

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

**Dr. Saide  
Recreation Center**  
(623) 349-6350

**Buckeye Public  
Libraries**  
623-349-6300

**Area Agency on Aging  
Senior Help Line**  
(602) 264-4357



**AREA  
AGENCY  
ON  
AGING**

REGION ONE  
INCORPORATED



**2016**

<u>Upcoming Events</u>	
Goofy Golf.....	Nov. 3rd
Wii Tennis.....	Nov. 7th
Butterfly Wonderland.....	Nov. 8th
Plant Swap.....	Nov. 9th
Closed for Veteran's Day.....	Nov. 11th
Take a Hike at Buckeye Hills.....	Nov. 15th
Senior Bazaar & Bake Sale.....	Nov. 16th
Lunch Bunch: Birt's Bistro.....	Nov. 17th
Wild Turkey Throw Down.....	Nov. 18th
Closed for Thanksgiving.....	Nov. 24th & 25th
AZ Mills Shopping.....	Nov. 29th

# Senior Programming



## ARIZONA MILLS SHOPPING TRIP!

**Tuesday, November 29, 2016**

**9:15-4pm**

**Fee is \$2**

**Registration begins**

**Wednesday, November 16th at  
9:45am**



## HIKE AT WHITE TANKS!

Let's go hiking and see something new!

Thursday, December 15,

8:30-1pm

Outdoor trip with high level walking

Please pack your own lunch

Registration begins

Wednesday, November 30th at 9:45am

## DECEMBER

- Barleens Arizona Opry.....Wednesday, December 7, 10:30am
- Barleens Arizona Opry.....Wednesday, December 14th, 10:30am
- Hike at White Tanks.....Thursday, December 15th, 9:00am
- Celebration of Christmas.....Saturday, December 17th, 12:15pm

## JANUARY

- Take a Hike at Estrella Mountain.....Thursday, January 5th, 9:00am
- Puttin' on the Ritz New Years Formal.....Friday, January 6th, 6:00pm
- Quartzsite Gem & Mineral Show.....Thursday, January 12th, 7:30am
- Phoenix Boys Choir.....Thursday, January 19th, 4:00pm
- Lunch Bunch: Golden Corral.....Tuesday, January 24th, 10:30am

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

## CITY OF BUCKEYE UPCOMING EVENTS!

**COMMUNITY YARD SALE.....Saturday, November 5th**  
**VETERANS DAY PARADE.....Saturday, November 12th**  
**FALL DEMOLITION DERBY.....Saturday, November 19th**  
**21ST ANNUAL HOMETOWN HOLIDAY BOUTIQUE..Saturday, December 3rd**  
**A BUCKEYE FIRST; CHRISTMAS TREE LIGHTING...Saturday, December 3rd**  
**RACE FOR THE RUNWAY MARATHON.....Saturday, December 10th**  
**GLOW ON MONROE ELECTRIC LIGHT PARADE.....Saturday, December 10th**

