

THE GUIDE

A Monthly Publication of East Valley Adult Resources, Inc.

September 2019



Volume 13, Issue 9



September 2019 Menu

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Closed In Observance of Labor Day</p> 	<p>3</p> <p>Chicken Chimichanga w/ Shredded Lettuce & Tomato Refried Beans Whole Wheat Tortilla Fresh Apple Chef's Special Soup & Salad Bar</p>	<p>4</p> <p>Egg Bake Hash Brown Potatoes Peppers, Onions, & Mushrooms Wheat Biscuit Fresh Banana Chef's Choice</p>	<p>5</p> <p>Beef Tater Tot Casserole Stewed Tomatoes Green Beans Whole Wheat Roll Jell-O Fruit Salad Chef's Special Honey Stung Chicken</p>	<p>6</p> <p>Baked Pollock w/ Fruit Salsa Caribbean Vegetables Cauliflower Whole Wheat Roll Apricots Chef's Special Pork Chop w/ Apple Gravy**</p>
<p>9</p> <p><u>Cold Salad Plate:</u> Chicken, Beet, & Broccoli Whole Wheat Crackers Fresh Fruit Oreo Cake Chef's Special Swiss Mushroom Burger</p>	<p>10</p> <p>Dill Tilapia Spinach Scandinavian Vegetables Whole Wheat Roll Apricots Chef's Special Soup & Salad Bar</p>	<p>11</p> <p>Garlic Chicken w/ Angel Hair Pasta Italian Vegetable Mix Garden Salad Whole Wheat Roll Fresh Orange Chef's Choice</p>	<p>12</p> <p>Pulled Pork Sandwich w/ Peppers & Onions** Brussel Sprouts Whole Wheat Bun Peaches Chef's Special Egg Salad Sub</p>	<p>13</p> <p>Honey Garlic Chicken w/ Rice Carrots Oriental Vegetables Cherry Trifle Cake Chef's Special BBQ Ribette w/ Peppers & Onion**</p>
<p>16</p> <p>Lemon Baked Cod Chef's Vegetables Peas & Carrots Whole Wheat Roll Fresh Grapes Chef's Special Meatloaf w/ Cajun Red Gravy</p>	<p>17</p> <p>Italian Sausage Sandwich** Peppers & Onions Italian Vegetable Blend Whole Grain Bun Sliced Peaches Chef's Special Soup & Salad Bar</p>	<p>18</p> <p>Beef Stew w/ Vegetables & Rice Chuckwagon Vegetables Winter Vegetables Whole Wheat Roll Fruit Ambrosia Chef's Choice</p>	<p>19</p> <p>Chicken Breast w/ Gravy Mashed Potatoes Rancho Fiesta Vegetable Blend Whole Wheat Roll Fresh Orange Chef's Special Quiche Lorraine**</p>	<p>20</p> <p><u>Cold Salad Plate:</u> Crab, Macaroni, & Three-Bean Whole Wheat Crackers Sliced Pears Chef's Special Pizza Bar</p>
<p>23</p> <p>Open-Face Turkey Sandwich Yams Green Beans Whole Wheat Bread Applesauce Chef's Special</p> <p><i>First Day of Fall</i></p>	<p>24</p> <p>Birthday Celebration Spaghetti w/ Meat Sauce Capri Vegetables & Spinach Whole Wheat Roll Fresh Orange Birthday Cake </p>	<p>25</p> <p>Roast Pork Loin w/ Honey Mustard Sauce** Yams Green Beans Whole Wheat Roll Apricots Chef's Choice</p>	<p>26</p> <p>Butter-Glazed Tilapia Cauliflower Normandy Vegetables Whole Wheat Roll Fruit Cocktail Chef's Special: Meatball Stroganoff over Noodles</p>	<p>27</p> <p>Soft Shell Chicken Taco w/ Lettuce, Tomato, & Cheese Refried Beans Whole Wheat Tortilla Cherry Crisp Chef's Special: Potato Bar</p>
<p>30</p> <p>Stuffed Peppers Lima Beans Garden Salad Whole Wheat Roll Pineapple Chef's Special: Baja Grilled Chicken Breast</p>	<p style="text-align: center;">We are excited to announce that our new menu cycle begins October 1st. Keep an eye out for new, tasty meals next month!</p>			<p style="text-align: center;"><i>East Valley Adult Resources, Inc is funded in part by Area Agency on Aging, Region One</i></p>

BENEFITS ENROLLMENT CENTER

We are excited to share that East Valley Adult Resources (EVAR) is now part of the National Council on Aging's (NCOA) network dedicated to helping people with Medicare improve their financial stability by enrolling in programs to help them afford health care, prescriptions, food, utilities, and more!

