

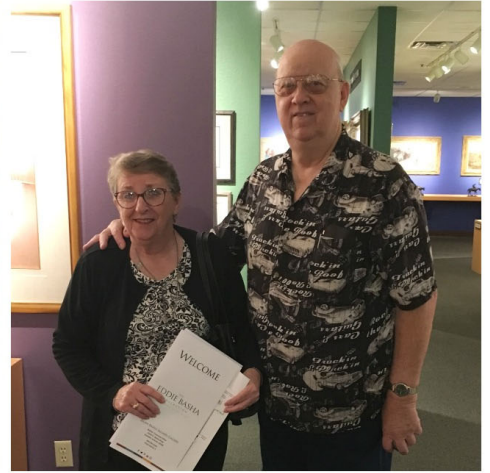


# THE GUIDE

*A Monthly Publication of East Valley Adult Resources, Inc.*

November 2018

Volume 12, Issue 11



# November 2018 Menu

Menu items are subject to change due to availability of food items. Items with \*\* contain pork or pork products.

Monday		Tuesday		Wednesday		Thursday		Friday	
<i>East Valley Adult Resources provides daily lunches to eligible participants Monday through Friday at 11:30am at both of our Active Adult Centers. The suggested contribution is \$3.50 per meal, though no older adult will be denied a meal because of their inability or unwillingness to pay. The Congregate Meal Program provides nutritionally-balanced meals, nutrition education, and nutrition screening to qualified individuals and their spouses, and encourages socialization and better health. Reservations are requested. East Valley Adult Resources, Inc is funded in part by Area Agency on Aging Region One.</i>						<b>1st</b> BBQ Chicken Thigh Broccoli Four-Way Vegetable Blend Whole Wheat Roll Sliced Pears <b>Chef's Special:</b> Shredded Beef Sandwich w/Cheese		<b>2nd</b> Baked Perch w/Lemon California Vegetable Blend Garlic Butter Rice Garden Salad Whole Wheat Roll Apple <b>Chef's Special:</b> Spinach Mushroom Quiche	
<b>5th</b> Sweet & Sour Meatballs** w/ Noodles Oriental Vegetable Blend Garden Salad Whole Wheat Roll Pineapple <b>Chef's Choice</b>		<b>6th</b> Baked Ham w/ Pineapple Glaze** Bermuda Vegetable Blend Roasted Tomato Whole Wheat Roll Mango <b>Chef's Special:</b> Soup & Salad Bar		<b>7th</b> Baked Chicken Chimichanga Refried Beans Spanish Rice Whole Wheat Tortilla Cherry Crisp <b>Chef's Choice</b>		<b>8th</b> Broccoli Cheese Alfredo w/ Noodles Normandy Vegetable Blend Garden Salad Whole Wheat Roll Peaches <b>Chef's Special:</b> Chicken Fingers w/ Ranch Dip		<b>9th</b> Meatloaf w/ Gravy Baked Potato Peas Whole Grain Roll Mandarin Oranges <b>Chef's Special:</b> Pizza Bar	
<b>12th</b> Garlic Honey Chicken Brown Rice Oriental Vegetable Blend Garden Salad Tapioca Pudding w/ Fruit <b>Chef's Choice</b>		<b>13th</b> Cod w/ Marinara Thyme Sauce Baked Red Potatoes Winter Vegetable Blend Whole Wheat Roll Banana <b>Chef's Special:</b> Soup & Salad Bar		<b>14th</b> Swiss Steak Peas & Carrots Yellow Squash Whole Wheat Roll Tropical Fruit Mix <b>Chef's Choice</b>		<b>15th</b> Pork Carnitas** Cabbage Salsa Black Beans Whole Wheat Tortillas Mango <b>Chef's Special:</b> Chicken Cheese Quesadilla		<b>16th</b> <b>Thanksgiving Observed</b> Roast Turkey w/Gravy Bread Stuffing Mashed Potatoes Green Bean Casserole Croissant Pumpkin Pie	
<b>19th</b> Fish Taco Cabbage Salad Green Beans Whole Wheat Tortilla Mandarin Oranges <b>Chef's Choice</b>		<b>20th</b> Beef Burgundy Tips w/ Noodles Scandinavian Vegetable Blend Peas Whole Wheat Roll Grapes <b>Chef's Special:</b> Soup & Salad Bar		<b>21st</b> BBQ Pork Sandwich** Sicilian Vegetable Blend Garden Salad Whole Grain Bun Fresh Apple <b>Chef's Choice</b>		<b>22nd</b> <b>23rd</b> <b>Closed in Observance of Thanksgiving</b> 			
<b>26th</b> Chicken Salad Plate Three-Bean Salad Broccoli Salad Whole Wheat Roll Fruited Gelatin <b>Chef's Choice</b>		<b>27th</b> <b>Birthday Celebration</b> Baked Parmesan Catfish Spinach Carrots Whole Wheat Roll Birthday Cake		<b>28th</b> Roast Turkey Mashed Potato Green Beans Whole Grain Roll Sliced Peaches <b>Chef's Choice</b>		<b>29th</b> BBQ Chicken Italian Vegetable Blend Garden Salad Whole Grain Bun Applesauce <b>Chef's Special:</b> Green Chili Cheeseburger		<b>30th</b> Cheese Tortellini w/ Pesto Cream Sliced Carrots Zucchini & Squash Whole Wheat Roll Fresh Orange <b>Chef's Special:</b> Potato Bar	

