



# THE GUIDE

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

November 2019

Volume 13, Issue 11



# November 2019 Menu

Lunch is served at 11:30 am. For next-day reservations, call 480-962-5612 (MAAC) or 480-218-2221 (RMAAC) before 2:00 pm.

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


Monday	Tuesday	Wednesday	Thursday	Friday
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## Hello, November!

East Valley Adult Resources, Inc is funded in part by Area Agency on Aging, Region One

**1**  
 Beef Stew w/ Carrots & Potatoes  
 California Vegetables  
 Corn  
 Cornbread  
 Strawberries  
**Chef's Special:**  
 Grilled Ham & Cheese

<p><b>4</b>                      Breakfast Sandwich w/ Egg, Pork Sausage, &amp; Cheese **                      Hash Browns                      Tomato Wedges                      Cheddar Chive Biscuit                      Fresh Apples  <b>Chef's Special:</b>                      Fish Sticks</p>	<p><b>5</b>                      Balsamic Glazed Chicken                      Asparagus                      Dill Roasted Carrots                      Whole Grain Roll                      Apricots  <b>Chef's Special:</b>                      Soup &amp; Salad</p>	<p><b>6</b>                      Meatloaf w/ Gravy                      Festive Cauliflower                      Mashed Potatoes                      Whole Grain Roll                      Fruit                      Oreo Cake  <b>Chef's Choice</b></p>	<p><b>7</b>                      Chef Salad w/ Turkey, Ham, Egg &amp; Cheese **                      Corn Salad                      Whole Grain Crackers                      Fresh Orange  <b>Chef's Special:</b>                      Fried Chicken</p>	<p><b>8</b>                      Open Face Turkey Sandwich w/ Gravy                      Mixed Vegetables                      Cranberry Yams                      Whole Grain Roll                      Slice Pears  <b>Chef's Special:</b>                      Macaroni &amp; Cheese</p>
<p><b>11</b>                      Sliced Steak Diane                      Cauliflower                      Baked Potato                      Whole Grain Roll                      Rice Pudding w/ Bananas  <b>Chef's Special:</b>                      Hot Dog</p>	<p><b>12</b>                      Veggie Burger w/ Lettuce &amp; Tomato                      Chef's Vegetable Blend                      Potato Wedges                      Apple Sauce  <b>Chef's Special:</b>                      Soup &amp; Salad</p>	<p><b>13</b>                      Chicken Stroganoff w/ Noodles                      Brussel Sprouts                      Winter Blend Vegetables                      Whole Grain Roll                      Mixed Fruit  <b>Chef's Choice</b></p>	<p><b>14</b>                      Meatball Sub w/ Cheese                      Garden Salad                      Green Beans                      Fruit Crisp  <b>Chef's Special:</b>                      Honey Stung Chicken</p>	<p><b>15</b>                      Orange Sage Pork Chop **                      Succotash                      Spinach                      Couscous                      Whole Wheat Roll                      Sliced Peaches  <b>Chef's Special:</b>                      Pizza Bar</p>
<p><b>18</b>                      Pork Riblets **                      Carrots                      Peas                      Whole Grain Roll                      Tropical Fruit  <b>Chef's Special:</b>                      Homburger</p>	<p><b>19</b>                      Grilled Chicken Piccata                      Spinach                      Roasted Turnips                      Whole Grain Roll                      Mandarin Oranges  <b>Chef's Special:</b>                      Soup &amp; Salad</p>	<p><b>20</b>                      Spaghetti w/ Meatballs                      Italian Veggie Blend                      Zucchini                      Whole Wheat Bread                      Stick                      Sliced Apples  <b>Chef's Choice</b></p>	<p><b>21</b>                      Greek Style Redfish w/ Feta, Olives, &amp; Cucumber Mix                      Steamed Cabbage                      Rosemary Potatoes                      Whole Grain Roll                      Fresh Fruit  <b>Chef's Special:</b>                      Dill Tilapia</p>	<p><b>22</b>  <b>Thanksgiving Celebration</b>                      Roast Turkey w/ Gravy                      Bread Stuffing                      Mashed Potatoes                      Green Bean Casserole                      Pumpkin Pie </p>
<p><b>25</b>                      Honey Butter Chicken                      Broccoli                      Sweet Potato                      Whole Grain Roll                      Mandarin Oranges  <b>Chef's Special:</b>                      Grilled Cheese &amp; Tomato Soup</p>	<p><b>26</b>  <b>Birthday Celebration</b>                      Shepard's Pie                      Zucchi Squash                      Whole Grain Roll                      Peaches                      Birthday Cake </p>	<p><b>27</b>                      Scrambled Egg w/ Mushrooms &amp; Spinach                      O'Brien Potatoes                      Croissant                      Fresh Fruit  <b>Chef's Choice</b></p>	<p><b>28</b>                      <b>29</b>  <b>Closed in Observance of Thanksgiving</b>  </p>	



## EAST VALLEY HEALTHY LIVING EXPO

**Wednesday, November 13, 2019**

**8:00 am - 12:00 pm**

**Mesa Convention Center**

**263 N Center St**

This **FREE** event, produced by East Valley Adult Resources and Lovin' Life After 50, includes a showcase of healthy living exhibitors, live entertainment, and opportunities to win raffle prizes. Join us for a morning focused on health, wellness, and FUN! We hope to see you there!

