



Bus Buddies

A program designed to assist and educate senior adults using the public transit system.

The Bus Buddies program is a collaboration of Valley Metro, City of Glendale Transit and City of Glendale Transportation.



Our program wants to involve and encourage senior adults to use the public fixed route bus system. After learning how to plan their trip and riding a bus, seniors will gain independence and confidence to travel on their time schedule to places of their desiring.



Reducing The Fear of Traveling



How far can I walk?

Where do I get off the bus?

How do I stop the bus?

Can I ride the bus if I have a mobility cart, cane, or walker?

How do I get there?

How do I get back home?

Which bus do I take if.....

If I need to take more than one bus what do I do?



Bus Buddies

Our program is set up in the following manner:

- **Meeting** with the center director for a presentation about Bus Buddies.

- The following centers have participated in the Bus Buddies Program

- **Casa Bill Soltero**

- **Vista Alegre**

- **Kachina**

- **Tanner Terrace**

- **Glencroft**

- **Waymark Gardens**

- **Manistee Manor**



•First is a **presentation** introducing the Transit Lifestyle including a survey of current transportation habits. A Valley Metro Bus is provided for residents to board and to try out the features.



Next a **workshop** is held to educate residents on trip planning, reading a bus book, and planning their field trip. Flyers and posters are created to help residents with their upcoming trip.



Entertainment, Horse-drawn carriages, Shopping,
Restaurants, Holiday Crafts, and . . . SANTA!

JOIN YOUR *BUS BUDDIES*
FOR A **GLITTERING** FIELD TRIP
TO

GLENDALE GLITTERS ON
FRIDAY, DECEMBER 9, 2005

MEET IN THE LOBBY AT 5:20 PM

Don't miss out on this great evening of fun things to do!

Valley Metro & City of Glendale Bus Buddies

The **VALLEY METRO** bus can take you many places around the Valley...learn how!



S Safe way to travel

M Money – save it!

A Avoid driving stress

R Reliable

T Take it anywhere

Details of Field trip:

- 9:00 am Meet in Lobby
- 9:08 am Board Gus Bus 3
- 9:29 am Arrive 59th and Brown
- 9:35 am Board Valley Metro Bus 59
- 9:51 am Arrive at 59th Ave and Glenn
- 10:00 am Catch Glendale Express Bus
- 10:30 am Arrive @ Cabela's –explore and eat lunch
- 12:45 pm Meet at entrance of store
- 1:00 pm Depart on Glendale Express Bus
- 1:25 pm Arrive at 58th and Glenn
- 1:30 pm Depart on Gus 1
- 1:45 pm Arrive 55th and Northern
- 2:05 pm Depart on Gus Bus 3
- 2:08 pm Arrive @ Waymark

Waymark Gardens
Field trip using
Valley Metro and Gus
Bus
Friday,
April 25th,
Cabela's
Meet in lobby
@ 9:00 a.m.
Please join us!

The **Field Trip** might use the local Valley Metro bus, Gus Bus1, 2, or 3 and/or the Glendale Express Bus.

Residents are encouraged to use the bus between workshops.

The workshop and field trip are repeated two more times.

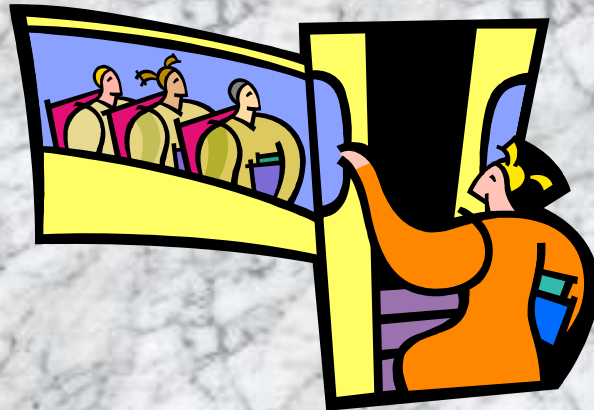
Last is a **celebration** to welcome all participating residents to the Transit Lifestyle and a thank you for being a **Bus Buddy!**



Bus tickets for each accompanied trip and other incentives are provided by City of Glendale Transportation Education, Transit and Valley Metro.

Facing the Field Trip

When going on the bus always remember the following:
Take a water bottle with you, especially on warm days.
Take an umbrella to protect your head from the sun and heat. Remember it even rains in Arizona!
Don't forget your bus route and map
Hop on the bus, sit back, relax,
and enjoy the ride!



Residents from participating centers have enjoyed the following field trips:

- Arrowhead Mall**
- Spectrum Mall**
- Desert Sky Mall**
- Glendale Glitters**
- Cerreta's Candy Factory (tour and chocolate pizza making class)**
- Spring Training Games**
- Cabela's**
- Downtown Glendale for browsing and shopping**
- City of Glendale Adult Center and Main Library (tour, lunch and entertainment)**
- Local restaurants that require riding a bus.**



.....and now the feedback!

After taking trips on the bus the following comments have been made,

“This was a wonderful trip, which I didn’t think I could do, but I did!!!”

“I think I can travel on the bus by myself now.”

“I took my first solo bus trip !!!”

“I can ride the bus using my mobility cart and not worry about the battery dying.”

“I’m taking my walker today to see if I can use it. Wow, not only does it work but I’ve got a seat when I need to sit down.”

“Now that was a great trip and now I know how to use the Glendale Express bus too.”