



THE GUIDE

A Monthly Publication of East Valley Adult Resources, Inc.

October 2019

Volume 13, Issue 10



October 2019 Menu

Lunch is served at 11:30 am. For next-day reservations, call 480-962-5612 (MAAC) or 480-218-2221 (RMAAC) before 2:00 pm.

Items with ** contain pork or pork products. Menu items subject to change due to availability.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Shepard's Pie Mashed Potatoes Zucchini Whole Grain Roll Peaches Chef's Special Baked Catfish	2 Scrambled Egg Bake Mushrooms & Spinach O'Brien Potatoes Croissant Fresh Fruit Chef's Choice Dill Tilapia	3 Pork Fritter w/ Gravy** Garden Salad Roasted Red Potatoes Whole Grain Biscuit Pineapple Upside Down Cake Chef's Special Mushroom Swiss Burger	4 Tuna Casserole w/ Noodles Broccoli Corn Whole Grain Crackers Sliced Pears Chef's Special BBQ Ribette**
7 Baked Ham w/ Pineapple** Cauliflower Stewed Tomatoes Whole Grain Roll Fruit Cocktail Chef's Special Stuffed Shells	8 Shrimp Alfredo Fresh Green Beans Carrots Whole Wheat Roll Mixed Berries Chef's Special Soup & Salad Bar	9 Beef Tacos w/ Lettuce, Tomato, & Cheese Salsa Whole Wheat Tortilla Refried Beans Fresh Banana Chef's Choice Turkey Sandwich w/ Soup	10 Zesty BBQ Chicken Baked Beans Grilled Vegetable Mix Whole Grain Roll Fresh Apple Chef's Special Hot Dog**	11 <u>Cold Salad Plate</u> Egg, Three-Bean, & Orange Sliced Beets Whole Grain Roll Sweet Blueberry Crisp Chef's Special Baked Potato Bar
14 Baked Catfish Vegetable Rice Pilaf Broccoli Whole Grain Roll Fresh Fruit Chef's Special Monte Cristo Sandwich	15 Vegetable Lasagna Italian Blend Vegetables Asparagus Whole Grain Roll Cinnamon Sliced Peaches Chef's Special Turkey Burger	16 Chicken Parmigiana Bed of Bow Tie Pasta Garden Salad Spinach Vanilla Pudding w/ Fruit Chef's Choice Egg Salad Sandwich	17 Bratwurst w/ Sauerkraut** German Potato Salad Sliced Carrots Whole Grain Bun Nutmeg Spiced Pears Chef's Special Soup & Salad Bar	18 Meatloaf w/ Gravy Mashed Potatoes Chuck Wagon Corn Whole Grain Roll Sliced Apples Chef's Special Honey Stung Chicken
21 Pork Stir Fry** Peppers & Broccoli Bok Choy Brown Rice Fruit Cup Chef's Special Soup & Salad Bar	22 Birthday Celebration Honey Sesame Chicken Thighs Zucchini & Squash Carrots Whole Wheat Roll Banana Cake 	23 Turkey Burger w/ Lettuce & Tomato Baked Beans Baked French Fries Whole Wheat Bun Orange Chef's Choice Chicken Strips	24 Hawaiian Pork Tacos** Rainbow Vegetables Zucchini Whole Wheat Tortilla Pineapple Chef's Special Quiche Lorraine	25 Lemon Pepper Tilapia California Vegetables Garden Salad Whole Grain Roll Fruit Cocktail Chef's Special BLT Sandwich
28 Broccoli & Cheese Chicken Green Beans Spinach Whole Wheat Roll Pineapple Chef's Special Spaghetti w/ Meatballs	29 Tuna Salad Sandwich Lettuce & Tomato Sliced Beets Whole Grain Bun Grapes Chef's Special Soup & Salad Bar	30 Baked Potato w/ Chili & Cheese Stewed Tomatoes Broccoli Whole Wheat Roll Sliced Pears Chef's Choice Pizza Bar	31 Halloween Party Sloppy Joe Winter Blend Vegetables Sweet Corn Whole Wheat Bun Apricots 	<p style="text-align: center;"><i>East Valley Adult Resources, Inc is funded in part by Area Agency on Aging, Region One</i></p>



EAST VALLEY HEALTHY LIVING EXPO

Wednesday, November 13, 2019

8:00 am - 12:00 pm

Mesa Convention Center

263 N Center St

This **FREE** event, produced by East Valley Adult Resources and Lovin' Life After 50, includes a showcase of healthy living exhibitors, live entertainment, and opportunities to win raffle prizes. Join us for a morning focused on health, wellness, and FUN! We hope to see you there!

