



# THE GUIDE

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

May 2018

Volume 12, Issue 5



# May 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
	<b>1st</b> Court Bouillon Cod Mandarin Vegetable Blend Garden Salad Whole Grain Roll Plum <b>Chef's Special:</b> Soup & Salad Bar	<b>2nd</b> Turkey Divan Roasted Tomato Brussel Sprouts Whole Grain Roll Strawberries <b>Chef's Choice</b>	<b>3rd</b> Shredded Pork Sandwich** Broccoli Sweet Corn Whole Grain Bun Apple <b>Chef's Special:</b> Hamburger Deluxe	<b>4th</b> Manicotti Spinach Chef's Vegetable Blend Whole Grain Roll Mandarin Orange <b>Chef's Special:</b> Quiche Lorraine**
<b>7th</b> Chicken Enchilada Casserole Refried Beans Spanish Rice Whole Grain Tortilla Mango <b>Chef's Special:</b> Seafood Salad Plate	<b>8th</b> Pepper Steak Fajita Vegetable In Entrée Oriental Blend Whole Grain Roll Apple <b>Chef's Special:</b> Soup & Salad Bar	<b>9th</b> Dill Tilapia Tri-Colored Cauliflower Green Beans w/ Mushrooms Whole Grain Roll Tapioca Pudding W/ Fruit <b>Chef's Choice</b>	<b>10th</b> Herb Roasted Chicken Four-Way Vegetable Blend Garden Salad Whole Grain Roll Fruit Medley <b>Chef's Special:</b> Egg Salad Sub	<b>11th</b> <b>Mother's Day Brunch</b> Scrambled Eggs w/ Cheddar Rosemary Roasted Red Potatoes Sausage Patty** Biscuit w/ Honey Strawberry Shortcake
<b>14th</b> Sweet & Sour Pork** Oriental Blend Glazed Carrots Whole Grain Roll Sliced Pears <b>Chef's Special:</b> Chicken Egg Roll	<b>15th</b> Chicken Alfredo Whole Grain Pasta Italian Blend Roasted Tomato Fresh Orange <b>Chef's Special:</b> Soup & Salad Bar	<b>16th</b> Shepherd's Pie Mashed Potato Normandy Vegetable Blend Whole Grain Roll Peach Halves <b>Chef's Choice</b>	<b>17th</b> Tuna Salad w/ Lettuce & Tomato Three-Bean Salad Beet Salad Whole Wheat Crackers Pineapple Tidbit <b>Chef's Special:</b> Chili Dog	<b>18th</b> Vegetable Lasagna Peas Cauliflower Whole Grain Roll Chocolate Banana Pudding <b>Chef's Special:</b> Potato Bar
<b>21st</b> Hamburger w/ Lettuce & Tomato Rosemary Red Potatoes Charred Corn Whole Grain Bun Banana <b>Chef's Special:</b> Bratwurst w/ Sauerkraut**	<b>22nd</b> <b>Birthday Celebration</b> Turkey Breast Wax Beans Bermuda Blend Whole Grain Roll Birthday Cake	<b>23rd</b> Sausage Rigatoni** Spinach Garden Salad Cantaloupe <b>Chef's Choice</b>	<b>24th</b> Chicken-Fried Chicken Mashed Potatoes Green Beans Whole Grain Roll Fruited Gelatin <b>Chef's Special:</b> BBQ Baby Rib	<b>25th</b> Baked Tilapia Yams Broccoli Whole Grain Roll Apricots <b>Chef's Special:</b> Pizza Bar
<b>28th</b> <b>Memorial Day</b> <b>Closed</b>	<b>29th</b> Beef Paprika Key Biscayne Blend Frenched Green Bean Whole Grain Roll Peach <b>Chef's Special:</b> Soup & Salad Bar	<b>30th</b> Chicken Coq Au Vin** Cape Cod Blend Garden Salad Whole Grain Roll Ambrosia <b>Chef's Choice</b>	<b>31st</b> Stuffed Shells Caribbean Blend Diced Carrots Cherry Crisp <b>Chef's Special:</b> Honey Stung Chicken	

# TALKING ABOUT SUICIDE



## A Matter of Life

Suicide rates of older adults are higher than any other age group in Maricopa County.

*A Matter of Life* was created to educate and help people recognize the signs and symptoms of suicide, depression, anxiety and substance abuse. It encourages help-seeking behaviors by connecting people with resources and tools to access help for themselves or someone they know.

