



# THE GUIDE

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

February 2019

Volume 13, Issue 2



# February 2019 Menu

Lunch is served at 11:30am. For Next Day Reservations Call 480-962-5612 Before 2pm.

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>February: Honoring Black History Month</b></p>				
<p><b>4</b></p> <p>Pork Chopette** Carrots Spinach Whole Wheat Roll Apricots <b>Chef's Choice</b></p>	<p><b>5</b></p> <p>Hungarian Goulash Peas Zucchini Whole Wheat Roll Mandarin Oranges <b>Chef's Special:</b> Soup &amp; Salad Bar Mandarin Oranges</p>	<p><b>6</b></p> <p>Tuna Casserole Oriental Vegetable Blend Garden Salad Whole Wheat Roll Fruit Cup <b>Chef's Choice</b></p>	<p><b>7</b></p> <p>Breaded Swiss Steak Baked Potato Normandy Blend Vegetables Whole Wheat Roll Fresh Plum <b>Chef's Special:</b> Honey Stung Chicken</p>	<p><b>1</b></p> <p>Creole Chicken Breast and Rice Okra Mixed Vegetables Broccoli Whole Wheat Roll Pineapple Tidbits <b>Chef's special:</b> BBQ Pork Over Rice**</p>
<p><b>11</b></p> <p>Asian Glazed Chicken Asian Vegetables Chef's Vegetable Blend Whole Wheat Roll Mandarin Oranges <b>Chef's Choice</b></p>	<p><b>12</b></p> <p>Bratwurst w/ Sauerkraut** Corn Baked Beans Whole Wheat Bun Banana <b>Chef's Special:</b> Soup &amp; Salad Bar</p>	<p><b>13</b></p> <p>Chicken Alfredo Whole Wheat Pasta Spinach Italian Blend Sliced Peaches <b>Chef's Choice</b></p>	<p><b>14</b></p> <p style="text-align: center;"></p> <p>Turkey Burger Deluxe Coleslaw Corn &amp; Green Peppers Whole Wheat Bun Fruit Ambrosia <b>Chef's Special:</b> BBQ Ribette Sandwich**</p>	<p><b>15</b></p> <p>Breaded Catfish Roasted Tomato California Blend Cherry Crisp <b>Chef's Special:</b> Meatloaf w/ Mushroom Gravy</p>
<p><b>18</b></p> <p style="text-align: center;"><b>CLOSED</b> Presidents' Day</p> <p style="text-align: center;"></p>	<p><b>19</b></p> <p>Cold Salad Plate Turkey, Cucumber &amp; Beet Salads Whole Wheat Roll Fruit Blend <b>Chef's Special:</b> Soup &amp; Salad Bar</p>	<p><b>20</b></p> <p>Mushroom Porkchop** Mashed Potatoes Spinach Whole Wheat Roll Applesauce <b>Chef's Choice</b></p>	<p><b>21</b></p> <p>Baked Penne Pasta w/ Meat Sauce Roasted Brussel Sprouts Mixed Vegetables Mandarin Oranges <b>Chef's Special:</b> Teriyaki Coconut Chicken</p>	<p><b>22</b></p> <p>Cold Salad Plate Egg, Corn &amp; Three Bean Salads Whole Wheat Roll Mango <b>Chef's Choice</b></p>
<p><b>25</b></p> <p>BBQ Chicken Broccoli Mixed Vegetables Whole Wheat Roll Sliced Pears <b>Chef's Choice</b></p>	<p><b>26</b></p> <p><b>Birthday Celebration</b> Lemon Pepper Tilapia California Vegetable Blend Garden Salad Whole Wheat Roll Birthday Cake <b>Chef's Special:</b> Soup &amp; Salad Bar</p>	<p><b>27</b></p> <p>Sweet &amp; Sour Meatballs ** Oriental Vegetable Blend Garden Salad Whole Wheat Roll Pineapple <b>Chef's Choice</b></p>	<p><b>28</b></p> <p>Pineapple Glazed Ham** Bermuda Vegetable Blend Roasted Tomato Whole Wheat Roll Mango <b>Chef's Special:</b> Mexican Grilled Chicken Breast</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>

# 2019 SPRING HEALTHY LIVING EXPO

Join us at one or both of our **2019 Spring Healthy Living Expos**, where dozens of exhibitors will showcase a variety of informational and interactive displays targeted to seniors and their families. These events are **FREE** and open to all!