**A.T. STILL UNIVERSITY**  
**ARIZONA SCHOOL OF DENTISTRY & ORAL HEALTH**

**ATSU**

Free and reduced cost dental care is coming to East Valley Adult Resources through A.T. Still University, with students from the Arizona School of Dentistry & Oral Health providing care. They will be at the Mesa Active Adult Center on a weekly basis, with services to begin in January 2019. The schedule has yet to be determined but will be published at both Centers once finalized.

To learn more about the services to be offered, please make plans to attend one of the two following informational sessions at both of our Centers:

**Mesa**  
**Active Adult Center**  
Wednesday, December 5  
10:30am

**Red Mountain**  
**Active Adult Center**  
Tuesday, December 18  
10:00am

***East Valley Healthy Living***



**2018 East Valley Healthy Living Expo**

Wednesday, November 14, 2018  
8:00am - 12:00pm  
Mesa Convention Center  
263 N Center St

This **FREE** event, produced by East Valley Adult Resources and Lovin' Life After 50, includes a showcase of healthy living exhibitors, live entertainment, and opportunities to win raffle prizes.

***We hope to see you there!***

# Daily Delights

MONDAYS	
8:00am	Walk Your Shoes Off (M-F)
8:05am	Aerobics (M-Th)
9:30am	Mild Exercise (M/W/ F)
9:30am	Understanding Medical Marijuana (1st Mon.)
10:00am	Poetry & Prose (2nd Mon.)
10:00am	Wii Bowling
10:00am	Tai Chi (M/Th)
10:30am	Writers Guild
12:30pm	Loser's Bingo
2:00pm	Barebones Theater Troupe
TUESDAYS	
8:00am	Walk Your Shoes Off (M-F)
8:05am	Aerobics (M-Th)
8:30am	Geri-Fit Strength Training
9:00am	Butler Law Free Legal Services (3rd Tue.)
9:00am	Shawls of Love
9:30am	Gramma Jones Line Dance
10:00am	Art/Clay Play (T/F)
10:00am	Alzheimer's Discussion Group (2nd & 4th)
1:00pm	Art at Your Own Pace
1:00pm	Dance
1:00pm	Gentle Yoga
2:00pm	Chair Yoga
WEDNESDAYS	
8:00am	Walk Your Shoes Off (M-F)
8:05am	Aerobics (M-Th)
9:30am	Mild Exercise (M/W/ F)
9:00am	Open Art Studio with Mesa Arts League
10:00am	Support Group for Caregivers
10:00am	Stockings for Kids (2nd Wed.)
10:00am	Blackjack w/ David (1st & 3rd Wed.)
1:00pm	Grief and Loss Group
1:30pm	Bungalow Group
1:15pm	Social Bingo

