

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

**Dr. Saide
Recreation Center**

(623) 349-6350

**Area Agency on Aging
Senior Help Line**

(602) 264-4357



**AREA
AGENCY
ON
AGING**

REGION ONE
INCORPORATED

June

2016

Upcoming Events

Center closed July 4th, 2016

HARKINS MOVIE & LUNCH.....	JUNE 2ND
FLAGSTAFF TRIP.....	JUNE 7TH
LUNCH BUNCH.....	JUNE 14TH
TEMPE IMPROV.....	JUNE 16TH
CRUISE PARTY.....	JUNE 17TH
MENS TRIP.....	JUNE 23RD
D-BACKS GAME.....	JUNE 29TH
COFFEE BAR.....	JUNE 30TH

Senior Programming



Main Event Entertainment
Thursday, July 7th, 2016
10:30am-3pm

Fee is \$2
Registration begins
Wednesday, June 22nd at
9:45am



Judy Garland: A Musical Legacy—
Herberger Lunchtime Theatre
Tuesday, July 12th, 2016
10:45-3pm

Trip Fee is \$6
Registration begins
Wednesday, June 29th at 9:45am
Lunch is on your own

Exciting programs and activities that are coming up!

JULY

Community Bingo Goodyear.....Fri., July 1st and 22nd, 4pm
 Main Event Entertainment.....Thurs., July 7th, 10:30am
 Herberger Lunchtime Theatre.....Tues., July 12th, 10:45am
 Old Time Country Party!!.....Fri., July 15th, 10am
 Harkins Movie Day.....Thurs., July 21st, 9:30am
 Lunch Bunch: Oregano's.....Thurs., July 28th, 11am

AUGUST

Senior Pool Party.....Tuesday, August 9th, 6pm
 Lunch Bunch: Angry Crab.....Thursday, August 18th, 10am
 Disney theme party!.....Friday, August 19th, 10am
 Great American Clothing Exchange.....Tuesday, August 23rd, 10am
 Senior Olympic Day.....Friday, August 26th, 9:30am
 Movie Outing & Lunch.....Tuesday, August 30th, 9:30am

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

CITY OF BUCKEYE UPCOMING EVENTS!

Independence Day Celebration.....Monday, July 4th
Quarter Auction.....Friday, August 26th
9/11 Ceremony.....Sunday, September 11th
Halloween Carnival.....Saturday, October 22nd
Community Yard Sale.....Saturday, November 5th
Buckeye Farmers Market.....October 29th & November 19th

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

Facebook.com-Recreation Facebook.com-Buckeye Public Library



Salads are great for our bodies but horrible for convenience. You don't want to carry around a whole bottle of dressing, chop fresh vegetables for every meal or deal with the inevitable mush that comes with mixing all the ingredients in a Tupperware for storage. With a mason jar, you won't need to. Mason jars are a reusable way to pack your meals days in advance, easily take them on-the-go and keep everything fresh. Plus, with a simple ingredient-stacking rule, you can keep wet toppings like dressing far from dry vegetables like lettuce.

Burrito bowl

- 1/2 cup cooked quinoa or brown rice
- 1/2 cup black beans or pinto beans
- 2 tablespoons sour cream or Greek yogurt
- 1/4 cup shredded cheese
- 1 cup lettuce (shredded, if desired)
- 2 tablespoons salsa
- a bit of cilantro if desired



The number one rule to making a meal in a jar: Stack your ingredients from wet to dry. Grab a one-quart wide-mouthed mason jar and start filling it up!

1. Start with your salsa on the bottom. This will keep it farthest from your lettuce, which can wilt and degrade if stored against wet foods. Also, if you pour your salad out onto a plate or bowl for dining, your salsa will come out on top, as a topping should.
2. Next, add your sour cream. Sour cream won't hurt your salsa. Salsa won't hurt your sour cream.
3. Beans are next up. They provide a good buffer and are wetter than the foods coming next. Do not heat the beans.
4. Rice goes on top of the beans. It's OK if the two mix, and rice provides a nice way to keep your cheese from caking up. Make sure to allow the rice and all other cooked ingredients to cool before adding them to the jar.
5. Next, you guessed it, is shredded cheese. If you want to keep your mason-jar meal super healthy and low-calorie, feel free to skip the cheese.
6. Finally, toss in the lettuce and cilantro. Keeping these fresh greens dry and up top will help make sure they're

