



THE GUIDE

A Monthly Publication of East Valley Adult Resources, Inc.

May 2019


Volume 13, Issue 5



May 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><i>East Valley Adult Resources, Inc is funded in part by Area Agency on Aging, Region One.</i></p>		<p>1 Chicken Strips Roasted Potatoes Green Beans Whole Wheat Roll Mandarin Oranges Chef's Choice</p>	<p>2 Baked Cod Peas Brussel Sprouts Whole Wheat Roll Fruit Cocktail Chef's Special: Salisbury Steak</p>	<p>3 Cabbage Rolls w/ Marinara Scandinavian Blend Spinach Whole Wheat Roll Pears Chef's Special: Catfish Olympia</p>
<p>6 Baked Tilapia Baked Potato Mixed Vegetables Whole Wheat Roll Banana Pudding Fresh Fruit Chef's Choice</p>	<p>7 BBQ Chicken Baked Beans Broccoli Whole Wheat Roll Jell-O Cake Pears Chef's Special: Soup & Salad Bar</p>	<p>8 Turkey Burger w/ Lettuce & Tomato Spinach Four-Way Vegetables Whole Wheat Bun Fruit Cocktail Chef's Choice</p>	<p>9 Meatloaf Roasted Red Potatoes Winter Vegetables Whole Wheat Roll Orange Chef's Special: Honey Stung Chicken</p>	<p>10 Mother's Day Celebration Pork Stir Fry w/ Rice Pilaf** Cauliflower Peppers & Onions Whole Wheat Roll Pineapple Ambrosia Chef's Special: Potato Bar </p>
<p>13 Chicken Chimichanga Shredded Lettuce & Tomato Refried Beans Apple Chef's Choice</p>	<p>14 Egg Bake Hash Brown Potatoes Peppers, Onions, & Mushrooms Wheat Biscuit Banana Chef's Special: Soup & Salad Bar</p>	<p>15 Beef Tater Tot Casserole Stewed Tomatoes Green Beans Whole Wheat Roll Jell-O Fruit Salad Chef's Choice </p>	<p>16 Baked Pollock w/ Fruit Salsa Caribbean Vegetables Cauliflower Whole Wheat Roll Apricots Chef's Special: Spinach Mushroom Quiche</p>	<p>17 <u>Cold Salad Plate</u> Chicken, Beet, and Broccoli Whole Wheat Crackers Oreo Cake Fresh Fruit Chef's Special: Ham Salad Plate**</p>
<p>20 Dill Tilapia Spinach Scandinavian Vegetables Whole Wheat Roll Apricots Chef's Choice</p>	<p>21 Angel Hair Pasta  w/ Chicken Italian Vegetables Garden Salad Whole Wheat Roll Orange Chef's Special: Soup & Salad Bar</p>	<p>22 Pulled Pork Sandwich** Peppers & Onions in Entrée Brussel Sprouts Whole Wheat Roll Peaches Chef's Choice</p>	<p>23 Honey Garlic Chicken Over Rice Carrots Oriental Vegetables Cherry Trifle Cake Chef's Special: BBQ Ribette**</p>	<p>24 Lemon Baked Cod Chef's Vegetables Peas & Carrots Whole Wheat Roll Grapes Chef's Special: Pizza Bar</p>
<p>27 CLOSED IN OBSERVANCE OF MEMORIAL DAY </p>	<p>28 Birthday Celebration Beef Stew Chuckwagon Vegetables Winter Blend Vegetables Whole Wheat Roll Birthday Cake  Chef's Special: Soup & Salad Bar</p>	<p>29 Chicken Breast w/ Gravy Mashed Potatoes Rancho Fiesta Vegetables Whole Wheat Roll Fresh Orange Chef's Choice</p>	<p>30 <u>Cold Salad Plate</u> Seafood, Macaroni, and Three-Bean Whole Wheat Crackers Sliced Pears Chef's Special: Egg Salad Plate</p>	<p>31 Open Face Turkey Sandwich Yams Green Beans Whole Wheat Bread Applesauce Chef's Special: Ham Steak</p>

ANNOUNCING NEW SERVICE OFFERING:

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!

