

Avondale Senior Center & Active Adult Program



October Newsletter



Active Adult Program

Neighborhood & Family
Services Department

[www.avondaleAZ.gov/
activeadults](http://www.avondaleAZ.gov/activeadults)

Avondale Community Center

1007 S. 3rd. Street

Avondale, AZ 85323

(623) 333-2705

Meet the Staff

Erin Lutz

623-333-2741

Senior Services Coordinator

Matthew Florez-Gonzales

623-333-2743

Home Delivered Meals/Kitchen

Doris Hedenberg

623-333-2744

Programming/Activities

Amelia Torres

623-333-2742

Transportation

Teresa Melendez

Yolanda Jaramillo

623-333-2740

Kitchen

Tom Curtin, Sheree

Napolitano, Isabel Soto,

Mark Soto, Lisa Curry

Home Delivered Meal Drivers



**Hello from Staff!
We Miss You!**
Please join us for lots of
October Activities,
including **NEW Loteria,**
Exercise in the Park and
BBQ To-Go



Care 1st Avondale Resource Center: 623-333-2703



Find us on Facebook

www.facebook.com/AvondaleSeniorCenter

Active Adult Program News Bulletin

Hello Participants!

We Miss you! But we are still here! Please feel free to call 623-333-2705 for any questions and follow us on Facebook at www.Facebook.com/AvondaleSeniorCenter for activities and updates!

Short on Income, Need Help with Rent or Utilities?

Additional Funding now available through the Care 1st Avondale Resource Center. Call 623-333-2703 for more information

Helpful Resources:

Senior Scam Alerts:

<https://www.azag.gov/seniors/scam-alert>

Library Websites:

<https://www.avondalelibrary.org/research/all-library-websites-702>

Computer classes and more:

<https://my.nicheacademy.com/avondalepl>

Free Masks:

www.azdhs.gov/coronavirus

October Birthdays

Oct 1	Maria Wheeler
Oct 2	Donald McKisson
Oct 4	Dean Buescher
Oct 6	Saunders Haas
Oct 9	Eddie Garcia
Oct 10	Susana Perez
Oct 10	Maria Ramirez
Oct 10	Frances Del Sol
Oct 11	Enest Howard
Oct 12	Maria Barraso DeVasquez
Oct 16	Norma Fumar
Oct 16	Sharon Campbell
Oct 16	Michael Grijalva
Oct 17	Hazel Barnes
Oct 18	Elvia Lehr
Oct 20	Rose Brown
Oct 24	Nancy Day-Collins
Oct 26	Frankie Platt
Oct 31	David Jara



Avondale Site Council Sponsors:

Birthday Party Sponsor:



Robert Koger
Medicare Agent & Advisor
(602) 463-2225 | robert.koger@cigna.com



Big Prize Bingo sponsored by Wesley Norris Insurance Inc, Orrene Smith Broker

Monthly Bingo Prizes partly sponsored by:



Daily exercise is partly sponsored by:

Free Coffee Fri & Bingo are sponsored by:



October Activity Calendar

Tuesday	Wednesday	Thursday	Friday
<p>Bingo 2pm Call 623-333-2710</p> <p>Only 2 cards at a time, only 1st Bingo wins, prizes will be held until we open or to pick up during lunch service.</p> <p>Sólo 2 tarjetas a la vez, sólo el primer Bingo gana, los premios se mantendrán hasta que abramos o para recoger durante el servicio de almuerzo</p> <p>Bingo & Loteria Cards available for pick up at the Avondale Senior Center during lunch 11:30-12:30 Monday-Friday</p>	<p>Bible w/Pastor McMullen 10am Call 623-333-2710</p>	<p>Zoom Meeting 2pm https://avondaleaz.zoom.us/j/6756014942</p> <p>Phone in: (346) 248-7799 Meeting ID: 675 601 4942 Link also on Facebook www.facebook.com/AvondaleSenior-center</p>	<p>Loteria 10am Llame/Call 623-333-2710</p> <p>Only 2 cards at a time, only 1st Loteria wins, prizes will be held until we open or to pick up during lunch service.</p> <p>Sólo 2 tarjetas a la vez, sólo el primer Loteria gana, los premios se mantendrán hasta que abramos o para recoger durante el servicio de almuerzo</p> <p>Craft Kits 11:30am Every other Friday Pick up a To Go Craft Kit During Lunch</p>



St Mary's Food Programs

The City of Avondale in cooperation with St. Mary's Food Bank provides supplemental food programs

Starts at 8am First come first serve.