SPECIAL SENIOR PROGRAMS



Book Mobile Visits
JUNE SCHEDULE
WEDNESDAYS @ 11am
JUNE 1ST
JUNE 15TH
JUNE 29TH

Grandparents Raising Grandkids

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

Next meeting: August 30th 1-2pm
GRG will not meet during the months of June and July

HEALTH
BLOOD PRESSURE WITH SHARRY
KITZMAN WILL RETURN IN
SEPTEMBER

HEALTH PRESENTATIONS

First Friday's with Charlotte
Friday, June 3rd
10:45-11:15am

MONTHLY BIRTHDAY CELEBRATION

JUNE 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!

JUNE BIRTHDAY CELEBRATION
Friday, June 10th
11-11:30am

Monique Martinez (H)	Nancy Blaylock
Bill Palmer	Antonio Martinez
Elizabeth Howard	Barbara Tuozzo (H)
Dave Beck	June Gilbertson (H)
Viola Browneller	Anthony Echols
Amy Chavez	Rita Roer
Carmen Culpepper	Caroline Russell
Joe Davies	Carletta Williams
Roberta Robinson	Hallie Harris (H)
Patricia Crookshank	Martha Coatney
Robert Amundson	Dennis Colleary
Antonio Allego	Marie Hall



CENTER CONNECTION OUTINGS

*Please note, other than the scheduled outing, some outings may include a trip out for ice cream and or shopping

CHINA CITY 華 BUFFET 園

CHINA CITY BUFFET LUNCH BUNCH

Tuesday, June 14th, 10:30am-3pm

Fee is \$2

Registration begins

Wednesday, June 1st at 9:45am

Lunch is on your own



AREA
AGENCY
ON
AGING

REGION ONE
INCORPORATED



Comedian Justin Willman

Thursday, June 16th, 5:45-11pm

Trip fee \$2.00

What should I wear?

Just make your momma proud!

REGISTRATION BEGINS

Wednesday, June 1st at 9:45am

Dinner is on your own & FYI—2 drink
minimum purchase



Dbacks vs. Phillies

Wednesday, June 29th

10:45am-5pm

Trip fee \$10.00

Tickets limited to 14

REGISTRATION BEGINS

Wednesday, June 15th at 9:45am



NO MA'AM TRIP

Shoot some pool at Metro Sportz Bar and Billiards. Their menu has wings, burgers, and sandwiches. Enjoy some man time with no womenfolk around.

Thursday, June 23rd

9:15am-1pm

Trip Fee \$2.00

Signup Wednesday, June 1 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.

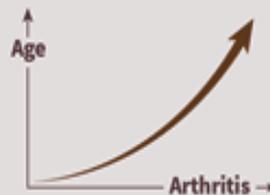
Coffee & Conversation

Enjoy coffee and friendly conversation
with

Councilmember Brian McAchran
Wednesday, June 15th
From 9-10am



Who Gets Arthritis?



Arthritis increases with age.



But two-thirds of people with arthritis are younger than age 65.



Arthritis is more common among women than men.



Arthritis takes a much larger toll on the quality of life for Hispanics and blacks than it does for whites.

To learn more about managing arthritis, please visit www.cdc.gov/arthritis.



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) 9:00-10:00am
 Thursday (Circuit) 10:30-11:30

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

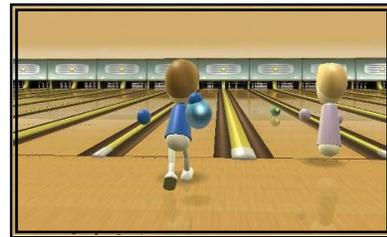
June 7th-July 26th

Tournament on August 2nd



**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 27th

July & August Open Wii

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. **Buckeye Blanketeers will break for the summer and will resume on Thursday, September 29th at 1pm**



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 ETIQUETTE- 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



Next Site Council Meeting Date:
Wednesday, September 14th
9:15-9:45am

ALL WELCOME

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!