THURSDAYS	
8:00am	Walk Your Shoes Off (M-F)
8:05am	Aerobics (M-Th)
9:30am	Enriching Veterans' Lives Through Art (2nd Thu.)
10:00am	Tai Chi (M/Th)
8:30am	Geri-Fit Strength Training
12:30pm	Movie Day (see page 6 for schedule)
2:00pm	Barebones Theater Troupe
FRIDAYS	
8:00am	Walk Your Shoes Off (M-F)
9:00am	Friday Morning Writers
9:30am	Hal's Healing Hands
9:30am	Mild Exercise (M/W/F)
10:00am	Art/Clay Play (T/F)
10:00am	Sing for Joy!
10:30am	Blood Pressure Checks (2nd & 4th Friday)
12:00pm	AARP Safe Driving (every other Fri.)
1:15pm	Big Game Bingo

## FREE Resource Offering: SNAP Application Assistance

Are you on a fixed income, or do you struggle to pay for groceries each month? If so, you may qualify for financial support through the Supplemental Nutrition Assistance Program (SNAP). EVAR Outreach Specialists are available to help determine if you qualify for assistance and help you through the application process.

For more information or to set up an appointment, call 480-962-5612 or 480-218-2221.

## Mesa Active Adult Center

247 N. Macdonald St. • Mesa, AZ 85201 • 480-962-5612



### History of Falcon Field

**Mesa Active Adult Center**  
**Wednesday, November 28**  
**12:00pm - 1:00pm**

Falcon Field is a general aviation airport owned and operated by the City of Mesa since 1948 and is located in northeast Mesa. Learn about the history of Falcon Field Airport and the role it plays in the Mesa community. *Presented by: Dee Anne Thomas, Falcon Field Airport*

**Must register in advance by November 16**

## Living Happy and Healthy at MAAC - Mark Your Calendar!

### Public Transportation Meeting

**Thursday, November 1**

**2:00pm - 4:00pm**

Changes are happening with Paratransit and RideChoice. Attend the meeting and learn how to get where you need to go when the changes come. *Presented by: Ed Jones, City of Mesa Transportation*

### Smartphone and Tablet Workshop

**Wednesday, November 21**

**10:00am - 11:00am**

Have questions about your "smart" device? Get the answers you need at this workshop. *Presented by Star Kempton, EVAR Activity Coordinator*

### Understanding Medical Cannabis

**Wednesday, November 14**

**10:30am - 11:15am**

If you have questions about medical marijuana, please join us. *Presented by Dr. Dana Lillestol, TruBliss Organics*

### Health and Nutrition for Older Adults

**Wednesday, November 28**

**10:30am - 11:15am**

Attend this informative presentation and learn about ways you can make sure you are getting the nutrition you need. *Presented by Nan Rodriguez, Mesa Fire and Medical*



Join us for our annual Thanksgiving lunch at MAAC. Highlights include roast turkey, mashed potatoes, pumpkin pie and more!

*Friday, November 16th*  
*11:30am*

Please make your reservations by November 8th  
480-962-5612

## Mesa Active Adult Center

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Zuill Bailey, widely considered one of the premiere cellists in the world, is a distinguished soloist, recitalist, Artistic Director, and teacher. His rare combination of celebrated artistry, technical wizardry, and engaging personality has secured his place as one of the most sought-after and active cellists today. Join us for this free performance!

