

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



2016

Upcoming Events

Alcantara Vineyards.....September 8th
Guess Who Game.....September 9th
Wii Bowling.....September 12th
Mystery Trip.....September 13th
Site Council Meeting.....September 14th
Rocking until Naptime Pajama Party....September 16th
Eat, Paint, RepeatSeptember 21st
Lunch Bunch: India Garden Cuisine.....September 22nd
As You Wish.....September 27th

Senior Programming



LUNCH BUNCH: HAUS MURPHY'S

Friday, October 7th

9:30-3pm

Antique shopping in downtown
Glendale & German lunch at 12pm.

REGISTRATION BEGINS

Wednesday, September 21st

9:45am

Trip fee \$2



QUEEN CREEK OLIVE MILL

Thursday, October 13th, 10-4pm

Tour & Lunch

REGISTRATION BEGINS

Wednesday, September 28th,

9:45am

Trip fee \$10

Let front desk know your lunch option &
beverage choice when you register.

OCTOBER

Lunch Bunch Haus Murphy.....Friday, October 7th, 9:30am

History of White Tanks w/ Karen Krause.....Tuesday, October 18th, 10am

Paint Class (Pumpkins).....Wednesday, October 19th, 2-5pm

Hike Skyline Park.....Thursday, October 20th 9am

Share a Book w/Kindergarten.....Thursday, October 27th, 9am

Halloween Party.....Friday, October 28th, 10am

NOVEMBER

Golfland Sunplash: Miniature Golf OutingThursday, November 3rd, 9:30am

Butterfly Wonderland.....Tuesday, November 8th, 8:15am

Lunch Bunch: Birt's Bistro & Bookstore.....TBD

Thanksgiving Party.....Friday, November 18th, 10am

AZ Mills Shopping Trip.....Tuesday, November 29th, 9:30am

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

CITY OF BUCKEYE UPCOMING EVENTS!

9/11 Ceremony.....Sunday, September 11th
 Halloween Carnival.....Saturday, October 29th
 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



<http://www.facebook.com/buckeye.recreation>

Facebook.com– Buckeye Public Library
 Facebook.com Buckeye Senior Program

the Five Habits Cheat Sheet

International Sports Sciences Association



International Sports Sciences Association
 1015 Mark Avenue
 Carpinteria, CA 93013
 Toll Free: 800.892.4772
 Local: 805.745.8111
 Fax: 805.745.8119
www.ISSAonline.edu

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Always consult your doctor concerning your health, diet, and physical activity.

Here are some questions to help keep your eating habits on the right track. If your answers don't correspond with those provided below then adjust your habits accordingly. Ready...set...eat right!

When did you last eat?

If it's been longer than 2-4 hours, it's time to eat.



Where is the complete protein?

Are you about to eat at least 1 serving (20-30 g) of complete protein? If not, find some protein.

Women get 1 serving and men get 2.



Where are the veggies?

Are you about to eat at least 2 servings of veggies? Prepare them anyway you like, but eat them with every meal or snack.

(One serving is about 1/2-1 cup and your target is 5-10 cups per day).



Where are the carbs?

If you have fat to lose but haven't just worked out, put down the pasta, bread, rice, and other starchy carbs in favor of a double serving of fruits and veggies. If you have just worked out, a mix of carb sources is fine.



Where are your fats coming from?

Today you need some fat from animal foods, from olive oil, from mixed nuts, and from flaxseeds/flaxseed oil. Spread them throughout the day but make sure to add them in.



SPECIAL SENIOR PROGRAMS

Buckeye Bookmobile Schedule

SEPTEMBER SCHEDULE

WEDNESDAYS @ 11am
September 7th
September 21st

Health Presentations

Healthnet: Bill
Thursday, September 1,
10:00-11:30am

Maryanne Barnes R.N.

Blood Pressure Checks
Thursday, Sept. 1, 8:30-10am
Tuesday, Sept. 20, 9-10:30am

Health Class

Health Choice: Nutritional Bingo
Thursday, September 15,
10:15-11:15am

Grandparents Raising Grandkids

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

Next meeting:
September 29th 1-2 pm

MONTHLY BIRTHDAY CELEBRATION

SEPTEMBER 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!