JUNE 2016

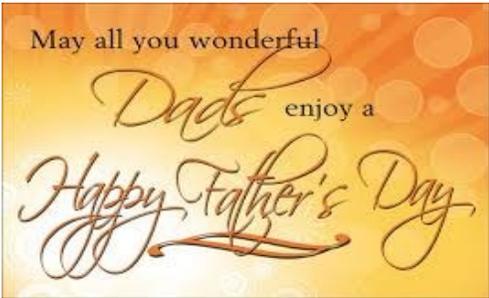
MONDAY

TUESDAY

WEDNESDAY

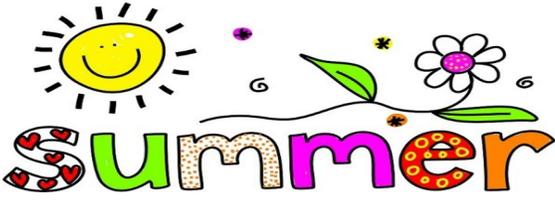
THURSDAY

FRIDAY

 <p>May all you wonderful <i>Dads</i> enjoy a <i>Happy Father's Day</i></p>		<p style="text-align: right;">1</p> <p>Bingo 10:15am Double Deck Pinochle 1-4pm</p>	<p style="text-align: right;">2</p> <p>HARKINS OUTING 9:30am-3pm Silver Sneakers Circuit 10:30-11:30am</p>	<p style="text-align: right;">3</p> <p>Silver Sneakers 8:45- 9:45am First Friday's w/ Charlotte 10:45-11:15am Bingo 12:45pm Pinnacle 1:15-4pm</p>
<p style="text-align: right;">6</p> <p>Silver Sneakers 8:45-9:45am Arts & Crafts 10-11:30am Wii Bowling 1-3pm</p>	<p style="text-align: right;">7</p> <p>FLAGSTAFF TRIP 8-6pm Silver Sneakers: Yoga 9:00-10:00am Texas Hold 'em 1-4pm</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>Silver Sneakers Circuit 10:30-11:30am</p>	<p style="text-align: right;">10</p> <p>Silver Sneakers 8:45-9:45am B-Day Bash 11-11:30am Bingo 12:45pm Pinnacle 1:15-4pm</p>
<p style="text-align: right;">13</p> <p>Silver Sneakers 8:45-9:45am Arts & Crafts 10-11:30am Wii Bowling 1-3pm</p>	<p style="text-align: right;">14</p> <p>LUNCH BUNCH: CHINA CITY 10:30am-3pm Silver Sneakers: Yoga 9:00-10:00am Texas Hold 'em 1-4pm</p>	<p style="text-align: right;">15</p> <p>Silver Sneakers 8:45-9:45am Bingo 10:15am Double Deck Pinochle 1-4pm</p>	<p style="text-align: right;">16</p> <p>Silver Sneakers Circuit 10:30-11:30am IMPROV COMEDY SHOW 5:45-11pm</p>	<p style="text-align: right;">17</p> <p>CRUISE PARTY! 10-12pm Bingo 1:15pm Pinnacle 2:15-4pm</p>
<p style="text-align: right;">20</p> <p>Silver Sneakers 8:45-9:45am Arts & Crafts 10-11:30am Wii Bowling 1-3pm</p>	<p style="text-align: right;">21</p> <p>Silver Sneakers: Yoga 9:00-10:00am Texas Hold 'em 1-4pm</p>	<p style="text-align: right;">22</p> <p>Silver Sneakers 8:45-9:45am Bingo 10:15am Pinochle 1-4pm</p>	<p style="text-align: right;">23</p> <p>MENS TRIP 9:15-1pm Silver Sneakers Circuit 10:30-11:30am</p>	<p style="text-align: right;">24</p> <p>Silver Sneakers 8:45-9:45am Bingo 12:45pm Pinnacle 1:15-4pm</p>
<p style="text-align: right;">27</p> <p>Silver Sneakers 8:45-9:45am Arts & Crafts 10-11:30am Wii Bowling 1-3pm</p>	<p style="text-align: right;">28</p> <p>Silver Sneakers: Yoga 9:00-10:00am Texas Hold 'em 1-4pm</p>	<p style="text-align: right;">29</p> <p>Silver Sneakers 8:45-9:45am Bingo 10:15am D-BACKS vs. Phillies 10:45am -5pm Pinochle 1-4pm</p>	<p style="text-align: right;">30</p> <p>Coffee Bar 7:30-9am Silver Sneakers Circuit 10:30-11:30am</p>	<p style="text-align: right;">1</p> <p>Silver Sneakers 8:45-9:45am Are You Smarter than a 5th grader? 10-11am Bingo 12:45pm Community Bingo Goodyear- 5-10pm</p>