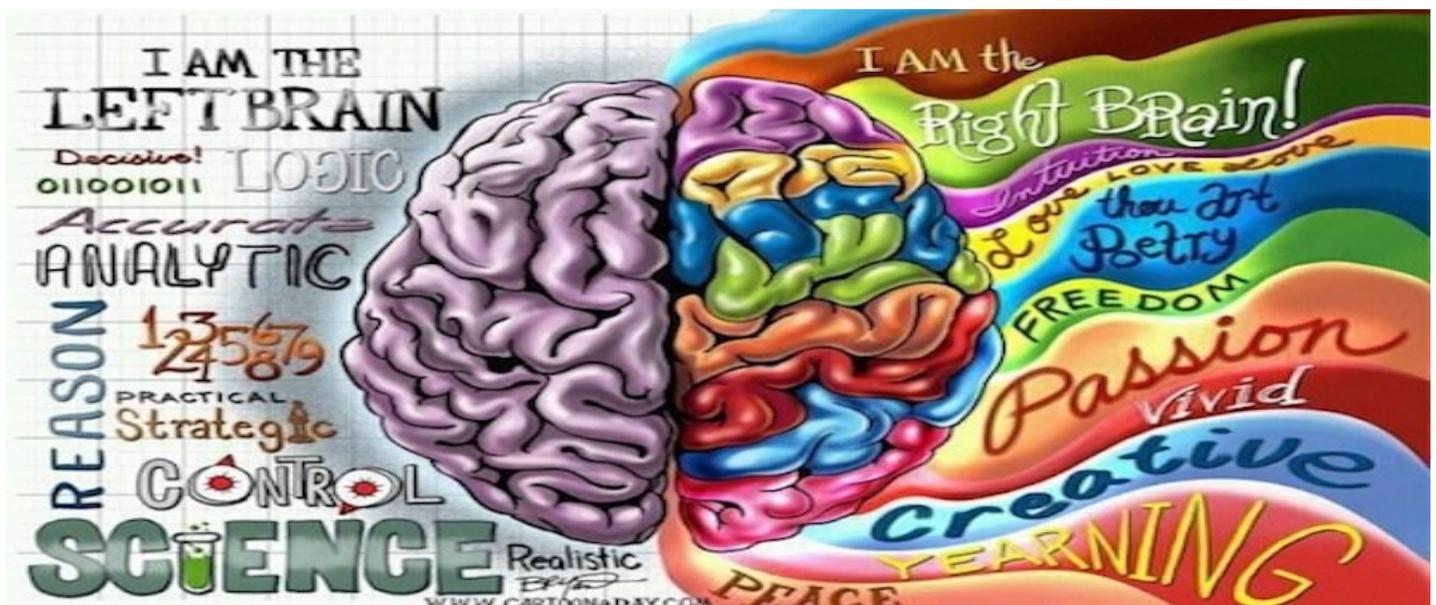


Facebook.com-Recreation

Facebook.com-Buckeye Public Library

## Fun Facts about your incredible BRAIN

- it weighs about 3 pounds (adult)
- it is about 2% of your total body weight
- it has about 100 billion neurons
- unconsciousness will occur approx. 8-10 seconds after blood supply to the brain
- neurons multiply at a rate of 250,000 neurons/minute during early pregnancy
- it grows and develops up until 25 years of age and then starts to decline



