stomach should move in as you exhale.
4. Continue to breathe in through your nose and out through your mouth. Try to inhale enough so that your lower abdomen rises and falls. Roll your shoulders, stretch out, and focus on relaxing your body.

Carl Dawson's Chair Yoga





All you need is LOVE party with a Beatles Theme.

FRIDAY, FEBRUARY 19TH

10AM-NOON

Come dressed up as a Beatles song!

Check FB page for ideas.

RAFFLE

SNACKS

I get by
with a little help
from my friends

- John Lennon -



THE DIRTY DOZEN

BUY ORGANIC

1. Grapes
2. Spinach
3. Lettuce
4. Cucumbers
5. Strawberries
6. Blueberries
7. Potatoes
8. Peaches
9. Nectarines
10. Apples
11. Celery
12. Bell Peppers

mealsandmovesblog.com

THE CLEAN FIFTEEN

LOWEST IN PESTICIDES

1. Onions
2. Corn
3. Mushrooms
4. Watermelon
5. Eggplant
6. Kiwi
7. Cabbage
8. Avocado
9. Grapefruit
10. Pineapple
11. Cantaloupe
12. Sweet Potato
13. Asparagus
14. Peas
15. Mango

mealsandmovesblog.com

Healthy Brownies: from Jessica Seinfeld's Deceptively Delicious cookbook.

These brownies fool everyone!

- Nonstick cooking spray
- 3 oz. semisweet or bittersweet chocolate
- 1/2 C carrot puree
- 1/2 C spinach puree
- 1/2 C firmly packed light or dark brown sugar
- 1/4 C unsweetened cocoa powder
- 2 T trans-fat-free soft tub margarine spread
- 2 t pure vanilla extract
- 2 large egg whites
- 3/4 C all-purpose flour
- 1/2 tsp baking powder
- 1/2 tsp salt



1. Preheat the oven to 350 degrees F. Coat an 8x8 inch baking pan with cooking spray.
2. Melt the chocolate in a double boiler or over a very low flame.
3. In a large bowl, combine the melted chocolate, vegetable purees, sugar, cocoa powder, margarine, and vanilla, and whisk until smooth and creamy, 1-2 minutes.
4. Whisk in egg whites. Stir in the flour, baking powder, and salt with a wooden spoon.
5. Pour the batter into the pan and bake 35-40 minutes.

Fun things to do!

SUNSET AT SKYLINE PARK

FEBRUARY 12TH

5-7 PM

Come on out and enjoy the sunset with your sweetheart at Skyline Regional Park.

Enjoy a glass of sparkling cider, chocolates, grapes and cheese.

Registration begins Wednesday, January 27th. It will still be pretty chilly after sunset at this time of the year and especially at the altitude in the mountains, so make sure that you have a warm jacket along.



Cookie / Flower grams—Valentines Day Exchange

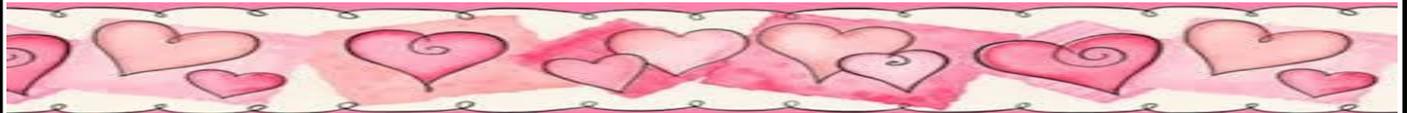
Send a surprise to your sweetheart or best friend!

Cookie and carnation grams, \$1 cookie bag or \$3 carnation and cookie bag

All you have to do is fill out a card at the front desk.

Signup Monday, February 1st—Wednesday, February 10th

We will hand deliver grams Friday, February 12th, right before lunch!



Don't Forget Brown Bag Sign Up

Wednesday, February 3rd

from 1:30– 3:30 pm

Sign up is limited and will be done by lottery .

No early or late sign-ups.

There is no fee for brown bag

however donations are kindly

accepted.

**Please makes checks payable to: SUN VALLEY*

GLEANERS

AARP Free Tax Help

(Sun City location)

February 1st-April 15th

Hours are 7:30-10:30am,

Monday-Thursday

(first come first serve basis)

Location is at

10195 W. Coggins Dr.,

Sun City, AZ 85351

PUZZLE PAGE

Happy Heart Day

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

Word Bank

ARROW
CARDS
FEBRUARY
GIFT
NECKLACE
VALENTINE

BALLOONS
CHOCOLATE
FLOWERS
HEART
PINK

BEAR
CINNAMON
FOURTEENTH
HUGS
RED

CANDY
CUPID
FRIEND
LOVE
ROSES
WHITE



BUCKEYE HAS GONE TO THE DOGS!

3RD ANNUAL!

CITY OF BUCKEYE

DOG DAYS OF BUCKEYE

**SATURDAY
MARCH 5TH, 2016
9:00 a.m. - 2:00 p.m.**

Sundance Park - 22865 W. Lower Buckeye Rd.
(SW Corner of Lower Buckeye & Rainbow Rd.)

Come out for a dog-gone good time!

- Phoenix Disc Dogs
- Buckeye K-9 Unit
- Pet Health, Nutrition & Education
- HALO & B.A.R.K. Animal Rescue
- 7th Annual Chihuahua Races
- Doggie Resorts & Dog Sitting
- Dog Photos & Selfies
- Dog Tricks, Activities & Fun
- Food, drink & more



**COMMUNITY SERVICES
DEPARTMENT**

www.buckeyeaz.gov/events

For more information:
Philip Yabes: (623) 349-6604
pyabes@buckeyeaz.gov

