



# THE GUIDE

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

December 2017

Volume 11, Issue 12

# Happy Holidays

*May the magic and the wonder of the holiday season  
stay with you throughout the coming year!*



# December 2017 Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>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.</p>				<p><b>1st</b></p> <p>Bratwurst w/ Sauerkraut** French Fries Roasted Corn Whole Wheat Bun Pineapple <b>Chef's Special:</b> Cheeseburger</p>
<p><b>4th</b></p> <p>Glazed Honey Ham** Yams Green Beans Whole Grain Roll Fruit Cocktail <b>Chef's Special:</b> Turkey Roulade</p>	<p><b>5th</b></p> <p>Pepper Steak Oriental Vegetable Blend Sliced Carrots Whole Grain Roll Apricots <b>Chef's Special:</b> Soup &amp; Salad Bar</p>	<p><b>6th</b></p> <p>Breaded Catfish Spinach California Vegetable Blend Whole Grain Roll Cherry Crisp <b>Chef's Choice</b></p>	<p><b>7th</b></p> <p>Cheese Tortellini w/ Marinara Sauce Peas &amp; Onions Yellow Squash Whole Grain Roll Red Apple <b>Chef's Special:</b> Coconut Tilapia w/ Teriyaki Dip</p>	<p><b>8th</b></p> <p>BBQ Chicken Thigh Garlic Mashed Potatoes Brussel Sprouts Whole Grain Roll Sliced Pears <b>Chef's Special:</b> Potato Bar</p>
<p><b>11th</b></p> <p>Beef Lasagna Zucchini &amp; Yellow Squash Peas w/ Pimentos Whole Grain Breadstick Peaches <b>Chef's Special:</b> Egg Salad Sandwich w/ Chips</p>	<p><b>12th</b></p> <p>Quiche w/ Spinach &amp; Mushroom Garden Salad Broccoli Whole Grain Roll Fruit Jello <b>Chef's Special:</b> BBQ Baby Back Rib**</p>	<p><b>13th</b></p> <p>Herb Roasted Chicken Breast Baked Potato Chef's Vegetable Blend Whole Grain Roll Pineapple Upside Down Cake <b>Chef's Choice</b></p>	<p><b>14th</b></p> <p>Swedish Meatballs w/ Egg Noodles** Green Beans w/ Mushrooms Bermuda Vegetable Blend Whole Grain Roll Fresh Orange <b>Chef's Special:</b> Chicken Florentine</p>	<p><b>15th</b></p> <p>Open Face Turkey Sandwich Cranberry Yams Corn w/ Bell Peppers Whole Grain Bread Pudding w/ Fruit <b>Chef's Special:</b> Pizza Bar</p>
<p><b>18th</b></p> <p>Baked Tilapia Tri Colored Cauliflower Brown Rice Pilaf Seasonal Fruit <b>Chef's Special:</b> Strawberry Patch Chicken Salad Plate</p>	<p><b>19th</b></p> <p>Hamburger Deluxe French Fries Baked Beans Whole Grain Bun Cantaloupe <b>Chef's Special:</b> Chili Dog</p>	<p><b>20th</b></p> <p>Cheese Manicotti Swiss Chard Garden Salad Whole Grain Roll Ambrosia <b>Chef's Choice</b></p>	<p><b>21st</b></p> <p>Chicken Salad w/ Lettuce &amp; Tomato Cucumber Salad Three-Bean Salad Whole Wheat Crackers Banana <b>Chef's Special:</b> Puff Pastry Monte Cristo**</p>	<p><b>22nd</b></p> <p><b>Holiday Celebration</b> Baked Ham w/ Cherry Sauce** Candied Yams Green Bean Casserole Croissant Apple Pie <b>Chef's Special:</b> Oven Roasted Turkey</p>
<p><b>25th</b></p> <p><b>Christmas Day</b> <b>CLOSED</b></p>	<p><b>26th</b></p> <p><b>Birthday Celebration</b> Open Face Turkey Sandwich Sliced Beets Cauliflower Whole Grain Bread Fresh Orange Birthday Cake</p>	<p><b>27th</b></p> <p>Ham Steak** Baked Yams Green Beans Whole Grain Roll Peach Halves <b>Chef's Choice</b></p>	<p><b>28th</b></p> <p>Cheese Manicotti Garden Salad Broccoli Whole Grain Roll Pineapple Tidbits <b>Chef's Special</b> Honey Stung Chicken</p>	<p><b>29th</b></p> <p><b>New Year's Brunch</b> Scrambled Eggs w/ Cheddar Cheese Biscuit w/ Sausage Gravy** Roasted Rosemary Potatoes Blueberry Crisp</p>

