



THE GUIDE

A Monthly Publication of East Valley Adult Resources, Inc.

June 2019





Volume 13, Issue 6



June 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
3 Spaghetti w/ Meat Sauce Capri Vegetable Blend Spinach Whole Wheat Roll Orange Chef's Choice	4 Roast Pork Loin w/ Honey Mustard Sauce** Yams Green Beans Whole Wheat Roll Apricots Chef's Special Soup & Salad Bar	5 Butter Glazed Tilapia Cauliflower Normandy Vegetables Whole Wheat Roll Fruit Cocktail Chef's Choice 	6 Soft Shell Chicken Taco Lettuce, Tomato, & Cheese Refried Beans Whole Wheat Tortilla Cherry Crisp Chef's Special Ham Salad Plate**	7 Stuffed Peppers Lima Beans Garden Salad Whole Wheat Roll Pineapple Chef's Special Turkey Roulade**
10 Chicken Salad Sandwich w/ Lettuce & Tomato Cucumber Salad 3 Bean Salad Whole Wheat Bun Fruit Blend Chef's Choice	11 Baked Lemon Catfish Brown Rice Mixed Vegetables Stewed Tomatoes Fresh Orange Chef's Special Soup & Salad Bar	12 Polish Sausage w/ Sauerkraut** Scalloped Potatoes Scandinavian Vegetables Whole Grain Bun Sliced Apples Chef's Choice	13 Pepper Steak w/ Egg Noodles Oriental Vegetables 4 Way Vegetables Whole Wheat Roll Fruit Cup Chef's Special Creamed Chicken	14 Father's Day Celebration Turkey Chili Over White Rice Chuckwagon Vegetables Cauliflower  Whole Wheat Crackers Mango
17 Pork Chop w/ Cherry Sauce** Roasted Red Potatoes Brussel Sprouts Whole Wheat Roll Grapes Chef's Choice	18 Meatloaf w/ Mashed Potatoes Carrots Whole Wheat Roll Oatmeal Raisin Cookie Fruit Cocktail Chef's Special Soup & Salad Bar	19 <u>Cold Salad Plate</u> Tuna, Beet, 3-Bean Whole Wheat Crackers Pineapple Ambrosia Chef's Choice	20 Hamburger w/ Tomato & Lettuce Italian Vegetables Baked Beans Whole Grain Bun Seasonal Fruit Chef's Special BBQ Ribette Sandwich**	21 Chicken Breast w/ Mushroom Sauce Rice w/ Broccoli & Cheese California Vegetables Whole Wheat Roll Banana Chef's Special Potato Bar
24 Vegetable Lasagna Zucchini Broccoli Whole Wheat Roll Tropical Fruit Blend Chef's Choice 	25 Birthday Celebration BBQ Pork Sandwich**  Winter Vegetables Corn Whole Grain Bun Birthday Cake Chef's Special Hot Turkey Sandwich	26 Chicken Strips Roasted Potatoes Green Beans Whole Wheat Roll Mandarin Oranges Chef's Choice	27 Baked Cod Peas Brussel Sprouts Whole Wheat Roll Fruit Cocktail Chef's Special House Mac & Cheese	28 Cabbage Roll w/ Marinara Scandinavian Vegetables Spinach Whole Wheat Roll Pears Chef's Special Pizza Bar

SNAP IS FOR YOU!



SNAP gives you options. You can choose where to shop and what to buy.

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

Money for groceries can make it easier to eat healthy food and prevent getting sick.

Applying for SNAP is easy - we can help! Call 480-962-5612 and one of our trained social service professionals will assist you. There is *NO FEE* for our Benefits Enrollment Center Services! Please stop in to speak confidentially with one of our Outreach Specialists. We are also happy to schedule a home visit with you in the East Valley.

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

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

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). This institution is an equal opportunity provider and employer.

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!

