

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



2016

Upcoming Events

PANCAKE BREAKFAST.....APRIL 1ST
DIAMONDBACKS GAME.....APRIL 6TH
LUNCH BUNCH @ KNOCK KNEED LOBSTER.....APRIL 14TH
BASEBALL OPENER PARTY.....APRIL 15TH
MINING CAMP/GHOST TOWN.....APRIL 19TH
PAINT PARTY.....APRIL 20TH
SENIOR BAKE AND YARD SALE.....APRIL 22ND
HAPPY HOUR W/ STEVE BERLINER.....APRIL 27TH
SENIOR PROM HOSTED BY YOUNGKER HIGH....APRIL 30TH

Senior Programming

DO lunch

Here's where we're going:

MAY.....Babbo Italian Eatery

JUNE.....China City Buffet

JULY.....Oregano's

AUGUST.....Angry Crab

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

SANDBAG BASEBALL

Friday, April 8th

10-11am

Let's play ball!

Swing batter batter
swing!

Get your teams ready!

Wear your team
shirt / cap.

Exciting programs and activities that are coming up

MAY

Wickenburg Trip.....Thurs., May 5th, 8:30am
 Mom's Pampering Day.....Friday, May 6th, 9:30am
 Sushi making class.....Thurs., May 12th, 6pm
 Senior Health & Fitness Day.....Wed., May 25th, 9am
 Plant Exchange.....Friday, May 27th, 10am
 Arizona Diamondbacks Game.....Tues., May 31st, 11am

JUNE

Harkins Movie Day and Lunch.....Thurs., June 2nd, 9am
 Flagstaff Trip (ride the ski lift & enjoy the cool pines).....Tues., June 7th, 8am
 Lunch Bunch: China City Buffet.....Tues., June 14th, 10am
 Tempe Improv (Comedian, Justin Willman).....Thurs., June 16th, 5:30pm
 Men's Trip.....TBD
 Diamondbacks Game.....Wed., June 29th, 10:45am

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

CITY OF BUCKEYE UPCOMING EVENTS!

Fitness in the Park.....through April 30th
Concert in the Park at Festival Foothills.....Friday, April 22nd
Arbor Day Expo at Town Park.....Friday, April, 22nd
Farmers Market.....Saturday, April 23rd
Concert in the Park at Tartesso Sports Park.....Friday, April 29th
Demolition Derby.....Saturday, May 7th
Movie in the Park at Festival Foothills.....Friday, May 27th

*For additional information such as hours and locations of the 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)

Captain Aaron Ernsberger of the Phoenix Fire Department shares a recipe for lighter fare:

Healthy Chicken Salad:

- 1 rotisserie chicken, shred meat
- Homemade Healthy Mayo (recipe follows)
- 1 Diced apple
- 2 bunches chopped green onion
- 1 can Chopped smoked almonds
- 2/3 cup Craisins
- 1 cup red seedless grapes halved



Healthy Mayo:

- 2/3 cup Coconut Oil warm
 - 2/3 cup olive oil
 - 4 Eggs yolks at room temperature
 - Salt & Pepper
 - 1 Tbsp. fresh lemon juice
 - 1 tsp mustard or Dijon
- Combine ingredients and Serve w/Wraps or 9 grain bread or Romaine lettuce leaves

SPECIAL SENIOR PROGRAMS



The Bookmobile will be visiting us on:
Wednesdays
April 6th & 20th
11am– 12 noon

Grandparents Raising Grandkids

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

Next meeting:
April 26th 1-2 pm

Health Presentations

Sharry Kitzman, R.N.

Blood Pressure Checks

Thursday April, 7th

from 9-11 am

Health Class

United Health Care Info

Q & A

Friday, April 8th, 10am

Wednesday, April 20th, 10am

Zach Weber

American Senior Benefits

Thurs., April 21st, 9am

MONTHLY BIRTHDAY CELEBRATION

APRIL 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!

APRIL BIRTHDAY CELEBRATION
Friday, April 8th
11-11:30am

Erlinda Guerrero

Ann Fonteno

David Kugel

Martha Mudd

Dora Cantu

Marty Teahon

Phyllis Bebout

Angela Rushlow

Colleen Davis

Alma Gutierrez

Robert Garcia

Charlotte Herrera

Sunny Frazen

Dora Randall

Juan Valdez

Victoria Zapata

Judith Todaro

Alan Copeman



CENTER CONNECTION OUTINGS

Trips may include stops for shopping and or ice cream.



