



Buckeye Senior Center Mon.– Fri. 9am-4pm  
 201 E. Centre Ave. Buckeye, AZ 85326 623-349-6600  
 Fax 623-349-6611 www.buckeyeaz.gov

November  
 2024

# CENTER CONNECTION

## November 2024

### Stock Car Championship Races! Tues., Nov. 5, 11–11:30am Gentlemen~ Start your engines!

Get ready for an exhilarating showdown with 4 teams racing in this spectacular event! Remote control racecars will be used. To join the excitement, you'll need a team of four: one driver, one manager, and two pit crew members. Sign up at the front desk! Don't miss your chance to be part of the racing action!



### Veterans' Day Recognition Nov. 8, 9-11am

Join us as we honor our heroes. Come together to recognize the bravery and sacrifices of our veterans with heartfelt tributes, inspiring stories, community camaraderie, Color Guard, flag presentations, and more! Let's celebrate their incredible service and show our gratitude for the freedoms we cherish. Your presence makes a difference

### Cornucopia Craze! Fri., Nov. 22, 10am–Noon

Don't be a turkey come and gobble up some fun and a great lunch! Registration is required as seating is



### Senior Bazaar & Bake Sale!

Wed., Nov. 13, 8–11am

It's that time of year again! Join us for a delightful adventure where you can discover one-of-a-kind handmade treasures while treating yourself to all your favorite sweets! Don't miss out on the fun—let's make some magical memories together!

### Top 7 Benefits of Sweet Potatoes

- 1 Help strengthen your immune system
- 2 Can help manage stress and anxiety
- 3 Support digestion
- 4 May help improve memory
- 5 Support eye health
- 6 Contain anti-inflammatory properties
- 7 Support healthy blood sugar levels



**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  
for some interesting facts &  
inspirational thoughts  
Mon.–Fri. at 8:30am



Monday	Tuesday	Wednesday	Thursday	Friday
		<p><b>DAYLIGHT SAVING TIME ENDS</b> Change Your Clocks Back One Hour Sunday, November 3, 2024</p>		
<p>4 SilverSneakers Yoga 8–8:45am Tech Tips w/ Sebastian 10–11am Wii Bowling 1–3pm</p>	<p>5 Intermediate Line Dance 8–9am Beginner Line Dance 9:30–10:30am Trip &amp; Class Registration 10am Texas Hold ‘em 1pm</p>	<p>6 SilverSneakers 8–8:45am Pickleball 8:30–9:30am Site Council Meeting 10am Blood Pressure Checks 10–11am Bookmobile 11am Bingo 12:45pm</p>	<p>7 Cardio Drumming 8-8:45am CAPA Broadway Performance 10–11am</p>	<p>1 SilverSneakers 8–8:45am Yard Yahtzee! 10–11am Bingo 12:45pm</p>
<p>11 <b>Veterans Day Center Closed</b></p>	<p>12 Intermediate Line Dance 8–9am Beginner Line Dance 9:30–10:30am Cooking w/Keith 1–2pm Texas Hold ‘em 1pm</p>	<p>13 Senior Bazaar &amp; Bake Sale 8–11am Pickleball 8:30–9:30am Bingo 12:45pm</p>	<p>14 Cardio Drumming 8-8:45am Holiday Shopping Trip 9am–3pm Sandbag Baseball 10–11am</p>	<p>15 SilverSneakers 8–8:45am Yard Yahtzee! 10–11am Bingo 12:45pm</p>
<p>18 SilverSneakers Yoga 8–8:45am Arts &amp; Crafts 10–11:30am</p>	<p>19 Intermediate Line Dance 8–9am Beginner Line Dance 9:30–10:30am Texas Hold ‘em 1pm</p>	<p>20 Pickleball 8:30–9:30am DJC Rock Homecare 10am Bookmobile 11am Bingo 12:45pm</p>	<p>21 Cardio Drumming 8-8:45am Sewing Club 9–11am Wrigley Mansion Trip 9:30am–3pm Decorate for Party 1–3pm Paint Class 1–4pm</p>	<p>22 <b>Cornucopia Craze!</b> 10am–Noon <b>Registration Required</b></p> <p><b>Bingo 1pm</b></p>
<p>25 SilverSneakers Yoga 8–8:45am Loteria 10–11am</p>	<p>26 Intermediate Line Dance 8–9am Beginner Line Dance 9:30–10:30am Texas Hold ‘em 1pm</p>	<p>27 SilverSneakers 8–8:45am Pickleball 8:30–9:30am Bingo 12:45pm</p>	<p>28 <b>Closed Thanksgiving Day</b></p>	<p>29 <b>Center Closed</b></p>