# Fall Out To Lunch Concert Series

**Presented by Mesa Arts Center**

*In Partnership with East Valley Adult Resources*

**Thursday, December 14**

**12:00pm**

Relax and enjoy live music and our wonderful Arizona “winter” weather while listening to sounds of “A Hometown Christmas” in the beautiful outdoor seating of the shady Wells Fargo Garden. Sack lunches and folding chairs will be provided. Attendance is limited to 20, so sign up now at Mesa Active Adult Center’s “Sign Up Central” counter.

**The bus will leave MAAC promptly at  
12:00pm and return at 2:00pm.**



# Daily Delights

Mondays	
8:00am	Walk Your Shoes Off (M-F)
8:05am	Adele's Aerobics (M-Th)
9:30am	Mild Exercise (M/W/ F)
10:00am	Poetry & Prose (2nd Mon.)
10:00am	Veterans Discussion Group
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	Adele's Aerobics (M-Th)
8:30am	Butler Law Free Legal Services (3rd Tue.)
9:00am	Shawls of Love/Bosoms For Babes
9:30am	Gramma Jones Line Dance
10:00am	Ceramics/Basic Art (T/F)
10:00am	Alzheimer's Discussion Group (2nd & 4th)
1:00pm	Art at Your Own Pace
1:00pm	Dance Bands
Wednesdays	
8:00am	Walk Your Shoes Off (M-F)
8:05am	Adele's Aerobics (M-Th)
9:30am	Mild Exercise (M/W/ F)
9:00am	Open Art Studio with Mesa Arts League
10:00am	AIL Support Group
10:00am	Stockings for Kids (2nd Wed.)
10:30am	Healthy Living Presentations
10:00am	Blackjack w/ David (1st & 3rd Wed.)
1:15pm	Social Bingo

Thursdays	
8:00am	Walk Your Shoes Off (M-F)
8:05am	Adele's Aerobics (M-Th)
9:30am	Enriching Veterans' Lives Through Art (2nd Thu.)
10:00am	Tai Chi (M/Th)
10:30am	Music Advantage (1st & 3rd)
12:15pm	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	Ceramics/Basic Art (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



## Monthly Community Food Share Fresh Food Truck

**Thursday December 14, 2017**  
**8:00am - 10:00am**

If you would like more information, please  
 contact Joy Gibson at 480-634-1659

**Don't forget!** On Fridays at MAAC, you can take home frozen meals for just \$3.50 each or 2 for \$6.00. Inquire at the front desk.

## Mesa Active Adult Center

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

### SERVICES FOR INDIVIDUALS

#### **Benefits Assistance**

Fridays, 8:30am - 11:30am

*Services provided by Area Agency on*

*Aging - Region One*

#### **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*

### 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*

## 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.



### **Veterans' Discussion Group**

Join us at our weekly Veterans' discussion group during which a variety of topics are discussed. Just curious? Have specific questions? Come on by and give the group a try! *Facilitated by the Disabled American Veterans.*

**Mesa Active Adult Center**  
**247 N. Macdonald**  
**Mondays, 10:00am**

## Mesa Active Adult Center

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

### December Offerings at MAAC - Mark Your Calendar!

#### Senior Nutrition

**Wednesday, December 6**

**10:00am**

Learn about nutrition and how to make healthy eating choices. *Presented by: Jackie Carr, Mi Casa*

#### Exercise, Arthritis, and Rehab

**Wednesday, December 13**

**10:00am**

Learn about the causes of osteoporosis, about treatment options plus ways to minimize the risk factors. Discover ways to decrease the risk of household accidents and falls. *Presented by: Jackie Carr, Mi Casa*

#### The Music Advantage

**1st and 3rd Thursdays**

**10:00am**

Class will include singing, moving to music, playing small percussion instruments, and more. The goal is to have fun while improving social, emotional, cognitive and motor function. We call this specific program The Music Advantage. Each week the class is centered on a different theme and is built around the needs and preferences of the class member. Funded by The Jolee Jaffa Music Foundation. *Presented by: Alexa Rogers, Certified Music Therapist*