WICKENBURG TRIP

Thursday, May 5th

8:30am-3pm

Trip fee \$6.00

REGISTRATION BEGINS:

Wednesday, April 20th at 9:45am

Desert Caballeros Museum

"Cowgirl Up" Exhibit,
shopping and lunch

*Lunch purchase will be on your own



**AREA
AGENCY
ON
AGING**

REGION ONE
INCORPORATED



GOLDFIELD & MINING CAMP

Tuesday, April 19th

8:30am-5:30pm

Trip fee \$10.00

REGISTRATION BEGINS:

Wednesday, April 6th at 9:45am

We will be eating at the Mining Camp

Restaurant, and is served

family style

Souvenir purchase on your own

*Moderate to high level of walking



KNOCK KNEAD LOBSTER

Thursday, April 14th

10am-3pm

Trip fee \$2.00

REGISTRATION BEGINS:

Wednesday, March 30th at 9:45am

*Lunch purchase will be on
your own



BUTTERFLY WONDERLAND

TUESDAY, MAY 10TH

8:30am-3pm

Trip fee \$10.00

REGISTRATION BEGINS:

Wednesday, April 27th at 9:45am

Lunch is on your own

*Moderate level of walking

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 Served Monday– Friday

11:30am-12:30pm

Excluding party days

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
Wednesday, April 20th
From 9-10am

A CUP OF
COFFEE SHARED
WITH A FRIEND
IS HAPPINESS
TASTED AND TIME
WELL SPENT.



10 HEALTHY SNACKS That won't undo your workout.

- Nonfat Greek Yogurt
- Hard Boiled Eggs
- Trail Mix
- Frozen Grapes
- Sweet Potato Fries
- Frozen Bananas
- Apples & Natural Peanut Butter
- Kale Chips
- Brown Rice Cakes
- Home Popped Popcorn



SKINNY MOM

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) 10:30-11:30

CURRENT EXERCISE & OUTDOOR PROGRAMS

Don't act your age! Stay active!

- ◆ SILVER SNEAKERS
- ◆ INDOOR EXERCISE EQUIPMENT



TEXAS HOLD'EM POINTS BASED POKER LEAGUE

Tuesdays 1-4pm

League Dates

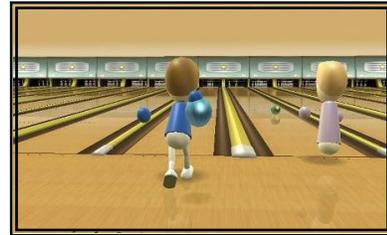
April 5th-May 24th

Tournament on May 31st



FREE GAMES
 BRAGGING RIGHTS
 PRIZES

Wii BOWLING LEAGUE



Two (2) member Team

Mondays from 1-3p.m.

Summer Wii Bowling League runs

May 2nd thru- June 27th

Registration begins

Wednesday, April 20th 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, April, 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 three 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 non refundable.

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:
May 11th
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!