SEPTEMBER BIRTHDAY CELEBRATION
Friday, September 9th
11-11:30am

- | | |
|--------------------|---------------------|
| Loreta Edwards | Linda Terria |
| Stephen Hart | Marguerite Beaver |
| Audrey Bowen(H) | Betty Erickson |
| Jose Valdez | Margarita Grango |
| Daniel Bateman | Betty Thompson |
| Nettie Brown | Josie Villa |
| Donald Davis | Ellen Carmen |
| Kim Pharr | Mary Stuart |
| Vincent Chalmers | Maximiliano Burgara |
| Carol Brady | Lily Maliske |
| Randy Ellis | Auriela Camarillo |
| Lynda Mendoza | Ethel McCrae(H) |
| John Dunn | Barbara Foy |
| Patricia Fernandez | Beverly O'Donnell |
| Loretta Gibson | Nona Salisbury |
| Alfredo Padilla | Robert Ambrose |
| Steven Lyons | Mary Picket |
| Joanne Knight | Diana Tindall |
| Marie Knight | |



CENTER CONNECTION OUTINGS



ALCANTARA VINEYARDS

Thursday, September 8th
8am-6pm

REGISTRATION BEGINS

Wednesday, August 31st, 9:45am

Tour only \$10

Tour & Wine \$15

Please bring a sack lunch to enjoy!

Not an ADA trip



AREA
AGENCY
ON
AGING

REGION ONE
INCORPORATED



MYSTERY TRIP

Tuesday, September 13th
9:30am-3pm

REGISTRATION BEGINS

Wednesday, August 31st, 9:45am

Trip Fee \$2.00

Purchase of lunch on your own



LUNCH BUNCH: INDIA GARDEN

Thursday, September 22nd
10:30am-3pm

REGISTRATION BEGINS

Wednesday, September 7th, 9:45am

Trip fee \$2.00

Purchase of lunch on your own,
they have a

Lunch Buffett for \$10



AS YOU WISH POTTERY TRIP

Tuesday, September 27th
9:15am-3pm

REGISTRATION BEGINS

Wednesday, September 14th
9:45am

Trip fee \$3.00

Purchase of pottery is on your own
\$5-50 price range of pottery
\$10-20 for mugs & small bowls

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.

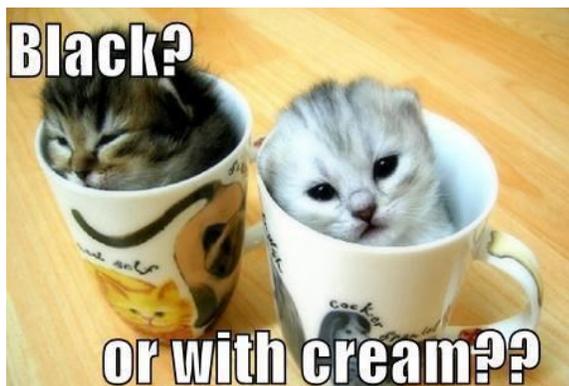
Coffee & Conversation

Enjoy coffee and friendly conversation
with

Councilmember Brian McAchran

Wednesday, September 21st

From 9-10am



wake up.
green tea.
workout.
shower.
breakfast.
read.
clean.
lunch.
dance.
laugh.
dinner.
shower.
sleep.

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) 9:00-10:00am

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

August 9- September 27

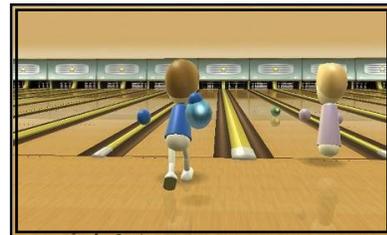
Tournament on October 4

20 players maximum



FREE GAMES
 BRAGGING RIGHTS
 PRIZES

Wii BOWLING LEAGUE



Two (2) member Team
 Fall League starts
 Sept. 12th - Oct. 31st
 Mondays from 1-3 p.m.

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, September 29th 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!

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, October 12th, 2016
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!

