

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

**Senior Program  
Transportation**  
(623) 349-6600

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

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



**AREA  
AGENCY  
ON  
AGING**

REGION ONE  
INCORPORATED



**2015**

*Upcoming Events*

Mercury Game.....September 2nd  
Are you Smarter than a 5th Grader.....September 4th  
**CENTER CLOSED FOR LABOR DAY SEPTEMBER 7TH**  
*Mystery Trip.....September 8th*  
*Pickle Day Party.....September 11th*  
*Lunch Bunch at Five Guys.....September 17th*  
*Gary the singing Cowboy & horse Dusty....*  
*September 18th*  
*Bowling Trip.....September 22nd*  
*Rise & Shine PJ Party.....September 25th*

# Senior Programming

## Coffee & Conversation

Enjoy coffee and friendly conversation with  
Councilmember Brian McAchran  
On Wednesday, September 16th  
from 9-10 am



## ARE YOU SMARTER THAN A 5TH GRADER?

Join us and our very own Jeff Foxworthy (AKA Phil Yabes) Friday, September 4th 10—11am  
For a fun Game Day. See if *YOU* can beat the 5th Graders!

Arizona's Singing Cowboy  
Gary Sprague and his  
Trusty Horse Dusty  
Friday, September 18<sup>th</sup> 10-11a.m.



This lively entertainment includes your favorite western songs, cowboy poetry, tall tails, Arizona history and a little gun twirling!

## LUNCH BUNCH



Join us for our Monthly Lunch Outing  
Here's where we're going:

*OCTOBER.....Ichi Ban*  
*NOVEMBER.....Claim Jumper*

\*Lunch on your own  
May include a stop for Ice Cream or Shopping.

## CITY OF BUCKEYE UPCOMING EVENTS!

**HALLOWEEN CARNIVAL.....OCTOBER, 24TH**  
**DEMOLITION DERBY.....NOVEMBER, 21ST**  
**HOMETOWN HOLIDAY BOUTIQUE.....DECEMBER, 5TH**

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



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

<http://www.facebook.com/pages/Buckeye-Public-Library/116622961691084?ref=hl>

Activity	Duration (Minutes)
WALKING THE DOG	26
SHOPPING	38
MOWING THE LAWN	20
DANCE PARTY	20
BIKE RIDE	23
WALKING UP STAIRS	11
GOLF	20
GIVING A MASSAGE	20
PLAY TAG	20

Bulu Box™

### AUGUST PUZZLE WINNERS:

1. SHELBY LACKEY
2. CHRISTINA ELMORE
3. ARLENE GYSLER

# SPECIAL SENIOR PROGRAMS

## Bonus Years Reading Program

Krista from the Buckeye Library will be making her rounds again on Monday's at 11 am  
We are not sure what she has up her sleeves but I can guarantee you it will be fun!

## Grandparents Raising Grandkids

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

**Next meeting:**  
**September 29th 1-2 pm**

## Health Presentations

**Sharry Kitzman, R.N.**  
**Blood Pressure Checks**  
**Thursdays,**

9-11 am

## Health Class

## 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 11th  
11-11:30am

Loretta Edwards  
Stephan Hart  
Audrey Bowen (hdm)  
Daniel Bateman (hdm)  
Nettie Brown  
Don Davis  
Kim Pharr  
Vincent Chalmers  
Carol Brady  
Stephen Engel (hdm)  
Mrie Yanez  
Pat Fernandez  
Joanne Knight  
Marie Knight  
Linda Terris (hdm)  
Marguerite Beaver  
Betty Thompson

Margie Grango  
Ronnie Lee  
Josie Villa  
Ellen Carmen  
Lily Maliski  
Gilbert Forsythe  
Ethel McCrae  
Betty Davidson  
Barbara Foy  
Beverly O'Donnell  
Nona Salisbury  
Diana Tindall