**Date:** May 9, 2018  
**Time:** 10:30am - 11:30am  
**Location:** Mesa Active Adult Center  
247 N. Macdonald  
Mesa, AZ 85201  
**RSVP:** By May 4, 2018

***BECAUSE EVERY LIFE MATTERS***

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*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.*

# 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	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	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.)
10:00am	Blackjack w/ David (1st & 3rd Wed.)
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)
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 May 10, 2018  
7:00am - 9:00am**

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

#### **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

## May Offerings at MAAC - Mark Your Calendar!

### **Living Happy & Healthy: Talking Book Library and Sun Sounds of Arizona**

**Wednesday, May 2**

**10:30am**

The Talking Book Library and Sun Sounds of Arizona bridges the information gap between current print media by creative use of technology for those who are unable to use traditional media sources. Come learn about their free audio listening services. *Presented by Jim McLeroy*

### **A Matter of Life**

**Wednesday, May 9**

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

A Matter of Life was created to educate and help people recognize the signs and symptoms of suicide, depression, anxiety and substance abuse. It encourages help-seeking behaviors by connecting people with resources and tools to access help for themselves or someone they know. Please RSVP by May 4th. *Presented by Area Agency on Aging - Region One*

### **Lunch and Learn with MomForceAZ**

**Monday, May 21**

**11:30am**

Come learn about using medical marijuana responsibly and ask questions from a reliable source. Seating is limited and you must register in advance. There is a suggested donation of \$3.50 for class and lunch. *Presented by Kathi Inman, MomForce AZ*

### **Alzheimer's Caregivers 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*



## Mesa Active Adult Center

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

# EVENTS

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



### Tuesday Dance Lineup: 1:00pm

May 1	Carla Elliott
May 8	Manuel Dorantes
May 15	Michael Carollo
May 22	Michael Elijah
May 29	Carla Elliott



### Thursday Movie Lineup: 12:15pm

May 3	<i>The Post</i>
May 10	<i>The Commuter</i>
May 17	<i>Roman J. Israel, Esq.</i>
May 24	<i>Flags of Our Fathers</i>
May 31	<i>Thor: Ragnarok</i>

\* ALL MOVIES WILL BE CLOSED CAPTIONED \*



### Entertainment: 11:00am

Friday, May 4	Jai Mitchell
Friday, May 11	Michael Elijah
Friday, May 25	Jai Mitchell



### Weekly Bingo Lineup

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

## YOGA

Coming soon to MAAC!  
Tuesdays, 2:00pm



## Mesa Active Adult Center

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### 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.

## Upcoming Events



**Join us for a fun celebration  
to include:**

#### **Salsa Bar**

(take home a recipe to make some at home!)

#### **Photo Booth**

(have fun with props and take photos with friends!)

#### **Piñata**

(sugar-free candy included!)

**Friday, May 4**

**10:00am**

### *Mother's Day Celebration*

Join us for a morning of pampering! A local Walgreen's Beauty Consultant will provide mini-makeovers along with tips and tricks, plus goodie bags with makeup samples. Enter your name to win gift basket raffle prizes - you might be a lucky winner!