## OFFERINGS INCLUDE:

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

**February 22, 2019**  
**FRIDAY**

**Red Mountain**  
**Multigenerational Center Gym**  
7550 E. Adobe St.  
Mesa, AZ 85207

**8:00am - 11:30am**

**March 29, 2019**  
**FRIDAY**

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

**8:00am - 11:30am**

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

**Mark your calendars today and make plans to join us!**

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## Staying Safe at Home

*A Forum for Caregivers and Older Adults*

**Tuesday**  
**February 26, 2019**  
7:30am - 11:00am

*Red Mountain*  
*Active Adult Center*  
7550 East Adobe Street

To Register Call:  
480-218-2221

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](http://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.

**Friday**  
**March 8, 2019**  
7:30am - 11:00am

*Mesa*  
*Active Adult Center*  
247 Macdonald

To Register Call:  
480-962-5612

# 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
<p>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.</p> <p>For more information or to set up an appointment, call 480-962-5612 or 480-218-2221.</p>

## 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, February 6

10:30pm - 11:15am

Do you have a smartphone or tablet but aren't quite sure how to use it? Do you have a question or 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*

#### Life Saver Class: CPR Overview

Wednesday, February 13

10:30am - 11:15am

Learn what to do in an emergency situation and review how to perform CPR if needed. This is not a CPR certification class. *Presented by: Jean DeStories, Mesa Fire & Medical*

#### Balance Screenings

Wednesday, February 20

10:00am - 11:00am

Are you at risk for falls? Do you sometimes feel unsteady on your feet? Attend this balance screening event to find out and learn about options available to you. Students and instructors from the A.T. Still University School of Physical Therapy will perform a series of assessments to determine your level of balance. There is no charge for the screenings. *Presented by: A.T. Still University*



#### Make & Take Watercolor Tile Coasters

Mesa Active Adult Center  
Wednesday, February 27  
12:00pm - 1:00pm



Learn how to create a beautiful set of watercolor tile coasters for your home! This class is limited to 16 participants, and there is a \$5 fee to attend.

**Please register in advance at Sign-Up Central by February 22 or call 480-629-8411.**



## Yoga



Due to popular demand, we have added an additional Thursday Yoga class! Instructor Cynthia Jones is an experienced Yoga teacher who has taught previously at valley studios including the YMCA.

#### Tuesdays

1:00pm: Gentle Yoga  
2:00pm: Chair Yoga

#### Thursdays

1:00pm: Gentle Yoga

# 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 February 14, 2019  
8:00am - 10:00am**

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

## **Balance Screenings**

Are you at risk for falls? Do you sometimes feel unsteady on your feet? Attend a balance screening at one of our Active Adult Centers to find out and learn about options available to you. Students and instructors from the A.T. Still School of Physical Therapy will perform a series of assessments to determine your level of balance.

**Wednesday February 20  
10:00am - 11:00am**

Screenings are free of charge.  
We hope you will make plans to attend!

A.T. STILL UNIVERSITY | ATSU

## **Friday Blood Pressure Checks**



**February  
8, 15, 22**

**March  
1**

12:15pm - 1:15pm

Performed by A.T. Still University students

A.T. STILL UNIVERSITY | ATSU

# 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>	
<b>Tuesday Dance Lineup: 1:00pm</b>	
February 5	Manuel Dorantes
February 12	Easy Sounds
February 19	Manuel Dorantes
February 26	Juan Miguel Zarates
<i>Movie Time!</i>	
<b>Thursday Movie Lineup: 12:30pm</b>	
February 7	<i>Night School</i>
February 14	<i>First Man</i>
February 21	<i>The Hate U Give</i>
February 28	<i>Venom</i>
<b>* ALL MOVIES WILL BE CLOSED CAPTIONED *</b>	