# CENTER CONNECTION OUTINGS



## MERCURY GAME

Wednesday, September 2nd  
10:30AM-5PM

## REGISTRATION BEGINS

Wednesday, August 12th, 9:45am  
Trip fee \$10  
(12 spots)



AREA  
AGENCY  
ON  
AGING  

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REGION ONE  
INCORPORATED



## MYSTERY TRIP

Tuesday, September 8th  
10:30AM-4PM

## REGISTRATION BEGINS

Wednesday, August 19th, 9:45am  
Trip Fee \$2.00

Purchase of lunch on your own



## LUNCH BUNCH FIVE GUYS

Thursday, September 17th  
10:30am-3pm

## REGISTRATION BEGINS

Wednesday, September 2nd,  
9:45am  
Trip fee \$2.00

Purchase of lunch on your own



## BRUNSWICK TRI -CITY

## BOWLING TRIP

Tuesday, September 22nd  
10:00am-3pm

## REGISTRATION BEGINS

Wednesday, September 9th  
9:45am  
Trip fee \$2.00

Purchase of lunch 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.

Here is a sneak peek at some exciting programs and activities that are coming up !



### OCTOBER

Mystery Trip.....10/6/15

Prescott Trip.....10/20/15

Harvest Party.....10/23/15

Spooktakular Halloween Party...10/30/15

### NOVEMBER

Dolly Steamboat.....11/5/15

Senior Fall Bazaar .....11/18/15

Thanksgiving Celebration.....11/20/15

## Healthy Breakfast Strawberry Blueberry Smoothie

### What You Need:

- 1/2 cup Almond milk
- Handful of Spinach
- 1/2 cup Greek vanilla yogurt
- 1/2 cup blueberries
- 1 cup strawberries
- honey (the amount depends on how sweet you would like your smoothie)



Combine all ingredients in a blender.  
Blend & Enjoy!

Have a good smoothie for breakfast or snack. Sometimes even lunch if you need something on the go!

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

Tuesday, September 8th

FREE GAMES  
BRAGGING RIGHTS  
PRIZES



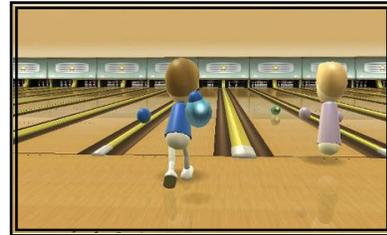
## CURRENT EXERCISE & OUTDOOR PROGRAMS

Don't act your age! Stay active!

- ◆ SILVER SNEAKERS
- ◆ HOT STEPPERS
- ◆ INDOOR EXERCISE EQUIPMENT



## Wii BOWLING LEAGUE



Two (2) member Team  
Mondays from 1-3p.m.

September 14th—November 2nd

## 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 24th 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 five 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.



**COMMUNITY CENTER LIBRARY**

Monday - Friday (8- 5pm)

In conjunction with CITY of Buckeye Main Library the Buckeye Community Center offers a variety of books by different authors and titles, large print books and magazines. Participants can sign up and receive a library card and check out books. We also have audio books.



