

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

**Buckeye Public
Libraries**

(623) 349-6300

**Dr. Saide
Recreation Center**

(623) 349-6350

**Area Agency on Aging
Senior Help Line**

(602) 264-4357



**AREA
AGENCY
ON
AGING**

REGION ONE
INCORPORATED



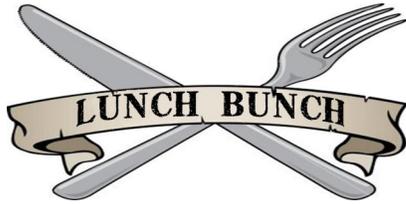
2016



May is Older Americans Month

<u><i>Upcoming Events</i></u>	
Buckeye Community Center is closed Monday, May 30th	
Wickenburg Trip.....	Thursday, May 5th
Moms Pampering Day.....	Friday, May 6th
Mystery Trip.....	Thursday, May 12th
Salsa Contest.....	Friday, May 13th
Babbo Italian Eatery.....	Tuesday, May 17th
Double Trouble Party.....	Friday, May 20th
Senior Health & Fitness Day.....	Wednesday, May 25th
Plant Exchange.....	Friday, May 27th
Diamondbacks Game.....	Tuesday, May 31st

Senior Programming



JuneChina City Buffet
July.....Oregonos
August.....Angry Crab



Exciting programs and activities that are coming up!

JUNE

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

JULY

Community Bingo Goodyear.....Fri., July 1st and 22nd 4pm
 Main Event Entertainment.....Thurs., July 7th, 10am
 Herberger Lunchtime Theatre.....Tues., July 12th, 10:45am
 Harkins Movie Day.....Thurs., July 22nd, 9am
 Lunch Bunch: Oregono's.....Thurs., July 28th, 11am

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

CITY OF BUCKEYE UPCOMING EVENTS!

Demolition Derby.....Saturday, May 7th
Movie in the Park at Festival Foothills..... Friday, May 27th
Memorial Day Ceremony.....Monday, May 30th
Independence Day at Youngker High School.....Monday, July 4th