# SPECIAL SENIOR PROGRAMS

## Buckeye Bookmobile Schedule

### NOVEMBER SCHEDULE

WEDNESDAYS @ 11am

November 2nd

November 16th

November 30th

## Grandparents Raising Grandkids

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

**Next meeting:**

**Tuesday, November 29th, 1:00-2:00pm**

## Health Presentations

### Sharry Kitzman, R.N.

### **Blood Pressure Checks**

Thursday, Nov. 10th & 17th

8:00-10:00am

### Health Information

### **Healthchoice**

Tuesday November 15,

10:00-11:00am

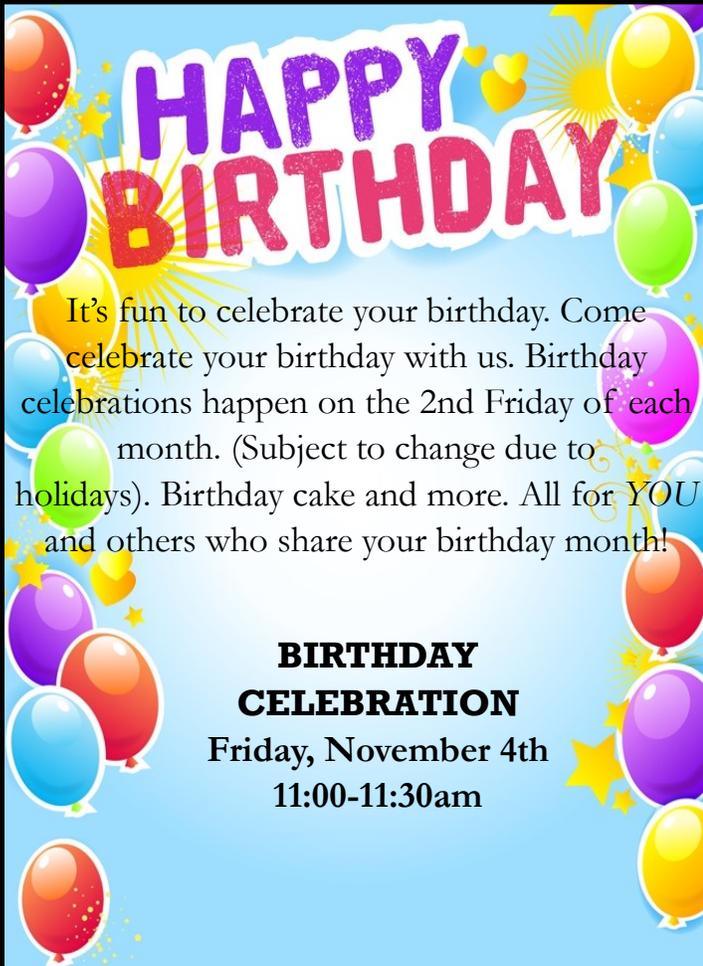
### **Medicare presenter**

**Maria Milton**

Tues., Nov. 22, 10:00-11:00am

## MONTHLY BIRTHDAY CELEBRATION

## NOVEMBER BIRTHDAYS



Arlene Gysler HDM

Ruth Fargo

Cecilia Dominguez

Delores Palmer

Lupe Kellog HDM

Sylvester Ellis

Gloria Ramos

Dutch Gibbons

Roger Hassebaum

David Oliva

DeeDee Sernas

Gebre Aberra

Beverly Davis

Letha McKoy

Yoshiko Frazier

Jerry McComas

Lily Rogers

Lynn Wetzal-Moericke

Jack Pilla

Michael Beal

Myrtle Ford

Sandra Green

Angela Leinard

Clara Scott

Mary Figueroa HDM

Jami Price

Sandra Lokkeh

Edward Mertens

Dan Randall

Mary Backer

Wayne Farr

Diane Amundon

Geri Roach

Cal Saunders

Alvina Doucette

Ray Amparano

Yolanda Rygiel

Judy Quintana

# CENTER CONNECTION OUTINGS

## Take a Hike at Buckeye Hills!!

Tuesday, November 15th

8:30-1:00pm

Join us for a short hike  
and a picnic lunch at  
Buckeye Hills

Registration begins  
Wednesday, Nov. 2nd at 9:45am  
Outdoor trip with high level walking  
Please pack your own lunch



AREA  
AGENCY  
ON  
AGING  

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REGION ONE  
INCORPORATED



## LUNCH BUNCH: BIRT'S BISTRO

Thursday, November 17th,

9:15am-3:00pm

Fee is \$2.00

Registration begins Wednesday,  
November 2nd at 9:45am



## Barleens Arizona Opry

Wed. Dec. 7th and Dec. 14th

10:30am-5pm

Trip fee: \$15.00

(non refundable)

Registration begins

Wednesday, Nov. 23rd at 9:45am

Please specify which date you wish  
to go. ADA trip, seating limited to  
22 each trip.

## Celebration of Christmas

### Dream City Church

Saturday, December 17th

12:15pm-7pm

Trip fee: \$10

(non refundable) ADA trip,  
seating limited to 13

Registration begins Wednesday,  
November 30th at 9:45am

This Broadway-style musical theater  
performance features a full live  
orchestra. Exciting new dance numbers,  
professional acrobatic silk artists,  
awe-inspiring aerial stunts, flying angels,  
and so much more!