COMING SOON

to Mesa Active Adult Center



We are excited to share that coming this winter, the facilities at Mesa Active Adult Center will be undergoing some renovations. Details are still being discussed and timelines have not been finalized but will be in the coming weeks. Be on the lookout for scheduled sessions regarding the changes, during which time we will provide more information and answer any questions you have. We thank you in advance for your patience and look forward to sharing our plans with you!

Daily Delights

MONDAYS	
8:00 am - 3:00 pm	Walk Your Shoes Off
8:00 am - 9:00 am	Aerobics
9:30 am - 10:30 am	Mild Exercise
10:00 am - 10:30 am	Poetry and Prose (Oct 14)
10:00 am - 11:00 am	Wii Bowling
10:00 am - 11:30 am	Tai Chi
10:30 am - 11:30 am	Writers Guild
2:00 pm - 3:30 pm	Barebones Theatre Troupe

TUESDAYS	
8:00 am - 3:00 pm	Walk Your Shoes Off
8:00 am - 9:00 am	Aerobics
9:00 am - 11:30 am	Butler Law Free Legal Services (Oct 21)
9:00 am - 11:30 am	Shawls of Love
9:30 am - 10:30 am	Gramma Jones Line Dance
10:00 am - 11:30 am	Art/Clay Play
1:00 pm - 4:00 pm	Art at Your Own Pace

WEDNESDAYS	
8:00 am - 3:00 pm	Walk Your Shoes Off
8:00 am - 9:00 am	Aerobics
9:30 am - 10:30 am	Mild Exercise
9:00 am - 4:00 pm	Open Art Studio with Mesa Arts League
9:30 am - 12:00 pm	Hal's Healing Hands
10:00 am - 11:30 am	Support Group for Caregivers
10:00 am - 11:20 am	Stockings for Kids (Oct 9)
10:00 am - 11:00 am	Blackjack with David (Oct 2, Oct 16)
1:00 pm - 3:00 pm	Grief and Loss Group
1:30 pm - 4:00 pm	Bungalow Group
1:15 pm - 3:30 pm	Social Bingo

THURSDAYS	
8:00 am - 3:00 pm	Walk Your Shoes Off
8:00 am - 9:00 am	Aerobics
9:30 am - 11:30 am	Enriching Veterans Lives Through Art (Oct 10)
10:00 am - 11:30 am	Tai Chi
12:30pm - 3:00 pm	Movie Day (see page 6)
2:00 pm - 3:00 pm	Barebones Theatre Troupe

FRIDAYS	
8:00 am - 3:00 pm	Walk Your Shoes Off
9:00 am - 12:00 pm	Friday Morning Writers
9:30 am - 10:30 am	Mild Exercise
9:30 am - 12:00 pm	Hal's Healing Hands
10:00 am - 11:30 am	Art/Clay Play
10:00 am - 11:00 am	Sing for Joy!!
12:00 pm - 4:00 pm	AARP Safe Driving (Oct 4, Oct 18)
1:15 pm - 3:45 pm	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!

Transit Options in the City of Mesa

Thursday, October 3

10:00 am-11:00 am

Not driving and looking for alternative transportation to get where you need to go? Find out all the different ways you can get around in the City of Mesa at this presentation. *Presented by City of Mesa Department of Transportation*

Medicare 101 Workshop

Wednesday, October 9

10:00 am-11:00 am

Have questions about Medicare? What are your options, and what do Medicare Parts A, B, C and D cover? When does enrollment start and are you eligible? Find answers to these questions and more at this workshop! *Presented by Linda Stemerman, Humana*

Smartphone and Tablet Workshop

Wednesday, October 23

10:00 am - 11:00 am

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, Activity Coordinator, EVAR*



ADOT and the Motor Vehicle Division

Mesa Active Adult Center
Wednesday, October 16
12:00 pm - 1:00 pm

The Motor Vehicle Department is hyping up their customer service game to make you visit a more pleasant experience. Be in the know for the next time you go. Also, do you have plans to travel by plane in the future? Do you have your Travel ID? Do you need one? Get the answers to those questions at this presentation. Presented by Doug Nick, Assistant Communications Director for Customer Outreach, ADOT

Please register in advance at the Program Desk by Monday, October 14.