SEPTEMBER 2016

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			<p style="text-align: right;">1</p> <p>Silver Sneakers Circuit 9:00-10:00am Healthnet Presentation w/ Bill 10-11:30am</p>	<p style="text-align: right;">2</p> <p>Silver Sneakers 8:45- 9:45am Bingo 12:45pm Pinochle 1:15-4pm</p>
 <p style="text-align: center;">5</p> <p style="text-align: center;">CENTER CLOSED</p>	<p style="text-align: right;">6</p> <p>Silver Sneakers Yoga 9:00-10:00am Texas Hold'em 1-4pm</p>	<p style="text-align: right;">7</p> <p>Silver Sneakers 8:45-9:45am Bingo 10:15am Double Deck Pinochle 1-4pm</p>	<p style="text-align: right;">8</p> <p>ALCANTARA VINEYARDS 8am-6pm Silver Sneakers Circuit 9:00-10:00am</p>	<p style="text-align: right;">9</p> <p>Silver Sneakers 8:45-9:45am Guess Who Game? 10-11:00am B-Day Bash 11-11:30am Bingo 12:45pm Pinochle</p>
<p style="text-align: right;">12</p> <p>Silver Sneakers 8:45-9:45am Arts & Crafts 10-11:30am Wii Bowling 1-3pm</p>	<p style="text-align: right;">13</p> <p>Silver Sneakers Yoga 9:00-10:00am MYSTRY TRIP 9:30-2pm Texas Hold'em 1-4pm</p>	<p style="text-align: right;">14</p> <p>Silver Sneakers 8:45-9:45am Site Council 9:15-9:45am Bingo 10:15am Double Deck Pinochle 1-4pm</p>	<p style="text-align: right;">15</p> <p>Silver Sneakers Circuit 9:00-10:00am Nutritional Bingo w/ Health Choice 10:15-11:15am</p>	<p style="text-align: right;">16</p> <p>Rocking Until Naptime Pajama Party 10-12pm Bingo 1:13pm Pinochle 2:15-4pm</p>
<p style="text-align: right;">19</p> <p>Silver Sneakers 8:45-9:45am Arts & Crafts 10-11:30am Wii Bowling 1-3pm</p>	<p style="text-align: right;">20</p> <p>Silver Sneakers Yoga 9:00-10:00am Texas Hold'em 1-4pm Rocks & Minerals Lecture for Jerome Downtown Library 1pm</p>	<p style="text-align: right;">21</p> <p>Silver Sneakers 8:45-9:45am Bingo 10:15am Double Deck Pinochle 1-4pm Eat, Paint & Repeat (Birch Trees) 2-5pm</p>	<p style="text-align: right;">22</p> <p>Silver Sneakers Circuit 9:00-10:00am LUNCH BUNCH: INDIA GARDEN 10:30am-3pm</p>	<p style="text-align: right;">23</p> <p>Silver Sneakers 8:45- 9:45am Bingo 12:45pm Pinochle 1:15-4pm</p>
<p style="text-align: right;">26</p> <p>Silver Sneakers 8:45-9:45am Arts & Crafts 10-11:30am Wii Bowling 1-3pm</p>	<p style="text-align: right;">27</p> <p>Silver Sneakers Yoga 9:00-10:00am Texas Hold'em 1-4pm AS YOU WISH! 9:14am-3pm</p>	<p style="text-align: right;">28</p> <p>Silver Sneakers 8:45-9:45am Bingo 10:15am Double Deck Pinochle 1-4pm</p>	<p style="text-align: right;">29</p> <p>Coffee Bar 8-9:30am Silver Sneakers Circuit 9:00-10:00am Blanketeers 1:00pm</p>	<p style="text-align: right;">30</p> <p>Silver Sneakers 8:45- 9:45am Bingo 12:45pm Pinochle 1:15-4pm</p>

SEPTEMBER 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
5	6	7	8	9
CENTER CLOSED 	Baked Tilapia Broccoli Brown Rice Grapes	Turkey Burger w/Lettuce Tomatoes Sliced Onions Tator Tots Strawberries	Beef Lasagna Green Beans Garlic Bread Orange	Chicken Enchilada Casserole Spanish Rice Cantaloupe
12	13	14	15	16
Meatloaf Mashed Potatoes Spinach Tropical Fruit	Chili Beans w/ Turkey Zucchini & Yellow Squash Cornbread Cantaloupe	Spaghetti w/ Meat Sauce Green Beans Bread Stick Peaches	Baked Pork Chop California Blend Veggies Mashed Potatoes Pineapple	PAJAMA PARTY! French Toast Bacon Scrambled Eggs Fruit Cup
19	20	21	22	23
Veggie Pizza Green Salad Oatmeal Cookie Peaches	Hawaiian Pulled Pork Asian Veggies Graham Cracker Apple	French Dip Sandwich Country Mix Veggies Pears	Potato Bar w/Roll Sliced Oranges	Chicken Fajitas w/Tortilla Spanish Rice Refried Beans Grapes
26	27	28	29	30
BBQ Chicken Corn Biscuit Apricots	Fruit Plate w/ Cottage Cheese & Egg Tomato Beets Blueberry Muffin Pineapple	Taco Salad Fiesta Corn Spanish Rice Tropical Fruit Cup	Polish Sausage & Sauerkraut Chuck wagon Corn Watermelon	Chicken Parmesan w/ Spaghetti Italian Veggies WW Garlic Bread Mandarin Oranges