**Thursday, November 15**  
**10:00am - 11:00am**

*Presented by Mesa Arts Center*



**MESA ARTS CENTER**

### **SERVICES FOR INDIVIDUALS**

#### **Individual Resource Needs Assessment**

Wednesdays by appointment  
*Call 480-962-5612 for more information or  
to schedule an appointment with an EVAR  
Outreach Specialist*

#### **Veterans Benefits Assistance**

Daily by appointment  
*For more information or to make an  
appointment, contact  
Mike Crowe at 480-890-2424*

#### **Benefits, Medicare, and Insurance**

First and Third Fridays, 9:00am - 12:00pm  
*Facilitated by Area Agency on Aging*

### **SUPPORT GROUPS**

#### **Alzheimer's Caregivers Support Group**

2nd & 4th Tuesdays  
10:00am

#### **Caregiver Group**

Wednesdays, 10:00am  
*Facilitated by EMPACT*

#### **Grief and Loss Support Group**

Wednesdays, 1:00pm  
*Facilitated by EMPACT*



### **Monthly Community Food Share Fresh Food Truck**

**Thursday November 8, 2018**  
**8:00am - 10:00am**

If you would like more information, please  
contact Brian Johnson at 480-634-4189



## Mesa Active Adult Center

247 N. Macdonald St. • Mesa, AZ 85201 • 480-962-5612

# EVENTS

\* Entertainment line-ups are subject to change without notice \*

## Let's Dance!

### Tuesday Dance Lineup: 1:00pm

November 6	Carla Elliott
November 13	Manuel Dorantes
November 20	TBA
November 27	Manuel Dorantes

## Movie Time!

### Thursday Movie Lineup: 12:30pm

November 1	Skyscraper
November 8	Ant-Man and The Wasp
November 15	The Catcher Was a Spy
November 29	Mamma Mia! Here We Go Again

\* ALL MOVIES WILL BE CLOSED CAPTIONED \*

### November Excursion:

#### Commemorative Air Force Airbase Arizona

The Commemorative Air Force Airbase Arizona has 55,000 square-feet of historic war-time aircraft, exhibits, videos, WWII artifacts, and memorabilia.

**Monday, November 26**  
**12:30pm - 3:30pm**  
**\$10 Fee**

Register by November 19. Fee must be paid at the time of registration.

## Entertainment!

### Entertainment: 11:00am

Friday, November 2	Jai Mitchell
Friday November 9	Michael Elijah
Thursday, November 15	Zuill Bailey, Cellist (10:00am)
Friday, November 16	Chris Starr
Wednesday, November 21	Students, Yamaha School of Music
Friday, November 30	Jai Mitchell

## Bingo!

### Weekly Bingo Lineup

Mondays, 12:30pm	Losers Bingo
Wednesdays, 1:15pm	Social Bingo
Fridays, 1:15pm	Big Game Bingo

### Walgreen's Flu Shot Clinic



Wednesday, November 7  
 9:00am - 11:00am

Don't forget to bring your insurance card!

# Daily Delights

Monday	
8:00am - 9:15am	Abundant Life Exercise*
8:00am - 11:00am	Arts & Crafts (M/T/TH)*
8:00am - 4:00pm	Game Room
10:00am - 11:00am	Po-Ke-No (2nd/4th)
12:30pm - 3:30pm	Cribbage*
12:30pm - 3:45pm	Mahjong*
12:30pm - 3:00pm	Advanced Pinochle*
12:30pm - 3:00pm	Social Pinochle*
12:30pm - 2:00pm	Medical Marijuana Support (1st)
1:00pm - 2:00pm	Food Plus Pick Up (3rd)
1:30pm - 3:30pm	Parkinson's Support Group (1st)
2:00pm - 3:30pm	Parkinson's Caregiver Support (1st)
Tuesday	
8:00am - 11:00am	Arts & Crafts (M/T/TH)*
8:00am - 4:00pm	Game Room
9:30am - 11:30am	Blood Pressure Checks
10:00am - 11:00am	Living Happy & Healthy
11:00am - 3:30pm	Deaf Support Group*
12:30pm - 3:00pm	Canasta (Hand & Foot)*
1:15pm - 3:30pm	Big Game Bingo
Wednesday	
8:00am - 9:15am	Abundant Life Exercise*
8:00am - 4:00pm	Game Room
9:00am - 11:00am	Benefits Assistance
9:45am - 11:15am	Beginning Spanish*
10:00am - 11:00am	Legal Asst.: Wills & Trusts (3rd)
10:30am - 11:15am	Just for Fun Bingo
12:30pm - 3:00pm	Canasta*
12:30pm - 3:00pm	Euchre*
12:30pm - 3:00pm	Bridge*
1:00pm - 3:00pm	Afternoon Dance with the the Sunland Combo
5:00pm - 8:00pm	Mesa Art League (2nd)