JUNE 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>1 Baked Ham Sweet Potatoes Glazed Carrots Roll Fruit</p>	<p>2 Baked Tilapia Broccoli Rice Pilaf Roll Fruit</p>	<p>3 Beef Fajita Spanish Rice Fruit</p>
<p>6 Liver & Onions Mashed Potatoes Peas & Carrots Roll Fruit</p>	<p>7 Chef Salad Pickled Beets Muffin Fruit</p>	<p>8 Polish Sausage & Sauerkraut Corn Fruit</p>	<p>9 Beef Lasagna Spinach Garlic Bread Orange Slices</p>	<p>10 Baked Chicken Mixed Veggies Oatmeal Cookie Fruit</p>
<p>13 Meat Loaf Mashed Potatoes Green Beans Roll Fruit</p>	<p>14 BBQ Chicken Wings Broccoli Oatmeal Cookie Fruit</p>	<p>15 Beef Tips & Gravy on Rice Succotash Roll Fruit</p>	<p>16 Chicken Fried Chicken Mashed Potatoes California Blend Fruit</p>	<p>17 CRUISE PARTY! Pulled Pork Sandwiches Vegetable Pineapple</p> 
<p>20 Turkey Burger Tater Tots California Blend Fruit</p>	<p>21 Sausage Pizza Garden Salad Oatmeal Cookie Fruit</p>	<p>22 Swedish Meat Balls Noodles Broccoli Fruit</p>	<p>23 French Dip Sand Country Veggies Fruit</p>	<p>24 Orange Chicken Steamed Rice Veggie Egg Roll Fortune Cookie Fruit</p>
<p>27 Chicken Enchilada Spanish Rice Refried Beans Fruit</p>	<p>28 Roast Beef Sweet Potatoes California Blend Roll Fruit</p>	<p>29 Spaghetti W/ Meat Sauce Green Peas Garlic Bread Fruit</p>	<p>30 Cabbage Rolls Brown Rice Roll Fruit</p>	<p>1 BBQ Chicken Corn on Cob Wheat Biscuit Cauliflower Apricots</p>

Calorie and Protein Chart

Rebel Dietitian, Dana McDonald RD

 1 medium banana 105 cal 1.5 g pro	 1 oz raisins 85 cal 1 g pro	 edamame, shelled 1/2 cup, cooked 120 cal 13 g pro	 2 cups leafy greens 20 calories 1 g pro
 1 cup strawberries 46 cal 1 g pro	 2 medjool dates 66 cal 1 g pro	 black-eyed peas 1/2 cup, cooked 100 cal 13.5 g pro	 quinoa 1/2 cup, cooked 111 cal 4 g pro
 1 cup purple grapes 104 cal 1 g pro	 1 oz almonds, (23 ea) 164 cal 6 g pro	 green peas 1/2 cup, cooked 62 cal 4 g pro	 steel cut oats 1/2 cup, cooked 85 cal 3.5 g pro
 1 cup green grapes 104 cal 1 g pro	 1 oz pecans, 19 halves 196 cal 3 g pro	 black beans 1/2 cup, cooked 113 cal 8 g pro	 brown rice 1/2 cup, cooked 109 cal 2.5 g pro
 2 tangerines medium 94 cal 1.5 g pro	 1 oz walnuts, 14 halves 185 cal 4.5 g pro	 kidney beans 1/2 cup, cooked 113 cal 8 g pro	 wild rice 1/2 cup, cooked 83 cal 3.5 g pro
 1 cup blueberries 84 cal 1.1 g pro	 1 oz cashews 157 cal 5.2 g pro	 navy beans 1/2 cup, cooked 127 cal 8 g pro	 1 baked potato large (299 g) 278 cal 8 g pro
 1 cup blackberries 62 cal 2 g pro	 1 tbsp almond butter 98 cal 3.5 g pro	 adzuki beans 1/2 cup, cooked 147 cal 9 g pro	 1 sweet potato large (180 g) 162 cal 4 g pro
 1 cup raspberries 64 cal 1.5 g pro	 6 celery sticks (5" stalks) 18 cal 0.75 g pro	 pinto beans 1/2 cup, cooked 122 cal 8 g pro	 1 whole grain tortilla sprouted, Ezekiel 80 cal 3 g pro
 1 cup pineapple 82 cal 1 g pro	 6 carrot sticks, 5" stalks (~10 baby carrots) 50 cal 1 g pro	 garbanzo beans 1/2 cup, cooked 134 cal 7.5 g pro	 unrefined EVOO 1 teaspoon or 5 mL 40 cal 0 g pro
 1 medium apple 95 cal 0.5 g pro	 1 avocado (136 g) 227 cal 3 g pro	 non-GMO corn 2/3 cup, cooked 100 cal 3 g pro	 balsamic vinegar 1 tablespoon (15 mL) 20 cal 0.8 g pro
 2 kiwifruit 84 cal 1.6 g pro	 2 tbsp guacamole 80 cal 2 g pro	 mixed vegetables 2/3 cup, cooked 60 cal 2 g pro	 4 green olives 16 cal 0.15 g pro
 1 cup cherries 87 cal 1.5 g pro	 1 cup cherry tomatoes or ~ 10 each 30 cal 1.5 g pro		 Earth Balance butter 1 teaspoon or 5 mL 27 cal 0 g pro

