

Avondale Senior Center & Active Adult Program December 2016 Newsletter



Active Adult Program

[www.avondale.org/
activeadults](http://www.avondale.org/activeadults)

Avondale Community
Center
1007 S. 3rd. Street
Avondale, AZ 85323
(623) 333-2705

Meet the Staff

Erin Lutz

623-333-2741

elutz@avondale.org

Recreation Coordinator

Matthew Florez-Gonzales

623-333-2743

Home Delivered Meals/
Kitchen

Doris Hedenberg

623-333-2744

Programming/Activities

Amelia Isidoro

623-333-2742

Transportation

Teresa Melendez/Luli Sanchez

623-333-2740

Kitchen

Lisa Joyner, Tom Curtin,

Loretta Cantley, Michael

Espinosa, Yolanda Jaramillo



Turkey Bowl



Botanical Gardens



Light Rail Trip



Avondale Seniors Holiday Tamale Fundraising Sale
Hot or mild beef tamales will be on sale for \$16 per dozen starting
Monday, December 12th. 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.

SITE COUNCIL

Site Council meeting will be held on Mon, Dec 12h at 10 a.m. A copy of the agenda & the minutes are posted

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)

Coffee/toast available for 25¢ per cup or slice
breakfast subject to availability due to program needs and staff availability

SUGGESTED CONTRIBUTIONS

-Transportation is 50¢ each way

-Meal service is \$2

These are not mandatory contributions but will help to build our

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 & 4th Thursday of each month.

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.

HOLIDAY LUNCHEON

THURSDAY DECEMBER 15

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.

Monthly Birthday Parties are sponsored by:



Active Adult Program News Bulletin

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/Debbie Thursdays
- Aerobics on Tape Fridays

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

HEALTH & WELLNESS PRESENTATIONS

Dec 5- Ask a Lawyer w/Kelly Legal Solutions

Dec 8- Dementia Presentation

Dec 14 and 28 Blood Pressure Checks



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 Lutz at 623-333-2741



December Activity Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9:00 Dance Aerobics 10:00 Tamale Making 5:00 Delta Kappa Gamma Party (Soroptimous) \$2 transport each way	2 9:00 Exercise 9:30 Movie Day Home Alone
5 Commodities 9:00 Zumba 10:00 Willow Canyon Concert Choir 11:15 Ask a Lawyer Kelly Legal Solutions 11:00 Bible Club 12:30 Wii Club 12:30 Frys	6 No Exercise 9:00 Sun City Pom Poms Perform 10:00 Walking Club Ugly Sweater Contest	7 9:00 Farmers Market 10:00 \$2 Trip to Arizona Mills lunch on your own 9:00 Kickboxing 10:30 Karaoke 12:30 Wii Club	8 9:00 Dance Aerobics 10:00 Walking Club 10:00 Sewing Club 11:00 Dementia Presentation w/ Hospice Promise	9 9:00 Exercise 9:00 Make a Christmas Wreath \$1 Bring your own Christmas Decorations
12 9:00 Zumba 10:00 Site Council Meeting 11:00 Bible Club 11:00 Lunch at 'Ruby Tuesday- lunch on your own 12:30 Wii Club	13 9:00 Stretch & Strengthen Craft: Cookie Basket w/ Helen & Cookie Exchange Bring 1 dozen cookies 10:00 Walking Club \$10 Herberger Theatre-11:00 Themes & Variations... Tis the Season	14 8:00 Nails w/ Chris 9:00 Kickboxing 10:00 BP Checks w/COMP Hospice 10:00 St Peters Montessori School Presentation 12:30 Wii Club	15 9:00 Dance Aerobics Holiday Luncheon 	16 9:00 Exercise 9:00 Road trip to Kmart
19 9:00 Zumba 10:00 Line Dancing w/Kristina 11:00 Bible Club 12:30 Wii Club	20 9:00 Stretch & Strengthen 10:00 Knit & Crochet 10:00 Walking Club 5:00 Christmas Light Tour \$3	21 Mobile Pantry 9:00 Kickboxing 10:00 Wrapped Gift Exchange- bring \$5 gift 10:30 Karaoke 12:30 Wii Club	22 9:00 Dance Aerobics Half Day- take home after lunch No afternoon Bingo Surprise Performance	23 Center is Closed
26 9:00 Zumba 10:00 \$7 Rogue One Movie at Harkins and lunch at Peter Piper Pizza Site Council Sponsored Trip/lunch on your own 11:00 Bible Club 12:30 Wii Club	27 9:00 Stretch & Strengthen 10:00 Knit & Crochet 10:00 Walking Club 	28 8:00 Nails w/ Chris 9:00 Kickboxing 10:00 B.P. checks w/ Reflections Hospice 10:30 Karaoke 12:30 Wii Club	29 Mobile Pantry 9:00 Dance Aerobics Birthday Party/ New Year's Celebration- Senior Prom- dress in your best! 	30 Center is Closed 