#### Alzheimer's and Caregiver's Support Group

**2nd and 4th Tuesdays**

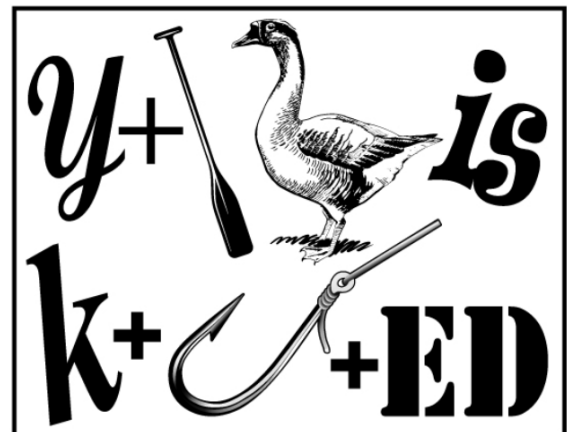
**10:00am - 11:30am**

Support group meetings will be held on the 2nd and 4th Tuesday of each month from 10:00am - 11:30am. There is no cost to attend. This support group is for family caregivers who provide support to someone with Alzheimer's Disease or another type of memory loss and provides a forum to share feelings, concerns, information, and to support and encourage each other. Call 480-464-1061 to reserve FREE RESPITE care for your loved one with memory loss while you attend the support group. For questions about this support group, please call the Alzheimer's Association at 602-528-0545. *Presented by Alzheimer's Association - Desert Southwest Chapter*

Use the visual clues in the puzzle boxes to figure out the phrases.



MY LIPS ARE SEALED



YOUR GOOSE IS COOKED

## Mesa Active Adult Center

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

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

### Tuesday Dance Lineup: 1:00pm

December 5	Carla Elliott
December 12	Manuel Dorantes
December 19	Michael Carollo
December 26	- hiatus -

### Thursday Movie Lineup: 12:00pm

December 7	<i>For Greater Glory</i>
December 14	<i>Pirates of the Caribbean: Dead Men Tell No Tales</i>
December 21	<i>Elf</i>
December 28	<i>Baby Driver</i>

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

### Entertainment: 11:00am

Friday, December 1	Michael Elijah
Monday, December 4	East Valley Pops
Wednesday, December 6	Carl Nyberg
Friday, December 8	Dales Combo
Friday, December 15	Jai Mitchell
Wednesday, December 20	Towerpoint Band
Friday, December 22	Michael Elijah
Friday, December 29	Dales Combo

### Weekly Bingo Lineup

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

### Holiday Boutique & Bake Sale



Friday, December 8  
9:00am - 2:00pm

247 N Macdonald  
Mesa, AZ 85201

### HOLIDAY QUILT RAFFLE



Tickets: \$1 each or 10 for \$5.00  
Each quilt will be raffled separately.



# Daily Delights

Mondays	
8:00am - 9:15am	Abundant Life Exercise*
8:00am - 11:00am	Arts & Crafts (M/T/Th)*
8:00am - 12:00pm	Membership Monday
8:00am - 4:00pm	Game Room
10:00am - 11:00am	Discussion of the Day
12:30pm - 3:30pm	Cribbage*
12:30pm - 3:45pm	Mahjong*
12:30pm - 2:00pm	Medical Marijuana Support (1st)
12:30pm - 3:00pm	Advanced Pinochle*
12:30pm - 3:00pm	Social Pinochle*
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
Tuesdays	
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	Health Education
11:00am - 3:30pm	Deaf Support Group*
12:30pm - 3:00pm	Hand & Foot (Canasta)*
1:15pm - 3:30pm	Big Game Bingo
Wednesdays	
8:00am - 9:15am	Abundant Life Exercises
8:00am - 4:00pm	Game Room
8:30am - 11:00pm	Legal Advice (1st, 2nd, 4th)
9:00am - 11:00am	Benefits Assistance
9:00am - 11:30am	DIY Workshop (1st)
9:45am - 11:15am	Beginning Spanish*
10:00am - 11:30am	Legal Advice (3rd)
10:30am - 11:15am	Just for Fun Bingo
12:30pm - 3:00pm	Euchre*
12:30pm - 3:00pm	Bridge*
1:00pm - 3:00pm	Afternoon Dance Sunland Combo

