

Avondale Senior Center & Active Adult Program

JANUARY



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

623-333-2741
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**
Home Delivered Meal Drivers

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*Soroptimus
Party*



Tamales!!!



Holiday Party



Montessori Performance



Active Adult Program News Bulletin

SITE COUNCIL

Site Council meeting will be held on Mon, January 9th at 10 a.m. A copy of the agenda & minutes are posted. The position of Vice President will be elected in this meeting. Please see Erin if you are interested in running

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.

SUGGESTED CONTRIBUTIONS

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

These are not mandatory contributions but will help to build our program. Please make your donations anonymously

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.

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

Snowflake Dance

Fri, Jan 20 5-8pm

Step into a Winter Wonderland & Enjoy Dancing, Music, Full Italian Dinner, Pictures, and Fun! Formal attire encouraged

Presale Tickets for sale for \$5 Call 623-333-2705 for more information

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

HEALTH & WELLNESS PRESENTATIONS

- Jan 17 Nutrition Presentation
- Jan 18 & Jan 25 BP Checks
- Jan 24 Ask a Lawyer

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.

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

Monthly Birthday Parties are sponsored by:



January Activity Calendar

Mon	Tue	Wed	Thu	Fri
<p>2 Commodities 9:00 Zumba 10:30 Bible Club 12:30 Wii Bowl</p>	<p>3 9:00 Stretch & Strengthen 10:00 Walking Club @ ASC 10:00 Knit & Crochet 10:30 'Aint Misbehaving Performance</p>	<p>4 9:00 Farmer's Market 8:00 Nails w/Waleeaa 9:00 Kickboxing 10:30 Karaoke 10:30 Bible Club 12:30 Wii Bowl</p>	<p>5 9:00 Dance Aerobics 10:00 Sewing Club 12:30 Computer Class w/Angel 11:00 Lunch at Angels Diner lunch on your own</p>	<p>6 8:30 Exercise 9:30 Craft: Snowflakes for our center</p>
<p>9 9:00 Zumba 10:00 Site Council Meeting– Election of Vice President 10:30 Bible Club 12:30 Wii Bowl</p>	<p>10 9:00 Stretch & Strengthen 10:00 Walking Club @ASC 10:00 Knit & Crochet</p>	<p>11 8:00 Nails w/Waleeaa 9:00 Kickboxing 9:30 \$1 Desert Industries Thrift Store & Old Country Buffet lunch on your own 10:30 Karaoke 10:30 Bible Club 12:30 Wii Bowl</p>	<p>12 9:00 Dance Aerobics 10:00 Sewing Club 10:00 Pictionary Staff vs. Seniors 12:30 Computer Class w/Angel</p>	<p>13 8:30 Exercise 9:00 \$1 99¢ store & King Egg Roll lunch on your own</p>
<p>16 Closed for Martin Luther King Day</p> 	<p>17 9:00 Stretch & Strengthen 10:00 Walking Club @ASC 10:00 Knit & Crochet 10:00 Walgreens Presentation 12:30 Walmart</p>	<p>18 Mobile Pantry 8:00 Nails w/Waleeaa 9:00 Kickboxing 10:00 BP Checks w/COMP Hospice 10:30 Karaoke 10:30 Bible Club 12:30 Wii Bowl</p>	<p>19 9:00 Dance Aerobics 10:00 Craft: Refrigerator Magnet 10:00 Sewing Club 12:30 Computer Class w/Angel</p>	<p>20 8:30 Exercise 9:30 Movie : The Wizard of Oz Snowflake Dance \$5 tickets, \$8 at the door 5-8pm Formal Dress Encouraged</p>
<p>23 9:00 Zumba 10:00 Baking Club: Fruit Tray w/ Home-made fruit dip 10:30 Bible Club 12:30 Wii Bowl</p>	<p>24 9:00 Stretch & Strengthen 10:00 Knit & Crochet 10:00 Walking Club @ASC 10:00 Ask a Lawyer Appointments w/Kelly Legal Solutions</p>	<p>25 8:00 Nails w/Waleeaa 9:00 Kickboxing 10:00 B.P. checks w/Reflections Hospice 9:45 Organ Stop Pizza \$12 includes transport, drink, pizza, salad (min of 15) 10:30 Karaoke 10:30 Bible Club 12:30 Wii Bowl</p>	<p>26 Mobile Pantry 9:30 \$1 Garage sale @ Willow brook Church & lunch @ Coco's Lunch on your own 9:00 Dance Aerobics 10:00 Sewing Club 12:30 Computer Class w/Angel</p>	<p>27 8:30 Exercise 9:30 Craft: Jewelry Making w/ Erin</p> 
<p>30 9:00 Zumba 10:00 Craft: Tree Canvas Art 10:30 Bible Club 12:30 Wii Bowl 12:30 Food City</p>	<p>31 8:30 Walking Club in the Park 9:00 Stretch & Strengthen Birthday Party</p> 			