## **COMING SOON**

to Mesa Active Adult Center



We are excited to share that coming this winter, the facilities at Mesa Active Adult Center will be undergoing some renovations. Details are still being discussed and timelines have not been finalized but will be in the coming weeks. Be on the lookout for scheduled sessions regarding the changes, during which time we will provide more information and answer any questions you have. We thank you in advance for your patience and look forward to sharing our plans with you!

# Daily Delights

MONDAYS	
8:00 am - 3:00 pm	Walk Your Shoes Off
8:00 am - 9:00 am	Aerobics
9:30 am - 10:30 am	Mild Exercise
10:00 am - 10:30 am	Poetry and Prose (Nov 11)
10:00 am - 11:00 am	Wii Bowling
10:00 am - 11:30 am	Tai Chi
10:30 am - 11:30 am	Writers Guild

TUESDAYS	
8:00 am - 3:00 pm	Walk Your Shoes Off
8:00 am - 9:00 am	Aerobics
9:00 am - 11:30 am	Butler Law Free Legal Services (Nov 19)
9:00 am - 11:30 am	Shawls of Love
9:30 am - 10:30 am	Gramma Jones Line Dance
10:00 am - 11:30 am	Art/Clay Play
1:00 pm - 4:00 pm	Art at Your Own Pace

WEDNESDAYS	
8:00 am - 3:00 pm	Walk Your Shoes Off
8:00 am - 9:00 am	Aerobics
9:30 am - 10:30 am	Mild Exercise
9:00 am - 4:00 pm	Open Art Studio with Mesa Arts League
9:30 am - 12:00 pm	Hal's Healing Hands
10:00 am - 11:30 am	Support Group for Caregivers
10:00 am - 11:20 am	Stockings for Kids (Nov 13)
10:00 am - 11:00 am	Blackjack with David (Nov 6, Nov 20)
1:00 pm - 3:00 pm	Grief and Loss Group
1:30 pm - 4:00 pm	Bungalow Group
1:15 pm - 3:30 pm	Social Bingo

THURSDAYS	
8:00 am - 3:00 pm	Walk Your Shoes Off
8:00 am - 9:00 am	Aerobics
9:30 am - 11:30 am	Enriching Veterans Lives Through Art (Nov 14)
10:00 am - 11:30 am	Tai Chi
12:30pm - 3:00 pm	Movie Day (see page 6)

FRIDAYS	
8:00 am - 3:00 pm	Walk Your Shoes Off
9:00 am - 12:00 pm	Friday Morning Writers
9:30 am - 10:30 am	Mild Exercise
9:30 am - 12:00 pm	Hal's Healing Hands
10:00 am - 11:30 am	Art/Clay Play
10:00 am - 11:00 am	Sing for Joy!!
12:00 pm - 4:00 pm	AARP Safe Driving (Nov 1, Nov 15)
1:15 pm - 3:45 pm	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, November 6

10:00 am - 11:00 am

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, Activity Coordinator, EVAR*



#### Make & Take: Watercolor Coasters

Mesa Active Adult Center  
Wednesday, November 20  
12:00 pm - 1:00 pm

Learn how to create a beautiful set of watercolor tile coasters for your home! This Lunch & Learn is limited 16 participants, and there is a fee of \$5.00.

**Please register in advance at the Front Desk by Friday, November 15.**

#### November Excursion: Queen Creek Olive Mill



The Queen Creek Olive Mill is a family owned company that grows and presses olives for the production of high quality extra virgin olive oil from farm to table.

Monday, November 25  
12:30 pm - 3:30 pm

**There is a fee of \$7 to attend this excursion and it is limited to 12 participants. Please register at the Front Desk by Wednesday, November 20.**



## VETERANS DAY

★ ★ ★ ★ ★  
THANK YOU FOR YOUR SERVICE

Veterans Day, celebrated on November 11th, is both a state and federal holiday in the United States. Each year on Veterans Day there is a ceremony held in Arlington Cemetery to honor all who have died in war.