Our Benefits Enrollment Center helps low income older adults and people with disabilities on Medicare connect with important benefits and resources.

This service is offered FREE OF CHARGE to East Valley residents.

The first step is a confidential Benefits Checkup[®] to help you explore the resources and financial supports that you may qualify for, including:

- Medicare Part D Extra Help / Low Income Subsidy
- Medicare Savings Programs
- Medicaid / AHCCCS
- SNAP (formerly known as Food Stamps)
- Get free help with drug costs, utilities, food, and more!

Don't worry about the paperwork! Our Outreach Specialists will help you enroll in these benefits, including completing the applications. We are happy to schedule a home visit with you in the East Valley. Or stop in to speak confidentiality with one of our Outreach Specialists.

Remember, there is **NO FEE** for our Benefits Enrollment Center services!

***Help for people on fixed incomes is important
because the cost of living goes up, but our incomes do not.***

We can help. Contact us today!

480-962-5612

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

Red Mountain
Active Adult Center
7550 E. Adobe St.
Mesa, AZ 85207

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)
12:30pm	Classic Movie Time (see page 6)
1:00pm	Art at Your Own Pace
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)
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!

Smartphone and Tablet Workshop

Wednesday, September 4

10:00am - 11:00am

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*

Food and You: What's Aging Got to Do With It?

Wednesday, September 11

10:00am - 11:00am

Our bodies need different foods and nutrients to function optimally as we age. Learn tips for adapting your diet as your metabolism, taste buds, and digestion change. *Presented by Linda Stemerman, Humana*



Prevent Low Back Pain

Mesa Active Adult Center
Wednesday, September 25
12:00pm - 1:00pm

This workshop reveals how to naturally protect your back with strategies, techniques and tips for bending, lifting, and common daily activities. Learn positioning tips for sitting and sleeping more comfortably, and three critical exercises you can add to your gym or home workout to help naturally support your back. *Presented by Sarah Hanna, PT, MPT, FAAOMPT, Cert. DN, Cert. SMT, OneAccord Pain Centers*

Please register in advance at the Program Desk by Friday, September 20.

September Excursion

Arizona Diamondbacks vs. Miami Marlins



Wednesday, September 18
11:00am - 4:00pm

There is a \$25 fee to attend this excursion, which is limited to 12 participants from each Center.

Please register and pay at the Program Desk by Friday, September 13. Participants will travel to the game via charter ADA coach bus, which will depart from MAAC promptly at 11:15am.

Tuesday Dance



Dust off your dancing shoes, because Tuesday Dance is back! Visit page 6 for our September lineup and make plans to join us every Tuesday for dancing and merriment!

FALL kick-off

Join us as we get ready for Fall and cooler weather by enjoying snacks, pop, and a special screening of the 2000 hit movie *Remember the Titans!* Wear a jersey and support your favorite team!



Thursday, September 26
12:30pm, Main Hall

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, 9:00am - 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 September 12, 2019
7:00am - 10:00am**

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

COMING TO MAAC IN OCTOBER



Walgreens Flu Shot Clinic

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

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

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: 1:00pm

September 10	Manuel Dorantes
September 17	Manuel Dorantes
September 24	Manuel Dorantes

Movie Time!

Thursday Movie Lineup: 12:30pm

September 5	<i>Going In Style</i> (2017)
September 12	<i>Breakthrough</i> (2019)
September 19	<i>Isn't It Romantic?</i> (2019)
September 26	<i>Remember the Titans</i> (2000)

Entertainment!

Friday, September 6 11:00am	Jai Mitchell
Friday, September 20 11:00am	Ken Levine

Bingo!

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

Welcome

We would like to welcome the new Center Manager at MAAC! Paul Johnson officially joined our team on August 12, and we are so happy to have him on board. Paul has extensive experience managing before- and after-school programs in the Kyrene School District. He also worked for the City of Chandler as a Recreation Leader in the Parks and Recreation Department. We are excited to have Paul's extensive knowledge in recreation programming and facilities management and look forward to all the experience and knowledge he brings to our team. If you haven't already, please stop by Paul's office, introduce yourself, and welcome him to EVAR!

