



THE GUIDE

A Monthly Publication of East Valley Adult Resources, Inc.

December 2018

Volume 12, Issue 12



December 2018 Menu

For Next Day Reservations Call 480-962-5612 Before 2pm

Monday	Tuesday	Wednesday	Thursday	Friday
3 Crab Cake Rice Pilaf Peas & Carrots Whole Grain Roll Pineapple Ambrosia Chef's Choice	4 Sloppy Joe Baked Beans Broccoli Sliced Pears Chef's Special Soup & Salad Bar	5 Breaded Pollock Garden Salad Capri Vegetables Whole Wheat Roll Fruit Cocktail Chef's Choice	6 Chili Dog Roasted Red Potatoes Carrots Banana Cake Chef's Special Hamburger Deluxe	7 Creole Chicken Breast White Rice Okra Vegetable Blend Broccoli Whole Wheat Roll Pineapple Tidbits Chef's Special Meatloaf w/ Mashed Potatoes
10 Pork Chopette ** Normandy Vegetables Spinach Whole Wheat Roll Apricots Chef's Choice	11 Hungarian Goulash Peas Zucchini Squash Whole Wheat Roll Mandarin Oranges Chef's Special Soup & Salad Bar	12 Tuna Casserole Carrots Oriental Vegetables Whole Wheat Roll Fruit Cup Chef's Choice	13 Breaded Swiss Steak Baked Potato Garden Salad Fresh Plum Chef's special Chicken Olympia	14 Chicken Alfredo w/ Noodles Spinach Italian Vegetables Orange Chef's Special Pizza Bar
17 Asian Glazed Chicken White Rice Asian Vegetable Blend Chef's Mixed Vegetables Whole Wheat Roll Mandarin Oranges Chef's Choice	18 Birthday Celebration Ground Beef Chili Corn Broccoli Whole Wheat Crackers Birthday Cake	19 Christmas Luncheon Baked Ham w/ Cherry Glaze** Candied Yams Green Beans w/ Mushrooms Croissant Apple Pie w/ Whipped Topping	20 Turkey Burger Deluxe Coleslaw Corn & Green Peppers Fruit Ambrosia Salad Chef's Special BBQ Ribette Sandwich	21 Breaded Catfish Roasted Tomato California Blend Cherry Crisp Chef's Special Potato Bar
24 Pork Stir Fry w/ Vegetables** Brown Rice Broccoli Diced Peaches Chef's Choice	25 CLOSED Christmas Day	26 Egg Salad on a Bed of Lettuce Corn Salad w/ Peppers Three-Bean Salad Whole Wheat Roll Mango Chef's Choice	27 Penne Pasta w/ Meat Sauce Brussels Sprouts Mixed Vegetables Mandarin Oranges Chef's Special: Chicken Carbonara**	28 New Year's Luncheon Scrambled Eggs w/ Cheese Biscuits & Sausage Gravy** Roasted Red Potatoes Blueberry Crisp
31 BBQ Chicken Broccoli Mixed Vegetables Whole Wheat Roll Sliced Pears Chef's choice	Menu items are subject to change due to availability of food items. Items with ** contain pork or pork products. For next-day reservations, call 480-962-5612 before 2pm. East Valley Adult Resources, Inc is funded in part by Area Agency on Aging, Region One.			

Famous December Birthdays

The following people were born in December. Can you find their **last names**? Search horizontally, vertically, diagonally, forward, and backward.



Bob **BARKER**

Jeff **BRIDGES**

Hernando **CORTES**

Bobby **FLAY**

Bobby **FLAY**

Jane **FONDA**

Lebron **JAMES**

Bette **MIDLER**

Richard **PRYOR**

Diane **SAWYER**

Frank **SINATRA**

Steven **SPIELBERG**

Daily Delights

MONDAYS

8:00am	Walk Your Shoes Off (M-F)
8:05am	Aerobics (M-Th)
9:30am	Mild Exercise (M/W/ F)
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)
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
9:30am	Hal's Healing Hands
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

Living Happy and Healthy at MAAC - Mark Your Calendar!

A.T. Still University Dental

Wednesday, December 5

10:30am - 11:15am

Come learn how you can benefit from free and reduced cost dental care coming to East Valley Adult Resources. *Presented by: A.T. Still University Arizona School of Dentistry & Oral Health*

Dementia Friendly and Laughter Wellness

Wednesday, December 19

10:30am - 11:15am

Did you know that laughter can help you stay healthy? It's amazing! Come learn the great health benefits of laughing, especially for individuals with dementia. *Presented by Karen Richards, Blue Cross Blue Shield*

Smartphone and Tablet Help

Wednesday, December 26

10:00am - 11:00am

Got a new smartphone or tablet and not sure how to use it? Have a question or two? Get the help you need from a tech-savvy person. *Presented by Star Kempton, EVAR Activity Coordinator*

Upcoming Programs in January

A Matter of Balance: Managing Concerns about Falls

Friday, January 18

9:00am - 11:00am

This program is an evidence-based 8-week course that emphasizes practical strategies to reduce fear of falling and to increase activity levels. It will take place every Friday morning, ending on March 8. You must register for the course, which can be done at Sign-Up Central or by calling 480-629-8411. *Presented by: A.T. Still University*

Chronic Disease Self-Management Program

Tuesday, January 8

1:00pm - 3:30pm

If you have a chronic health condition such as diabetes, heart disease, arthritis or other ongoing health conditions *THIS WORKSHOP IS FOR YOU!* This is not a lecture course but an interactive workshop with discussions encouraged. Topics include but are not limited to: getting a good night's sleep; dealing with difficult emotions; pain and fatigue management; and many other topics. Workshop sessions are 2½ hours for 6 weeks with a 20 minute break. Come and enjoy the company and support of others living with chronic conditions. This class is free, all materials are provided, and no insurance card is needed. This class is limited to 20 people so if this is of interest to you, please sign up as soon as possible at Sign-Up Central or call 480-629-8411. *Presented by: Von Harral, Community Health Education Assistant, EVAR*



Mystery Presentation!