APRIL 2016

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

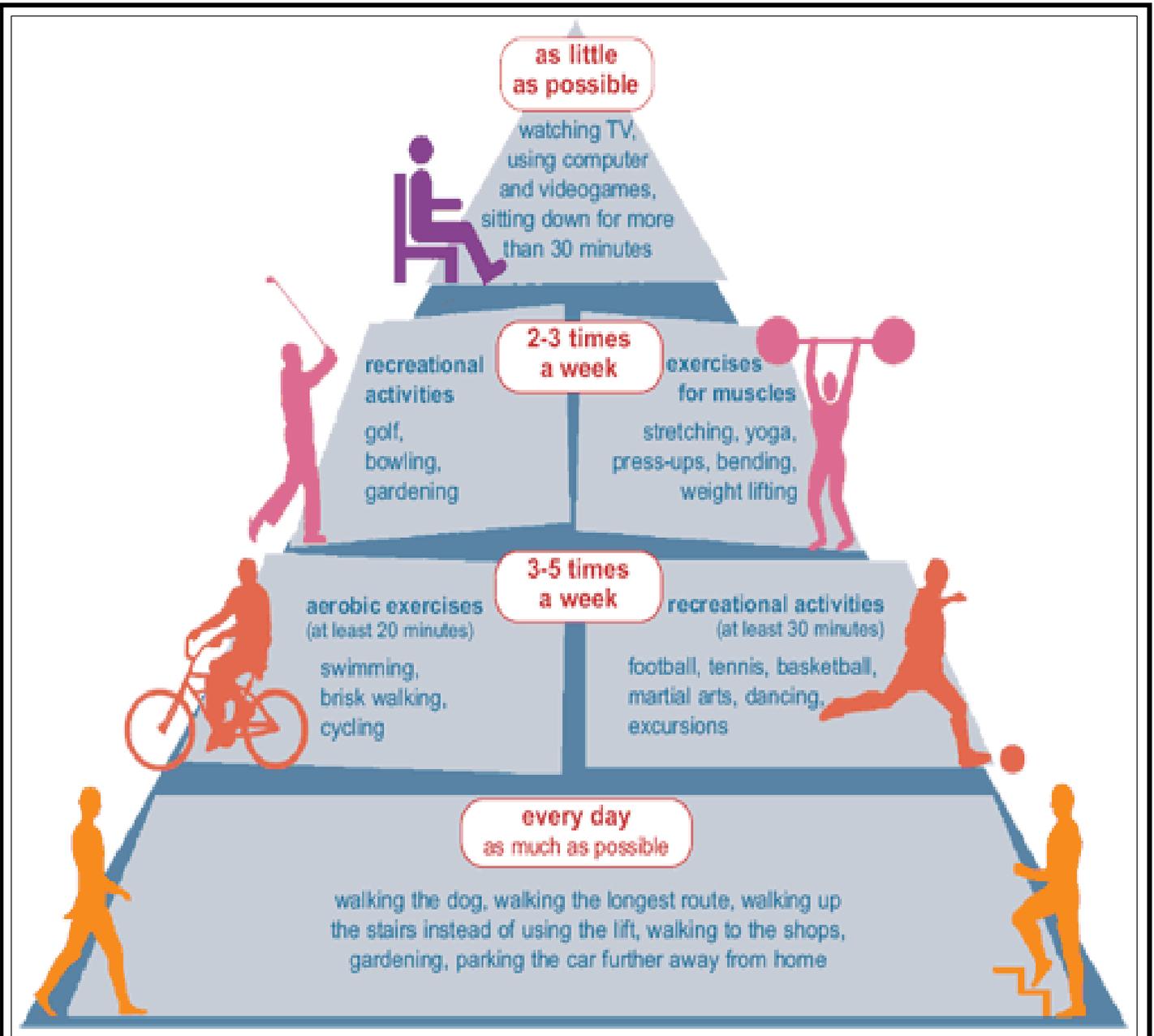
FRIDAY

				<p style="text-align: right;">1</p> <p>Silver Sneakers (V) 8:45- 9:45am Pancake Breakfast 9am-10:30am Bingo 12:45pm</p>
<p style="text-align: right;">4</p> <p>Silver Sneakers (V) 8:45-9:45am Arts & Crafts 10-11:30am Open Wii 1-3pm</p>	<p style="text-align: right;">5</p> <p>Silver Sneakers (V) 9:30-10:30am Texas Hold'em 1-4pm</p>	<p style="text-align: right;">6</p> <p>Silver Sneakers 8:45-9:45am (V) Bingo 10:15am DBACKS GAME 10:45-5PM Double Deck Pinochle</p>	<p style="text-align: right;">7</p> <p>No Silver Sneakers Blood Pressure 9-11am Cooking w/ Bob Debone a chicken 10am</p>	<p style="text-align: right;">8</p> <p>Silver Sneakers (V) 8:45-9:45am B-Day Bash 11-11:30am Bingo 12:45pm Pinochle 1-4pm</p>
<p style="text-align: right;">11</p> <p>Silver Sneakers 8:45-9:45am Arts & Crafts 10-11:30am Open Wii 1-3pm</p>	<p style="text-align: right;">12</p> <p>Silver Sneakers Yoga 9:30-10:30am Texas Hold 'em 1-4pm Dance Class 6:30-7:30pm</p>	<p style="text-align: right;">13</p> <p>Site Council 9:15-9:45 am Bingo 10:15am Double Deck Pinochle 1-4pm</p>	<p style="text-align: right;">14</p> <p>Silver Sneakers Circuit 10:30-11:30am LUNCH BUNCH: KNOCK KNEED LOBSTER 10am-3pm</p>	<p style="text-align: right;">15</p> <p>BASEBALL OPENER PARTY! 10am-noon Bingo 1:15pm Pinochle 1-4pm</p>
<p style="text-align: right;">18</p> <p>Silver Sneakers 8:45-9:45am Arts & Crafts 10-11:30am Open Wii 1-3pm</p>	<p style="text-align: right;">19</p> <p>GOLDFIELD GHOSTTOWN & MINING CAMP! 8:30am-5pm Silver Sneakers Yoga 9:30-10:30am Texas Hold 'em 1-4pm</p>	<p style="text-align: right;">20</p> <p>Silver Sneakers 8:45-9:45am Bingo 10:15am Double Deck Pinochle 1-4pm Paint Class 2-5pm</p>	<p style="text-align: right;">21</p> <p>Silver Sneakers Circuit 10:30-11:30am Cooking w/Bob Chicken Marsala 10am</p>	<p style="text-align: right;">22</p> <p>SENIOR BAKE & YARD SALE 8AM-NOON Bingo 12:45pm Pinochle 1-4pm</p>
<p style="text-align: right;">25</p> <p>Silver Sneakers 8:45-9:45am Arts & Crafts 10-11:30am Open Wii 1-3pm</p>	<p style="text-align: right;">26</p> <p>Crochet with Carolyn 9-11am Silver Sneakers Yoga 9:30-10:30am Grandparents Meeting 1-2pm Texas Hold 'em 1-4pm Dance Class 6:30-7:30pm</p>	<p style="text-align: right;">27</p> <p>Silver Sneakers 8:45-9:45am Bingo 10:15am Double Deck Pinochle 1-4pm Happy Hour w/ Steve Berliner 2pm</p>	<p style="text-align: right;">28</p> <p>Silver Sneakers Circuit 10:30-11:30am Blanketeers 1- 4pm</p>	<p style="text-align: right;">29</p> <p>Silver Sneakers 8:45-9:45am Bingo 12:45pm Pinochle 1-4pm</p>
				<p style="text-align: right;">30</p> <p>Senior Prom 6-9pm</p>

