



# THE GUIDE

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

March 2018

Volume 12, Issue 3



# March 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	
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.						<b>1st</b>		<b>2nd</b>	
						Cheese Tortellini Peas & Onion Yellow Squash Whole Grain Roll Red Apple <b>Chef's Special:</b> Chef Salad**		BBQ Chicken Thighs Garlic Mashed Potatoes Brussel Sprouts Whole Grain Roll Sliced Pears <b>Chef's Special:</b> Fish Taco Bar	
<b>5th</b>  Beef Lasagna Zucchini & Squash Peas w/ Pimentos Whole Grain Breadstick Peaches <b>Chef's Special:</b> Honey Stung Chicken		<b>6th</b>  Quiche w/ Spinach & Mushroom Garden Salad Broccoli Whole Grain Roll Fruited Gelatin <b>Chef's Special:</b> Soup & Salad Bar		<b>7th</b>  Herb-Roasted Chicken Breast Baked Potato Chef's Vegetable Blend Whole Grain Roll Mandarin Orange Cake <b>Chef's Choice</b>		<b>8th</b>  Swedish Meatballs w/ Egg Noodles** Green Beans w/ Mushrooms Bermuda Vegetable Blend Whole Grain Roll Fresh Orange <b>Chef's Special:</b> Pizza Bar		<b>9th</b>  Open-Face Turkey Sandwich Cranberry Yams Corn w/ Bell Peppers Whole Grain Bread Pudding w/ Fruit <b>Chef's Special:</b> Seafood Salad Plate	
<b>12th</b>  Baked Tilapia Tri-Colored Cauliflower Brown Rice Pilaf Seasonal Fruit <b>Chef's Special:</b> Strawberry Patch Chicken Salad Plate		<b>13th</b>  Hamburger French Fries Baked Beans Whole Grain Bun Cantaloupe <b>Chef's Special:</b> Soup & Salad Bar		<b>14th</b>  Cheese Manicotti Swiss Chard Garden Salad Whole Grain Roll Ambrosia <b>Chef's Choice</b>		<b>15th</b>  Chicken Salad Plate Cucumber Salad 3 Bean Salad Whole Grain Roll Banana <b>Chef's Special:</b> Swiss Mushroom Burger		<b>16th</b>  <b>St. Patrick's Day Celebration</b>  Corned Beef & Cabbage Wedge Steamed Buttered Red Potatoes Sliced Carrots Rye Bread Leprechaun Cake <b>Chef's Special:</b> Fish Sticks & Chips	
<b>19th</b>  Chicken Alfredo w/ Fettuccine Chopped Spinach Four-Way Vegetable Blend Sliced Pears <b>Chef's Special:</b> Calzone**		<b>20th</b>  Open-Face Turkey Sandwich Sliced Beets Cauliflower Whole Grain Bread Fresh Orange <b>Chef's Special:</b> Soup & Salad Bar		<b>21st</b>  Ham Steak w/ Cranberry Sauce** Baked Yams Green Beans Whole Grain Roll Peach Halves <b>Chef's Choice</b>		<b>22nd</b>  Cheese Manicotti Broccoli Garden Salad Whole Grain Roll: Pineapple Tidbits <b>Chef's Special:</b> BBQ Baby Back Ribs		<b>23rd</b>  Baked Tilapia Peas & Carrots Brussel Sprouts Whole Grain Roll Chocolate Pudding w/ Fruit <b>Chef's Special:</b> Potato Bar	
<b>26th</b>  Sweet & Sour Pork** Oriental Blend Sliced Carrots Fresh Plum <b>Chef's Special:</b> Curried Chicken Over Rice		<b>27th</b>  <b>Birthday Celebration</b>  Shepherd's Pie Mashed Potato Normandy Blend Whole Grain Roll Birthday Cake		<b>28th</b>  Chicken Marsala Italian Blend Vegetable Roasted Tomato Whole Grain Roll Ambrosia <b>Chef's Choice</b>		<b>29th</b>  BBQ Ribette** Sweet Corn Sweet Potato Fries Whole Grain Bun Mandarin Oranges <b>Chef's Special:</b> Tuna Hoagie		<b>30th</b>  <b>Easter Celebration</b>  Baked Ham ** Yams Key Biscayne Vegetable Blend Croissant Cherry Pie <b>Chef's Special:</b> Breaded Catfish	

# Spring Concert Series

Thursday, March 8 - 12:00pm



Let's get together and enjoy the music of John Denver, performed by Ted Vigil, in the beautiful outdoor seating of the comfortable Wells Fargo Garden. 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.** Presented by Mesa Arts Center In Partnership with East Valley Adult Resources



## St. Patrick's Day Word Seek

Search the letters below for the 20 words and phrases associated with St. Patrick's Day!