**May 11, 2018  
10:15am - 11:15am**

# Daily Delights

Monday		Thursday	
8:00am - 9:15am	Abundant Life Exercise*	8:00am - 11:00am	Arts & Crafts (M/T/Th)*
8:00am - 11:00am	Arts & Crafts (M/T/TH)*	8:00am - 4:00pm	Game Room
8:00am - 4:00pm	Game Room	10:00am - 11:00am	Blackjack with David (1st&3rd)
12:30pm - 3:00pm	Cribbage*	10:00am - 11:00am	Veterans Discussion Group (2nd&4th)
12:30pm - 3:00pm	Mahjong*	12:30pm - 3:30pm	Enriching Lives of Veterans thru Art (4th)
12:30pm - 3:00pm	Advanced Pinochle*	12:30pm - 3:00pm	Advanced Pinochle*
12:30pm - 3:00pm	Social Pinochle*	12:30pm - 3:00pm	Social Pinochle*
12:30pm - 2:00pm	Medical Marijuana Support (1st)	12:30pm - 3:00pm	Mexican Train Dominoes*
1:00pm - 2:00pm	Food Plus Pick Up (3rd)	1:15pm - 3:30pm	Social Bingo
1:30pm - 2:30pm	Line Dancing	6:00pm - 8:00pm	Survivors of Suicide (2nd&4th)
1:30pm - 3:30pm	Parkinson's Support Group (1st)	Friday	
2:00pm - 3:30pm	Parkinson's Caregiver Support	8:00am - 9:15am	Abundant Life Exercise*
Tuesday		8:00am - 4:00pm	Game Room
8:00am - 11:00am	Arts & Crafts (M/T/TH)*	8:15am - 12:00pm	Portrait Workshop*
8:00am - 4:00pm	Game Room	9:30am - 10:30am	Book Club (4th)
9:30am - 11:30am	Blood Pressure Checks	9:30am - 11:00am	Grief & Loss
10:00am - 11:00am	Living Happy & Healthy	9:45am - 12:00pm	Computer Club*
11:00am - 3:30pm	Deaf Support Group*	12:30pm - 3:00pm	Bridge*
12:30pm - 3:00pm	Canasta (Hand & Foot)*	12:30pm - 3:00pm	"500"*
1:15pm - 3:30pm	Big Game Bingo	1:00pm - 3:00pm	Movin' On
Wednesday		1:30pm - 3:00pm	Line Dancing
8:00am - 9:15am	Abundant Life Exercise*	2:00pm - 3:00pm	Alzheimer's Support Group (1st&3rd)
8:00am - 4:00pm	Game Room	<div>  <div> <b>Soup To Go - Only \$1!</b>                      Every Tuesday &amp; Thursday                      12:30pm - 2:30pm                 </div> </div>	
8:30am - 11:00am	Legal Advice ( 1st, 2nd, 4th)		
9:00am - 11:00am	Benefits Assistance		
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	Dance with the the Sunland Combo		

\* - 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
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
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



Congratulations to Big Game Bingo winner Bonnie Lucas!



Turn to page 9 and mark your calendars for our weekly bingo games. You might be the our next big jackpot winner!

## May Offerings at RMAAC - Mark Your Calendar!

### Living Happy & Healthy: Talking Book Library and Sun Sounds of Arizona

**Tuesday, May 8**

**10:00am**

The Talking Book Library and Sun Sounds of Arizona bridges the information gap between current print media by creative use of technology for those who are unable to use traditional media sources. Come learn about their free audio listening services. *Presented by Jim McLeroy*

### Lunch and Learn with MomForceAZ

**Thursday, May 17**

**12:00pm**

Come learn about using medical marijuana responsibly and ask questions from a reliable source. Seating is limited and you must register in advance. There is a suggested donation of \$3.50 for class and lunch. *Presented by Kathi Inman, MomForce AZ*

<div style="text-align: center;"> <span>♪ ♪ ♪ ♪</span> <b>May Entertainment</b> <span>♪ ♪ ♪ ♪</span> </div>		
Date	Event	Time
Tuesday, May 1	Jai Mitchell	10:30am
Friday, May 4	Red Mountain Derby Celebration	10:30am
Friday, May 11	Mother's Day Brunch with Ken Levine	10:30am
Monday, May 14	Michael Elijah	10:30am
Tuesday, May 22	Birthday Celebration with Carl Nyberg	10:30am
Tuesday, May 29	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

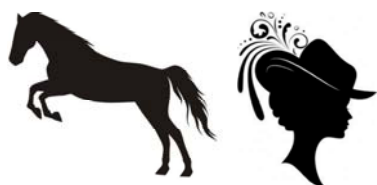
**Social Bingo**  
Thursdays, 1:15 pm

# Upcoming Events

## Derby Day Celebration

Friday, May 4, 10:30am

Three races! Six entries per race!  
Wear your fancy hats, place your  
bets, and sip on a cool Mint Julep!



## Strawberries and Coconut Water

(makes 2 servings)

### Ingredients

- 1 c. fresh coconut water
- 1 c. strawberries - hulled and sliced
- 3 tbsp. sugar syrup or agave nectar

### Directions

1. To make the sugar syrup, boil sugar and water together in a ratio of 1:3 sugar to water until it thickens to a runny syrup consistency. Store in a jar for all future cocktail making.
2. Measure 1 cup of coconut water, either directly from a cut-open coconut or from a store-bought container.
3. Combine the strawberries and sugar syrup and blend with a blender to desired consistency.
4. Serve with ice.





## 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