eat clean

1 tsp = 5 mL; 1 tbsp = 15 mL; 1 oz = 30 mL; 1 cup = 8 oz = 240 mL

train mean

grams (g); protein (PRO); calories (CAL); teaspoon (tsp); tablespoon (tbsp); ounce (oz); milliliters

Tips to Help Your Loved One Drink More Water

Nutritionists recommend that seniors drink two liters of water every day. If you are concerned that you or a loved one is not drinking enough water, here are some ideas that encourage hydration:

1. Carry a bottle of water with you at all times.
2. Choose water when dining out instead of other beverages to save money and drink more water.
3. Download an app to track your water intake.
4. Drink a glass of water before each meal or snack.

Staying hydrated has a number of benefits including:

1. Helping to maintain the balance of body fluids.
2. Controlling caloric intake and helping with weight management.
3. Energizing muscles.
4. Helping to maintain normal bowel function.
5. Helping kidneys work properly.

Make Your Own Flavored Waters

 1/2 a cucumber, sliced	 1/2 a lime, sliced	 1/4 cup fresh mint leaves
 1/2 cup pineapple, cubed	 1/2 an orange, sliced	 1 tablespoon fresh ginger
 1/2 a lemon, sliced	 1 cup watermelon, cubed	 1/4 cup raspberries, muddled
 1/2 cup strawberries, sliced	 1/2 a lemon, sliced	 1/4 cup fresh basil leaves

combine ingredients in 1 quart pitcher with water & ice



IT'S A CRUISE PARTY!
Welcome Aboard, set sail at Buckeye
Community Center!
DIG OUT YOUR CRUISE ATTIRE AND
LET'S HAVE FUN!

Friday, June 17th
10-Noon

Entertainment:
Captain DJ Phil

RAFFLE SNACKS

A graphic featuring a pair of red sunglasses with a tropical scene (palm trees, waves, and a sailboat) visible through the lenses. The background is a light blue and green wavy pattern representing water.

Fun things to do!



Thursday, June 30th
7:30– 9am
Coffee and snack items
from .25¢ to .50¢



BOOM CLASS!

A strength, body and mind exercise class. This class is designed for those who may be too young for the SilverSneakers classes. Check newsletter for dates and times

5 Indoor Exercises for Senior Citizens

Keeping their age in mind, exercises for senior citizens are often low impact ones. Below are 5 that can be done indoors if weather conditions are not ideal.

Walking: There is no pre-planning involved in going for a good walk. It helps strengthen the joints and keep them supple as you grow older. To ensure a good walk, choose a pair of walking shoes that will provide good support. You should also make sure you stretch before and after your walk. It is important to have good posture and keep your shoulders held back but relaxed when walking.

Swimming: This low impact exercise is a great endurance exercise, and it also helps give flexibility to the limbs. The water relieves stress on the bones and joints, and there is very little chance of injury; it is even beneficial to post-menopausal women. Always stretch the muscles of your back, arms and legs before swimming. This is an exercise you could do in an indoor pool during winter.

Cycling: This is very easy on the joints and may even be done on a stationary cycle if you are worried about facing traffic. You may choose from an upright or a recumbent bike depending on your comfort level. These bikes are generally lower and more comfortable. Cycling exercises relieve arthritic pains and improve blood pressure levels too.

Stretching: An integral part of any exercise, it is important to include stretching at the beginning and end of every exercise routine. It improves flexibility and prevents any injury from exercise.