**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 14th  
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 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Vegas Dice 10-11:30 Texas Hold'em 1-4pm	Silver Sneakers 8:45-9:45am Bingo 10:15am <b>MERCURY GAME</b> <b>10:30AM-5PM</b> Double Deck Pinochle 1-4pm	<b>MOVIE OUTING 9:30-3PM</b>	Silver Sneakers (V) 8:45- 9:45am <b>ARE YOU SMARTER THAN A 5TH GRADER</b> 10-11am Bingo 12:45pm
  <b>CLOSED</b>	7	8	9	10
	<b>MYSTERY TRIP</b> 10:15AM-4PM Vegas Dice 10-11:30 Texas Hold'em 1-4pm	Silver Sneakers 8:45-9:45am Bingo 10:15am Double Deck Pinochle 1-4pm	?????	Silver Sneakers (V) 8:45-9:45am <b>PICKLE TASTING PARTY 10-11AM</b> B-Day Bash 11-11:30am Bingo 12:45pm
14	15	16	17	18
Silver Sneakers 8:45-9:45am Arts & Crafts 10-11:30am Wii Bowling 1-3pm	Vegas Dice Tournament 10-11:30 Texas Hold 'em 1-4pm	Silver Sneakers (V) 8:45-9:45am Site Council 9:15-9:30am Bingo 10:15am Double Deck Pinochle 1-4pm	Blood pressure check with Shari 9-11am <b>LUNCH BUNCH</b> <b>FIVE GUYS</b> 10:30AM-3PM	Silver Sneakers 8:45-9:45am <b>GARY THE SINGING COWBOY</b> 10-11AM Bingo 12:45pm
21	22	23	24	25
Silver Sneakers 8:45-9:45am Arts & Crafts 10-11:30am Wii Bowling 1-3pm	<b>BOWLING TRIP</b> 10-3pm Texas Hold 'em 1-4pm	Silver Sneakers 8:45-9:45am Bingo 10:15am Double Deck Pinochle 1-4pm	Presentation 10-11am Blanketeers 1-3pm	<b>RISE &amp; SHIINE P.J. PARTY</b> 10AM-NOON Bingo 12:45pm
28	29	30		
Silver Sneakers 8:45-9:45am Arts & Crafts 10-11:30am Wii Bowling 1-3pm	Crochet with Carolyn 9-11am Texas Hold 'em 1-4pm	Silver Sneakers 8:45-9:45am Bingo 10:15am Double Deck Pinochle 1-4pm		

# SEPTEMBER 2015

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
	1 Teriyaki Chicken Brussels Sprouts Brown Rice Mandarin Oranges	2 Roast Beef California Blend Mashed Potatoes WW Bread Strawberries	3 Fruit Plate w/ Cottage Cheese Tomato Wedges Celery Sticks Muffin	4 Beef Tips & Gravy over Rice Succotash Broccoli WW Roll Orange
7 <b>CLOSED</b> 	8 Taco Salad Mexican Corn Spanish Rice Tropical Fruit	9 Meat Loaf Mashed Potatoes Glazed Carrots WW Roll Pineapple	10 Chicken Noodle Soup & 1/2 Turkey Sandwich Crackers Orange Slices	11 Sweet & Sour Chicken Oriental Veggies Brown & White Rice Mix Peaches
14 Pot Roast Brussels Sprouts Scalloped Potatoes WW Bread Apricots	15 Chicken Fried Steak Mashed Potatoes Green Beans V-8 Juice WW Roll Banana	16 BBQ Beef Sandwich Cauliflower Chuck wagon Corn Tropical Fruit	17 Tuna Salad Tomato Wedge w/ Cottage Cheese Muffin Cantaloupe	18 Lasagna Broccoli Garlic Bread Grapes
21 French Dip Tomato Wedges Yellow Squash Strawberries	22 Roast Turkey Succotash Salad Stuffing Apricots	23 Chicken Pot Pie Lima Beans Mandarin Oranges	24 Chicken Fingers Broccoli Green Beans WW Roll Sliced Pears	25 <b>RISE &amp; SHINE PJ PARTY</b> Scrambled Eggs Sausages Pancakes w/ Syrup Orange Slices
28 Liver & Onions Mashed Potatoes Broccoli WW Roll Cantaloupe	29 Cabbage Rolls Carrots WW Bread Rice Pineapple	30 Roast Pork Peas & Carrots Mashed Potatoes Biscuit Gelatin w/ Fruit Cocktail		

*This is a true story... My daughter and I had just finished a salad at Neiman-Marcus Cafe in Dallas & decided to have a small dessert. Because both of us are such cookie lovers, we decided to try the "Neiman-Marcus Cookie". It was so excellent that I asked if they would give me the recipe and the waitress said with a small frown "I'm afraid not." Well" I said, "would you let me buy the recipe?"*

