



THE GUIDE

A Monthly Publication of East Valley Adult Resources, Inc.

March 2019





Volume 13, Issue 3



March 2019 Menu

Lunch is served at 11:30am.

For Next Day Reservations Call 480-962-5612 (MAAC) or 480-218-2221 (RMAAC) Before 2pm.

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><i>East Valley Adult Resources, Inc is funded in part by Area Agency on Aging, Region One.</i></p>				1 Chicken Chimichanga Refried Beans Spanish Rice Whole Wheat Tortilla Cherry Crisp Chef's Special: Fish Sticks w/ Garden Salad
4 Chicken Broccoli Alfredo Normandy Vegetable Blend Peas Whole Wheat Roll Sliced Peaches Chef's Choice	5 Meatloaf w/ Gravy Baked Potato Garden Salad Whole Wheat Roll Mandarin Oranges Chef's Special: Soup & Salad Bar	6 Garlic Honey Chicken Brown Rice Oriental Vegetable Blend Garden Salad Tapioca Pudding w/ Fruit Chef's Choice	7 Cod w/ Marinara Thyme Sauce Baked Red Potatoes Winter Vegetable Blend Whole Wheat Roll Banana Chef's Special: Cheeseburger	8 Swiss Steak Peas & Carrots Yellow Squash Whole Wheat Roll Tropical Fruit Chef's Special: Cheese Manicotti
11 Pork Carnitas** Cabbage Salsa Black Beans Whole Wheat Tortilla Mango Chef's Choice	12 Chicken Marsala w/ Noodles Mixed Vegetable Blend Chef's Vegetable Blend Peach Crisp Chef's Special: Soup & Salad Bar	13 Fish Taco Cabbage Salad Green Beans Whole Wheat Tortilla Fresh Orange Chef's Choice	14 Beef Burgundy Tips w/ Noodles Scandinavian Vegetable Blend Peas Whole Wheat Roll Grapes Chef's Special: Honey Stung Chicken	15 St. Patrick's Day Celebration Corned Beef w/ Cabbage Steamed Red Potatoes Sliced Carrots Rye Bread Leprechaun Cake Chef's Special:  Battered Cod
18 Cold Salad Plate: Chicken, 3-Bean & Broccoli Salads Whole Wheat Roll Sliced Pears Chef Choice	19 Baked Parmesan Catfish Spinach Carrots Whole Wheat Roll Sliced peaches Chef's Special: Soup & Salad Bar	20 Roast Turkey Mashed Potatoes Green Beans Whole Wheat Roll Fruit gelatin Chef's Choice  <i>1st Day of Spring</i>	21 BBQ Chicken Italian Vegetable Blend Garden Salad Whole Grain Bun Banana Cake Chef's Special: Turkey Burger	22 Pesto Cheese Tortellini Sliced Carrots Zucchini & Squash Whole Grain Roll Fresh Orange Chef's Special: Potato Bar
25 Crab Cake Rice Pilaf Peas & Carrots Whole Grain Roll Pineapple Ambrosia Chef's Choice	26 Birthday Celebration Sloppy Joe Baked Beans Broccoli Whole Grain Bun Birthday Cake 	27 Breaded Pollock Garden Salad Capri Vegetable Blend Whole Wheat Roll Fruit Cocktail Chef's Choice	28 Chili Dog Roasted Red Potatoes Carrots Whole Grain Bun Applesauce Chef's Special: BBQ Ribette	29 Creole Chicken Breast w/ Rice Okra Mixed Vegetables Broccoli Whole Wheat Roll Pineapple Tidbits Chef's Special: Cheese Pizza Bar

2019 SPRING HEALTHY LIVING EXPO

Join us at our **March 2019 Spring Healthy Living Expo**, where dozens of exhibitors will showcase a variety of informational and interactive displays targeted to seniors and their families. This event is **FREE** and open to all!

OFFERINGS INCLUDE:

- * Relevant healthy-living topics*
- * Health and wellness screenings *
- * Interactive demonstrations *

Presenting Sponsor:



**March 29, 2019
FRIDAY**

**Mesa
Active Adult Center**
247 N. Macdonald St.
Mesa, AZ 85201

8:00am - 11:30am

Premiere Exhibitors Include:

*AFC Physical Medicine
and Chiropractic Centers*

Humana

Cigna

Sante

For more information call [480-219-2599](tel:480-219-2599) or email expo@evadultresources.org

Mark your calendars today and make plans to join us!