Paratransit Changes in Mesa

Wednesday, June 5

10:00am - 11:00am

Valley Metro and the City of Mesa are making changes to Valley Metro Paratransit (also known as Dial-a-Ride.) The changes will be in effect starting July 1, 2019. Attend this presentation to learn how these changes affect you. *Presented by: Terri Collins, City of Mesa*

Eat This, Not That

Wednesday, June 12

10:00am - 11:00am

You can eat out and still eat healthy. Learn to make smart choices at your favorite types of restaurants — Italian, Mexican, Chinese, fast food, and more. Discover how easy it is to swap foods with healthier alternatives. *Presented by: Linda Stemerman, Humana*

Smartphone and Tablet Workshop

Wednesday, June 19

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, EVAR Activity Coordinator*



Know Your Medications

Thursday, June 13

9:30am - 1:30pm

Many of us take medications to help us manage health conditions. It can be challenging to manage everything involved in ensuring our medications. Join us for a morning with medical professionals who can answer questions about the medications you take today. Pharmacists are available by appointment only to meet with you regarding specific prescription concerns. To schedule a time, please register at the Program Services Desk prior to the event.

9:30am - 12:00pm

Blood Pressure Checks

Medicare Counselors

Resource Table

Meet with Pharmacists

(by appointment only)

12:00pm - 1:00pm

Lunch & Learn: Rx Matters

Why medications matter, proper storage, disposal

Lunch & Learn registration required by June 12

12:00pm - 1:30pm

Medication Disposal

Bring your old medications to be safely disposed of.



AREA AGENCY ON AGING
REGION ONE, INCORPORATED



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 June 13, 2019
7:00am - 10:00am**

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

Walk with Ease

Reduce Pain and Improve Overall Health

Presented by Area Agency on Aging, Region One

Walk with Ease is a fitness program that can reduce pain and improve overall health. It will help motivate you to get in great shape, walk safely and comfortably, improve flexibility, strength and stamina, and reduce pain. This six-week class includes a manual and Elder Resource Guide.

Take control! Get back to being your best!

Tuesdays and Thursdays
July 16 - August 22
9:30am - 11:00am

Space is limited! To register, or for more information, please inquire at the Program Services Desk.



AREA AGENCY ON AGING
REGION ONE, INCORPORATED

Mesa Active Adult Center

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

EVENTS

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

Classic Movie Time!

Tuesday Movie Classics: 12:30pm

June 4	Harvey
June 11	Angel and the Bad Man
June 18	South Pacific
June 25	Some Like It Hot

Movie Time!

Thursday Movie Lineup: 12:30pm

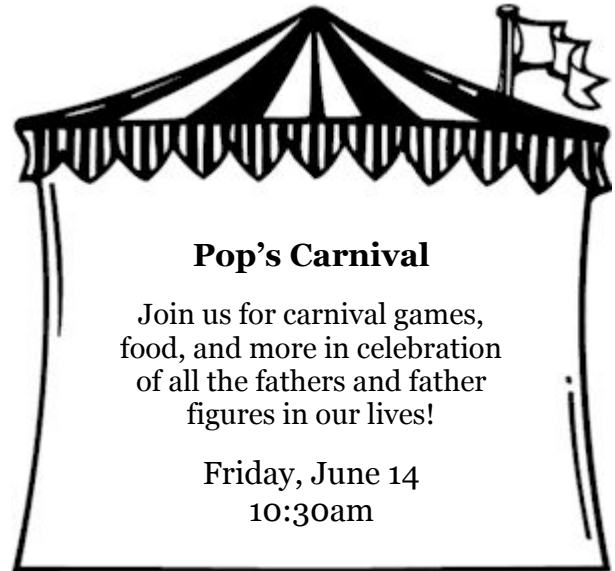
June 6	<i>Fighting With My Family</i>
June 13	<i>Glass</i>
June 20	<i>A Dog's Way Home</i>
June 27	<i>Welcome to Marwen</i>

* 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



Barebones Little Theatre
presents the hilarious adventures of

The Three Ole Hamms

Tuesday, June 18th, 11:00am
MAAC Main Hall



June Excursion Hall of Flame Fire Museum

Monday, June 24
12:30pm - 3:30pm

Fee: \$8
Please register at Program Desk
by Thursday, June 20.