# 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.

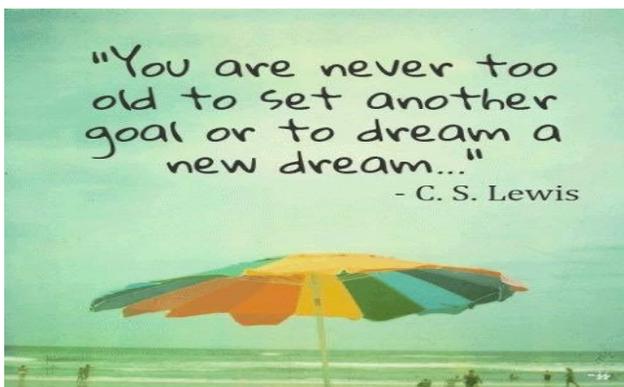
For more information call  
SENIOR HELP-LINE @ (602) 264-4357

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, November, 16th**  
**from 9-10 am**



**SECRET SANTA  
SIGN-UP WILL BE  
ON MONDAY,  
NOVEMBER  
21ST.**

**PICK UP YOUR GIFT  
RECIPIENT NAME ON  
MONDAY, DECEMBER 5TH**

**SECRET SANTA GIFTS WILL  
BE DISTRIBUTED ON  
WEDNESDAY, DECEMBER  
21ST, RIGHT**

**AFTER  
BINGO!**



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

## TEXAS HOLD'EM POINTS BASED POKER LEAGUE

Tuesdays 1-4pm

### League Dates

October 11 to November 29

Tournament December 6



FREE GAMES  
BRAGGING RIGHTS  
PRIZES

## NEW BOOM EXERCISE PROGRAM

Don't act your age! Stay active!

Thursdays in November

Mind on the 3rd

Muscle on the 10th

Move on the 17th

9-10 am



## Wii BOWLING LEAGUE



Two (2) member Team

Mondays from 1-3pm

Winter Wii Bowling league runs

Monday January 9 - March 6, 2017

Registration begins Wednesday

December 21st, 2016

## 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, November 17th 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, December 21st  
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!**