Daily Delights


Monday	
8:00am - 9:15am	Abundant Life Exercise*
8:00am - 11:00am	Stitch & Chat (M/T/Th)
12:30pm	Movie Day (2nd & 4th)
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)
12:30pm - 2:00pm	Food Plus Pick Up (3rd)
4:00pm - 5:30pm	Grief Support
Tuesday	
8:00am - 11:00am	Stitch & Chat (M/T/Th)
9:30am - 11:00am	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	Social Bingo
5:00pm - 8:00pm	Mesa Art League (2nd)
Wednesday	
8:00am - 9:15am	Abundant Life Exercise*
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	Stitch & Chat (M/T/Th)
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*
8:15am - 12:00pm	Portrait Workshop*
9:30am - 10:30am	Book Club (4th)
12:30pm - 3:00pm	Bridge*
12:30pm - 3:00pm	"500"*
12:30pm - 3:00pm	Movin' On
12:30pm - 3:00pm	Canasta*
1:30pm - 2:30pm	Line Dancing
2:00pm - 3:00pm	Alzheimer's Support Group (1st & 3rd)

Soup To Go - Only \$1!

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

Inquire at the RMAAC front desk
 for more information.



* - 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	Terry & Nyla Hostin, Community Volunteers
Grief Loss	Mondays	4:00pm - 5:30pm	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

MARK YOUR CALENDARS



Walgreens Flu Shot Clinic

Red Mountain Active Adult Center
 Tuesday, September 24
 9:00am-11:00am
 Multi-Purpose Room

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

Red Mountain Active Adult Center

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

Living Happy and Healthy at RMAAC - Mark Your Calendar!

Smartphone & Tablet Workshop

Tuesday, September 3

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, Activity Coordinator, EVAR*

Food and You: What’s Aging Got to Do With It?

Tuesday, September 10

10:00am - 11:00am

Our bodies need different foods and nutrients to function optimally as we age. Learn tips for adapting your diet as your metabolism, taste buds, and digestion change. *Presented by Linda Stemerman, Humana*

Prevent Low Back Pain

Tuesday, September 17

10:00am - 11:00am

This workshop reveals how to naturally protect your back with strategies, techniques and tips for bending, lifting, and common daily activities. Learn positioning tips for sitting and sleeping more comfortably, and three critical exercises you can add to your gym or home workout to help naturally support your back. *Presented by Sarah Hanna, PT, MPT, FAAOMPT, Cert. DN, Cert. SMT, OneAccord Pain Centers*



Downsizing and Moving

Red Mountain Active Adult Center
Thursday, September 19
12:00pm - 1:00pm

Moving can be stressful and overwhelming! This informative session will help you figure out where to start, what to do with your belongings, and how to avoid costly mistakes!

**Please register in advance
at the front desk
by Monday, September 16**

September Excursion

Arizona Diamondbacks vs. Miami Marlins



**Wednesday, September 18
11:00am - 4:00pm**

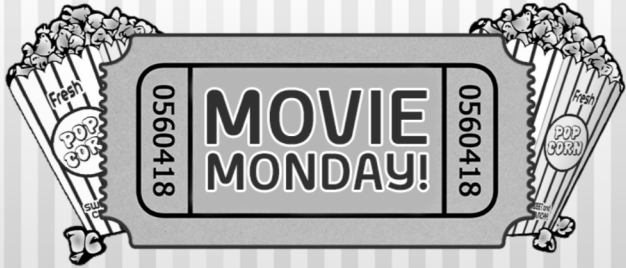
There is a \$25 fee to attend this excursion, which is limited to 12 participants from each Center.

Please register and pay at the Front Desk by Friday, September 13. EVAR will provide transportation from RMAAC to MAAC at 10:30am. Participants will then travel to the game via charter ADA coach bus. The bus will leave from MAAC promptly at 11:15am.

Entertainment!

Date	Event	Time
Friday, September 20	Chris Dorcsh	10:30am
Friday, September 27	Carl Nyberg	10:30am

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



Movies will be shown at 12:30pm on the 2nd and 4th Mondays of the month in Mesquite-A. FREE popcorn available!

Monday, September 9	<i>Green Book</i> (2018)
Monday, September 23	<i>Poms</i> (2019)

All movies will be Closed Captioned.



Social Bingo
 Tuesdays, 1:15pm

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

Just for Fun Bingo
 Wednesdays, 10:45am

Social Bingo
 Thursdays, 1:15pm

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



FALL KICK-OFF

Join us as we get ready for Fall and cooler weather by enjoying snacks, pop, and a special screening of the classic 1997 hit movie *Rudy*. Wear a jersey in support of your favorite team!

Friday, September 13
 12:30pm
 Multi-Purpose Room



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