

Avondale Senior Center & Active Adult Program

November



Active Adult Program

www.avondale.org/activeadults
Avondale Community Center
1007 S. 3rd. Street
Avondale, AZ 85323
(623) 333-2705

Meet the Staff

Erin Lutz

623-333-2714

Recreation Coordinator

Matthew Florez-Gonzales

623-333-2743

Home Delivered Meals/Kitchen

Doris Hedenberg

623-333-2744

Programming

Amelia Isidoro

623-333-2742

Transportation

Teresa Melendez

Luli Sanchez

623-333-2740

Kitchen

Lisa Joyner, Tom Curtin,

Loretta Cantley,

Michael Espinosa,

Yolanda Jaramillo

Home Delivered Meal Drivers



Oktoberfest



Picnic in the Park



Sewing Club



Avondale Seniors Holiday Tamale Fundraising Sale

Hot or mild beef tamales will be on sale for \$16 per dozen. Proceeds raised from the tamale sale will be used to help offset costs for senior programs and activities at Avondale Senior Center.

For more information call 623-333-2705 or

www.avondale.org/activeadults.

No Orders, Tamales Ready for Sale on Dec 5th



Active Adult Program News

SITE COUNCIL

Site Council meeting will be held on Mon, Nov 14th at 10 a.m. Agenda and minutes from the last meeting are posted.

SUGGESTED CONTRIBUTIONS

- Transportation is 50¢ each way
- Meal service is \$2

These are not mandatory contributions but will help to build our program.

Breakfast/Snack Bar:

As part of Site Council Fundraisers to pay for activities at the center

Breakfast sold Tuesdays & Thursdays \$2*
Snack bar items for sale (25¢-\$1 for snacks, sodas, water, etc)
Coffee/toast available for 25¢ per cup or slice
breakfast subject to availability due to program needs and staff availability

FOOD PROGRAMS

The City of Avondale in cooperation with St. Mary's Food Bank provides a Food Commodity program the 1st Monday of each month and a Mobile Pantry program the 3rd Wednesday a& 4th Thursday of each month.

TRANSPORTATION/ HOME DELIVERED MEAL BOUNDARIES

Southern Ave to Camelback Rd.
Sarival Ave to 107th Ave.

Others are welcome to come participate with own Transportation. Transportation currently has a Waitlist

Per Maricopa County, outside food is permitted, but no homemade items are allowed to be sold or shared with other participants within the center. Anything you choose to eat or purchase outside the facility other than food served at the center is at your own risk.

The City of Avondale serves participants with a wide variety of activity levels and functional capacities. To operate efficiently participants need to function at a level that is relatively independent. We are not an adult day care facility.

Exercise Programs

9am @ the Center

Live Instructor Mon-Thurs

Silver Sneakers Facility!! Bring in your card

- **Zumba w/Natalie**
Mondays
- **Stretch & Strengthen w/Bernice**
Tuesdays
- **Kickboxing w/Natalie**
Wednesday
- **Dance Aerobics w/Bernice**
Thursdays
- **Aerobics on Tape**
Fridays

Thanksgiving Luncheon
Thursday, Nov 17



HEALTH & WELLNESS PRESENTATIONS

Nov 1 - **Health Choice Generations**
Nov 16 & 23- **Blood Pressure Checks**
Nov 23- **Smart Food Choices**

Who's that BABY???— Bring a picture of you as a child by Nov 9th for the family board. Get to know your neighbor

Monthly Birthday Parties are sponsored by:

MAUREN WILSON
Insurance Broker
(602) 799-8410

Help us Grow Our Programs: Senior Center Tree of Giving I would like to help! Buy a Leaf!

Tree Leaves will be engraved with your name and displayed to show your support for years to come.
Cost: \$50 per leaf- Engraving limited to 20 letters
For more information, please contact Erin Sparks at 623-333-2741

November Activity Calendar

Mon	Tue	Wed	Thu	Fri
<p>Bring in Baby Pics...we want to see your baby face!!!</p>	<p>1 8:30 Walking Club 9:00 Stretch & Strengthen 10:00 Knit & Crochet 11:00 Health Choice Generations Presentation</p>	<p>2 9:00 Farmers Market—produce for sale 8:00 Nails w/ Chris 9:00 Kickboxing 10:30 Karaoke 10:30 Special Site Council Meeting—tamales/holidays 12:30 Wii Club 12:30 Drawing Class w/ Anthony</p>	<p>3 8:30 Walking Club 9:00 Dance Aerobics 9:00 Cell Phone class w/ Britney 10:00 Sewing Club 10:00 Thankful Mix bring an item to add such as pretzels, chocolate chips, nuts, teddy grahams, etc.</p>	<p>4 8:30 \$! Trip to Holidaze Craft Fair in Sun City and lunch at Taco Bell Lunch on your own</p>
<p>7 Commodities 9:00 Zumba 9:30 Craft time w/ Doris & Amelia. Button Christmas Ornaments 10:30 Bible Club 12:30 Wii Club</p>	<p>8 8:30 Walking Club 9:00 Stretch & Strengthen 10:00 Knit & Crochet 9:30 \$! Botanical Gardens...Lunch at Honey Bears 10:30-11:30 Line dancing w/ Jo Ann</p>	<p>9 9:00 Kickboxing 10:30 Bible Club 10:30 Karaoke 12:30 Wii Club 12:30 Food City</p>	<p>10 8:30 Walking Club 9:00 Dance Aerobics Trip to Buckeye for Wii Turkey Bowl 10:00 Christmas Cards w/ Britney 10:00 Sewing Club</p>	<p>11 Closed</p>  <p>VETERANS DAY</p>
<p>14 9:00 Zumba 10:00 Site Council Meeting 10:30 Bible Club 12:30 Wii Club</p>	<p>15 8:30 Walking Club 9:00 Stretch & Strengthen 10:00 Knit & Crochet 10:00 Pinecone Craft w/ National Honor Society 10:30-11:30 Line Dancing w/ Kristina</p>	<p>16 Mobile Pantry 8:00 Nails w/ Chris 9:00 Kickboxing 10:00 BP Checks w/ COMP Hospice 10:30 Bible Club 10:30 Karaoke 12:30 Wii Club</p>	<p>17. 9:00 Dance Aerobics Turkey Luncheon Sponsored by: Estrella Rotary</p> 	<p>9:00 \$! Breakfast at Angel's Diner and road trip to Goodwill Breakfast on your own</p>
<p>21 9:00 Zumba Birthday Party</p>	<p>22 8:00 Vee Quiva \$5 returning at 2:00 8:30 Walking Club 9:00 Stretch & Strengthen 10:00 Knit & Crochet</p>	<p>23 8:00 B.P. checks w/ Reflections Hospice 9:00 Kickboxing 10:00 Smart Food Choices w/ Erin 10:30 Bible Club 10:30 Karaoke</p>	<p>24 Closed</p>  <p>Happy Thanksgiving</p>	<p>25 Closed</p>
<p>28 9:00 Zumba 10:30 Bible Club 11:00 New Fry's on Camelback lunch out 12:30 Wii Bowl</p>	<p>29 9:00 Stretch & Strengthen 10:00 Tamale Making Time Everyone participates</p>	<p>30 8:00 Nails w/ Chris 9:00 Kickboxing 10:30 Bible Club 10:30 Karaoke 12:30 Wii Club</p>		