APRIL 2016

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>Download FREE Desktop Wallpaper for computer, iPad and iPhone at TidyMom.net</p>				1
4	5	6	7	8
French Dip Sandwich Country Mix Veggies Mandarin Oranges	Baked Pork Chop California Blend Mashed Potatoes Pineapple	Turkey Burger w/ Tomato and Onion Yellow Wax Beans Romaine Salad Strawberries	Baked Tilapia Broccoli Brown rice WW Roll Fruit Cocktail	Beef Fajitas Refried Beans Grapes
11	12	13	14	15
Baked Ham Carrots Cauliflower Cherry Cobbler	Swedish Meatballs Egg Noodles Green Beans WW Roll	BBQ Chicken Broccoli Biscuit Apricots	Fish Cole Slaw Hush Puppies Orange	BASEBALL OPENER PARTY!!! Cheeseburger Tator Tots Corn Apple Pie
18	19	20	21	22
Chicken Parmesan w/ Pasta Italian Mixed Veggies Garlic Bread	Turkey Chili w/Beans Zucchini & Yellow Squash Cornbread Cantaloupe	Buffalo Chicken Wings Broccoli Green Beans Oatmeal Cookie Orange	Fruit Plate Cottage Cheese Hard Boiled Egg Tomato & Beets Blueberry Muffin	Taco Salad Fiesta Mix Corn Spanish Rice Tropical Fruit
25	26	27	28	29
Pepperoni Pizza Garden Salad Pears Oatmeal Cookie	Chicken Fried Steak Mashed Potatoes Stewed Tomatoes Mandarin Oranges	Roast Pork Peas & Carrots WW Roll Peaches	Cabbage Rolls Green Beans Wheat Bread Apple	Meat Loaf Mashed Potato Spinach Pineapple Tidbits



7 EASY STEPS TO IMPROVE YOUR ATTITUDE

1. STAND UP
2. STRETCH
3. TAKE A WALK
4. KEEP WALKING
5. BOARD A PLANE
6. FLY TO KEY WEST
7. NEVER RETURN



BASEBALL OPENER PARTY!!!

Get off the bench and join the Buckeye

Senior Program for a day

filled with fun for all! Wear your favorite

Baseball jersey and Ball Cap!

The game starts at 10am-Noon

Friday, April 15th

DANCING

MUSIC

RAFFLE

SNACKS

BUCKEYE, AZ



City of Buckeye Community Services Department

Concerts IN THE PARK

7:00 to 9:00 pm



MARCH
18 | **UVON BROOKS**
Sundance Park
22865 W Lower Buckeye

APRIL
22 | **HWY 85**
Festival Foothills Park
26252 W Desert Vista Blvd

APRIL
29 | **COME BACK BUDDY**
Tartesso Sports Park
30300 W Tartesso Pkwy

* Food available for purchase

For more information,
please call 623-349-6322

Remember to bring your lawn chairs

"The Liberty School District No. 25 neither endorses nor sponsors the organization or activity represented in this document. The distribution of this material is provided as a community service."