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

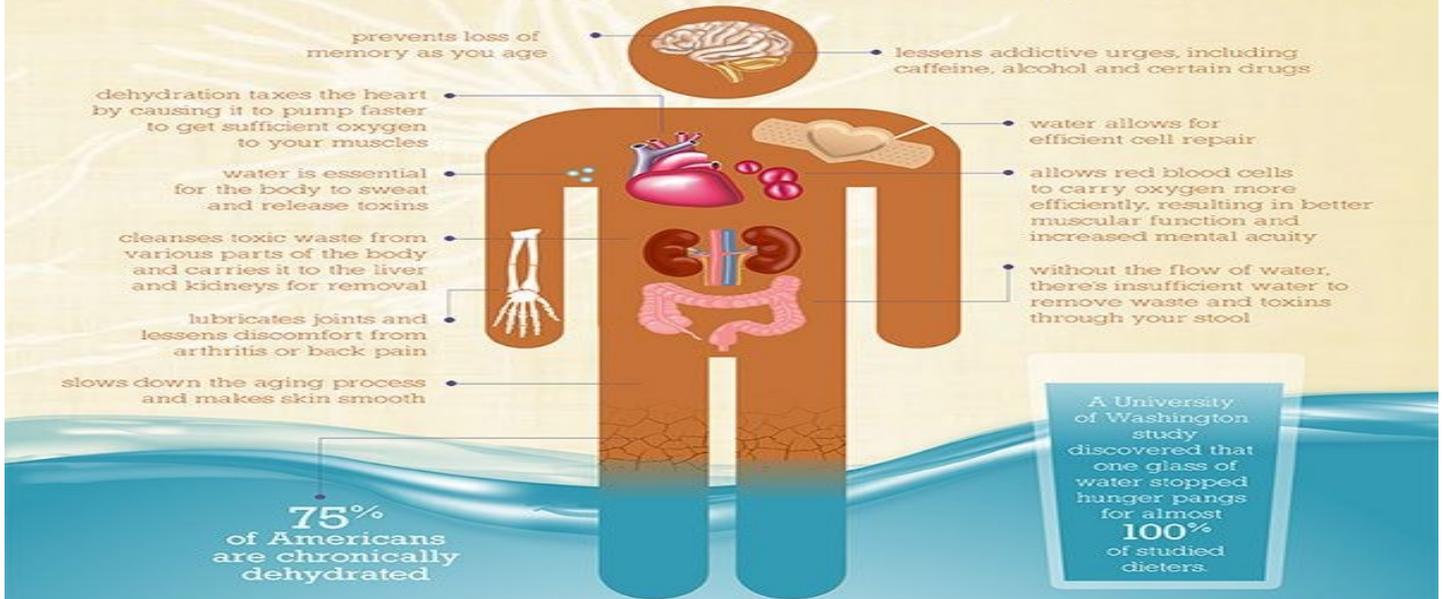


Facebook.com-Recreation

Facebook.com-Buckeye Public Library

The Miracle That Is WATER

What does water do for the human body?



The Lesson to be Learned?
Drink More WATER

Sharing this picture can save lives.

Infographic brought to you by StayingHealthy.org A Natural Approach

SPECIAL SENIOR PROGRAMS



The Bookmobile will be visiting us on:
 Wednesdays
 May 4th & May 18th
 11am– 12pm

Grandparents Raising Grandkids

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

Next meeting:
Tuesday, May 24th, 1-2 pm

THE BRAIN BENEFITS OF EXERCISE



INCREASES PRODUCTION OF NEUROCHEMICALS THAT PROMOTE BRAIN CELL REPAIR



IMPROVES MEMORY



LENGTHENS ATTENTION SPAN



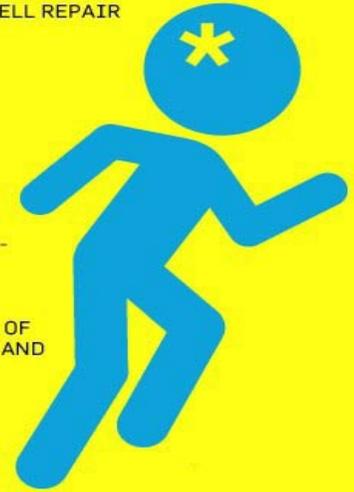
BOOSTS DECISION-MAKING SKILLS



PROMPTS GROWTH OF NEW NERVE CELLS AND BLOOD VESSELS



IMPROVES MULTI-TASKING AND PLANNING



MONTHLY BIRTHDAY CELEBRATION

MAY 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!

May Birthday Celebration
Friday, May 13th
11-11:30am

- | | |
|---------------------|-----------------------|
| Guadalupe Hose | Mary Scott |
| Shelby Lackey (H) | Robert Gleim |
| Charles Buhler | Candy Stauffer |
| Mary Lynn King | Janice Johnson |
| Jeremiah Vinson | Thelma McLaughlin (H) |
| Alejo Grango | Mariana Reyes |
| Bob Crookshank | Judy Towers |
| Armando Vega (H) | Dolores Martinez |
| Rose Wilsey | Edith Zerilli (H) |
| Bernie Nilles | Emily Baughman(H) |
| Maria Artymonow (H) | Brayton Davis |
| Joe Sapien | Robert Peters |
| Mary St. Vincent | Judy Barbier (H) |
| Phyllis Agee | Tracy Granville |
| | Pat Zahl |
| | Carmen Amparano |
| | Sally Haese |
| | Shirley Owens |
| | Marcia Watkins |
| | Merilynn Williams |



CENTER CONNECTION OUTINGS

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



Lunch Bunch: Babbo Italian Eatery

Tuesday, May 17th
10am-3pm

Sign-ups begin

Wednesday, May 4th at 9:45am
Trip Fee \$2.00

*Lunch on your own, there may be
a stop for Ice Cream or Shopping



AREA
AGENCY
ON
AGING

REGION ONE
INCORPORATED



Tuesday, May 31st
10:45-5pm

Sign-ups begin Wednesday,
May 18th at 9:45am
Trip fee \$10.00

*Lunch is on your own



FLAGSTAFF TRIP

Tuesday, June 7th
8am-6pm

Trip fee \$10.00

Sign-ups begin

Wednesday, May 25th
at 9:45am

*Lunch is on your own

**Harkins
Theatres**



MOVIE OUTING

Thursday, June 2nd
9-3pm

Trip fee \$2.00

Sign-ups begin

Wednesday, May 25th
at 9:45am

*Lunch is 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.