October Excursion

Zelma Basha Salmeri Gallery:
The Eddie Basha Collection of Western
American & American Indian Art

Monday, October 28
12:30 pm - 3:30 pm

The focus of the Eddie Basha Collection lies in two specific areas: Contemporary Western American Art and Contemporary American Indian Art. The collection includes countless masterpieces by renowned Cowboy Artists John Clymer, Joe Beeler, Jim Reynolds, Howard Terpning, David Halbach, Bill Owen and many others. This excursion is FREE to attend but is limited to 12 participants.

Please register at the Program Desk by Wednesday, October 23.



Geri-Fit is Back! This group strength training exercise program is ideal for all ages and fitness levels. It incorporates seated stretching, stability and balance training, and gait exercises. Geri-Fit lessens the chances of

falls, increases functional capacity, helps rebuild strength, and helps ease arthritic pain that is associated with aging bodies.

Tuesdays & Thursdays
Beginning Tuesday, October 22
9:30 am - 10:30 am

Sign up today at Sign-Up Central!

Mesa Active Adult Center

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

SERVICES FOR INDIVIDUALS

Individual Resource Needs Assessment

Call 480-962-5612 or stop in 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, 9:00 am - 12:00 pm
Facilitated by Area Agency on Aging

SUPPORT GROUPS

Caregiver Group

Wednesdays, 10:00 am
Facilitated by EMPACT

Grief and Loss Support Group

Wednesdays, 1:00 pm
Facilitated by EMPACT



Monthly Community Food Share Fresh Food Truck



**Thursday October 10, 2019
8:00 am - 11:00 am**

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

MARK YOUR CALENDARS



Walgreens Flu Shot Clinic

This flu shot clinic is covered by Medicare
so be sure to bring your Medicare card!

Mesa Active Adult Center
Wednesday, October 2
9:00 am - 11:00 am
Classroom 2



Presented by Chandler-Gilbert
Community College

Mesa Active Adult Center
Wednesday, October 20
10:00 am - 12:00 pm

Mesa Active Adult Center

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

EVENTS

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

<i>Let's Dance!</i>	
Tuesdays at 1:00 pm	
October 1	Juan Miguel Zarate
October 8	Manuel Dorantes
October 15	Juan Miguel Zarate
October 22	Manuel Dorantes
October 29	Juan Miguel Zarate

<i>Movie Time!</i>	
Thursdays at 12:30 pm	
October 3	<i>The Secret Life of Pets 2 (2019)</i>
October 10	<i>Rocketman (2019)</i>
October 17	<i>Little (2019)</i>
October 24	<i>Yesterday (2019)</i>
October 31	<i>The Dog Who Saved Halloween (2011)</i>

<i>Entertainment!</i>	
Wednesday, October 2 10:30 am	Fletcher Music Concert
Friday, October 4 11:00 am	Michael Elijah
Friday, October 18 11:00 am	Ken Levine

<i>Bingo!</i>	
Mondays, 12:30 pm	Losers Bingo
Wednesdays, 1:15 pm	Social Bingo
Fridays, 1:15 pm	Big Game Bingo

Tuesday Dance



Dust off your dancing shoes, because Tuesday Dance is back! See above for our October lineup and make plans to join us every Tuesday for dancing and merriment!

Tuesdays, 1:00 pm - 3:00 pm

Happy Halloween Party

Join us for a spooky good time! Wear your funniest, spookiest or most creative costume, and you could win a prize! Treats with no tricks too!!

