

CENTER CONNECTION

APRIL 2026

Big Bloomin' Bash!

Friday, April 17, 10am – Noon

Join us for a lively celebration full of fun, music and where the good times are always in full bloom!



SENIOR PROM A NIGHT IN PARIS

Friday, April 3, 6-8pm \$3.00

Allow yourself to be swept away in a Night in Paris, where laughter, love and a little bit of magic fill the air! It's a night made for making memories that will last forever!



Senior Thrift Store!

May 1, 10-11am

Come shop with us on the first Friday of each month! Give your items a second chance! We gladly accept clean, gently used, and fully functional donations that someone else can love—please no broken items. We accept donations on Wednesdays only.

Volunteer Appreciation Breakfast Tuesday, April 21, 9–10am

You're warmly invited to a special Volunteer Appreciation Breakfast in honor of your time, dedication, and support. This event is exclusively for our registered volunteers as a small way to say thank you for everything you do. We hope you can come celebrate with us!

Diamondbacks vs Giants

Wednesday, May 20,
11am-5pm

In person signup only!

\$20 Cash or check

Registration opens Tues.

April 7 at 1pm

Women of Sundance Present

Na Wahine O Ka Hula

Friday, April 10, 10–11am

Enjoy the enchanting sounds and movements of Hawaiian Dancers!

Buckeye Public Libraries
623-349-6300

**Dr. Saide or Sundance
Recreation Centers**

623-349-6350

**Area Agency on Aging
Senior Help Line**

602-264-4357



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Senior Services Provided

- Home Delivered Meal Program
- For information call the Senior Help Line at 602-264-4357
- For information on:
- Private Pay Meal Program
 - Congregate Meal Program
 - Transportation to the Center
- Please call Buckeye Senior Center at 623-349-6600

Follow us on FB at
 Buckeye Community Center & Senior Programming
 And Instagram at scbuckeyeaz



Monday	Tuesday	Wednesday	Thursday	Friday
March 30 Dance Fit! 8–8:45am AARP Tax 10am–2pm Wii Bowling 1–3pm Prime Power 6–7pm	March 31 Salsa Class 8–9am Texas Hold ‘em 1–4pm	1 SilverSneakers 8–8:45am Site Council Officers Meeting 10am Fools Bingo 12:45pm Prime Power 6–7pm	2 Cardio Drumming 8-8:45am Mexican Train 1–4pm	3 SilverSneakers 8–8:45am HFIN 9–11am Bingo 12:45pm Senior Prom 6–8pm
6 Dance Fit! 8–8:45am Sandbag Baseball 10–11am AARP Tax 10am–2pm Wii Bowling 1–3pm Prime Power 6–7pm	7 Special Craft Class 10–11:30am Trip & Class Registration 1pm Texas Hold ‘em 1–4pm	8 SilverSneakers 8–8:45am Site Council Meeting 10am Smartphone Smarts 10:30–11am Bingo 12:45pm Prime Power 6–7pm	9 Cardio Drumming 8-8:45am Mexican Train 1–4pm Organ Stop Pizza 3:30–8:30pm	10 SilverSneakers 8–8:45am Na Wahine O Ka Hula 10–11am Birthday Bash Sponsored by Valley Ins. Advisors 11am Bingo 12:45pm
13 Dance Fit! 8–8:45am Loteria 10–11am Wii Bowling 1–3pm Prime Power 6–7pm	14 Memory Café 9–11am Center closed until 11 unless attending Memory Cafe Texas Hold ‘em 1–4pm	15 SilverSneakers 8–8:45am Medicare & Chronic Conditions 10:30-11:15am Prime Power 6–7pm	16 Cardio Drumming 8-8:45am Skyline Hike 9am–1pm Mexican Train 1–4pm	17 Big Bloomin’ Bash! 10am–Noon Lunch served at Noon Bingo 1:15pm
20 Dance Fit! 8–8:45am Wii Bowling 1–3pm Prime Power 6–7pm	21 Volunteer Breakfast 9-10am Texas Hold ‘em 1–4pm Paint Class 1–4pm	22 Bingo 12:45pm Prime Power 6–7pm	23 Cardio Drumming 8-8:45am Mexican Train 1–4pm Movie & Lunch Trip 9:30am-3pm Around the World Cooking with Elsa 1:30-3pm	24 SilverSneakers 8–8:45am Bingo 12:45pm Movie Night 5-7pm
27 Dance Fit! 8–8:45am Art & Crafts 10–11:30am Wii Bowling 1–3pm Prime Power 6–7pm	28 Crochet Club 10-11am Special Craft Class 10–11:30am Texas Hold ‘em 1–4pm Paint Class 1–4pm	29 SilverSneakers 8–8:45am Bingo 12:45pm Prime Power 6–7pm	30 Cardio Drumming 8-8:45am Mexican Train 1–4pm	May 1 SilverSneakers 8–8:45am Bingo 12:45pm

City of Buckeye
 Community Services
 Department Senior Program
 Registration for
 Congregate Alt. lunch
 accepted up to 10:30am