Coffee & Conversation

Enjoy coffee and friendly conversation
with
Councilmember Brian McAchran
Wednesday, May 18th
From 9-10am



*The Buckeye Community Center
will be closed
Monday, May 30th
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
 Tuesday (Yoga) 9:30-10:30am,
 Thursday (Circuit) 10:30-11:30

CURRENT EXERCISE & OUTDOOR PROGRAMS

Don't act your age! Stay active!

- ◆ SILVERSNEAKERS CLASSIC
- ◆ SILVERSNEAKERS YOGA
- ◆ SILVERSNEAKERS CIRCUIT(CARDIO)
- ◆ INDOOR EXERCISE EQUIPMENT



TEXAS HOLD'EM POINTS BASED POKER LEAGUE

Tuesdays 1-4pm

League Dates

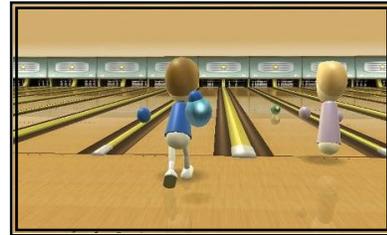
April 5th-May 24th

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 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 26th 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:
Wednesday, September 9th
9:15-9:45am

Site council will break for the summer

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 2016

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 Texas Hold'em 1-4pm</p>	<p>Silver Sneakers 8:45-9:45am Bingo 10:45am Double Deck Pinochle 1-4pm</p>	<p>WICKENBURG TRIP 8:30am-3pm Silver Sneakers Circuit 10:30-11:30am</p>	<p>Silver Sneakers 8:45-9:45am Mom Pampering Day 9:30-11am Bingo 12:45pm Pinochle 1:15-4pm</p>
9	10	11	12	13
<p>Silver Sneakers 8:45-9:45am Arts & Crafts 10-11:30am Wii Bowling 1-3pm</p>	<p>LONE BUTTE CASINO TRIP 7:30am-3:30pm Silver Sneakers Yoga 9:30-10:30am Texas Hold'em 1-4pm</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>MYSTERY TRIP 9am-3pm Silver Sneakers Circuit 10:30-11:30am Cooking w/ Bob Chili Rellenos 10am</p>	<p>Silver Sneakers 8:45-9:45am Salsa Contest 10:00-11am B-Day Bash 11-11:30am Bingo 12:45pm Pinochle 1:15-4pm</p>
16	17	18	19	20
<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 LUNCH BUNCH BABBO EATERY 10am-3pm Texas Hold'em 1-4pm</p>	<p>Silver Sneakers 8:45-9:45am Bingo 10:15am Double Deck Pinochle 1-4pm</p>	<p>Silver Sneakers Circuit 10:30-11:30am</p>	<p>DOUBLE TROUBLE PARTY!! 10am-Noon Bingo 1:15pm Pinochle 2:15-4pm</p>
23	24	25	26	27
<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 Texas Hold'em 1-4pm</p>	<p>Senior Health & Fitness Day 9-11am Bingo 12:45 Double Deck Pinochle 2:15-4pm</p>	<p>Silver Sneakers Circuit 10:30-11:30am Cooking w/ Bob Italian Sausage 10am Blanketeers 1-4pm</p>	<p>Silver Sneakers 8:45-9:45am Plant Exchange 10-11am Bingo 12:45pm Pinochle 1:15-4pm</p>
30	31			
<p>CENTER CLOSED memorial DAY</p>	<p>Silver Sneakers Yoga 9:30-10:30am DIAMONDBACKS GAME 10:45am-5:30pm Texas Hold'em 1-4pm</p>			

MAY 2016

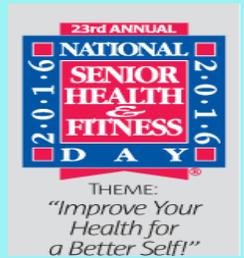
Funded in part by:
Area Agency on Aging
SUGGESTED CONTRIBUTION:
\$3.00
Lunch served Monday-Friday 11:30-
12:30.Excluding Party days