*With a cute smile, she said YES". I asked how much and she responded; "Only two fifty, it's a great deal!" I said with approval, "Just add it to my tab". Thirty days later, I received my VISA statement from Neiman-Marcus and it was \$285.00. I looked again and remembered I had only spent \$9.95 for two salads and about \$20.00 for a scarf. As I glanced at the bottom of the statement, it said, "Cookie Recipe - \$250.00". That's outrageous!!!*

*I called Neiman's Accounting Dept. and told them that the waitress said it was "two-fifty," which clearly does not mean "two hundred and fifty dollars" by any POSSIBLE interpretation of the phrase. Neiman-Marcus refused to budge. They would not refund my money, because according to them, "What the waitress told you is not our problem. You have already seen the recipe - we absolutely will not refund your money at this point." I explained to her the criminal statutes which govern fraud in Texas. I threatened to refer them to the Better Business Bureau and the State's Attorney General for engaging in fraud. I was basically told, "Do what you want, but we're not refunding your money." I waited a moment, thinking of how I could get even, or even try to get any of my money back. I just said, "Okay, you folks got my \$250.00, and now I'm going to have \$250.00 worth of fun."*

*I told her that I was going to see to it that every cookie lover in the United States with an E-mail account has a \$250.00 cookie recipe from Neiman-Marcus... for free. She replied, "I wish you wouldn't do this" I said, "Well you should have thought of that before you ripped me off", and slammed down the phone on her. So, here it is!!! Please, please, please pass it on to everyone you can possibly think of. I paid \$250.00 dollars for this... I don't want Neiman-Marcus to ever get another penny off of this recipe....*

### Neiman Marcus Cookie

- 1 cup butter, softened
- 1 cup granulated sugar
- 1 cup light brown sugar
- 2 eggs
- 1 tsp. vanilla
- 2 cups all-purpose flour
- 2 1/2 cups oatmeal
- 3/4 tsp. salt
- 1 tsp. baking soda
- 1 tsp. baking powder
- 4 oz. Hershey bar, chopped ( I used 4 regular Hershey candy bars)
- 12 oz. semi-sweet chocolate chips



Cream the butter and both sugars. Add eggs and vanilla; mix together with flour, oatmeal, salt, baking powder, and soda. Add chocolate chips, Hershey bar and nuts. Roll into balls and place two inches apart on a cookie sheet. Bake for 10 minutes at 375 degrees. Have Fun!!!

RISE & SHINE PJ PARTY  
Buckeye Community  
Center

FRIDAY, SEPTEMBER, 25TH

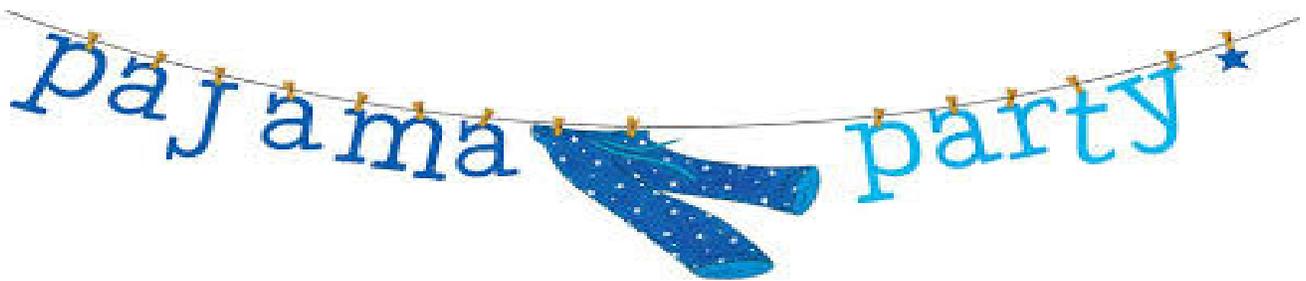
@ 10-12PM

Wear your PJs!

**DANCING**

**RAFFLE**

**SNACKS**



In honor of national Banana and Popcorn day we are listing some of the nutritional benefits of these “good for you” foods.