Mark Your Calendar: Fun Upcoming Events

Dec 1— Soroptimous Party- \$3 rides Dec 15- Holiday Luncheon Dec 20- Holiday Lights Tour \$3
 Dec 8— Herberger Theater— \$10 Dec 22— Surprise performance Jan 20 - Snowflake Dance \$5

November Birthdays

Ramiro Sanchez	Nov 2	Joe Federico	Nov 23
Gabriel Gandarilla	Nov 6	Marylou Rosalez	Nov 24
Delores Orabuena	Nov 7	Helen Puskarits	Nov 25
Irma Espinosa	Nov 8	Leonarda Navarro	Nov 26
Jackie Wingfield	Nov 9	Ramana Garcia-Zarate	Nov 27
Martina Mendoza	Nov 11	Kathleen Baines	Nov 30
Rafael Tuazon	Nov 21		



Avondale Community Center
1007 S. 3rd Street
Avondale, AZ 85323
For information on any of our programs,
please call (623) 333-2705

Programs held in partnership with



Questions/Comments:
Erin Lutz
Recreation Coordinator
esparks@avondale.org
623-333-2741



november menu

All Meals served with Milk or Juice
Home Delivered Meals Only: no delivery Fri- Frozen meals provided as directed by provider

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1. Lasagna Italian Blend Veggies Romaine Salad w/ Tomatoes, Cucumber, Onions Wheat Breadstick Pineapple Tidbits	2. Garlic Chicken w/Cauliflower Rice Oriental Veggies Corn Bread Muffin Apple	3. Baked Fish Herb Roasted Red Potatoes Acorn Squash Wheat Roll Pears	4. Swedish Meatballs w/Noodles Scandinavian Veggies Corn Wheat Bread Orange Wedges
7. Pork Chop Mashed potatoes w/ Gravy Spinach Wheat Roll Peach Crisp w/Bran Flakes	8. Vegetable Beef Barley Stew LS V8 Juice Broccoli Corn Bread Muffin Strawberry Gelatin w/Pears	9. Beef Ravioli Green Beans California Veggies Wheat Roll Fruit Cocktail	10. Pepperoni Pizza Spinach Salad w/ tomatoes, Red Onions, Cucumbers Yellow Squash Banana	11. Closed for Veteran's Day
14. Spaghetti w/ Meatballs Sautéed Spinach Corn Wheat Breadstick Orange Wedges	15. Baked Ham w/ Orange Glaze Scalloped Potatoes Green Beans Wheat Roll Granola Bar Pineapple Rings	16. Grilled Chicken Sand- wich w/wheat bun, tomatoes, lettuce Pea Salad w/ Tomatoes & Onions Glazed Carrots Strawberry Yogurt Parfait	17. Turkey Luncheon Stuffing Mashed Potatoes Green Beans Wheat Roll Pumpkin Pie Cranberry Sauce	18. Chicken Caesar Salad Romaine Lettuce, Tomatoes, Cucumbers, Garbanzo Beans, Croutons Bran Muffin Lime Gelatin w/Pears
21. Baked Fish Sandwich Cheese, Lettuce, Tomato Peas & Carrots Broccoli Cinnamon Applesauce	22. Meatloaf Brussel Sprouts Red Mashed Potatoes Wheat Roll Oatmeal Cookie Gelatin w/Mixed Fruit	23. Chili Verde w/ Shredded Pork (Stew Veggies, Pinto Beans in entrée) Spanish Rice Corn Bread Apple	24 Closed for Thanksgiving Holiday	25. Closed for Thanksgiving Holiday
28. Chicken Alfredo Normandy Blend Salad w/Tomatoes, Red Onions, Cucumber Wheat Bread Stick Raspberry Gelatin w/Pears	29. Baked Fish Tacos Pico De Gallo Cabbage Spanish Rice w/ Green Peppers 2 corn Tortillas Mandarin Oranges	30. Cheeseburger w/Wheat bun, let- tuce tomatoes Potato Wedges California Blend Peaches		