# NOVEMBER 2016

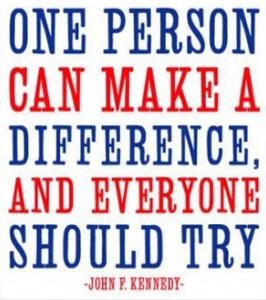
MONDAY

TUESDAY

WEDNESDAY

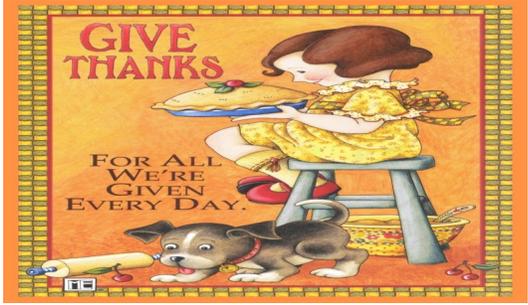
THURSDAY

FRIDAY

	<p style="text-align: right;">1</p> <p>Silver Sneakers Yoga 9:00-10:00am Texas Hold'em 1-4pm</p>	<p style="text-align: right;">2</p> <p>Silver Sneakers 8:45-9:45am Bingo 10:15am Pinochle 1:00-4:00pm</p>	<p style="text-align: right;">3</p> <p>BOOM Mind Class 9:00-10:00am MINI GOLF 9:30-4pm</p>	<p style="text-align: right;">4</p> <p>Silver Sneakers 8:45- 9:45am Jeopardy 10:00-11:00am B-Day Bash 11:00-11:30am Bingo 12:45pm Pinochle 2-4pm</p>
<p style="text-align: right;">7</p> <p>Silver Sneakers 8:45-9:45am Arts &amp; Crafts 10-11:30am Wii Tennis 1-3pm</p>	<p style="text-align: right;">8</p> <p>BUTTERFLY WONDERLAND 8:15-3:30pm Texas Hold'em 1-4pm</p> <p><b>GET OUT &amp; VOTE it's Election Day!</b></p>	<p style="text-align: right;">9</p> <p>Silver Sneakers (V) 8:45-9:45am Site Council 9:15-9:30am Bingo 10:15am Plant Swap 1:00-2:00pm Pinochle 1-4:00pm</p>	<p style="text-align: right;">10</p> <p>BOOM Muscle Class 9:00-10:00am Wii Turkey Bowl with Avondale 10-2pm</p>	<p style="text-align: right;">11</p> <p>CENTER CLOSED</p> 
<p style="text-align: right;">14</p> <p>Silver Sneakers 8:45-9:45am Arts &amp; Crafts 10-11:30am Wii Tennis 1-3pm</p>	<p style="text-align: right;">15</p> <p>Silver Sneakers Yoga 9:00-10:00am HIKE BUCKEYE HILLS 8:30-1:00pm Healthchoice presentation 10:00-11:00am Texas Hold 'em 1-4pm</p>	<p style="text-align: right;">16</p> <p>SENIOR FALL BAZAAR &amp; BAKE SALE 9-11:00am Bingo 12:45pm Pinochle 2-4:00pm</p>	<p style="text-align: right;">17</p> <p>BOOM Move Class 9:00-10:00am LUNCH BUNCH: BIRT'S BISTRO 9:15-3:00pm</p>	<p style="text-align: right;">18</p> <p>WILD TURKEY THROWDOWN 10am-NOON Bingo 1:15pm Pinochle 2-4pm</p>
<p style="text-align: right;">21</p> <p><b>Secret Santa Sign-up</b> Silver Sneakers 8:45-9:45am Arts &amp; Crafts 10-11:30am Wii Tennis 1-3pm</p>	<p style="text-align: right;">22</p> <p>Silver Sneakers Yoga 9:00-10:00am Medicare presentation 10:00-11:00am Texas Hold 'em 1-4pm</p>	<p style="text-align: right;">23</p> <p>Silver Sneakers 8:45-9:45am Bingo 10:15am Pinochle 1-4:00pm</p>	<p style="text-align: right;">24</p> <p>CENTER CLOSED</p> 	<p style="text-align: right;">25</p> <p>CENTER CLOSED</p> 
<p style="text-align: right;">28</p> <p>Silver Sneakers 8:45-9:45am Arts &amp; Crafts 10-11:30am Wii Tennis 1-3pm</p>	<p style="text-align: right;">29</p> <p>Silver Sneakers Yoga 9:00-10:00am AZ MILLS SHOPPING 9:15-4:00pm</p>	<p style="text-align: right;">30</p> <p>Silver Sneakers 8:45-9:45am Bingo 10:15am Pinochle 1:00-4:00pm</p>		

# NOVEMBER 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</p> <p>Sloppy Joes Corn Lima Beans Apricots</p>	<p>2</p> <p>Grilled Cheese &amp; Han Sandwich Celery Sticks Green Beans Strawberries</p>	<p>3</p> <p>Meatloaf Mashed Potatoes Spinach Peaches</p>	<p>4</p> <p>Chicken Teriyaki Bowl Peas &amp; Carrots Broccoli Pineapple</p>
<p>7</p> <p>BBQ Riblets Baked Beans WW Roll Corn Cherry Cobbler</p>	<p>8</p> <p>Liver &amp; Onions Mashed Potatoes Gravy Spinach Orange</p>	<p>9</p> <p>Three Bean Chili Zucchini &amp; Yellow Squash Cornbread Cantaloupe</p>	<p>10</p> <p>Turkey &amp; Cranberry Wrap with onion, tomato &amp; spinach Snap Peas Peaches</p>	<p>11</p> <p>CENTER CLOSED</p> 
<p>14</p> <p>Asian Chicken Napa Cabbage Lima Beans Sliced Apples</p>	<p>15</p> <p>Caldo Chicken Soup Blueberry Muffin Peaches</p>	<p>16</p> <p>Baked Tilapia Filet Corn Oriental Veggies Rice Pilaf Sliced Pear</p>	<p>17</p> <p>Pulled Pork BBQ Sandwich Sweet Potatoes Zucchini Squash Mandarin Oranges</p>	<p>18</p> <p>WILD TURKEY THROWDOWN! Turkey &amp; Dressing Mashed Potatoes Corn Cranberries Dinner Roll Pumpkin Pie</p>
<p>21</p> <p>Cod Brussel Sprouts Tomato Wedges WW Roll Sliced Oranges</p>	<p>22</p> <p>Grilled Chicken Breasts Peas &amp; Carrots Spinach Pasta Pears</p>	<p>23</p> <p>Garden Tuna Salad Pickled Beets Bran Muffin Pineapple</p>	<p>24</p> <p>CLOSED</p>	<p>25</p> <p>CLOSED</p> 
<p>28</p> <p>Pork Chops Green Beans Cauliflower WW Roll Apple Sauce</p>	<p>29</p> <p>Fruit Plate w/ Cottage Cheese &amp; Egg Pea Pods Celery Sticks Blueberry Muffin</p>	<p>30</p> <p>Spaghetti w/ Meat Sauce Romaine Garden Salad Carrot Slices Bread Stick Fruit Cocktail</p>		