Fun things to do!

PLANT SWAP DAY

Friday, May 27th, 10am

Bring in herbs, flowers, veggies to swap
for other plants.

Meet in the
Patio Garden,
light refreshments served!



Don't miss this!
Spring Senior Yard
and Bake Sale!
Friday, April 22nd
8-11a.m.
Buckeye Community
Center

PANCAKE BREAKFAST!

Sponsored by Sam's Distribution,
A big thank you to Sam's! Fee is \$1.00
Friday, April 1st
9-10:30am

I 
Pancakes

Make and take SUSHI!

Learn the art of
Sushi making

Thursday, May 12th 6-8pm

Cost: \$10.00

Supplies included and you get
a sushi mat to keep!

*Registration runs April 20th-May 6th



Paint Party Class!

Eat, Drink, Paint and Repeat.
Join us for a fun painting class.

Complete a bird silhouette.

All supplies provided.

Fee is \$5.00

Wednesday, April 20th

2-5pm

Registration begins

Wednesday, April 6th at 9:45am

*Registration closes
on Friday, April 15th.

PUZZLE PAGE

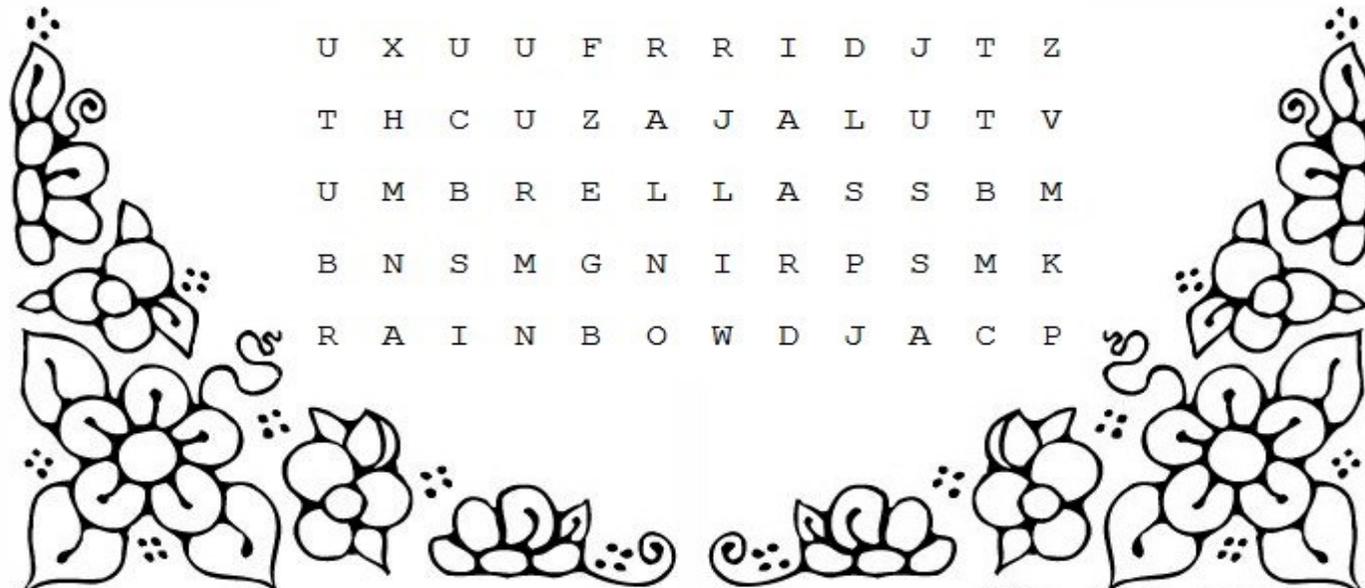


Spring

BUDS
DAFFODILS
FLOWERS
GRASS
RAIN

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

RAINBOW
SEEDS
SPRING
TULIPS
UMBRELLA



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Date: April 30th, 2016
Time: 6:00 - 9:00 p.m.



Senior Prom



Join us for a night of music, dancing and fun with

Youngker High School. Interact Club

The Buckeye Senior Program

Hosted by: Youngker High Interact Club & Buckeye Senior Program
Attire: Semi-Formal
Cost: Free
Food: Snack & Drinks Provided
R.S.V.P. By: April 25th, 2016

City of Buckeye
Community Center
201 East Centre Avenue
Buckeye, Arizona 85326
Phone: 623-349-6600
E-mail: pyabes@buckeyeaz.gov