Thursdays	
8:00am - 11:00am	Arts & Crafts (M/T/Th)*
8:00am - 4:00pm	Game Room
9:15am - 11:15am	Matter of Balance
9:30am - 11:00am	Intermediate Spanish
10:00am - 11:00am	Caregivers Support
10:00am - 11:00am	Diabetic Support (3rd)
10:00am - 11:00am	The Music Advantage (1st & 3rd)
10:00am - 11:00am	Blackjack with David (1st & 3rd)
10:00am - 11:00am	Veterans Discussion Group (2nd & 4th)
12:30pm - 3:30pm	Enriching Lives of Veterans Through Art (4th)
12:30pm - 3:00pm	Advanced Pinochle*
12:30pm - 3:00pm	Social Pinochle*
12:30pm - 3:00pm	Mexican Train Dominoes*
1:00pm - 3:30pm	Computer for Beginners
1:15pm - 3:30pm	Social Bingo
6:00pm - 8:00pm	Survivors of Suicide (2nd & 4th)
Fridays	
8:00am - 9:15am	Abundant Life Exercises*
8:00am - 4:00pm	Game Room
8:15am - 12:00pm	Portrait Workshop*
9:30am - 10:30am	Book Club (4th)
9:30am - 11:00am	Grief and Loss
9:45am - 12:00pm	Computer Club*
12:30pm - 3:00pm	Bridge*
12:30pm - 3:00pm	"500" *
1:00pm - 3:00pm	Movin' On
1:30pm - 2:30pm	Line Dancing (\$3.00*/\$3.50)
2:00pm - 3:00pm	Alzheimer's Support Group (1st & 3rd)

\* - Indicates a member-only event



## 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	Ernest Hahn, Community Volunteer
Diabetes	3rd Thursday	10:00am - 11:00am	Margaret O'Brien, Banner Health
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
Caregivers Support	Thursdays	10:00am - 11:00am	Sandra McNally, EMPACT
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
General Legal Advice	1st, 2nd, 4th Wednesdays	8:30am - 11:00am	Community Volunteer Attorney
Wills & Trusts	3rd Wednesdays	10:00am - 11:30am	Community Volunteer Attorney
Peer Counseling	Mondays & Wednesdays	By appointment. Call 480-218-2221	Sandra McNally, EMPACT

### Healthy Education Presentations

*Presented by Mi Casa*

Tuesday December 5: Arthritis & Exercise

Tuesday December 12: Nutrition

**Red Mountain Active Adult Center**  
7550 E. Adobe St. • Mesa, AZ 85207 • 480-218-2221

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

<div> <div>♪ ♪ ♪ ♪</div> <div>December Entertainment</div> <div>♪ ♪ ♪ ♪</div> </div>		
Date	Event	Time
Friday, December 1	Carl Nyberg	10:15am
Monday, December 4	Ken Levine	10:15am
Monday, December 18	Jai Mitchell	10:30am
Tuesday, December 26	Birthday Celebration with Jan	11:15am



**Big Game Bingo**  
Tuesdays, 1:15 pm

**Just for Fun Bingo**  
Wednesdays, 10:45 am

**Social Bingo**  
Thursdays, 1:15 pm



**Friday, December 22**  
Holiday Celebration

**Monday, December 25**  
CLOSED

**Friday, December 29**  
New Year's Celebration

*The Gift Shop*

at Red Mountain  
Active Adult Center

Open:  
Monday - Friday, 9:30am - 2:30pm

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!



**Soup To Go - Only \$1!**  
Every Tuesday & Thursday  
12:30pm - 2:30pm

# GAMES



Red Mountain Active Adult Center's game room has a variety of table games scheduled for play throughout the week! Visit our Daily Delights schedule on page 7 for a listing of available games and times. If you're not yet a member, inquire at the front desk!



Thank You to Marsha Schweitzer and the group of talented volunteers at the Red Mountain Active Adult Center craft room! This group, which is made up of 12-15 dedicated volunteers, has been handcrafting various items for the past several years, including afghans, baby sweaters, and kitchen items which are sold in our very own gift shop. In addition, they also make items to donate to local hospitals and other charitable organizations such as an orphanage in Bolivia! If you are interested in joining this group, please inquire at the RMAAC front desk. If you are ready to start your holiday shopping, don't forget to stop by the Gift Shop to view and purchase some of these beautiful handmade items!



## 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](https://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