WHAT IS THE KEY TO HEALTHY GOLDEN YEARS?  
Don't Stop Being Active!

*Before*  
a workout

ABOUT  
**30**  
MINUTES TO  
**1 HOUR**

Snack on some dried fruits, such as:

**RAISINS**  
**DRIED**  
**PLUMS**  
**DRIED**  
**CRANBERRIES**

These foods deliver concentrated  
*energy*  
that your body can absorb quickly.

*After*  
a workout

WITHIN  
**2 hours**  
AFTER A  
WORKOUT  
RECHARGE  
with a

**SMOOTHIE**  
made with:

**LOW-FAT MILK**  
**BANANA**  
A HANDFUL OF  
**MIXED BERRIES**

It'll help

- replenish electrolytes,
- provide muscle-building protein &
- deliver re-energizing carbohydrates

### Fail-safe baking recipe: Olive Oil Cake.

Brunch? Bake in a loaf pan, then toast and serve with creme fraiche and the fruit that's in season. Birthday? Frost it with chocolate buttercream. Hostess gift? Make muffins for the following morning's breakfast. (You will always be invited back!) Want to plan ahead? This cake gets better with time, so in two days it's actually better than just out of the oven ... it's a dream ... just saying.

- 1  $\frac{3}{4}$  cups all-purpose flour
- $\frac{1}{4}$  cup polenta or cornmeal
- 1  $\frac{3}{4}$  cup sugar
- 2 tsp. salt
- $\frac{1}{2}$  tsp. baking powder
- $\frac{1}{2}$  tsp. baking soda



- Zest of 2 lemons (grapefruit or orange work great as well)
- Juice of 2 lemons (really any citrus will do)
- 2 Tbsp. good rum (or brandy)
- 2 tsp. vanilla

Combine dry ingredients in large bowl.

Combine wet ingredients then add to dry and mix until combined.

Pour into greased baking pan and bake at 350F until toothpick inserted into center comes out clean. Cool. Or don't. Then wait to enjoy.