Monday	Tuesday	Wednesday	Thursday	Friday
2 Beef Tips on Rice Broccoli WW Roll Fresh Orange	3 Baked Tilapia Peas & Carrots Broccoli Fruit Cocktail	4 Spaghetti w/ Meat Sauce Glazed Carrots Pears	5 Baked Pork Chops Asian Blend Veggies Mandarin Oranges	6 Caldo—Chicken Soup Blueberry Muffin V8 Juice
9 Liver & Onions Mashed Potatoes Broccoli Pineapple	10 Polish Sausage & Sauerkraut Corn Red Bell Peppers Watermelon	11 Chicken Enchilada Casserole Spanish Rice Pinto Beans Cantaloupe	12 Beef Lasagna Spinach Green Beans Garlic Bread Orange	13 Baked Chicken Italian Mixed Veggies Peaches Oatmeal Cookie
16 French Dip Sandwich Country Mix Veggies Brussel Sprouts Mandarin Oranges	17 Swedish Meatballs Over Pasta Broccoli Peaches	18 Turkey Burger Tator Tots Strawberries	19 Fruit Plate w/ Cottage Cheese & Egg Tomato Beets Crackers	20 DOUBLE TROUBLE PARTY DAY! Fried Chicken Mac n Cheese Pork n Beans Green Beans Brownies & Ice Cream
23 Beef Fajitas Refried beans Grapes	24 Chef Salad Ham, Turkey, Cottage Cheese Pickled Beets Crackers Peaches	25 Sausage Pizza Green Salad Oatmeal Cookie Pears	26 Sloppy Joes Corn Tator Tots Orange	27 Lemon Pepper Chicken Stewed Tomatoes Banana
30 CENTER CLOSED 	31 Chili Beans Zucchini & Yellow Squash Cornbread Cantaloupe	<p>Strawberries Wild Smoothie recipe</p> <ul style="list-style-type: none"> - 1 cup of Apple Juice - 1 cup of frozen strawberries - 1/2 cup of frozen banana - 2 scoops of non-fat greek vanilla yogurt <p>Make sure to put in 1/2 cup of ice in every smoothie for the icy texture, Blend and Enjoy!</p>		

Senior Health & Fitness Day



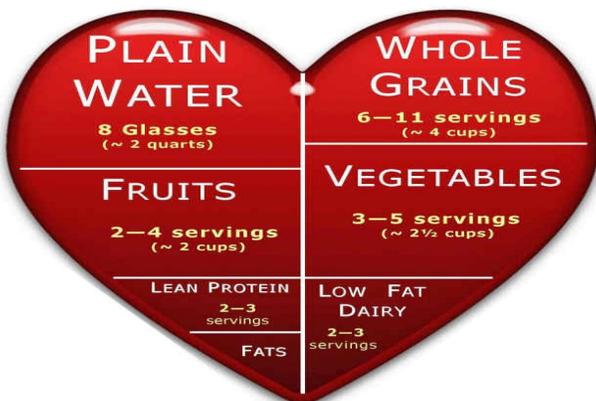
**Come participate in the 23rd annual
National Senior Health and Fitness Day
Wednesday, May 25th 9-11am
Buckeye Community Center
201 E. Centre Ave. Buckeye, AZ
623-349-6600**



National Senior Health & Fitness Day is a nationwide health and fitness event for older adults, always held the last Wednesday in May during Older Americans Month. 2016 will mark the 23rd year of the program, and more than 100,000 older adults will participate at local events at more than 1,000 locations across the country on the same day.

The event's goals are to promote the importance of regular physical activity, and to showcase what local organizations are doing to improve the health and fitness of older adults in their communities.

Join us for a morning of healthy fun starting at 9am until 11am. We will have a variety of activities, health presentations and information all geared toward **“Improving Your Health for a Better Self!”**



Exercise!
working out 5 times a week for 30 minutes increases muscle tone & increases circulation to trouble areas!

Drink Water!
Water cleanses & flushes the digestive system & toxins out of your body!

Diet!
low fat, low sugar high fiber diet with heaps of fruits, vegetables & wholegrains

Avoid!
smoking, highly processed foods, caffeine salt and alcohol



Healthy Buffalo Cauliflower Bites by our lovey cook Devery

Ingredients:

6 cups of fresh cauliflower florets
2 teaspoons garlic powder
a pinch of salt
a pinch of pepper
1 tablespoon butter, melted
 $\frac{3}{4}$ cup Frank's Redhot hot sauce



Instructions

Preheat oven to 450. Spray a baking sheet with cooking oil, or olive oil. Set aside. Mix the garlic powder, salt, pepper, melted butter, and hot sauce in a small bowl. Add the cauliflower into a large gallon-sized bag; pour the buffalo sauce into the bag. Shake until the cauliflower florets are fully coated. Spread on a baking sheet. Bake for 20 minutes, Serve with ranch or blue cheese dressing.

