



City of Buckley Community Newsletter

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Buckley City Council

Seat 1

Lyn Rose

Seat 2

Cristi Boyle Barrett

Seat 3

Marvin Sundstrom

Seat 4

Beau Burkett

Seat 5

John Leggett

Seat 6

Milt Tremblay

Seat 7

Sandy Burkett

MAYOR

Patricia Johnson



Coming to the Buckley Senior Center!

In recognizing that the average life expectancy for baby boomers is 90 years old, it's important to ask ourselves what we intend to do with this gift of longevity. The AMP touches on this by bringing in speakers from a variety of different topics to inform, encourage, and support individuals 55+ to improve their lives and stay engaged in their communities. This program is valued at \$99; however, through grant funding, we'll be offering this program at no cost to select area residents on a first come first serve basis. It's our hope that you'll consider participating in this pilot program and work with us to connect area residents with services in our community that support aging in place with dignity and respect.

Classes are every Monday at the Buckley Senior Center from 2:30-4:00 pm. Class topic will include the following (may be subject to change):

- 9/12/16 **Navigating Longer Lives: The Basics of Aging Mastery**
- 9/19/16 **Exercise and You**
- 9/26/16 **Sleep**
- 10/3/16 **Healthy Eating and Hydration**
- 10/10/16 **Financial Fitness**
- 10/17/16 **Medication Management**
- 10/24/16 **Advance Planning**
- 10/31/16 **Healthy Relationships**
- 11/7/16 **Falls Prevention**
- 11/14/16 **Community Engagement**

Registration information included on page 3

Youth Center Drop-In Hours

Now that school's back in session the Youth Center will be open from 2:30-6:30 pm. During early release days and school breaks we will adjust our hours of operation to 11:00 -4:00 pm with lunch served at noon on these days.

To All Property Owners:

Due to some issues we have experienced regarding property owners not knowing about their renters utility bills, The City has decided to send all property owners copies of their renters (current and past) utility bills and delinquency notices so that you can be informed on a monthly basis. This process will take several months to complete so some will be getting copies this month and the rest will be completed in the next several months. If you have any questions, please contact Devon Boyle at 360-761-7810 or dboyle@cityofbuckley.com.

Buckley Senior Activity Center

Oktoberfest

Friday, September 23rd at 11:00 am
Come join us for music, root beer floats, and sausage casserole with sauerkraut! Take part in an afternoon of fun with live accordion music by Gary Hausam. We encourage you to dress up for the occasion! \$3 suggested donation for anyone 60 and over, \$6 required of anyone under.

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City of Buckley - September 2016



SUN	MON	TUE	WED	THU	FRI	SAT
				1 12:00 White River Summer Café 12:45 Annual Mtg. 3:00 Guitar Lessons 5:30pm Yoga	2 9:00-12:00 Food Bank 12:00 White River Summer Café	3 10:00-12:00 Clothing Bank 10:00 Buckley's Country Market
4	5 Labor Day City Buildings Closed	6 First Day of School 3:00 Science Experiments	7 Recycling 9-4pm WIC 9:00-2:00 Food Bank 1:00-3:00 Clothing Bank 3:00 pm Snack Shack	8 3:00 Youth Advisory Bd. Mtg. 5:00 Guitar Class 5:30pm Yoga	9 9:00-12:00 Food Bank 3:00 pm Bingo and Game Day	10 10:00 Buckley's Country Market 12:30 Golden Beginnings
11	12 2:30 Aging Mastery 3:00 Minute to Win it!	13 3:00 Science Experiments 7:00pm City Council	14 Yard Waste 9-4pm WIC 9:00-2:00 Food Bank 12:45 Bingo 1:00-3:00 Clothing Bank 3:00 pm Snack Shack 5:00pm FREE Community Soup Supper 5:30pm Chamber of Commerce Mtg.	15 3:00 Youth Advisory Bd. Mtg. 5:00 Guitar Class 5:30pm Yoga	16 9:00-12:00 Food Bank 11:00 Birthday Party 3:00 pm Bingo and Game Day	17 10:00-12:00 Clothing Bank 10:00 Buckley's Country Market
18	19 2:30 Aging Mastery 3:00 Minute to Win it!	20 3:00 Science Experiments	21 Recycling 9-4pm WIC 9:00-2:00 Food Bank 1:00-3:00 Clothing Bank 3:00 pm Snack Shack	22 3:00 Youth Advisory Bd. Mtg. 5:00 Guitar Class 5:30pm Yoga	23 9:00-12:00 Food Bank 11:00 Oktoberfest 3:00 pm Bingo and Game Day	24 10:00 Buckley's Country Market
25	26 2:30 Aging Mastery 3:00 Minute to Win it!	27 3:00 Science Experiments 7:00pm City Council	28 Yard Waste 9-4pm WIC 9:00-2:00 Food Bank 12:45 Bingo 1:00-3:00 Clothing Bank 3:00 pm Snack Shack 6:00 Youth Center Open House	29 3:00 Youth Advisory Bd. Mtg. 5:00 Guitar Class 5:30pm Yoga	30 9:00-12:00 Food Bank 3:00 pm Bingo and Game Day	

Location of Events

- = Youth Center (251 River Ave S.)
- = Senior Center (811 Main St.)
- = Buckley Hall (127 River Ave N.)
- = Buckley Library (123 River Ave S.)
- = Clothing Bank (240 C Street) Entrance in back of

