



# THE GUIDE

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

January 2019

Volume 13, Issue 1



# January 2019 Menu

For Next Day Reservations Call 480-962-5612 Before 2pm

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu items are subject to change due to availability of food items.</p> <p>Items with ** contain pork or pork products.</p>	<p><b>1st</b></p> <p><b>New Year's Day</b></p> <p><b>CLOSED</b></p> 	<p><b>2nd</b></p> <p>Sweet &amp; Sour Meatballs**            Oriental Blend            Roasted Tomato            Whole Wheat Roll            Pineapple  <b>Chef's Choice</b></p>	<p><b>3rd</b></p> <p>Baked Ham w/ Pineapple Glaze**            Bermuda Vegetables            Garden Salad            Whole Wheat Roll            Mango  <b>Chef's Special:</b>            Honey Stung Chicken</p>	<p><b>4th</b></p> <p>Baked Chicken            Chimichanga            Refried Beans            Spanish Rice            Whole Wheat Tortilla            Cherry Crisp  <b>Chef's Special:</b>            Turkey Salad Plate</p>
<p><b>7th</b></p> <p>Chicken Broccoli Alfredo            Normandy Vegetables            Peas            Whole Wheat Roll            Peaches  <b>Chef's Choice</b></p>	<p><b>8th</b></p> <p>Meatloaf w/ Gravy            Baked Potato            Garden Salad            Whole Wheat Roll            Mandarin Oranges  <b>Chef's Special:</b>            Ham Steak**</p>	<p><b>9th</b></p> <p>Garlic Honey Chicken            Brown Rice            Oriental Vegetables            Winter Blend Vegetables            Tapioca Pudding w/ Fruit  <b>Chef's Choice</b></p>	<p><b>10th</b></p> <p>Baked Cod w/ Tomato Sauce            Roasted Red Potatoes            Garden Salad            Whole Wheat Roll            Banana  <b>Chef's Special:</b>            Cheese Manicotti</p>	<p><b>11th</b></p> <p>Swiss Steak            Peas &amp; Carrots            Yellow Squash            Whole Wheat Roll            Tropical Fruit Mix  <b>Chef's Special:</b>            Pizza Bar</p>
<p><b>14th</b></p> <p>Pork Carnitas**            Cabbage Salsa            Black Beans            Whole Wheat Tortilla            Mango  <b>Chef's Choice</b></p>	<p><b>15th</b></p> <p>Chicken Marsala w/ Noodles            Mixed Vegetables            Chef's Vegetable Blend            Peach Crisp  <b>Chef's Special:</b>            Ham &amp; Cheese Monte Cristo**</p>	<p><b>16th</b></p> <p>Fish Taco            Cabbage Salad            Green Beans            Whole Wheat Tortilla            Mandarin Oranges  <b>Chef's Choice</b></p>	<p><b>17th</b></p> <p>Beef Burgundy w/ Noodles            Scandinavian Vegetables            Peas            Whole Wheat Roll            Grapes  <b>Chef's Special:</b>            Creamed Chicken</p>	<p><b>18th</b></p> <p>BBQ Pork Sandwich**            Sicilian Vegetables            Garden Salad            Whole Wheat Bun            Apple  <b>Chef's Special:</b>            Chili Cheeseburger</p>
<p><b>21st</b></p> <p>Chicken Salad Plate            Three-Bean Salad            Broccoli Salad            Whole Wheat Roll            Peaches  <b>Chef's Choice</b></p>	<p><b>22nd</b></p> <p><b>Birthday Celebration</b></p> <p>Baked Parmesan Catfish            Spinach            Carrots            Birthday Cake  <b>Chef's Special:</b>            Soup &amp; Salad Bar</p>	<p><b>23rd</b></p> <p>Roasted Turkey            Mashed Potatoes            Green Beans            Whole Grain Roll            Fruited Gelatin  <b>Chef's Choice</b></p>	<p><b>24th</b></p> <p>BBQ Chicken            Italian Vegetables            Garden Salad            Whole Grain Bun            Applesauce  <b>Chef's Special:</b>            Coconut Tilapia</p>	<p><b>25th</b></p> <p>Cheese Pesto            Tortellini            Carrots            Zucchini &amp; Squash            Whole Grain Roll            Fresh Orange  <b>Chef's Special:</b>            Potato Bar</p>
<p><b>28th</b></p> <p>Crab Cake            Rice Pilaf            Green Beans            Peas &amp; Carrots            Whole Grain Roll            Pineapple            Ambrosia  <b>Chef's Choice</b></p>	<p><b>29th</b></p> <p>Sloppy Joe            Baked Beans            Broccoli            Sliced Pears  <b>Chef's Special:</b>            Soup &amp; Salad Bar</p>	<p><b>30th</b></p> <p>Breaded Pollock            Garden Salad            Capri Vegetables            Whole Wheat Roll            Fruit Cocktail  <b>Chef's Choice</b></p>	<p><b>31st</b></p> <p>Chili Dog            Roasted Red Potatoes            Carrots            Banana Cake  <b>Chef's Special:</b>            BBQ Ribette Sandwich</p>	<p><i>East Valley Adult Resources, Inc is funded in part by Area Agency on Aging, Region One.</i></p>