Exercises for Seniors Outside the Fitness Center

Fitness doesn't have to be synonymous with going to the gym. There are a variety of creative ways to stay active and build your strength, balance, endurance and flexibility *outside* of a fitness center. To find an activity that will get you moving and keep your interest, start with your favorite hobby or daily routine, whether it's a walk to get your morning coffee, gardening or a daily swim.

For more ideas, consider these out-of-the-gym fitness activities to get your heart pumping and your mind excited about exercise:

GOLF

Playing golf is a good way to keep your body fit and mind alert. Practicing your golf swing may not only improve your short game, it could expand your range of motion and flexibility. Swinging a club works out your whole body. "Hitting just a small bucket a day keeps you loose and limber.

There's also the added perk of spending some quality time outdoors, "the beauty of golf." While you enjoy the scenery, you can also burn some serious calories. Over the course of an 18-hole course—about a five-mile walk—players who carry their clubs can burn up to 2,000 calories, and those who drive a cart can burn up to 1,300, according to a report published by the Walker Research Group.

YOGA

Yoga is not just for the young and trendy—it can be a great, low-impact workout for seniors, too. Time spent in yoga class isn't just beneficial to the body, but also can promote better mental health. Regular yoga and stretching practice is one of the most important keys to longevity.

The health benefits of yoga include:

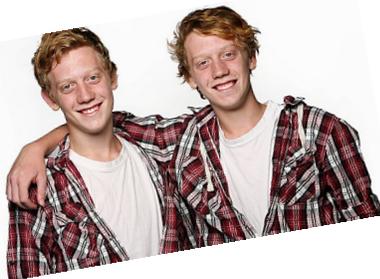
- Maintaining bone density
- Increased balance—which can help prevent falls
- Improved respiration
- Heightened focus and awareness
- Reduced stress



DOUBLE TROUBLE! DOUBLE TROUBLE!

**FRIDAY, MAY 20TH, 10AM-NOON
BUCKEYE COMMUNITY CENTER
HOW MANY DOUBLES CAN WE
SEE?**

***DRESS YOU AND YOUR SPOUSE ALIKE OR GET
YOUR BESTIE AND BE TWINS FOR A DAY.***



SNACKS

**Music by the
NEEDHAM TWINS**

RAFFLE

Fun things to do!

Plant Swap



Friday, May 27th from 10-11am
in the Patio Garden

Bring in plants or seeds to swap for your
garden

Meet fellow gardeners

Learn what to plant and when

Enjoy light refreshments

Lone Butte Casino Trip with Avondale Senior Center

Tuesday, May 10th, 7:30-3:30pm

Registration begins April 27th at 9:45am



Pamper Mom's Day!

We are going to bless the women
with a pampering
session of
Satin hands, Haircut's and will
have some fun makeovers too!

Friday, May 6th
9:30-11:00am

Signup Wednesday, April
27th at 9:45am

Best part is that it is FREE for y'all!

SALSA CONTEST

Inviting all amateur salsa chefs
to compete for prizes, fun and
glory in this
mouthwatering and exciting
salsa competition!