# —12— MENTAL BENEFITS of EXERCISE



- >>**EXERCISE WILL MAKE YOU FEEL BETTER!**  
Exercising releases endorphins, making you feel happy and positive about yourself. Don't we all want that?
- >>**OVERALL MOOD BOOSTER!**  
Exercising regularly will release tension. This translates into solved problems with depression and stress.
- >>**CONFIDENCE.**  
When you exercise and relieve that tension while taking care of yourself, you can't help but be proud of your accomplishments. You feel like a brand new you, and you know you look good.
- >>**IT HELPS YOUR BODY TO HAVE A HIGH PAIN TOLERANCE.**  
Exercise can make you sore sometimes. At first it might be horrible, but after it happens a few times you learn how to deal with it. This leads to an overall increase in your pain threshold.
- >>**WORK TO IMPROVE YOUR BRAIN POWER!**  
Exercise causes your body to create more brain cells and connections. This means your brain becomes more powerful and has a greater capacity for learning.
- >>**EXERCISE IMPROVES YOUR CHARACTER.**  
Sticking to an exercise routine will help you to develop the qualities of discipline, dedication, and determination.
- >>**SELF DISCIPLINE.**  
It also helps you develop the skills of compliance and adherence. These skills will have a positive effect in all areas of your life.
- >>**EXERCISE CAN HELP WITH ADDICTION RECOVERY.**  
As mentioned before, exercise can help you to develop discipline. Overcoming addictions can become a lot easier when a workout routine is in place.
- >>**IT ALSO HELPS COMBAT DEPRESSION.**  
Depression is caused by a chemical imbalance in the brain. Exercise induces "happy chemicals" to be produced more abundantly.
- >>**FITNESS REDUCES ANXIETY.**  
Using your energy in an effective way helps you to relax better.
- >>**EVER HEARD OF "RUNNER'S HIGH?"**  
That's right! Vigorous exercise can make you feel great.
- >>**CONCENTRATION.**  
Exercise can boost your concentration and mental awareness.

KAISER PERMANENTE presents

## HEALTHY AGING



"No matter what your age, size, or fitness level, IT'S NEVER TOO LATE TO START EXERCISING."



— Jaza Marina, M.D.,  
a Kaiser Permanente physician  
who specializes in elder care

### REGULAR EXERCISE

HELPS IMPROVE YOUR

- mood
- overall well-being
- energy level

CAN HELP LOWER YOUR RISK OF

- heart disease
- diabetes
- some cancers
- dementia



### WALKING

is probably the easiest exercise.

All you need is 30 MINUTES A DAY 5X A WEEK

YOU CAN  
BREAK  
THAT UP



Improve Your Balance

### 4 Basic Exercises



**KNEE BENDS** Hold on to a sturdy chair or countertop

- 1 • Keep back straight
- Lower body and bend knees
- Raise body back up
- Repeat 10-15 times



**HEEL RAISES** Hold on to a sturdy chair or countertop

- 2 • Stand straight
- Raise up on toes slowly
- Lower heels to ground slowly
- Repeat 10-15 times



**SIDE LEG RAISES** Hold on to a sturdy chair or countertop

- 3 • Keep back straight
- Raise one leg out to side
- Return leg to standing
- Repeat 10-15 times
- Switch sides



**SIT TO STAND** Use a sturdy chair

- 4 • Sit in chair, feet on ground
- Stretch both arms out front
- Rise up to standing position
- Sit back down
- Repeat 10 times



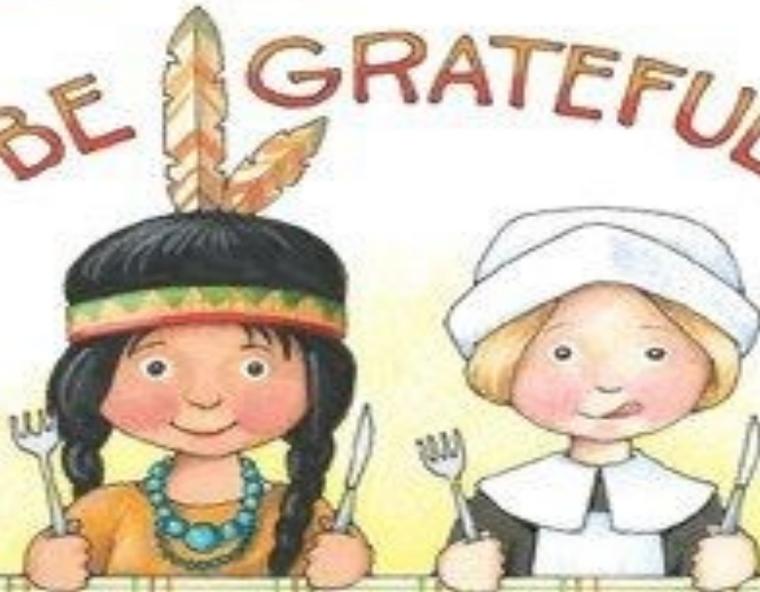
TALK WITH YOUR  
PHYSICIAN  
BEFORE STARTING  
A NEW EXERCISE  
ROUTINE

To find classes in your area and possible fees, or for more info visit [kp.org](http://kp.org).