Staying Safe at Home

A Forum for Caregivers and Older Adults

Friday, March 8, 2019

7:30am - 11:00am

Mesa Active Adult Center
247 Macdonald St.

**To Register Call:
480-962-5612**



AREA AGENCY ON AGING
REGION ONE, INCORPORATED

The Forums will offer practical information on ways to prevent common in-home injuries and enhance safety. A full agenda is available on our website at: www.evadultresources.org

We are pleased to offer these Forums to you at no charge, through the support of Area Agency on Aging, Region One. However, space is limited.

Please call in advance to secure your registration.

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)
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)
12:30pm	Movie Day (see page 6 for schedule)
1:00pm	Gentle Yoga
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!
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!

Final Preparations: Know Before You Go

Wednesday, March 6

10:30am - 11:15am

There are very few guarantees in life. One guarantee is that we must all leave this life. Be prepared. Understand your options. Reduce the stress of those left behind by deciding now what you want.

Presented by: Angels Cremation and Burial

Oral Nutrition and Health

Wednesday, March 13

10:30am - 11:15am

The importance of good dental hygiene never lessens. During this presentation learn the best techniques and products to use to clean your teeth. Also, learn how nutrition plays a major part in keeping your teeth healthy. *Presented by: A. T. Still University*

Smartphone and Tablet Workshop

Wednesday, March 20

10:30am - 11:15am

Do you have a smartphone or tablet but aren't quite sure how to use it? Do you have a question of two about how to do something specific with your device? Get the help you need from a tech-savvy person! *Presented by: Star Kempton, EVAR Activity Coordinator*

Health Fair

Wednesday, March 27

10:00am - 12:00pm

Come get your blood pressure checked and visit the topic-focused booths all correlating to living a healthy life. *Presented by: Chandler-Gilbert Community College, Nursing Department*



What Type of Yoga is Right for Me?

What do you want or need from yoga? What will your body let you do? Come and learn about the different types of yoga and how to accomplish your goals with the best choices for your body, mind and spirit. Bring your yoga mat (although we do have a few loaners) for light yoga practice following lunch. It is recommend that attendees should attend at least two yoga classes prior to this event to benefit the most from it. *Presented by: Cynthia Jones, Community Volunteer.*

Mesa Active Adult Center
Monday, March 18
12:00pm - 1:00pm

Please register in advance by Wednesday, March 13 at Sign-Up Central or call 480-629-8411.



St. Patrick's Day Celebration

Join us for a St. Patrick's Day celebration! Enjoy sweet treats and other fun activities. Don't forget to wear lucky green!

MAAC: Friday, March 15th



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 March 14, 2019
8:00am - 10:00am**

If you would like more information,
please call 480-634-4189



Congratulations to MAAC's Tai Chi class participants who competed in this year's Arizona Senior Olympics and placed Second in their division! We are proud of your hard work and accomplishments!

Tai chi, short for T'ai chi ch'üan, or Tai ji quan, is an internal Chinese martial art practiced for both its defense training and its health benefits. Are you interested in or curious about learning more? Make plans to check out one of MAAC's classes on Mondays and Thursdays at 10am!

Mesa Active Adult Center

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

EVENTS

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

Let's Dance!

Tuesday Dance Lineup: 1:00pm

March 5	Manuel Dorantes
March 12	Easy Sounds
March 19	Manuel Dorantes
March 26	Juan Miguel Zarates

Movie Time!

Thursday Movie Lineup: 12:30pm

March 7	<i>Bohemian Rhapsody</i>
March 14	<i>Green Book</i>
March 21	<i>Creed II</i>
March 28	<i>Instant Family</i>

* ALL MOVIES WILL BE CLOSED CAPTIONED *

Bingo!

Weekly Bingo Lineup

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

Entertainment!

Entertainment: 11:00am

Friday, March 1	Wichita Wayne
Wednesday, March 6	Greenfield Village Ukelele Group
Friday, March 8	Jai Mitchell
Monday, March 11	Yamaha Music Students
Wednesday, March 11	The Kitchen Band
Friday, March 15	Wichita Wayne
Friday, March 22	The Happy Harpers
Friday, March 29	Wichita Wayne

March Excursion: Vision Gallery

Monday, March 25
12:30pm - 3:30pm

The Vision Gallery is a fine arts gallery representing over 300 regional artists. Discover a varied palette of original artworks from oil and acrylic canvasses, to ceramic works, sculpture, jewelry and more.