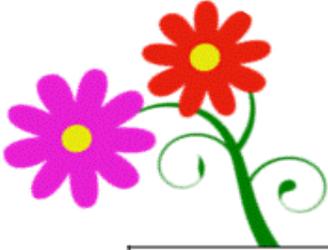
Friday, May 13th at 10AM

Five participants per category

- ◆ HOTTEST
- ◆ BEST PRESENTATION (LOOKS)
- ◆ MOST FLAVOR

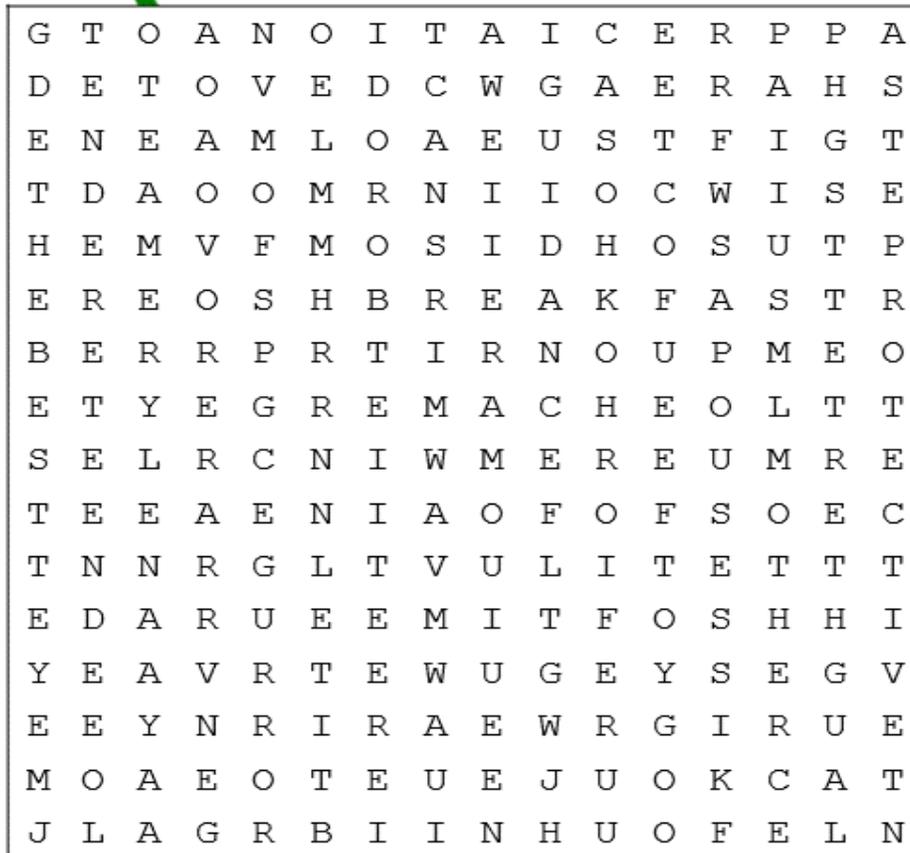


PUZZLE PAGE



Mother's Day

Second Sunday of May



APPRECIATION
BEAUTIFUL
BREAKFAST
CANDY
CHARMING
COMFORT
DEVOTED
FLOWERS
FORGIVING
GIFTS

GUIDANCE
HUGS
JEWELRY
JOY
KISSES
LAUGHTER
LOVE
MATERNAL
MOM
MOTHER

NURTURE
PERFUME
PROTECTIVE
SHARE
TELEPHONE
TENDER
THE BEST
WARM
WISE

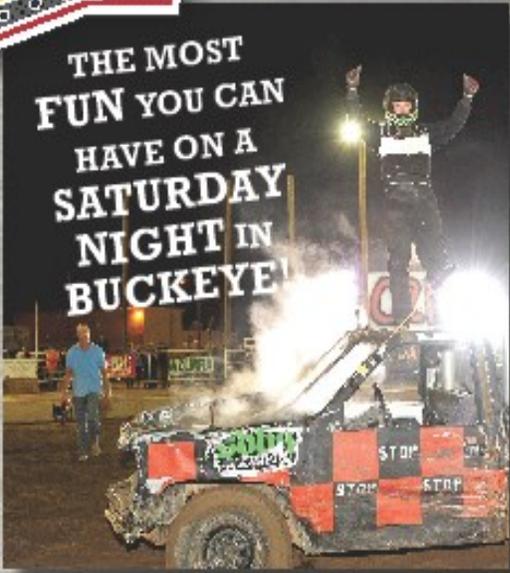




COMMUNITY & RECREATION

**BUCKEYE
DEMOLITION
DERBY**
Spring 2016

**SATURDAY
MAY 7th**



**Helzapoppin'
Rodeo Arena
Miller Rd. South of Baseline**

Gates Open @ 5:30 p.m.
Derby Starts @ 7:00 p.m.

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

Some activities at additional cost.



- HIGHLIGHTS:**
- FULL CAR DERBY •
 - LAWN MOWER RACES •
ARIZONA LAWN MOWER RACING ASSOCIATION "as seen on TV"
 - KID RACES •
 - KIDS ZONE •

PRE-SALE tickets available at the
Community and Recreation Centers.

**FOR MORE INFORMATION VISIT
www.buckeyeaz.gov/events**