Mark your Calendar: Upcoming Activities

Feb 9 Craft & Bake Sale

Feb 10– Chinese Cultural Festival

February is Black History Month– Please come to staff with ideas.

Feb 14- Valentine's Party w/ Sinatra

January Birthdays:

Jan 2	Mary Rivas	Jan 15	David Ferrer
Jan 3	Bertha Rodriguez	Jan 17	Brian Cahoon
Jan 6	Maria Gandarilla	Jan 17	Bernice Chavez
Jan 7	Lupe Romero	Jan 18	Abbey Johnson
Jan 8	Robert Salazar	Jan 19	Opal Loomis
Jan 10	Grace Delgado	Jan 20	Fabina Coffey
Jan 11	David Pence	Jan 22	Vern Felton
Jan 12	Dolores Cruz	Jan 24	Urbana Bautista
Jan 13	Joyce Earnest	Jan 24	Delores Robinson
Jan 13	Anna James	Jan 28	Maria Martinez



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



AREA AGENCY ON AGING
REGION ONE, INCORPORATED

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

January 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
2. Baked Fish Sandwich w/Wheat Bun, Cheese, Lettuce, Tomato Peas & Carrots Broccoli Cinnamon Applesauce	3. Meatloaf Brussel Sprouts Red Mashed Potatoes Wheat Roll Oatmeal Cookie Gelatin w/Fruit	4. Chili Verde w/ Shredded Pork Spanish Rice Corn Bread Apple	5. Baked Rosemary Chicken Sweet Potatoes Italian Mixed Veggies Brown Rice Wheat Roll Mandarin Oranges	6. Menudo Pico De Gallo Cabbage Radishes Corn tortillas Fresh Fruit
9. Chicken Alfredo Normandy Blend Romaine Salad w/ Tomatoes, Red Onions, Cucumber Wheat Bread Stick Raspberry Gelatin w/Pears	10. Baked Fish Tacos Pico De Gallo Cabbage Spanish Rice w/ Green Peppers Mandarin Oranges	11. Cheeseburger w/Wheat bun, lettuce tomatoes Potato Wedges California Blend Peaches	12. Pork Tenderloin Red Mashed Potatoes Bermuda Mix Wheat Roll Granola Bar Banana	13. Open Faced Turkey Sandwich w/gravy Green Beans Carrots Oatmeal Cookie Pineapple Chunks
16. Closed for Martin Luther King Jr. Day No HDM Meals	17. Smothered Chicken w/ Mushrooms & Onions Red Mashed Potatoes Capri Veggies Wheat Roll Apricots	18. Tuna Salad Tomatoes/Cottage Cheese Three Bean Salad Wheat Crackers Granola Bar Tropical Fruit	19. Salisbury Steak w/Noodles Green Beans Peas & Carrots Oatmeal Cookie Orange Wedges	20. 1/2 Ham & Cheese Sandwich w/Lettuce/Tomatoes Italian Wedding Soup V8 Juice Crackers Berry Fruit Cup
23. Beef & Broccoli Brown Rice/Quinoa Blend Carrots CranApple Sauce	24. Lasagna Italian Blend Veggies Romaine Salad w/ Tomatoes, Cucumber, Onions Wheat Breadstick Pineapple Tidbits	25. Garlic Chicken w/ Cauliflower Rice Oriental Veggies Corn Bread Muffin Apple	26. Baked Fish Red Potatoes Acorn Squash Wheat Roll Pears	27. Swedish Meatballs w/ Noodles Scandinavian Veggies Corn Wheat Bread Orange Wedges
30. Pork Chop Mashed potatoes w/Gravy Spinach Wheat Roll Peach Crisp w/Bran Flakes	31. Vegetable Beef Barley Stew V8 Juice Corn Bread Muffin Strawberry Gelatin w/Pears			