City's Main Line

City of Buckley (360) 829-1921

Extensions

Mayor	7803
City Administrator	7802
Finance Director	7804
City Clerk	7801
Deputy City Clerk	7805
Recreation Services Dir.	7814
City Planner	7812
Building Official	7811
Utility Billing/ Cemetery	7810
Parks/Cemetery Caretaker	7887

Other City Buildings

Youth Center	(360) 829-6534
Senior Center	(360) 829-0190
Fire Department	(360) 829-1441
City Shop	(360) 829-1631
Police Dept. N/E	(253) 922-6633

Other Important Numbers

Chamber of Commerce	(360) 829-0975
Food Bank	(253) 266-7309
Library	(360) 829-0300
Post Office	(360) 829-0781
WR School District	(360) 829-0600

Aging Mastery Program®

Join the adventure!



Our center will be running the **Aging Mastery Program®** soon!

The Aging Mastery Program® (AMP) encourages *mastery*—developing behaviors across many dimensions that will lead to improved health, stronger financial security, and overall well-being. The classes will explore navigating longer lives, physical activity, sleep, healthy eating and hydration, financial fitness, medication management, advanced planning, healthy relationships, falls prevention, and community engagement.

By participating in this program, you will:

- Make and maintain small but impactful changes in your health behaviors, financial well-being and enrichment in later life.
- Meet new friends, provide support and encouragement to your peers, and become more involved in your community.

Limited spots available: Sign up now!

The program will launch on Monday, September 12, from 2:30 to 4 p.m. at the Buckley Senior Center, and continue each Monday through November 14.



Please RSVP to Ellen or Chloe at the Buckley Senior Center (360) 829-0190 if you are interested.



Buckley Senior Center Menu September 2016



Mon	Tue	Wed	Thu	Fri
<p>Please register in advance if you plan on joining us for lunch. You can call the Center at 360-329-0190 to do so—feel free to leave a voicemail.</p> <p>For those guests 60 years or older, there is a suggested donation of \$3.00 per meal. If it's your birthday month, be sure to join us on the third Friday of the month at 11:00am for free musical entertainment a free meal.</p> <p>For those guests under 60, there is a required fee of \$6.00 for each meal.</p>			<p>1 Annual Meeting Australian Meat Pie Peas Bacon Cheese Rolls Dessert</p>	<p>2 Beef Stir Fry Rice Asian Vegetables Fortune Cookie Peaches</p>
<p>5 Labor Day City Buildings Closed</p>	<p>6 Mongolian Beef Rice Dessert</p>	<p>7 Stuffed Bell Pepper Salad Whole Wheat Roll Peach Crisp</p>	<p>8 Italian Pasta Fagioli Soup Anti Pasta Salad Bread Sticks Dessert</p>	<p>9 Baked Cod Scalloped Potatoes Carrot Raisin Salad Tropical Fruit</p>
<p>12 Turkey Pot Pie Mixed Vegetables Apricots Wheat Roll Pineapple-Orange Juice</p>	<p>13 French Chicken Cor- don Bleu Au gratin Potatoes Broccoli Dessert</p>	<p>14 Macaroni & Cheese Brussels Sprouts Wheat Roll Fruit Cocktail Cookie</p>	<p>15 German Brats Sauerkraut German Potato/ Apple Salad Dessert</p>	<p>16 Birthday Party Salisbury Steak Mashed Potatoes & Gravy Carrots Spinach salad</p>
<p>19 Taco Bake Casserole Seasoned Corn Pinto Beans Melon</p>	<p>20 Swedish Meatballs Mashed Potatoes Beets Dessert</p>	<p>21 Amandine Fish White Potatoes Broccoli Wheat Roll Chocolate Pudding</p>	<p>22 Brazilian Chicken Salad Cheese Rolls Dessert</p>	<p>23 Oktoberfest Sausage Casserole Sauerkraut Potato Salad Baked Apples</p>
<p>26 Chicken Fried Rice Eggrolls Stir Fried Vegetables Fortune Cookie</p>	<p>27 Caribbean Chicken Caribbean Rice Dessert</p>	<p>28 BBQ Pork Sandwich Green Beans Applesauce Oatmeal Raisin Cookie</p>	<p>29 American hamburgers French Fries Dessert</p>	<p>30 Roast Beef Mashed Potatoes Asparagus Roll Fruit Salad</p>

CITY OF BUCKLEY YOUTH ACTIVITY CENTER OPEN HOUSE

Wednesday, September 28th at 6:00 pm

251 South River Ave, Buckley, WA 98321

The City would like to solicit feedback from community members about programming at the Youth Center for the 2016-2017 school year and beyond, as well as share volunteers opportunities for tutoring, monitoring drop-in, leading activities, and chaperoning field trips.

6:00 - Free Spaghetti Dinner (PLEASE RSVP)

6:30 - Presentation About Current Programming

- Overview of Who We Serve
- Meet the Staff
- Introduction to the Buckley Youth Activities Board of Directors
- Youth Program Quality Initiative
- Introduction of Youth Advisory Board
- Need for Volunteers

7:00 - Breakout Groups High-lighting (10 Minutes at Each Group)

RSVP to (360) 829-6534

or rstahlecker@cityofbuckley.com



BUCKLEY YOUTH ACTIVITY CENTER
INDEPENDENCE THROUGH FUN AND EDUCATION



VOLUNTEERS NEEDED