BE GRATEFUL



**Wild Turkey Throw Down  
Thanksgiving Party  
Buckeye Community Center  
Friday, November 18th  
10-Noon**

**Raffle, Thanksgiving Meal, Dancing**

**Turkey Calling Contest**

**(squawking, pecking, flapping)**

**Get stuffed Pumpkin Pie Eating Contest**

**Turkey Trot**



# Fun things to do!

## Fall Senior Bazaar and Bake Sale!

Wednesday, Nov. 16th 9-11am

Buckeye Community Center

Get your shopping started for  
the holidays!

Vendor Raffle

Proceeds from the bake sale and

vendor raffle benefit the

Buckeye Senior Program

We will begin table reservations and baked goods  
on Wed. Oct. 26th at 9:45am

### My to-do list for today:

- count my blessings
- practice kindness
- let go of what I can't control
- listen to my heart
- be productive yet calm
- just breathe



## FOOD CRAVINGS

stepintomygreenworld.com

YOUR CRAVING	WHAT YOU NEED	WHAT TO EAT INSTEAD
CHOCOLATE →	MAGNESIUM →	Nuts, seeds, veggies & fruits
SUGARY FOODS →	CHROMIUM →	Broccoli, grapes, cheese, chicken
	CARBON →	Fresh fruits
	PHOSPHORUS →	Chicken, beef, fatty fish, eggs, dairy, nuts, veggies, grains
	SULPHUR →	Cranberries, horseradish, cabbage, cauliflower
	TRYPTOPHAN →	Cheese, raisins, sweet potatoes, spinach
BREAD, PASTA & OTHER CARBS →	NITROGEN →	High protein foods: meat, fatty fish, nuts, beans, chia seeds
OILY FOODS →	CALCIUM →	Organic milk, cheese, green leafy vegetables
SALTY FOODS →	CHLORIDE →	Fatty fish, goat milk
	SILICON →	Cashews, nuts, seeds

### Is It a Cold or Allergies - Telling the Difference Between Symptoms:

	Colds	Allergies
<b>Occurrence of symptoms:</b>	Symptoms often appear one at a time: first sneezing, then a runny nose, then congestion.	Symptoms occur all at once.
<b>Duration of symptoms:</b>	Generally last from seven to 10 days.	Continue as long as a person is exposed to the allergy-causing agent (allergen).
<b>Mucus:</b>	Often a yellowish nasal discharge, due to an infection.	Generally a clear, thin, watery discharge.
<b>Sneezing:</b>	Less common than with allergies.	More common than with colds, especially when sneezing occurs two or three times in a row.
<b>Time of year:</b>	More common during winter.	More common in spring through fall, when plants are pollinating.
<b>Fever:</b>	May be accompanied by a fever.	Not usually associated with a fever.

# PUZZLE PAGE

## Thanksgiving Word Search

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

BLESSING

PIE

THANKFUL

GRACE

PILGRIM

THANKS

MAYFLOWER

PUMPKIN

TURKEY

# P A R A D E



**Saturday, November 12<sup>th</sup>**

**9:00 am**

**Parade Route along Monroe Ave.**

*Application available at [www.buckyeaz.gov/events](http://www.buckyeaz.gov/events)*

For more information contact Myra Curtis at  
[mcurtis@buckyeaz.gov](mailto:mcurtis@buckyeaz.gov) or 623-349-6322.