Mark Your Calendar

Jan 20 - Snowflake Dance \$5
Jan TBA- Organ Stop Pizza

Feb 14 - Frank Sinatra & Valentine's Party
Feb TBA - Craft & Bake Sale

December Birthdays:

Eligia Guerrero	Dec 1	Florence Hawkins	Dec 17
Nellie Rubalcaba	Dec 3	Armando Sandate	Dec 19
Johann Johannsson	Dec 5	Jai Burnette	Dec 20
Ruben Samaripa	Dec 5	Rosa Gracia	Dec 23
Daniel Day	Dec 6	Hilda Cruz	Dec 25
Connie Greer	Dec 9	Ausbie McBride	Dec 25
Marian Garcia	Dec 11	Elva Reza	Dec 25
Mark Russell	Dec 11	Anastacia Hidalgo	Dec 26
Russell Abatte	Dec 12	Mary Torres	Dec 26
Guadalupe De Rodriguez	Dec 12	Donald Fink	Dec 28
Maria Castro	Dec 14	Maria Sandobal	Dec 29
Johnie Williams	Dec 14	Natalie Zoota	Dec 29
Marlene Ishmael	Dec 16	Sally Santos	Dec 30
		Mary Aillar	Dec 30



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:
Contact Me! **Erin Lutz**
Recreation Coordinator
elutz@avondale.org
623-333-2741

December 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. Pork Medallions Red Mashed Potatoes Bermuda Mix Wheat Roll Granola Bar Banana	2. Open Faced Turkey Sandwich w/ gravy Green Beans Carrots Oatmeal Cookie Pineapple Chunks
5. Bean & Cheese Burrito Enchilada Style Romaine Lettuce, Tomatoes, Onions Tex Mex Corn Peaches	6. Smothered Chicken w/ Onions & Mushrooms Mashed Potatoes Capri Veggies Wheat Roll Apricots	7. Tuna Salad Tomatoes/Cottage Cheese Three Bean Salad Wheat Crackers Granola Bar Tropical Fruit	8. Salisbury Steak w/ Noodles Green Beans Peas & Carrots Oatmeal Cookie Orange Wedges	9. 1/2 Ham & Cheese Sandwich Italian Wedding Soup V8 Juice Crackers Berry Fruit Cup
12. Beef & Broccoli Brown Rice/ Quinoa Blend Carrots CranApple Sauce	13. Lasagna Italian Veggies Romaine Salad w/ Tomatoes, Cucumber, Onions Wheat Breadstick Pineapple Tidbits	14. Garlic Chicken w/ Cauliflower Rice Oriental Blend Veggies Corn Bread Muffin Apple	15. Holiday Luncheon Ham w/Pineapple Glaze Yams Mixed Vegetables Wheat Roll Apple Pie	16. Swedish Meatballs w/ Noodles Scandinavian Veggies Corn Wheat Bread Orange Wedges
19. Pork Chop Mashed potatoes w/Gravy Spinach Wheat Roll Peach Crisp w/ Bran Flakes	20. Vegetable Beef Barley Stew V8 Juice Corn Bread Muffin Strawberry Gelatin w/Pears	21. Beef Ravioli Green Beans California Veggies Wheat Roll Fruit Cocktail	22. Oven Roasted Turkey Cauliflower Broccoli Corn Bread Stuffing Granola Bar Apricots	23. Closed for Holidays 
26. Spaghetti w/ Meatballs Sautéed Spinach Corn Wheat Breadstick Orange Wedges	27. Baked Ham w/ Orange Glaze Scalloped Potatoes Green Beans Wheat Roll Granola Bar Pineapple Rings	28. Grilled Chicken Sandwich Pea Salad w/ Tomatoes & Onions Glazed Carrots Strawberry Yogurt Parfait	29. Pepperoni Pizza Spinach Salad w/ Tomatoes, Red Onions, Cucumbers Yellow Squash Banana	30. Closed for Holidays 