Weightlifting: It is best to do this with dumbbells instead of wrist or ankle weights if you are worried about injuring joints. It is best to get some hands on guidance if you are weightlifting for the first time. Again, stretching is a very important aspect to enhancing benefits from this exercise.

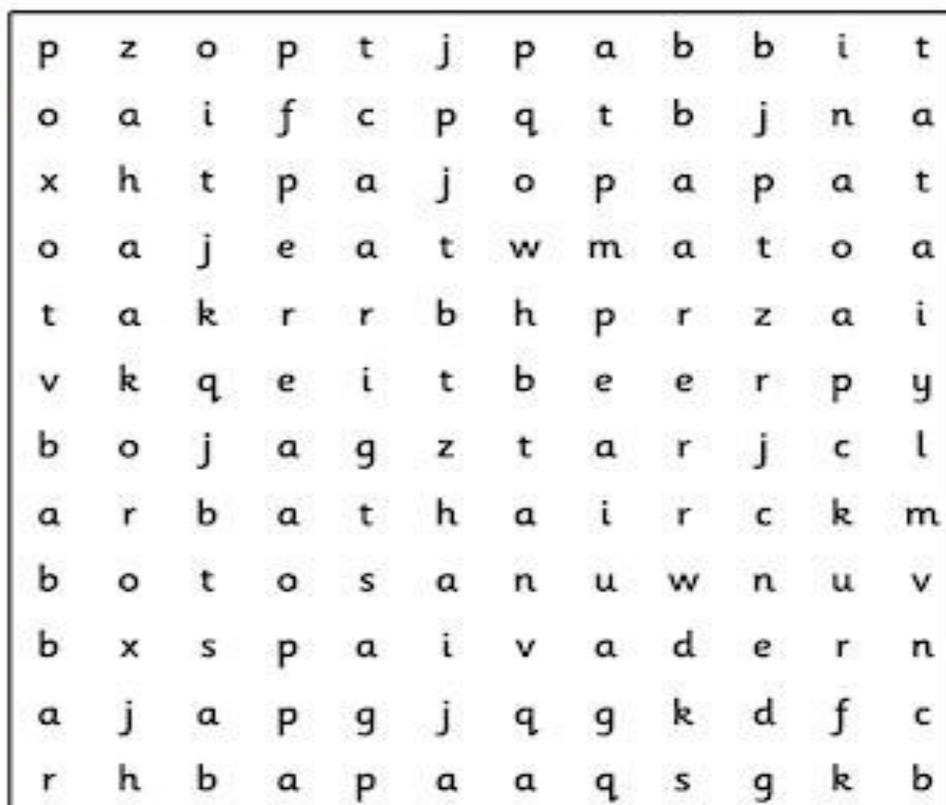
PUZZLE PAGE



Father's Day Wordsearch



Can you find the word for Father in all these different languages?



Abba (Hebrew)

Athair (Irish)

Babba (Arabic)

Bapa (Malay)

Father (English)

Haakoro (Maori)

Otosan (Japanese)

Pabbi (Icelandic)

Pai (Portuguese)

Papa (Russian)

Pater (Latin)

Pere (French)

Tata (Polish)

Tatay (Filipino)

Vader (Dutch)

Copyright © www.ActivityVillage.co.uk - Keeping Kids Busy

The City of Buckeye Community Services Department and
the Buckeye Mainstreet Coalition Present:

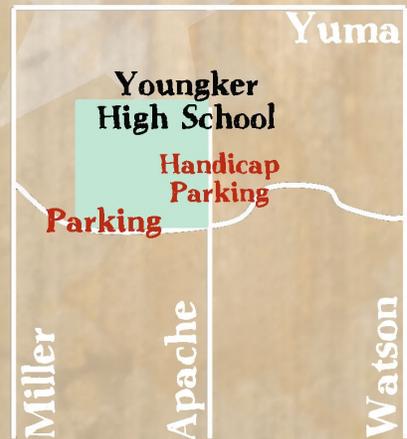
OLD FASHIONED INDEPENDENCE DAY CELEBRATION

**Monday
July 4th 2016
6-9:30 pm**

**Youngker
High School
3000 S. Apache Rd.**

Fun Family Activities!
All-American Eats and Treats

**Spectacular
Fireworks at 9pm!**



Some activities may require a fee to participate.

For more information please visit www.buckeyeaz.gov/events