We are excited to share that East Valley Adult Resources, Inc. has received grants from Walmart Giving! On behalf of the participants we serve, we thank local stores #5304 and #2768 for their support of our Meals on Wheels program. This vital program utilizes caring volunteers who deliver hot, nutritious meals every week day to older adults in our East Valley communities, along with a friendly visit and wellness check. With the support of Walmart, we can continue our work of empowering seniors and their families in their journey of aging.

*Thank You!*

## 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

# 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)
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!

#### Chronic Disease Self-Management Program

**Tuesday, January 8**

**1:00pm - 3:30pm**

If you have a chronic health condition such as diabetes, heart disease, arthritis or other ongoing health conditions *THIS WORKSHOP IS FOR YOU!* This is not a lecture course but an interactive workshop with discussions encouraged. Topics include but are not limited to: getting a good night's sleep; dealing with difficult emotions; pain and fatigue management; and many other topics. Workshop sessions are 2½ hours for 6 weeks with a 20 minute break. Come and enjoy the company and support of others living with chronic conditions. This class is free, all materials are provided, and no insurance card is needed. This class is limited to 20 people so if this is of interest to you, please sign up as soon as possible at Sign-Up Central or call 480-634-4189. *Presented by: EVAR*

#### Fraud - The Fraud Watch Network

**Wednesday, January 9**

**10:00am - 11:15am**

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: AARP*

#### Area Agency on Aging - Region One

**Wednesday, January 16**

**10:15am - 11:15am**

Area Agency on Aging (AAA) offers a large variety of programs and services that enhance the quality of life for residents of Maricopa County. They advocate, plan, coordinate, develop, and deliver services for adults aged 60+, and so much more. Come listen to this presentation and learn how AAA can benefit you. *Presented by: Area Agency on Aging, Region One*

#### A Matter of Balance: Managing Concerns about Falls

**Friday, January 18**

**9:00am - 11:00am**

This program is an evidence-based 8-week course that emphasizes practical strategies to reduce fear of falling and to increase activity levels. It will take place every Friday morning, ending on March 8. You must register for the course, which can be done at Sign-Up Central or by calling 480-629-8411. *Presented by: A.T. Still University*

#### Home Safety Workshop

**Wednesday, January 30**

**10:30am - 11:15am**

This home safety workshop provides interactive and engaging education tailored to the older adult community; discussing potential dangers in the home and identifies 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*



**Social Media 101**

*Come learn how to connect to people via social media platforms. Topics include: Facebook, Messenger, Snapchat, and Instagram. Please bring either a smartphone or tablet to use during the lunch and learn.*

Mesa Active Adult Center  
Wednesday, January 23  
12:00pm - 1:00pm

***Please register in advance at Sign-Up Central by January 18!***

# 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 January 10, 2019  
8:00am - 10:00am**

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



A.T. STILL UNIVERSITY | ATSU

### **Friday Blood Pressure Checks at MAAC**

<b>January</b>	<b>February</b>	<b>March</b>
18, 25	8, 15, 22	1

12:15pm - 1:15pm

Performed by A.T. Still University students

# 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

January 8	Easy Sounds - The Kennedys
January 15	Manuel Dorantes
January 22	Juan Miguel Zarate
January 29	Juan Miguel Zarate

## Movie Time!

### Thursday Movie Lineup: 12:30pm

January 3	<i>Unbroken: Path to Redemption</i>
January 10	<i>A Simple Favor</i>
January 17	<i>Operation Finale</i>
January 24	<i>Here and Now</i>
January 31	<i>Mile 22</i>