This excursion is free to attend and is limited to the first 12 individuals to sign up.

Please register by Friday, March 22.

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*
12:00pm - 3:00pm	Mahjong*
12:30pm - 3:00pm	Advanced Pinochle*
12:30pm - 3:00pm	Social Pinochle*
12:30pm - 2:00pm	Medical Marijuana Support (1st)
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	Social Bingo
5:00pm - 8:00pm	Mesa Art League (2nd)
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 Sunland Combo

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)
12:30pm - 3:30pm	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 - 2:00pm	Food Plus Pick Up (3rd - Jan/
12:30pm - 3:00pm	Bridge*
12:30pm - 3:00pm	"500"*
12:30pm - 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



Waymo: The Self-Driving Vehicle

Red Mountain Active Adult Center
Thursday, March 21
12:00pm - 1:00pm

Have you seen the Waymo self-driving vehicles around? Waymo began as the Google Self-Driving Car Project in 2009. Today they are working towards making it safe and easy for everyone to get around without the need of anyone in the driver's seat, by building the most experienced driver. Learn how this amazing system can benefit you.

Please register in advance by Tuesday, March 19 at the front desk or call 480-478-8797.

Living Happy and Healthy at RMAAC - Mark Your Calendar!

Final Preparations: Know Before You Go

Tuesday, March 5

10:00am - 11:00am

There are very few guarantees in life. One guarantee is that we must all leave this life. Be prepared. Understand your options. Reduce the stress of those left behind by deciding now what you want.

Presented by: Angels Cremation and Burial

Smartphone and Tablet Workshop

Tuesday, March 12

9:00am - 11:00am

Have questions about your "smart" device? Get the answers you need at this workshop! Please note that this workshop will 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*

Strokes for Stroke encourages stroke survivors and their caregivers to participate in rehabilitation through art. Designed for all levels of stroke recovery, no previous painting experience is required. Special focus is given on techniques that help stimulate brain function and improve hand-eye coordination. As a participant in Strokes for Stroke, you will enjoy a group art lesson and free lunch!



**American
Stroke
Association.**
A division of the
American Heart Association.

Red Mountain Active Adult Center
Wednesday, March 20
9:00am - 12:00pm

For questions or to RSVP, please contact
Alissa Mckersie at 602-414-5354 or
Alissa.Mckersie@heart.org.

***Space is limited and on a first-come,
first-served basis. Register today!***



Wednesday Dances
presenting...

Sunland Combo

1:00pm, MPRA

Bring your friends and kick up your heels!

Admission \$6

March Excursion: Vision Gallery

Monday, March 18
12:30pm - 3:30pm

The Vision Gallery is a fine arts gallery representing over 300 regional artists. Discover a varied palette of original artworks from oil and acrylic canvasses, to ceramic works, sculpture, jewelry and more.

This excursion is free to attend and is limited to the first 12 individuals to sign up.

Please sign up by Friday, March 15.

Entertainment!

Date	Event	Time
Friday, March 1	Jan's Band	10:30am
Friday, March 8	Main Street Fiddlers	10:30am
Monday, March 11	Wichita Wayne	10:30am
Friday, March 22	Main Street Fiddlers	10:30am
Tuesday, March 26	Valentino - Birthday Celebration	10:30am

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



Social Bingo
Tuesdays, 1:15 pm

Just for Fun Bingo
Wednesdays, 10:45 am

Social Bingo
Thursdays, 1:15 pm



Saint Patrick
of Ireland

Did you know? St. Patrick's Day Facts

- ♣ Since around the ninth or 10th century, people in Ireland have been observing the Roman Catholic feast day of St. Patrick on March 17.
- ♣ The first parade held to honor St. Patrick's Day took place not in Ireland but in the United States! On March 17, 1762, Irish soldiers serving in the English military marched through New York City. Along with their music, the parade helped the soldiers reconnect with their Irish roots, as well as with fellow Irishmen serving in the English army.
- ♣ More than 100 St. Patrick's Day parades are held across the United States; New York City and Boston are home to the largest celebrations.



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 / Wildfire
Arizona Diamondbacks Foundation • Arizona Republic - Season For Sharing • The Board of Visitors
City of Mesa • City of Tempe • Dignity Health • Fund for Shared Insight • Meals on Wheels America
Mesa HoHoKam Foundation • Mesa United Way • National Council on Aging • Sundt
Thunderbird Charities • Town of Gilbert • Valley of the Sun United Way • Walmart