Thursday, October 31st
10:15 am

Daily Delights

Monday	
8:00 am - 9:15 am	Abundant Life Exercise
8:00 am - 11:00 am	Stitch & Chat
12:30 pm	Movie Day (Oct 7, Oct 21)
12:30 pm - 3:30 pm	Cribbage
12:00 pm - 3:00 pm	Mahjong
12:30 pm - 3:00 pm	Advanced Pinochle
12:30 pm - 3:00 pm	Social Pinochle
1:30 pm - 3:30 pm	Parkinson's Support Group (Oct 7)
2:00 pm - 3:30 pm	Parkinson's Caregiver Support (Oct 7)
12:30 pm - 2:00 pm	Food Plus Pick Up (Oct 21)
4:00 pm - 5:30 pm	Grief Support
Tuesday	
8:00 am - 11:00 am	Stitch & Chat
9:30 am - 11:00 am	Blood Pressure Checks
10:00 am - 11:00 am	Living Happy & Healthy
11:00 am - 3:30 pm	Deaf Support Group
12:30 pm - 3:00 pm	Canasta (Hand & Foot)
1:15 pm - 3:30 pm	Social Bingo
5:00 pm - 8:00 pm	Mesa Art League (Oct 8)
Wednesday	
8:00 am - 9:15 am	Abundant Life Exercise
9:00 am - 11:00 am	Benefits Assistance
9:45 am - 11:15 am	Beginning Spanish
10:00 am - 11:00 am	Legal Assistance: Wills & Trusts (Oct 16)
10:30 am - 11:15 am	Just for Fun Bingo
12:30 pm - 3:00 pm	Canasta
12:30 pm - 3:00 pm	Euchre
12:30 pm - 3:00 pm	Bridge
1:00 pm - 3:00 pm	Afternoon Dance with the Sunland Combo

Thursday	
8:00 am - 11:00 am	Stitch & Chat
10:00 am - 11:00 am	Blackjack with David (Oct 3, Oct 17)
10:00 am - 11:00 am	Veterans Discussion Group (Oct 10, Oct 24)
12:30 pm - 3:30 pm	Beginning Computers
12:30 pm - 3:30 pm	Enriching Lives of Veterans thru Art (Oct 24)
12:30 pm - 3:00 pm	Advanced Pinochle
12:30 pm - 3:00 pm	Social Pinochle
12:30 pm - 3:00 pm	Mexican Train Dominoes
1:15 pm - 3:30 pm	Social Bingo
6:00 pm - 8:00 pm	Survivors of Suicide (Oct 10, Oct 24)
Friday	
8:00 am - 9:15 am	Abundant Life Exercise
8:15 am - 12:00 pm	Portrait Workshop
9:30 am - 10:30 am	Book Club (Oct 25)
12:30 pm - 3:00 pm	Bridge
12:30 pm - 3:00 pm	"500"
12:30 pm - 3:00 pm	Movin' On
12:30 pm - 3:00 pm	Canasta
1:30 pm - 2:30 pm	Line Dancing
2:00 pm - 3:00 pm	Alzheimer's Support Group (Oct 4, Oct 18)

Soup To Go - Only \$1!

Every Tuesday & Thursday
 12:30 pm - 2:30 pm
 until sold out

Inquire at the RMAAC front desk
 for more information.



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 Support Group	1st & 3rd Friday	2:00 pm - 3:00 pm	Martha Burrel and Kathy Piazza, Alzheimer's Association
Deaf Support Group	Tuesdays	11:00 am - 3:30 pm	Terry & Nyla Hostin, Community Volunteers
Grief Loss Support Group	Mondays	4:00 pm - 5:30 pm	Sandra McNally and Ann Chadwick, EMPACT
Movin' On	Fridays	1:00 pm - 3:30 pm	Sandra McNally and Leo Achin, EMPACT
Parkinson's Support Group	1st Monday	1:30 pm - 3:30 pm	Kristina Watts, Dignity Health
Survivors of Suicide Support Group	2nd & 4th Thursdays	6:00 pm - 8:00 pm	Sandra McNally, EMPACT
Veterans Discussion	2nd & 4th Thursdays	10:00 am - 11:00 am	Mike Crowe, DAV
Enriching the Lives of Veterans Through Art	4th Thursday	12:30 pm - 3:30 pm	Loralee Stickel, Mesa Arts League
Benefits, Medicare, and Insurance	Wednesdays	9:00 am - 11:00 am	Area Agency on Aging
Wills & Trusts	3rd Wednesdays	10:00 am - 11:30 am	Community Volunteer Attorney
Peer Counseling	Mondays & Wednesdays	By appointment. Call 480-218-2221	Sandra McNally, EMPACT

See how GOOD you are. Fill in each blank with a word with double Os.