Thursday	
8:00am - 11:00am	Arts & Crafts (M/T/Th)*
8:00am - 4:00pm	Game Room
9:30am - 11:00am	Intermediate Spanish
10:00am - 11:00am	Blackjack with David (1st&3rd)
10:00am - 11:00am	Veterans Discussion Group (2nd&4th)
12:00pm - 3:00pm	Beginning Computers
12:30pm - 3:30pm	Enriching Lives of Veterans thru Art (4th)
12:30pm - 3:00pm	Advanced Pinochle*
12:30pm - 3:00pm	Social Pinochle*
12:30pm - 3:00pm	Mexican Train Dominoes*
1:15pm - 3:30pm	Social Bingo
6:00pm - 8:00pm	Survivors of Suicide (2nd&4th)
Friday	
8:00am - 9:15am	Abundant Life Exercise*
8:00am - 4:00pm	Game Room
8:15am - 12:00pm	Portrait Workshop*
9:30am - 10:30am	Book Club (4th)
9:30am - 11:00am	Grief Support
12:30pm - 3:00pm	Bridge*
12:30pm - 3:00pm	"500"*
1:00pm - 3:00pm	Movin' On
1:30pm - 2:30pm	Line Dancing
2:00pm - 3:00pm	Alzheimer's Support Group (1st&3rd)

\* - Indicates a member-only event



## Soup To Go - Only \$1!

Every Tuesday & Thursday  
12:30pm - 2:30pm  
until sold out

Inquire at the RMAAC front desk  
for more information.

## On-Site Support Offerings

Group	Date	Time	Facilitator
Alzheimer's	1st & 3rd Friday	2:00pm - 3:00pm	Martha Burrel and Kathy Piazza, Alzheimer's Association
Deaf	Tuesdays	11:00am - 3:30pm	Terry & Nyla Hostin, Community Volunteers
Grief Loss	Fridays	9:30am - 11:00am	Sandra McNally and Ann Chadwick, EMPACT
Movin' On	Fridays	1:00pm - 3:30pm	Sandra McNally and Leo Achin, EMPACT
Parkinson's	1st Monday	1:30pm	Kristina Watts, Dignity Health
Survivors of Suicide	2nd & 4th Thursdays	6:00pm - 8:00pm	Sandra McNally, EMPACT
Understanding Medical Marijuana	1st Monday	12:30pm - 2:30pm	Kathy Inman, MomForce AZ
Veterans Discussion	2nd & 4th Thursdays	10:00am - 11:00am	Mike Crowe, DAV
Enriching the Lives of Veterans Through Art	4th Thursday	12:30pm - 3:30pm	Loralee Stickel, Mesa Arts League
Benefits, Medicare, and Insurance	Wednesdays	9:00am - 11:00am	Area Agency on Aging
Blood Pressure Checks	Tuesdays	9:30am - 11:30am	Centrix Health Resources
Wills & Trusts	3rd Wednesdays	10:00am - 11:30am	Community Volunteer Attorney
Peer Counseling	Mondays & Wednesdays	By appointment. Call 480-218-2221	Sandra McNally, EMPACT



Effective immediately, legal advice on the 1st, 2nd, and 4th Wednesday of each month is no longer available. We would like to express our thanks to our volunteer attorney who has provided his services for over 12 years. We wish him a happy retirement! Please note that legal assistance pertaining to wills and trusts will still be available on the 3rd Wednesday of each month at 10:00am.