CHICKEN TIKKA MASALLA

- 1 cup yogurt
- 1 Tbsp lemon juice
- 2 tsp ground cumin
- 1 tsp ground cinnamon
- 1/4 tsp cayenne pepper
- 1 tsp freshly ground pepper
- 1 Tbsp minced fresh ginger
- 1 tsp salt
- 3 boneless skinless chicken breasts, cut into bite-size pieces
- 4 long skewers

SAUCE:

- 1 Tbsp butter
- 1 clove garlic, minced
- 2 tsp ground cumin
- 2 tsp paprika
- 1 tsp salt
- 1 8oz. can tomato sauce
- 1 cup heavy cream
- 1/4 cup chopped fresh cilantro

Instructions:

In a large bowl, combine yogurt, lemon juice, 2 tsp cumin, cinnamon, cayenne, pepper, ginger, and 1 tsp salt. Stir in chicken, cover, refrigerate 1 hour. Preheat a grill for high heat. Lightly oil the grill grate. Thread chicken onto skewers and discard marinade. Grill 5 min. on each side.

For the sauce: Melt butter in a large skillet. Saute garlic for 1 minute. Season with 2 tsp cumin, paprika and 1 tsp salt. Stir in tomato sauce and cream. Simmer on low heat until sauce thickens, about 20 minutes. Add grilled chicken, and simmer for 10 minutes.

Transfer to a serving platter and sprinkle with fresh chopped cilantro. Serve over rice.



If you need to soften butter quickly but don't want to melt it.... Put boiling hot water in a glass to heat the glass. Dump the water out and flip it over your stick of butter. In a few minutes it will be soft to use! Tried and true...



If you can't remember my name, just say "chocolate"...I'll turn around

life hacks

#1482

On MyFridgeFood.com you can put in whatever you have in your fridge and it will tell you everything you can make with them



pajama party!

ROCKIN UNTIL
NAPTIME PARTY!
Buckeye Community
Center

FRIDAY, SEPTEMBER, 16th
@ 10-12PM

Wear your PJs to the center &
Bring your favorite teddy bear or
pillow!

RAFFLE

DANCING

SNACKS



Physical activity benefits for adults and older adults

-  **BENEFITS HEALTH**
-  **IMPROVES SLEEP**
-  **MAINTAINS HEALTHY WEIGHT**
-  **MANAGES STRESS**
-  **IMPROVES QUALITY OF LIFE**

REDUCES YOUR CHANCE OF

Type II Diabetes	-40%
Cardiovascular Disease	-35%
Falls, Depression and Dementia	-30%
Joint and Back Pain	-25%
Cancers (Colon and Breast)	-20%

What should you do?

For a healthy heart and mind

To keep your muscles, bones and joints strong

To reduce your chance of falls

Be Active

Sit Less

Build Strength

Improve Balance

VIGOROUS


RUN


SPORT


STAIRS

MODERATE


WALK


CYCLE


SWIM

 **TV**

 **SOFA**

 **COMPUTER**


GYM


YOGA


CARRY BAGS


DANCE


TAI CHI


BOWLS

MINUTES PER WEEK

75 **OR** 150

VIGOROUS INTENSITY
(BREATHING FAST, DIFFICULTY TALKING)

MODERATE INTENSITY
(INCREASED BREATHING, ABLE TO TALK)

OR A COMBINATION OF BOTH

BREAK UP SITTING TIME

2 DAYS PER WEEK

Something is better than nothing.
Start small and build up gradually: just 10 minutes at a time provides benefit.
MAKE A START TODAY: It's never too late!

UK Chief Medical Officers' Guidelines 2011 **Start Active, Stay Active:** <http://bit.ly/startactive>

Fun things to do!

Eat, Paint Repeat!