We are finalizing the details for December's Lunch & Learn, but we hope you'll make plans to join us!

Please register in advance at Sign-Up Central by December 10!

Mesa Active Adult Center
Wednesday, December 12
12:00pm - 1:00pm

Mesa Active Adult Center

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

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

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 December 13, 2018
8:00am - 10:00am**

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



East Valley Pops Orchestra



**Monday, December 10
1:00pm**

EVENTS

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

Let's Dance!

Tuesday Dance Lineup: 1:00pm

December 4	Michael Elijah
December 11	Manuel Dorantes
December 18	Manuel Dorantes
December 25	<i>Closed - Holiday Observed</i>

Movie Time!

Thursday Movie Lineup: 12:30pm

December 6	<i>The Meg</i>
December 13	<i>Crazy Rich Asians</i>
December 20	<i>Polar Express</i>
December 27	<i>Searching</i>

*** ALL MOVIES WILL BE CLOSED CAPTIONED ***

Entertainment!

Entertainment: 11:00am

Friday, December 7	Teddy Starr
Monday, December 10	East Valley Pops (1:00pm)
Friday, December 14	Jai Mitchell
Friday, December 21	Students, Yamaha School of Music
Friday, December 28	Michael Elijah

Bingo!

Weekly Bingo Lineup

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



Holiday Bake Sale

Friday, December 14
8:00am - 1:00pm

Proceeds from this sale will go toward the purchase of two new wingback chairs for the lobby.



Friday, December 21
10:30am - 11:15am

Eat cookies, drink hot chocolate, wear your holiday sweater! Prizes will be given to the wearers of the best holiday sweaters!

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
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
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
Wills & Trusts	3rd Wednesdays	10:00am - 11:30am	Community Volunteer Attorney
Peer Counseling	Mondays & Wednesdays	By appointment. Call 480-218-2221	Sandra McNally, EMPACT

The Gift Shop



The Gift Shop 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! Shop now for a great selection of gifts for the holidays.

Open Monday through Friday
from 9:30am until 2:30pm,

Living Happy and Healthy at RMAAC - Mark Your Calendar!

Smartphone and Tablet Workshop

Tuesday, December 4

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*

Health and Nutrition for Older Adults

Tuesday, December 11

10:00am - 11:00am

Learn tips and guidelines on how to stay healthy as you get older to help lower your risk of diabetes, heart disease, and falls. *Presented by: Nan Rodriguez, City of Mesa*

A.T. Still University Dental

Tuesday, December 18

10:00am - 11:00am

Come learn how you can benefit from free and reduced cost dental care coming to East Valley Adult Resources. *Presented by: A.T. Still University Arizona School of Dentistry & Oral Health*

Upcoming Programs in January

A Matter of Balance: Managing Concerns about Falls

Friday, January 18

9:00am - 11:00am

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Chronic Disease Self-Management Program

Thursday, January 31

8:30am - 11:00am

If you have a chronic health condition such as diabetes, heart disease, arthritis or other ongoing health conditions **THIS WORKSHOP IS FOR YOU!** This is not a lecture course but an interactive workshop with discussions encouraged. Topics include but are not limited to: getting a good night's sleep; dealing with difficult emotions; pain and fatigue management; and many other topics. Workshop sessions are 2½ hours for 6 weeks with a 20 minute break. Come and enjoy the company and support of others living with chronic conditions. This class is free, all materials are provided, and no insurance card is needed. This class is limited to 20 people so if this is of interest to you, please sign up as soon as possible at the Front Desk, or call 480-478-8797. *Presented by: Von Harral, Community Health Education Assistant, EVAR*



Red Mountain Active Adult Center

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

Entertainment!

Date	Event	Time
Friday, December 7	Jai Mitchell	10:30am
Friday, December 14	Carlotta Wheeler (NEW!)	10:30am
Friday, December 21	Jan's Band	10:30am
Friday, December 28	M.J. Moore	10:15am
* Entertainment line-ups are subject to change without notice *		



Bingo
Tuesdays, 1:15 pm

Just for Fun Bingo
Wednesdays, 10:45 am

Social Bingo
Thursdays, 1:15 pm



Mystery Presentation!

Red Mountain Active Adult Center
Thursday, December 20
12:00pm - 1:00pm

We are finalizing the details for December's Lunch & Learn, but we hope you'll make plans to join us!

***Please register in advance
at the Front Desk by December 17!***



Wednesday, December 19
10:30am - 11:15am

Come dressed in your festive holiday sweater, grab a cookie, and stop by the hot chocolate bar! Prizes will be awarded for the best holiday sweaters!



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



Find us on Facebook at 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