## Red Mountain Active Adult Center

7550 E. Adobe St. • Mesa, AZ 85207 • 480-218-2221

### Living Happy and Healthy at RMAAC - Mark Your Calendar!

#### CPR Overview

**Tuesday, November 6**

**10:00am - 11:00am**

Mesa Fire and Medical will facilitate an overview class of CPR procedures. Please join us for this informative session. *Presented by Jean DeStories, Mesa Fire and Medical*

#### Smartphone & Tablet Workshop

**Tuesday, November 13**

**9:00am - 11:00am**

Have questions about your "smart" device? Get the answers you need at this workshop! Please note that this workshop will be run in two sessions, with **Android** topics covered from 9:00am - 10:00am and **iPhone/iPad** topics covered from 10:00am - 11:00am. *Presented by: Star Kempton, EVAR Activity Coordinator*



#### Downsizing for Seniors

Red Mountain Active Adult Center  
Thursday, November 15  
12:00pm - 1:00pm

The Golden Years are often accompanied by the realization that we have accumulated way too much stuff. Often our solution is to pass it on to our now adult children and then we find that they not only do not want our stuff, but they do not have room for it either. Learn the basic principles of organizing and techniques for simplifying life and "letting go" of emotionally charged possessions. *Presented by: Andrea Brundage, Simple Organized Solutions*

***You must register in advance by November 12***



Wednesday, November 7  
9:00am - 11:00am

**Space is limited!**  
**Sign up at Front Desk to**  
**reserve your space.**

Courtesy of the  
ASU Speech and Hearing  
Clinic

#### **November Excursion:** **Commemorative Air Force Airbase Arizona**

The Commemorative Air Force Airbase Arizona has 55,000 square-feet of historic war-time aircraft, exhibits, videos, WWII artifacts, and memorabilia.

**Monday, November 19**  
**12:30pm - 3:30pm**  
**\$10 Fee**

*Register by November 12.*  
*Fee must be paid at the time of registration.*

## Red Mountain Active Adult Center

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### November Entertainment

Date	Event	Time
Friday, November 2	Jan Hundertmark	10:30am
Friday, November 9	Honoring Veterans Performance	12:30pm
Tuesday, November 27	Valentino	10:30am

\* Entertainment line-ups are subject to change without notice \*



#### Big Game Bingo

Tuesdays, 1:15 pm

#### Just for Fun Bingo

Wednesdays, 10:45 am

#### Social Bingo

Thursdays, 1:15 pm



Join us for our annual Thanksgiving lunch at MAAC. Highlights include roast turkey, mashed potatoes, pumpkin pie and more!

Friday, November 16th  
11:30am

Please make your reservations  
by November 12th

### The Gift Shop

at Red Mountain  
Active Adult Center

Shop for handmade items including greeting cards (only 40¢ each!), handmade greeting cards (\$1 each), handmade items, afghans, lap robes, baby layettes, crafts, jewelry, and more! Open Monday through Friday from 9:30am until 2:30pm.



Q: What's the key to a good Thanksgiving meal?

A: The turkey!



# EAST VALLEY

## ADULT RESOURCES

**East Valley Adult Resources, Inc.**

45 W. University Drive, Suite A  
Mesa, AZ 85201

(480) 964-9014



Visit us online at [www.evadultresources.org](http://www.evadultresources.org)



Find us on Facebook at [www.facebook.com/EastValleyAdultResources](http://www.facebook.com/EastValleyAdultResources)

**East Valley Adult Resources is grateful to its many community partners who are in support of our mission of supporting East Valley seniors through the journey of aging. Funding Partners Include:**

Area Agency on Aging - Region One • Arizona Community Action Association  
Arizona Republic - Season For Sharing • Boeing Employee Community Fund • City of Mesa  
City of Tempe • Dignity Health • East Valley Adult Resources Foundation • Fund for Shared Insight  
Mesa HoHoKam Foundation • Mesa United Way • Rotary Clubs of District 5510 • Sundt  
Thunderbird Charities • Town of Gilbert • Valley of the Sun United Way