<i>Entertainment!</i>	
<b>Entertainment: 11:00am</b>	
Friday, February 1	Jai Mitchell
Wednesday, February 6	Yamaha School of Music
Friday, February 8	Wichita Wayne
Thursday, February 14	Wichita Wayne
Friday, February 15	Happy Harpers
Friday, February 22	Main Street Fiddlers
<i>Bingo!</i>	
<b>Weekly Bingo Lineup</b>	
Mondays, 12:30pm	Losers Bingo
Wednesdays, 1:15pm	Social Bingo
Fridays, 1:15pm	Big Game Bingo

## February Excursion



**Chicago Cubs vs. San Diego Padres  
Spring Training Game**

**Monday, February 25  
12:30pm - 3:30pm**

Please register by Wednesday, February 20.  
There is a fee of \$34 to attend. Departure  
time is 12:15pm.

# 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/ Feb only)
12:30pm - 3:00pm	Bridge*
12:30pm - 3:00pm	"500"*
1:00pm - 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.





## 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	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



#### Make & Take Watercolor Tile Coasters

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



Learn how to create a beautiful set of watercolor tile coasters for your home! This class is limited to 16 participants, and there is a \$5 fee to attend.

**Please register in advance at the front desk by February 15 or call 480-478-8797.**

# Red Mountain Active Adult Center

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

## Living Happy and Healthy at RMAAC - Mark Your Calendar!

### Fraud - The Fraud Watch Network

**Tuesday, February 5**

**10:00am - 11:00am**

Scams nowadays are too many, and the tactics used by con artists too diverse. This presentation reviews the most common scams, explains common tactics used by con artists, and offers a prevention strategy. *Presented by: Steve Booth, AARP*

### Home Safety Workshop

**Tuesday, February 12**

**10:00am - 11:00am**

This home safety workshop provides interactive and engaging education tailored to the older adult community; discussing potential dangers in the home and identifying ways to make life easier and stay safe. Topics include burn prevention, sun and water safety, and medication management and poison safety. *Presented by: Melissa Luxton, MSN, RN, Banner Health*

### Smartphone and Tablet Workshop

**Tuesday, February 19**

**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*

### Friday Blood Pressure Checks



**February**  
8, 15, 22

**March**  
1

12:15pm - 1:15pm

*Performed by A.T. Still University students*

A.T. STILL UNIVERSITY | ATSU

### Balance Screenings

Are you at risk for falls? Do you sometimes feel unsteady on your feet? Attend a balance screening at one of our Active Adult Centers to find out and learn about options available to you. Students and instructors from the A.T. Still School of Physical Therapy will perform a series of assessments to determine your level of balance.

**Wednesday February 20**

**10:00am - 11:00am**

Screenings are free of charge.  
We hope you will make plans to attend!

A.T. STILL UNIVERSITY | ATSU

WE ♥ OUR  
volunteers

A decorative flourish consisting of a horizontal line with two arrows pointing outwards at the ends, positioned below the text.

Today and every day, we are sincerely grateful for each and every one of our volunteers at Red Mountain Active Adult Center!

THANK YOU!

## Red Mountain Active Adult Center

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

# Entertainment!

Date	Event	Time
Friday, February 1	Main Street Fiddlers	10:00am
Friday, February 8	Jan's Band	10:30am
Monday, February 11	Wichita Wayne	10:30am
Friday, February 15	East Valley Pops ( <i>\$6 in advance, \$8 at the door</i> )	7:00pm
Friday, February 22	Jai Mitchell	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

### February Excursion



**Chicago Cubs vs. San Diego Padres  
Spring Training Game**

**Monday, February 25  
12:30pm - 3:30pm**

Please register at the front desk by Wednesday, February 20. There is a fee of \$34 to attend. Departure time is 12:15pm.

## East Valley Pops Orchestra



**Friday, February 15  
7:00pm**

*Tickets \$6 in advance or \$8 at the door*



# 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](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 / 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