## Nutritional break-down of bananas

One medium banana (about 126 grams) is considered to be one serving.

One serving of banana contains 110 [calories](#), 30 grams of [carbohydrate](#) and 1 gram of protein. Bananas are naturally free of fat, [cholesterol](#) and sodium.<sup>2</sup>

Bananas provide a variety of [vitamins](#) and minerals:

- Vitamin B6 - .5 mg
- Manganese - .3 mg
- Vitamin C - 9 mg
- Potassium - 450 mg
- Dietary Fiber - 3g
- Protein - 1 g
- Magnesium - 34 mg
- Folate - 25.0 mcg
- Riboflavin - .1 mg
- Niacin - .8 mg
- Vitamin A - 81 IU
- Iron - .3 mg



PRODUCT	CALS	SATURATED FAT (G)	% RDA SAT. FAT	SODIUM (MG)	% RDA SODIUM
Air-popped	31	0	0%	1	0.1%
Microwave (butter flavor)	43	1	7%	66	4%
Oil-popped	55	1	6%	97	7%
Movie theatre (small)*	61	3	19%	50	3%
Store-bought cheese-flavored	91	1	7%	165	11%
Store-bought caramel	150	3	17%	187	12%



# Fun things to do!

\*\*\*\*\*



It is a Pickle Palooza!!!  
Friday, September 11<sup>th</sup>  
10-11a.m.



Bring your best pickling recipe and a sample to share.

\*\*\*\*\*

## 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.

Join us for a **FREE** seminar on planning your funeral and cemetery arrangements in advance.



**Your life.  
Your legacy.**  
*Plan to make it right.*

- Discover 4 simple steps to planning your final arrangements
- Bring peace of mind to yourself and your family
- Opportunity to receive a **FREE Personal Planning Guide**
- Refreshments, conversation and helpful advice

*Join us for our upcoming seminar*

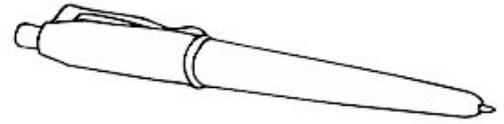
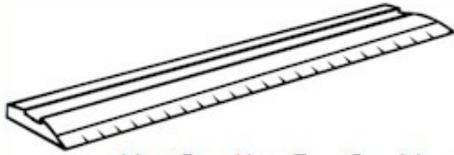


Request your **FREE** Personal Planning Guide

Seating is limited. Call now to reserve your space.

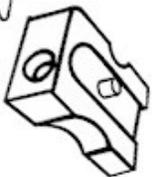
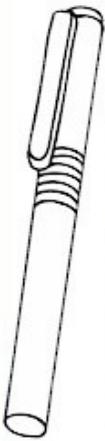
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# PUZZLE PAGE

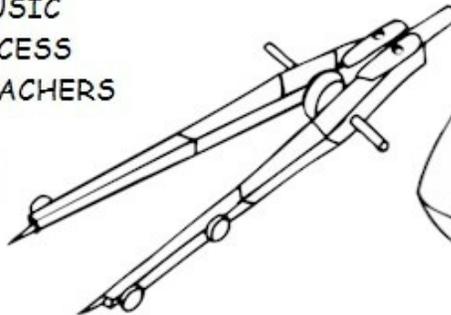


## September

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



# The City of Buckeye Community Services Department Proudly Presents: 75th Annual Halloween Carnival

Saturday, October 24, 2015

6:00-9:00pm

Earl Edgar Recreational Facility - 500 S. 1st St.

(Miller Rd & Beloat)

\*Carnival Games

\*Mystery Bingo

\*Food, drink & more

(Event proceeds benefit  
participating non-profit &  
charitable organizations)



For more information contact Corey Parr at  
623.349.6330 or [cparr@buckeyeaz.gov](mailto:cparr@buckeyeaz.gov)  
Also [www.buckeyeaz.gov/events](http://www.buckeyeaz.gov/events)