Unleash your inner artist! Enjoy light snacks while completing a painting on canvas.

Wednesday, September 21st 2-5pm

Birch Trees

Cost is \$5

Registration: Wednesday, September 7th
at 9:45am

Read to a Kindergartener!

We will be joining Mrs. Rashedi's class and sharing a classic book with a Kindergarten class.

Thursday, October 27th, 8-1pm

Cost is \$2

Registration: Wednesday, September 28th
at 9:45am

Guess Who???!!!

Come play a special version of the Guess Who Baby Picture Game

Friday, September 9, 10-11am

Bring in your baby picture no later than Friday, Sept. 2nd and drop off at front desk



12 Benefits of Walking

1. Lose Weight

2. Healthy Heart

3. Increase Self-Esteem

4. Tone Muscles

5. Increases Metabolism

6. Reduces Stress

7. Improves Mood

8. Increased Energy

9. Decrease chance of injuries

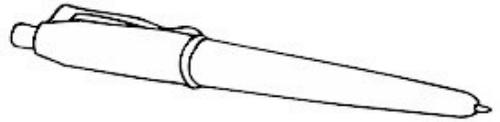
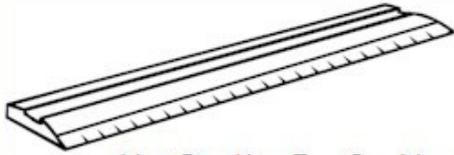
10. Low Impact

11. Reduce risk of High Blood Pressure

12. Builds Lean Muscle

<http://www.developgoodhabits.com/10000-steps-blueprint>

PUZZLE PAGE

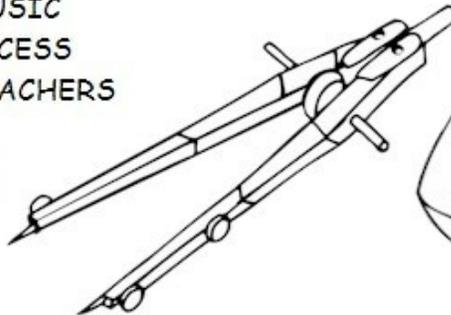


September

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



BUS GRADES
 LUNCH MUSIC
 PENCILS RECESS
 SPORTS TEACHERS
 ART
 HOMEWORK
 PAPER
 SCHOOL



JEROME

STUDYING ARIZONA SERIES III History of Mining in Arizona

ROCKS & MINERALS

Tues. Sept. 20 | 1pm

DOWNTOWN LIBRARY ~ 310 N. 6TH ST.

PART I ~ DIGGING INTO HISTORY WITH WEST VALLEY ROCK & MINERAL CLUB

Did you know Arizona's famous town of Jerome was built on Cleopatra Hill above a vast deposit of copper? Join Gloria Wickingstad from the West Valley Rock & Mineral Club as she gives an engaging and hands on presentation about Arizona's rich geological history that includes fossils, raw and polished stones, mining claims, gold panning and the diversity of minerals in our state.



LECTURE



PART II ~ A GHOSTLY TRIP THROUGH TIME

Lecture by Arizona Humanities
Road Scholar Marshall Shore

TUES. OCT. 4 | 1PM

COYOTE BRANCH

Ghost towns dot Arizona's landscape and provide unique insights into a diverse history. Some ghost towns tell a boom-to-bust story with few remaining traces of the people who once lived there, while others, like Jerome, have become thriving tourist destinations. Join Arizona Humanities Road Scholar, Marshall Shore, as he takes you on a trip through time, sharing stories of ghost towns such as Crown King, Jerome, and Two Guns.

JEROME FIELD TRIP

Tues. Oct. 25 | 7:30am

REGISTRATION REQUIRED Cost - \$6

BUS LEAVES CITY OF BUCKEYE COMMUNITY CENTER

201 E. CENTRE AVE., BUCKEYE, AZ 85326

CALL 623.349.6600

Registration is required

After attending Part 1 & 2 of the series, participants will have the opportunity to visit the famous ghost town of Jerome, Arizona. They will visit Jerome State Historical Park and the famous Douglas Mansion, learning about Jerome's rich copper mine history. *Lunch is not provided. For more information or to register contact the Community Center at 623.349.6600. *Registration begins Oct. 4, 2pm. Space is limited!*



Must attend Part I & II of the series to participate in Field Trip