1. To wash your hair _____
2. A chicken's mate _____
3. Sleeping for a short period of time _____
4. An aimless drawing _____
5. A humorous drawing _____
6. A clock that contains a little bird _____
7. The place saver for your book _____
8. The car at the rear of the train _____
9. If an object is not rough, it's _____
10. An old-time tavern _____

ANSWERS

10. saloon
9. smooth
8. caboose
7. bookmark
6. cuckoo
5. cartoon
4. doodle
3. snooze
2. rooster
1. shampoo

Red Mountain Active Adult Center

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

Living Happy and Healthy at RMAAC - Mark Your Calendar!

Transit Options in the City of Mesa

Tuesday, October 1

10:00 am-11:00 am

Not driving and looking for alternative transportation to get where you need to go? Find out all the different ways you can get around in the City of Mesa at this presentation. *Presented by City of Mesa Department of Transportation*

Medicare 101 Workshop

Tuesday, October 8

10:00 am-11:00 am

Have questions about Medicare? What are your options, and what do Medicare Parts A, B, C and D cover? When does enrollment start and are you eligible? Find answers to these questions and more at this workshop! *Presented by Linda Stemerman, Humana*

Smartphone & Tablet Workshop

Tuesday, October 29

9:00 am - 11:00 am

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, Activity Coordinator, EVAR*



Fun with Color

Red Mountain Active Adult Center
Thursday, October 17
12:00 pm - 1:00 pm

Looking for a new hobby? Try coloring; it's not just for kids! Adult coloring is all the rage these days and it's proven to be a great stress reliever. Attend this event and learn about color theory and how to use the color wheel to make your art pop. *Presented by Debbie K., Community Volunteer*

**Please register in advance
at the front desk by Friday, October 25**

October Excursion

Zelma Basha Salmeri Gallery:
The Eddie Basha Collection of Western
American & American Indian Art

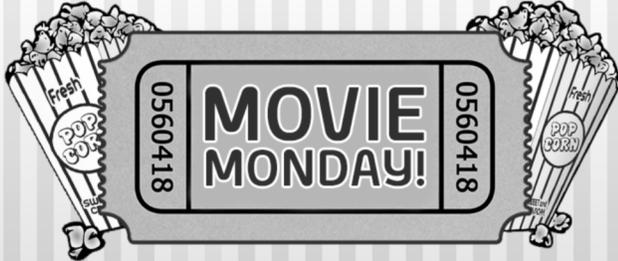
**Monday, October 21
12:30 pm - 3:30 pm**

The focus of the Eddie Basha Collection lies in two specific areas: Contemporary Western American Art and Contemporary American Indian Art. The collection includes countless masterpieces by renowned Cowboy Artists John Clymer, Joe Beeler, Jim Reynolds, Howard Terpning, David Halbach, Bill Owen and many others. This excursion is FREE to attend but is limited to 12 participants.

Please register at the Program Desk by Thursday, October 17.

Entertainment!

Date	Event	Time
Friday, October 11	Jan's Band	10:30 am
* Entertainment line-ups are subject to change without notice *		



Movies will be shown at 12:30 pm in Mesquite-A. FREE popcorn available!

Monday, October 14	<i>Yesterday</i> (2019)
Monday, October 28	<i>Going in Style</i> (2017)

All movies will be Closed Captioned.



Social Bingo
 Tuesdays, 1:15 pm

Sales start at 12:15 pm and end at 1:05 pm

Just for Fun Bingo
 Wednesdays, 10:15 am

Social Bingo
 Thursdays, 1:15 pm

Sales start at 12:15 pm and end at 1:05 pm

Pumpkin Carving Contest



Get creative and into the spirit of fall by painting a pumpkin! Vote for your favorite while the pumpkins dry. It's free to sign up and pumpkins are limited so please register for this event at the Front Desk by Tuesday, October 22.

Friday, October 25
 9:00 am-10:00 am

MONSTER MASH



Have a spooky fun time at our Halloween Monster Mash, complete with treats, photo booth, and a costume contest!

Thursday, October 31
 10:30 am - 11:30 am





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