\* ALL MOVIES WILL BE CLOSED CAPTIONED \*

## Entertainment!

### Entertainment: 11:00am

Friday, January 4	Jai Mitchell
Friday, January 11	Wichita Wayne
Friday, January 18	Happy Harpers
Wednesday, January 23	The Kids Next Door
Friday, January 25	Wichita Wayne

## Bingo!

### Weekly Bingo Lineup

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

**January Excursion**  
**Penske Racing Museum**  
**Monday, January 28**  
**12:15pm - 3:45pm**



Located in Phoenix, Arizona, the Penske Racing Museum showcases an amazing collection of cars, trophies and racing memorabilia chronicling the career of one of the most successful dynasties in all of sports. Penske Racing has 50 years of racing experience and over 440 major race wins highlighted by 16 Indianapolis 500-mile race victories. Please register at the Program Desk by Wednesday, January 23, as space is limited to 12 participants. There is no cost to attend.

# 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*
12:30pm - 3:45pm	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



#### Social Media 101

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

*Come learn how to connect to people via social media platforms. Topics include: Facebook, Messenger, Snapchat, and Instagram. Please bring either a smartphone or tablet to use during the lunch and learn.*

***Please register in advance  
at the Front Desk by January 14!***

# 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, January 8**

**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: AARP*

### Smartphone and Tablet Workshop

**Tuesday, January 15**

**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*

### A Matter of Balance: Managing Concerns about Falls

**Friday, January 18**

**9:00am - 11:00am**

This program is an evidence-based 8-week course that emphasizes practical strategies to reduce fear of falling and to increase activity levels. It will take place every Friday morning, ending on March 8. You must register for the course, which can be done at the Front Desk or by calling 480-478-8797. *Presented by: A.T. Still University*

### Area Agency on Aging - Region One

**Tuesday, January 29**

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

Area Agency on Aging (AAA) offers a large variety of programs and services that enhance the quality of life for residents of Maricopa County. They advocate, plan, coordinate, develop, and deliver services for adults aged 60+, and so much more. Come listen to this presentation and learn how AAA can benefit you. *Presented by: Area Agency on Aging, Region One*

### Chronic Disease Self-Management Program

**Thursday, January 31**

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

If you have a chronic health condition such as diabetes, heart disease, arthritis or other ongoing health conditions **THIS WORKSHOP IS FOR YOU!** This is not a lecture course but an interactive workshop with discussions encouraged. Topics include but are not limited to: getting a good night's sleep; dealing with difficult emotions; pain and fatigue management; and many other topics. Workshop sessions are 2½ hours for 6 weeks with a 20 minute break. Come and enjoy the company and support of others living with chronic conditions. This class is free, all materials are provided, and no insurance card is needed. This class is limited to 20 people so if this is of interest to you, please sign up as soon as possible at the Front Desk, or call 480-634-4189. *Presented by: EVAR*

## Friday Blood Pressure Checks at RMAAC



**January**

18, 25

**February**

8, 15, 22

**March**

1

12:15pm - 1:15pm

*Performed by A.T. Still University students*

A.T. STILL UNIVERSITY | ATSU

## Red Mountain Active Adult Center

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# Entertainment!

Date	Event	Time
Friday, January 4	Main Street Fiddlers	10:00am
Friday, January 11	Main Street Fiddlers	10:00am
Monday, January 14	Wichita Wayne	10:00am
Tuesday, January 22	Birthday Celebration with Valentino	10:30am
Friday, January 25	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

**January Excursion**  
**Penske Racing Museum**  
**Monday, January 14**  
**12:15pm - 3:45pm**



Located in Phoenix, Arizona, the Penske Racing Museum showcases an amazing collection of cars, trophies and racing memorabilia chronicling the career of one of the most successful dynasties in all of sports. Penske Racing has 50 years of racing experience and over 440 major race wins highlighted by 16 Indianapolis 500-mile race victories. Please register at the Front Desk by Wednesday, January 9, as space is limited to 12 participants. There is no cost to attend.

### Riddle Me This!



1. You find me in December but not in any other month. What am I?
2. What kind of coat is always wet when you put it on?
3. How many cats can you put in an empty box?

1. The letter D.  
2. A coat of paint.  
3. One. After that, the box isn't empty anymore!



# 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