Monday	Tuesday	Wednesday	Thursday	Friday
 MY FAMILY TOLD ME TO STOP TELLING THANKSGIVING JOKES, BUT I SAID I COULDN'T QUIT COLD TURKEY		Which side of the turkey has the most feathers? * <b>THE OUTSIDE!</b>	1 Pork Stir-Fry Peas & Carrots Chow Mein Pork Egg Roll Mandarin Oranges Fortune Cookie	
4 Shrimp Alfredo Normandy Vegetables Garlic Knot Fresh Apple <b>Cong Alt:</b> <b>Open Faced Turkey            Sandwich</b>	5 Albondigas Wild Rice Southwestern Corn Mango	6 Chicken Picatta Wild Rice Peas & Carrots Side Salad Breadstick Cantaloupe	7 Rosemary Pork Tenderloin Whipped Sweet Potato Green Beans Dinner Roll Peaches	8 Roast Beef Baked Potato Roasted Squash Apple Pie
11 <b>Veterans Day            Center Closed</b> 	12 <b>Veterans Breakfast</b> 9:30am-10:30am Chipped Beef w/Gravy on Toast Lunch Cashew Chicken Asian Vegetables Steamed Rice	13 BBQ Pork Ribs Baked Beans Cole Slaw Biscuit Tropical Fruit	14 Tuna Salad Sandwich Carrot Raisin Salad Potato Salad Fresh Orange <b>Cong Alt:</b> <b>Beef Lasagna</b>	15 Cheeseburger Potato Wedges Green Peas Watermelon
18 Chicken Parmesan Caesar Side Salad Succotash Garlic Knot Mixed Berries w/Yogurt	19 Pork Pozole Breadstick California Vegetables Mango	20 Tortilla Tilapia Rice Pilaf Brussel Sprouts Peach Crisp	21 Liver & Onions Mashed Potatoes Spinach Dinner Roll Cantaloupe <b>Cong Alt:</b> <b>Chili Cheese Potato</b>	22 Roast Turkey w/Gravy Mashed Potatoes Stuffing Dinner Roll Green Bean Casserole Pumpkin Pie
25 Pork Tenderloin w/ Mushroom Gravy Roasted Yam Peas & Carrots Dinner Roll	26 Veggie Pizza Side Salad Garlic Bread Broccoli Apricots <b>Cong Alt:</b> <b>Bratwurst on a Bun</b>	27 Sloppy Joe Seasoned Tater Tots Succotash Pineapple	28 <b>Closed            Thanksgiving Day</b> 	29 <b>Center            Closed</b>



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**November  
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**Join us in November for these exciting programs!**

- SilverSneakers Yoga –Mon., 8–8:45am
- Line Dance–Tues., Intermediate 8–9am, Beginner 9:30–10:30am
- Texas Hold ‘em–Tues., 1–4pm
- SilverSneakers– Wed. and Fri., 8–8:45am Except for Nov. 8, 13, 20, 22, & 29.
- Beginning Pickleball–Wed., 8:30–9:30am
- Cardio Drumming–Thurs., 8–8:45am Except for Nov. 28
- Bingo–Wed. and Fri., 12:45–2pm Except Fri., Nov. 22 Bingo at 1pm
- Yard Yahtzee–Fri., Nov. 1 & 15, 10–11am
- Tech Tips w/Sebastian–Mon., Nov. 4, 10–11am
- Trip and Class Registration–Tues., Nov. 5, 10am
- Patty and her Bookmobile–Wed., Nov. 6 & 20 at 11am
- Blood Pressure Checks by Supportive Hospice–Wed., Nov. 6, 10–11am
- CAPA Broadway Musical Performance–Thurs., Nov. 7, 10–11am
- Veteran's Day Recognition–Fri., Nov. 8, 9–11am
- Birthday Bash sponsored by Valley Insurance Advisors–Fri., Nov. 8, 11am
- Cooking w/Keith–Tues., Nov. 12, 1–2pm Registration required
- Senior Bazaar & Bake Sale–Wed., Nov.13, 8–11am
- Holiday Shopping at Tangers Outlets–Thurs., Nov. 14, 9am–3pm \$3.00
- Sandbag Baseball–Thurs., Nov. 14, 10–11am
- Arts & Crafts–Mon., Nov. 18, 10–11:30am Registration required
- Site Council Meeting–Wed., Nov. 20, 10am
- Sewing Club–Thurs., Nov. 21, 9–11am
- Wrigley Mansion Trip–Thurs., Nov. 21, 9:30am–3pm \$20.00
- Paint Class–Thurs., Nov.21, 1–4pm, \$12.00 Class fee. Registration required
- Cornucopia Craze!–Fri., Nov. 22, 10am–Noon. Registration required
- Loteria–Mon., Nov. 25, 10–11am



- Anita Almaraz*
- Ramon Amparano*
- Steve Bauer*
- Margaret Cardenas*
- Floriberto Chamu*
- Jose Cibrian*
- Pamala Davenport*
- Wayne Farr*
- Kim Forsyth*
- Clara Fronczak*
- Els Gibbons*
- Rachel Guzman*
- Lorna Hall*
- Carol Hartzler*
- Sandra Haughie*
- Bonnie Howe*
- Anthony Irby*
- Kirk Kempen*
- George Kristovich*
- Debra Lofty*
- Patricia Mallette*
- Cynthia Martinez*
- Letha Mckoy*
- Ken Osborne*
- Teresa Perez*
- Judy Quintana*
- Gloria Ramos*
- Gerri Roach*
- Lily Rogers*
- Robert Rose*
- Steve Roum*
- Faith Scorza*
- Sandra Sensbach*
- DeeDee Sernas*
- Guy Sohie*
- Kenneth Tucker*
- Clyde Vaughn*
- Emma Weatherspoon*

**UPCOMING TRIPS**

**DECEMBER:**

- Tues., Dec. 3, 10:45am–3pm Romans Oasis \$3.00
- Thurs., Dec. 12, 8:30am–3:30pm Desert Botanical Gardens \$15.00
- Thurs., Dec. 19, 9:45am–2:30pm Lunch at George’s Kitchen \$3.00

*Registration for Dec. trips opens Tues., Nov. 5 at 10am*

**JANUARY:**

- Thurs., Jan. 9, 8am–4pm Quartzsite Rock & Gem Show \$3.00
- Thurs., Jan. 23, 8:30am–4pm Wickenburg Western Museum and Nature Trail \$12.00

*Registration for Jan. trips opens Thurs., Dec. 5 at 10am*

**FEBRUARY:**

- Sat., Feb.8, 8:45am–3pm Asian American Dance Performance and Lunch \$20.00
- Thurs., Feb. 20, 10:30am–2:30pm Dolce Vino Italian Cuisine \$3.00

*Registration for Feb. trips opens Tues., Jan. 7 at 10am*