October Dates:

Commodities	Monday, Oct 5
Mobile Pantry	Thursday, Oct 8
Mobile Pantry	Wednesday, Oct 21
Mobile Pantry	Thursday, Oct 29



BBQ To Go!
We're Grilling
Friday, Oct 23

Activity Raffles

Raffle prizes given for the 10th caller! Please call in to above programs be eligible. Prizes include gift cards and more! Dates are a surprise!

Exercise with Natalie

Join us for Exercise with Natalie. Videos will be posted every Wednesday to watch anytime! Go to Youtube.com and search Avondale Senior Center Or go on Facebook www.facebook.com/AvondaleSeniorCenter

HALLOWEEN

Lunch Programs

Lunch will continue to be offered Monday-Friday 11:30am-12:30pm for pick up only. Frozen meals available for the weekend each Friday Home Delivered Meals and meals provided for transportation clients will continue to be offered.

Suggested Contributions

Meal service is \$2

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

Please make your donations!



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, Senior Coordinator

elutz@avondalez.gov

623-333-2741

October Menu:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1. Tuna Sandwich 3 Bean Salad Cucumber Salad Pears	2. Albondigas Soup Corn on the Cob Wheat Bread Bananas w/Pudding
5. Commodities Roast Turkey w/ Gravy Mashed Potatoes Broccoli Wheat Roll CranApple Sauce	6. Eggplant Parmesan Sicilian Veggies Wheat Bread-stick Orange Wedges	7. Beef Goulash Peas & Carrots Cauliflower Wheat Bread Fresh Fruit	8. Mobile Pantry Chicken w/Poblano Cream Sauce Mexican Salad Black Beans Mexican Rice Corn Tortilla Pineapple Rings	9. Craft Kit Day BLT Sandwich Salad w/Cucumber, Tomato, Raisins Apple Pie
12. Fish Tacos Mexican Coleslaw Black Beans Tropical Fruit	13. Rosemary Pork Tenderloin Mashed Potatoes Green Beans Wheat Roll Banana	14. Orange Chicken Steamed Cabbage Oriental Veggies Brown Rice Fortune Cookie Mandarin Oranges	15. Hamburger Normandy Veggies Sweet Potato Tots Gelatin w/Pears	16. Veggie Lasagna Large Salad Oatmeal Cookie Grapes
19. Ham Sandwich Vegetable Soup Pea Salad CranApple Sauce	20. Lemon Pepper Fish Five Way Veggies Sautéed Spinach Rice Pilaf Oatmeal Cookie Pineapple Rings	21. Shredded Pork Tacos Cabbage/Pico Pinto Beans Wheat Tortillas Fresh Fruit	22. BBQ Chicken Potato Wedges Normandy Veggies Wheat Biscuit Apricots	23. Craft Kit Day We're Grilling To Go! BBQ Day! Beef Hot Dog Corn on the Cob Carrot Raisin Salad Wheat Chips Fruit
26. Chicken Fajitas w/Peppers & Onions Pinto Beans Spanish Rice Peaches Salsa	27. Beef & Broccoli Asian Veggies Brown Rice Fortune Cookie Mandarin Oranges	28. Tuna Casserole Winter Veggies Wheat Bread Banana	29. Mobile Pantry Spaghetti & Meatballs Romaine Salad Green Beans Garlic Bread Strawberry Yogurt	30. Menudo Cabbage, Radish, Onion, Lemons V8 Roll Halloween Treat!