



THE GUIDE

A Monthly Publication of East Valley Adult Resources, Inc.

July 2018

Volume 12, Issue 7



July 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
2nd Hamburger w/ Lettuce & Tomato Rosemary Red Potatoes Charred Corn Whole Grain Bun Banana Chef's Special: BBQ Ribette Sandwich**	3rd Turkey Breast Wax Beans Bermuda Blend Whole Grain Roll Applesauce Chef's Special: Soup & Salad Bar	4th 4th Of July Closed	5th Chicken Fried Chicken Mashed Potatoes Green Beans Whole Grain Roll Fruited Gelatin Chef's Special: Stuffed Shells	6th Baked Tilapia Yams Broccoli Whole Grain Roll Apricots Chef's Special: Ham Steak**
9th Chicken Parmesan Four-Way Blend California Blend Whole Grain Roll Sliced Apples Chef's Special: Salisbury Steak	10th Beef Paprika Key Biscayne Blend Garden Salad Whole Grain Roll Ambrosia Chef's Special: Soup & Salad Bar	11th Chicken Coq Au Vin** Cape Cod Blend Frenched Green Beans Whole Grain Roll Peach Chef's Choice	12th Stuffed Shells Caribbean Blend Diced Carrots Cherry Crisp Chef's Special: Honey Stung Chicken	13th Beef Taco w/ Lettuce, Tomato, & Cheese Refried Beans Spanish Rice Whole Grain Tortilla Fruit Medley Chef's Special: Pizza Bar
16th Seared Pork Chop** Stewed Tomatoes Chef's Blend Whole Grain Roll Mango Chef's Special: Lemon Pepper Tilapia	17th Turkey Chili Chuckwagon Corn Tri-Colored Cauliflower Whole Wheat Crackers Sliced Pears Chef's Special: Soup & Salad Bar	18th Meatloaf Mashed Potatoes Carrots Whole Grain Roll Fruit Cocktail Chef's Choice	19th Chicken Thigh Broccoli Brussel Sprouts Whole Grain Roll Watermelon Chef's Special: Sausage, Pepper, & Onion Quiche	20th Bacon Macaroni Casserole** Peas & Onions Mixed Vegetables Whole Grain Roll Vanilla Ice Cream & Fruit Chef's Special: Potato Bar
23rd Sloppy Joe Diced Baby Red Peppers Baked Beans Whole Grain Bun Orange Chef's Special: Fish Sandwich	24th Birthday Celebration Court Bouillon Cod Mandarin Blend Garden Salad Whole Grain Roll Plum	25th Turkey Divan Roasted Tomato Brussel Sprouts Whole Grain Roll Strawberries Chef's Choice	26th Shredded Pork Sandwich** Broccoli Sweet Corn Whole Grain Bun Apple Chef's Special: Baked Chicken Breast	27th Manicotti Spinach Chef's Blend Whole Grain Roll Mandarin Orange Chef's Special: Breaded Catfish
30th Chicken Enchilada Casserole Refried Beans Spanish Rice Whole Grain Tortilla Mango Chef's Special: Breaded Swiss Steak	31st Pepper Steak Fajita Blend In Entrée Oriental Blend Whole Grain Roll Apple Chef's Special: Soup & Salad Bar	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.		



MARK YOUR CALENDARS!

Genealogy with Family Search Find Your Family, Discover Yourself

Join us for this four-part series which will cover the following information:

- * **Class 1:** Getting Started with FamilySearch
- * **Class 2:** Building Your Family Tree!
- * **Class 3:** Source Those Ancestors!
- * **Class 4:** Memories – Pressed between the pages of my...FamilySearch account!

Mesa Active Adult Center

247 N. Macdonald St.
Wednesdays, 10:30am
September 5, 12, 19, 26

Red Mountain Active Adult Center

7550 E. Adobe St.
Tuesdays, 10:00am
August 7, 14, 21, 28

Sign up at the RMAAC Front Desk or at MAAC's Sign Up Central
or contact: Star Kempton at 480-478-8797
or skempton@evadultresources.org

Summer Fruit Salad

INGREDIENTS

- 1/2 cup fresh strawberries, sliced
- 1/2 cup green seedless grapes, halved
- 1/4 small cantaloupe, cut into chunks
- 1/2 firm banana, sliced
- 1/8 cup orange juice

DIRECTIONS

In a medium-sized bowl, combine the fruit. Pour the juice over the fruit and toss to coat. Cover and refrigerate for 4 hours and then stir just before serving.

Serves 2

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	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	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
2:00pm	Yoga for Older Adults

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.)
1:15pm	Social Bingo
2:00pm	Grief and Loss Group

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

Free Yoga Class



Tuesdays, 2:00pm

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

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

July Offerings at MAAC - Mark Your Calendar!