Funded in part by:
 Area Agency on Aging
 Suggested Contribution: \$3.00
 Lunch served Monday-Friday
 11:30am-12:30pm
 Menu subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
March 30 Liver & Onions Mashed Potatoes Peas & Carrots Dinner Roll Fresh Pear Congregate Alt: Beef Stroganoff	March 31 Chicken Burrito Refried Beans Roasted Squash Mixed Berries with Yogurt	1 BBQ Pork Ribs Baked Beans Cole Slaw Tropical Fruit	2 Manicotti Spinach Salad Italian Vegetables Garlic Bread Fresh Orange Congregate Alt: Open Faced Turkey Sandwich	3 Cheeseburger Potato Wedges Roasted Carrots Watermelon
6 Chicken Alfredo Spinach Salad Broccoli Garlic Bread Fruit & Yogurt	7 BBQ Pulled Pork & Carolina Slaw Sandwich Normandy Vegetables Yams Applesauce	8 Tortilla Tilapia Brussels Sprouts Rice Pilaf Peaches	9 Beef Chili w/ Beans Tator Tots Roasted Carrots Cornbread Mango	10 Greek Chicken Salad w/ Cucumber Dressing Pita Bread Fresh Orange
13 BBQ Pork Rib Sandwich Sweet Potato Fries Peas & Carrots Banana	14 Fruit & Cottage Cheese Plate Sides Salad Biscuit Pear Congregate Alt.: Chicken Salad	15 Sloppy Joe Baked Beans Succotash Apricots	16 Banh Mi <i>(Vietnamese Pork Sandwich)</i> Potato Wedges California Vegetables Fresh Apple	17 Big Bloomin' Bash Party! Lunch served at Noon BBQ Chicken Baked Beans Sunshine Carrots Cole Slaw Peach Cobbler
20 Bean & Cheese Burrito Spanish Rice Corn Pineapple Congregate Alt.: Chicken Chow Mein	21 Philly Cheesesteak Potato Wedges Broccoli Cantaloupe	22 Sweet & Sour Chick- en Steamed Rice Asian Vegetables Chicken Egg Roll Mandarin Oranges	23 Baked Ham Au Gratin Potatoes Green Beans Dinner Roll Tropical Fruit	24 Egg Salad Sandwich on Croissant Potato Salad Carrot Raisin Salad Grapes
27 French Dip Sweet Potato Fries Roasted Zucchini Peaches	28 Turkey Chef Salad Breadstick Apricots	29 Rosemary Pork Tenderloin Roasted Potatoes California Vegetables Biscuit Pineapple	30 Tuna Sandwich 3-Bean Salad Potato Salad Fresh Orange Congregate Alt.: Turkey Sandwich	May 1 Meatloaf with Gravy Mashed Potatoes Broccoli Dinner Roll Banana

Nutrition and wellness info

Spring into Vitality!

As the wildflowers bloom across the White Tank Mountains, April is the perfect time to refresh our habits. This month, we are focusing on staying cool, hydrated, and nourished with the best flavors of the season.

THE "HIDDEN" HYDRATION HACK

We all know the "8 glasses a day" rule, but did you know you can **eat** your water? As the Arizona sun gets stronger, staying hydrated is crucial for maintaining energy levels and mental clarity.

Try adding these high-water-content foods to your plate:

- **Cucumbers (95% water):** Perfect for a crisp salad.
- **Strawberries (91% water):** A sweet way to stay hydrated.
- **Radishes (95% water):** Adds a spicy crunch and plenty of Vitamin C!

WHAT'S IN SEASON?

Eating seasonally isn't just tastier; it's often more affordable and nutrient-dense. Look for these at our local markets this month:

- **Asparagus:** A "powerhouse" vegetable loaded with fiber and folate. Try it lightly roasted with a squeeze of lemon.
- **Spinach & Spring Greens:** These are rich in Vitamin K, which is essential for bone health.
- **Citrus:** We are lucky in Arizona! Finish off the last of the local grapefruit and oranges for a natural immune boost.

MOVE AT YOUR OWN PACE

Wellness isn't just about what's on your plate; it's about how you move. Whether it's a morning stroll before the heat kicks in or joining us for a chair yoga session here at the center, consistency is key.

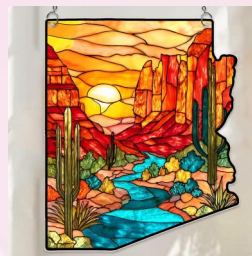
Let's Get "Glassy" in May!

Looking to add a little **brilliance** to your Thursday afternoons? Don't let this opportunity **shatter**—join our Stained Glass Class! It's going to be a **pane-fully** good time.

When: Thursdays, May 7, 14, 21, & 28 **1:00 PM – 4:00 PM**

Cost: Only \$20

Space is limited: Only **10 spots** available!



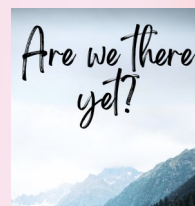
UPCOMING TRIPS

MAY:

- Thurs., May 7, 11:30am–2:30pm, Lunch Bunch to Bella Luna Ristorante \$3
- Wed., May 20, 11am–5pm, Diamondbacks vs Giants \$20, Cash or Check only, In person signup
Registration for May trips opens April 7 at 1pm

JUNE:

- Thurs., June 11, 11am–2:30pm, Lunch Bunch to Bag O' Crab \$3
- Thurs., June 25, 9am–3pm, Thrift Store Circuit & Lunch \$3
Registration for June trips opens May 5 at 1pm



CELEBRATING
April
 BIRTHDAYS!

We apologize for any members we may have missed!

Steve Alstadt
 Robert Belisle
 Janice Biedinger
 Tina Bigalk
 David Blakely
 Mary Davis
 Kathleen Exe
 Linda Fielder
 Frank Gaff
 Carol Getz
 Fernando Hernandez
 Sherry Herrod
 Diedre Jemison
 Joann Kyce
 Marion Lipetz
 Jacqueline Mitchell-Knox
 Donna Paulson
 Helen Powell
 Dora Randall
 Suzanne Richey
 Anna Rouse
 Victoria Stanford
 David Vansant
 Oralia Viesca
 Rickey Washington
 Annette Westmoreland
 Linda Ybarra
 Pamela Yates

What do you get when you cross a dog and a tulip?

A collie-flower.