Daily Delights


Monday	
8:00am - 9:15am	Abundant Life Exercise*
8:00am - 11:00am	Arts & Crafts (M/T/Th)*
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, Mar - Dec)

Tuesday	
8:00am - 11:00am	Arts & Crafts (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

Thursday	
8:00am - 11:00am	Arts & Crafts (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)
9:30am - 11:00am	Grief Support
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	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



Phone Photography 101

Red Mountain Active Adult Center
Thursday, June 20
12:00pm - 1:00pm

Join us and learn a few tips and tricks to help you take quality photos with the camera on your phone. Presented by Star Kempton, EVAR Activity Coordinator



Please register in advance at the front desk by Monday, June 17.

Red Mountain Active Adult Center

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

Living Happy and Healthy at RMAAC - Mark Your Calendar!

A Matter of Life

Tuesday, June 4

10:00am - 11:00am

Suicide rates of older adults are higher than any other age group in Maricopa County. A Matter of Life was created to educate and help people recognize the signs and symptoms of suicide, depression, anxiety and substance abuse. It encourages help-seeking behaviors by connecting people with resources and tools to access help for themselves or someone they know. *Presented by: Lauren Friedman, Area Agency on Aging, Region One*

Eat This, Not That

Tuesday, June 11

10:00am - 11:00am

You can eat out and still eat healthy. Learn to make smart choices at your favorite types of restaurants — Italian, Mexican, Chinese, fast food, and more. Discover how easy it is to swap foods with healthier alternatives. *Presented by: Linda Stemerman, Humana*

Paratransit Changes in Mesa

Thursday, June 13

10:00am - 11:00am

Valley Metro and the City of Mesa are making changes to Valley Metro Paratransit (also known as Dial-a-Ride.) The changes will be in effect starting July 1, 2019. Attend this presentation to learn how these changes affect you. *Presented by: Terri Collins, City of Mesa*

Smartphone & Tablet Workshop

Tuesday, June 18

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*



Join us for Cribbage!

**Mondays
12:30pm to 3:00pm**

The Gift Shop

**at Red Mountain
Active Adult Center**

Shop for handmade items including greeting cards (only 40¢ each!), handmade greeting cards (\$1 each), handmade items, afghans, lap robes, baby layettes, crafts, jewelry, and more! Shop now for a great selection of gifts for the holidays.

Open Monday through Friday
from 9:30am until 2:30pm,

Red Mountain Active Adult Center

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

Entertainment!

Date	Event	Time
Friday, June, 7	Jan's Band	10:30am
Friday, June 14	Pop's Carnival	10:30am
Friday, June 21	Jai Mitchell	10:30am

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



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

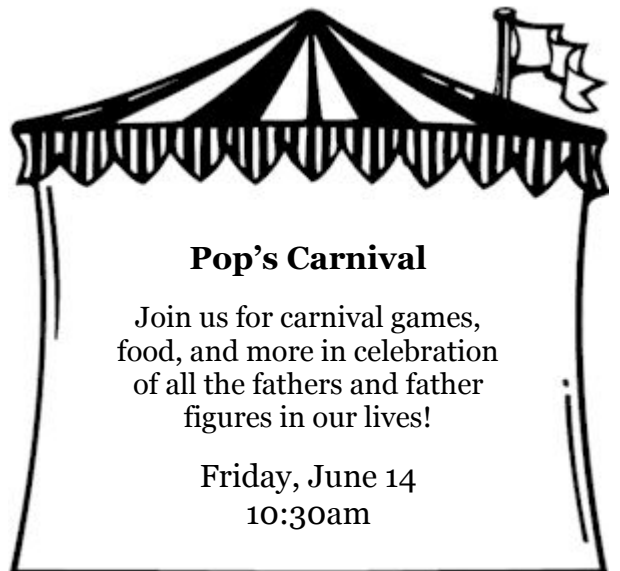
*Sales start at 12:15 and
end at 1:05pm*

June Excursion
Hall of Flame Fire Museum



Monday, June 17
12:30pm - 3:30pm

Fee: \$8
Please register at Program Desk
by Thursday, June 13.



Pop's Carnival

Join us for carnival games,
food, and more in celebration
of all the fathers and father
figures in our lives!

Friday, June 14
10:30am



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