Financial Fitness

Wednesday, July 11

10:30am

Learn to become financial fit! The presentation will cover the following topics, plus a few others: cash flow management, basics of tax planning, creating a financial road map, and introduction to estate planning. *Presented by Jerry Whitmire, Foundation for Financial Education (F3E)*

Living Wisely in the Desert

Wednesday, July 18

10:30am

Learn about things you can do to save energy, water, and money in your home, all while staying comfortable. *Presented by Tanya Hughes, Salt River Project (SRP)*

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

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EVENTS

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

	
Thursday Movie Lineup: 12:15pm	
July 5	<i>I Can Only Imagine</i>
July 12	<i>A Wrinkle in Time</i>
July 19	<i>12 Strong</i>
July 26	<i>Jurassic World</i>
* ALL MOVIES WILL BE CLOSED CAPTIONED *	



Meet Gilbert Fire and Rescue Investigator David Zehring and his partner Spring, an English Labrador Retriever and trained ATF Accelerant Canine Detection dog. Enjoy lunch while you learn about the work David and Spring do! Seating is limited and you must register in advance. There is a suggested donation of \$3.50 for class and lunch.

Mesa Active Adult Center
Wednesday, July 25
12:00pm - 2:00pm

	
Entertainment: 11:00am	
Friday, July 6	Michael Elijah
Friday, July 13	Carl Nyberg
Friday, July 20	Jai Mitchell
Friday, July 27	Bell Choir
	
Weekly Bingo Lineup	
Mondays, 12:30pm	Losers Bingo
Wednesdays, 1:15pm	Social Bingo
Fridays, 1:15pm	Big Game 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.

Mesa Active Adult Center

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

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.



Monthly Community Food Share Fresh Food Truck

Thursday July 12, 2018
7:00am - 9:00am

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



OPEN GAME PLAY

All through July and August, join us at 1pm on Tuesdays for open game play! Strike up some friendly competition with friends in a game of Wii bowling, or challenge a new competitor to a strategic game of chess. Not your cup of tea? We have checkers and card games, too!



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 - 3:00pm	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
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
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

Thursday	
8:00am - 11:00am	Arts & Crafts (M/T/Th)*
8:00am - 4:00pm	Game Room
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 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 & 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)



Soup To Go - Only \$1!

Every Tuesday & Thursday
12:30pm - 2:30pm

Inquire at the RMAAC front
desk for more information.

* - Indicates a member-only event

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

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



Red Mountain Active Adult Center
Wednesday, July 25
9:30am - 2:30pm

Visit our Gift Shop and enjoy a bake sale!

July Offerings at RMAAC - Mark Your Calendar!

Financial Fitness

Tuesday, July 10

10:00am

Learn to become financial fit! The presentation will cover the following topics, plus a few others: cash flow management, basics of tax planning, creating a financial road map, and introduction to estate planning. *Presented by Jerry Whitmire, Foundation for Financial Education (F3E)*

Smartphone & Tablet Forum

Tuesday, July 17

10:00am

Frustrated with the technology in your life? Not sure how to work your smartphone or tablet? Help is here! Come to the forum and ask the questions you need answers to. *Presented by Star Kempton, EVAR Activity Coordinator*



Free Computer Lessons

Thursdays, 1:00pm - 3:30pm
RMAAC Classroom 4

PC and tablet users of all ages are welcome (limited Apple support, and no cell phones, please). This course consists of six standalone lessons. During the first hour, you will learn to set up your laptop (bring yours if you have one!) and fix software errors. Tablet questions will be answered if time permits. During the second hour, computer course lesson material will be presented. For more information, inquire at the front desk. *Presented by Ginger Hundertmark, Community Volunteer*



Red Mountain Active Adult Center

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

July Entertainment

Date	Event	Time
Thursday, July 12	Angela Wilson - ** NEW **	10:30am
Monday, July 16	Jai Mitchell	10:30am
Friday, July 20	Jan Hundertmark	10:30am
Thursday, July 26	Ken Levine	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



Meet Gilbert Fire and Rescue Investigator David Zehring and his partner Spring, an English Labrador Retriever and trained ATF Accelerant Canine Detection dog. Enjoy lunch while you learn about the work David and Spring do! Seating is limited and you must register in advance. There is a suggested donation of \$3.50 for class and lunch.

Red Mountain Active Adult Center
Thursday, July 19
12:00pm - 2:00pm

Are you a crafter with an unused stash of yarn? Consider donating some to the RMAAC craft room! Our talented crafters will put your donations to good use, crafting blankets, baby items, and more!





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