480-634-4189

**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)
1:00pm	Art at Your Own Pace
1:00pm	Dance
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**

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, May 1

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 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*

Rx Matters

Wednesday, May 8

10:00am - 11:00am

Learn about the risks associated with medication, the questions you should ask your physician and pharmacist, and the proper ways to store and dispose of medications. *Presented by: Area Agency on Aging, Region One*

Sciatica & Lower Back Pain Workshop

Wednesday, May 15

10:00am - 11:00am

Do you have back or leg pain that keeps you from being pain free? Attend this workshop and learn what single biggest mistake most people with low back pain and sciatica make that "feels" good but slows down the healing process. Also, learn about the three most common causes of low back pain and sciatica, which exercises you should do, which you should avoid, and how to pick the right treatment for your specific condition. *Presented by: Sarah Hanna, PT, MPT, Cert. SMT, Cert. DN, Dip. Osteopractic, FAAOMPT, OneAccord Pain Centers*



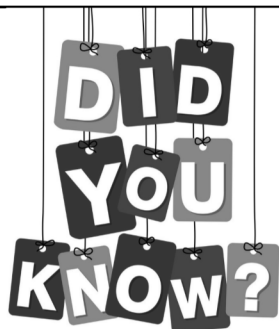
Mesa Active Adult Center
Wednesday, May 22
12:00pm - 1:00pm

**There is a \$5 fee to participate.
Please register in advance by
Friday, May 17 at the Program Desk
or call 480-629-8411.**

Make & Take Cactus Rocks

Learn about upcycling and create your own hand-painted cactus rocks. It's an easy and incredibly cute project that brings a little pizzazz to a space.

Space is limited to 16 participants.



Fun Facts About the Month of May

- The month May was named for Maia, the Greek goddess of fertility.
- In any given year, no month ever begins or ends on the same day of the week as May does.
- May's birthstone is the emerald which is emblematic of love and success.
- The United Kingdom celebrates May as the National Smile Month.
- On May 1, 1931, the Empire State Building was officially opened.

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 May 9, 2019
8:00am - 10:00am**

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



Friday, May 3, 10:00am

Join us for a fun celebration to include:



Salsa Bar

Take home a
recipe to make
some at home!



Photo Booth

Have fun with props
and take photos
with friends!



... and more!

Take part in a
sommbrero stacking
contest and enjoy
a mock margarita!

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

May 7	Juan Miguel Zarates
May 14	Manuel Dorantes
May 21	Juan Miguel Zarates
May 28	Manuel Dorantes

Movie Time!

Thursday Movie Lineup: 12:30pm

May 2	<i>Mary Poppins Returns</i>
May 9	<i>Second Act</i>
May 16	<i>Aquaman</i>
May 23	<i>Stan & Ollie</i>
May 30	<i>The Old Man and the Gun</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

Entertainment!

Entertainment: 11:00am

Friday, May 3	Jai Mitchell
Friday, May 10	Mother's Day Celebration
Friday, May 17	TBA
Friday, May 24	TBA
Friday, May 31	TBA



Muffins & Mimosas

In honor of Mother's Day, join us for a celebration of not just mothers, but all the women in our lives!



Friday, May 10
10:30am

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)
12:30pm - 2:00pm	Food Plus Pick Up (3rd, Mar - Dec)

Tuesday	
8:00am - 11:00am	Arts & Crafts (M/T/Th)*
8:00am - 4:00pm	Game Room
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*
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	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 - 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



ADOT and the Motor Vehicle Division

Red Mountain Active Adult Center
Thursday, May 16
12:00pm - 1:00pm

The Motor Vehicle Division is hyping up their customer service game to make your 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.

Please register in advance by Tuesday, May 14 at the front desk 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!

Rx Matters

Tuesday, May 7

10:00am - 11:00am

Learn about the risks associated with medication, the questions you should ask your physician and pharmacist, and the proper ways to store and dispose of medications. *Presented by: Area Agency on Aging, Region One*

Sciatica & Lower Back Pain Workshop

Tuesday, May 14

10:00am - 11:00am

Do you have back or leg pain that keeps you from being pain free? Attend this workshop and learn what single biggest mistake most people with low back pain and sciatica make that “feels” good but slows down the healing process. Also, learn about the three most common causes of low back pain and sciatica, which exercises you should do, which you should avoid, and how to pick the right treatment for your specific condition. *Presented by: Sarah Hanna, PT, MPT, Cert. SMT, Cert. DN, Dip. Osteopractic, FAAOMPT, OneAccord Pain Centers*

Smartphone and Tablet Workshop

Tuesday, May 21

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*



Muffins & Mimosas

Friday, May 10
10:30am

In honor of Mother's Day, join us for a celebration of not just mothers, but all the women in our lives!

Red Mountain Active Adult Center

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Entertainment!

Date	Event	Time
Friday, May, 3	Red Mountain Derby	10:30am
Friday, May, 10	Mother's Day Celebration	10:30am
Friday, May, 17	Jan's Band	10:30am
Tuesday, May, 28	Birthday Celebration	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*

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!

Monday through Friday
9:30am until 2:30pm.





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