Y	G	H	D	P	G	E	J	G	D	A	N	C	E	H
R	F	O	R	N	G	R	O	I	X	T	X	L	T	F
P	E	A	L	N	A	O	E	M	G	E	D	N	W	Y
O	H	V	A	D	D	L	A	E	P	F	E	S	O	A
T	W	R	O	L	C	R	E	L	N	E	X	L	B	D
O	O	Q	U	L	C	O	R	R	T	A	V	M	N	S
F	H	C	U	H	C	B	I	N	I	K	M	U	I	K
G	K	Q	Q	P	Y	F	E	N	J	Z	A	D	A	C
O	C	I	S	U	M	V	A	R	S	K	G	Q	R	I
L	Y	D	A	L	E	K	T	E	W	E	I	V	T	R
D	K	E	M	S	D	D	G	U	L	T	C	C	E	T
Q	C	K	C	O	R	M	A	H	S	R	N	K	I	A
O	U	O	P	V	W	R	W	I	S	H	U	I	R	P
S	L	E	V	B	I	G	F	E	I	N	W	O	A	T
L	E	P	R	E	C	H	A	U	N	B	J	Q	F	S

DANCE  
GOOD LUCK  
IRELAND  
LUCKY  
MUSIC  
RAINBOW  
SHAMROCK  
FOUR LEAF CLOVER  
GREEN  
JIG  
MAGIC  
ORANGE  
SAINT'S PATRICK'S DAY  
GOLD COINS  
HARP  
LEPRECHAUN  
MARCH  
POT OF GOLD  
SEVENTEENTH  
WISH

# 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	Healthy Living Workshop
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

**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.

## 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)
10:00am	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	Matter of Balance
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 March 8, 2018  
8:00am - 10:00am**

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



## 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*



#### **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**

## **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

### **March Offerings at MAAC - Mark Your Calendar!**

#### **Living Healthy & Happy: Scams and Personal Safety**

**Wednesday, March 7**

**10:30am**

Every day we are presented with challenges in regard to scams and personal safety. Learn valuable information to protect yourself as well as your personal financial information. *Presented by: Patty Gallagher, Mesa Police Department*

#### **Internet Safety for Parents & Grandparents**

**Wednesday, March 14th**

**10:30 am**

This presentation covers general topics relating to social media and some helpful information for grandparents. We cover sexting, cyber-predators, cyber-bullying, popular apps, and social media websites. *Presented by: Lucia Arteaga, Attorney General's Office, Community Outreach*

#### **Living Healthy & Happy: Recycling**

**Wednesday, March 21st**

**10:30am**

The City of Mesa offers a variety of services to fit your trash and recycling needs. The concepts of reusing and recycling will be discussed, and the many recycling programs offered by the City of Mesa will be presented. Learn about which items are acceptable and non-acceptable to recycle, plus tips to make your every day recycling more manageable. *Presented by: Jennifer Cleavenger, City of Mesa*

#### **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*

### **FREE RESOURCE OFFERING: AARP TAX PREPARATION**

Mondays - Thursdays  
Through April 17, 2018  
8:00 am to 11:30 am

**IMPORTANT:** In order to be served, you must provide a copy of your 2016 filed tax return or your Social Security Card. Assistance provided on a first-come, first-served basis.

## 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

March 6	The Kennedys: Easy Sounds
March 13	Michael Carollo
March 20	Carla Elliott
March 27	Manuel Dorantes

### Thursday Movie Lineup: 12:00pm

March 1	<i>Geo Storm</i>
March 8	<i>The Age of Adeline</i>
March 15	<i>Only the Brave</i>
March 22	<i>Logan Lucky</i>
March 29	<i>The Mountains Between Us</i>

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

### Entertainment: 11:00am

Friday, March 2	Wichita Wayne
Wednesday, March 7	The Kitchen Band
Friday, March 9	Michael Elijah
Wednesday, March 14	The Happy Harpers
Friday, March 16	Jai Mitchell
Wednesday, March 21	Mark Turner
Friday, March 23	Wichita Wayne



### Weekly Bingo Lineup

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



## *The Music Advantage*

1st and 3rd Thursdays, 10:00am

This interactive 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. Each week the class is centered on a different theme and is built around the needs and preferences of the class members. *Presented by Alexa Rogers, Board-Certified Music Therapist. Funded by The Jolee Jaffa Music Foundation.*

# Daily Delights

MONDAYS	
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	Discussion of the Day
12:30pm - 3:00pm	Cribbage*
12:30pm - 3:00pm	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 - 2:30pm	Line Dancing
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	Living Happy & Healthy
11:00am - 3:30pm	Deaf Support Group*
12:30pm - 3:00pm	Canasta (Hand & Foot)*
1:15pm - 3:30pm	Big Game Bingo
WEDNESDAYS	
8:00am-9:15am	Abundant Life Exercise*
8:00am-4:00pm	Game Room
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

THURSDAYS	
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	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 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 & 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 - 3:00pm	Line Dancing
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
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

## **March Offerings at RMAAC - Mark Your Calendar!**

### **Living Healthy & Happy: Scams and Personal Safety**

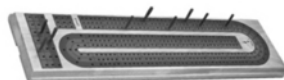
**Tuesday, March 13**

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### **Living Happy & Healthy: Recycling**

**Tuesday, March 20**

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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!

## Red Mountain Active Adult Center

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

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

### ♪ ♪ ♪ ♪ March Entertainment ♪ ♪ ♪ ♪

Date	Event	Time
Friday, March 2	Carl Nyberg	10:30am
Monday, March 5	Michael Elijah	10:30am
Friday, March 16	St. Patrick's Day with Jan	10:30am
Friday, March 23	Main Street Fiddlers	10:30am
Tuesday, March 27	Birthday Celebration with Ken Levine	10:30am



# KARAOKE

**Karaoke is now at RMAAC!**

Check with the front desk for dates  
and times, and get ready to sing  
your favorite songs!



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

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

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



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



**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