**We are thankful for your service!**



# 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, 9:00 am - 12:00 pm  
Facilitated by Area Agency on Aging

## SUPPORT GROUPS

### **Caregiver Group**

Wednesdays, 10:00 am  
Facilitated by EMPACT

### **Grief and Loss Support Group**

Wednesdays, 1:00 pm  
Facilitated by EMPACT



### **Monthly Community Food Share Fresh Food Truck**



**Thursday, November 14, 2019  
8:00 am - 11:00 am**

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

## **Senior Health Fair**

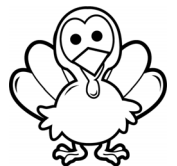


Please join us for this **FREE** event  
on Thursday, November 21 from  
9:00 am - 1:00 pm

Presented by Phoenix College  
Nursing Program

## **Fun Facts About Thanksgiving**

- There are four towns in the United States named "Turkey." They can be found in Arizona, Texas, Louisiana, and North Carolina.
- The average number of calories consumed on Thanksgiving is 4,500.
- Butterball answers more than 100,000 turkey-cooking questions via their Butterball Turkey Hotline each November and December.
- The tradition of football on Thanksgiving began in 1876 with a game between Yale and Princeton. The first NFL games were played on Thanksgiving in 1920.



# Mesa Active Adult Center

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

## EVENTS

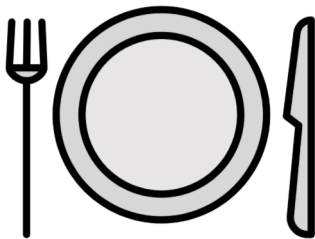
\* Entertainment line-ups are subject to change without notice \*

<i>Let's Dance!</i>	
<b>Tuesdays at 1:00 pm</b>	
November 5	Manuel Dorantes
November 12	Manuel Dorantes
November 19	Manuel Dorantes

<i>Movie Time!</i>	
<b>Thursdays at 12:30 pm</b>	
November 7	<i>Hotel Transylvania</i> (2012)
November 14	<i>7 Days to Vegas</i> (2019)
November 21	<i>Aladdin</i> (2019)

<i>Entertainment!</i>	
Friday, November 8 - 11:00 am	Michael Elijah
Friday, November 15 - 11:00 am	Carl Nyberg
Friday, November 22 - 11:00 am	Ken Levine

<i>Bingo!</i>	
Mondays, 12:30 pm	Losers Bingo
Wednesdays, 1:15 pm	Social Bingo
Fridays, 1:15 pm	Big Game Bingo



### *Thanksgiving Lunch*

**Friday, November 22**

Please make your reservation  
by Friday, November 15.

### **MENU**

Roast Turkey with Gravy  
Bread Stuffing  
Mashed Potatoes  
Green Bean Casserole  
Pumpkin Pie

# Daily Delights

Monday	
8:15 am - 9:00 am	Abundant Life Exercise
8:00 am - 11:00 am	Stitch & Chat
12:30 pm	Movie Day (Nov 11, Nov 25)
12:30 pm - 3:30 pm	Cribbage
12:00 pm - 3:00 pm	Mahjong
12:30 pm - 3:00 pm	Advanced Pinochle
12:30 pm - 3:00 pm	Social Pinochle
1:30 pm - 3:30 pm	Parkinson's Support Group (Nov 4)
2:00 pm - 3:30 pm	Parkinson's Caregiver Support (Nov 4)
12:30 pm - 2:00 pm	Food Plus Pick Up (Nov 18)
4:00 pm - 5:30 pm	Grief Support

Tuesday	
8:00 am - 11:00 am	Stitch & Chat
9:30 am - 11:00 am	Blood Pressure Checks
10:00 am - 11:00 am	Living Happy & Healthy
11:00 am - 3:30 pm	Deaf Support Group
12:30 pm - 3:00 pm	Canasta (Hand & Foot)
1:15 pm - 3:30 pm	Social Bingo
5:00 pm - 8:00 pm	Mesa Art League (Nov 12)

Wednesday	
8:15 am - 9:00 am	Abundant Life Exercise
9:00 am - 11:00 am	Benefits Assistance
9:45 am - 11:15 am	Beginning Spanish
10:00 am - 11:00 am	Legal Assistance: Wills & Trusts (Nov 20)
10:30 am - 11:15 am	Just for Fun Bingo
12:30 pm - 3:00 pm	Canasta
12:30 pm - 3:00 pm	Euchre
12:30 pm - 3:00 pm	Bridge
1:00 pm - 3:00 pm	Afternoon Dance with the Sunland Combo

Thursday	
8:00 am - 11:00 am	Stitch & Chat
10:00 am - 11:00 am	Blackjack with David (Nov 7, Nov 21)
10:00 am - 11:00 am	Veterans Discussion Group (Nov 14)
12:30 pm - 3:30 pm	Beginning Computers
12:30 pm - 3:00 pm	Advanced Pinochle
12:30 pm - 3:00 pm	Social Pinochle
12:30 pm - 3:00 pm	Mexican Train Dominoes
1:15 pm - 3:30 pm	Social Bingo
6:00 pm - 8:00 pm	Survivors of Suicide (Nov 14)

Friday	
8:15 am - 9:00 am	Abundant Life Exercise
8:15 am - 12:00 pm	Portrait Workshop
9:30 am - 10:30 am	Book Club (Nov 22)
12:30 pm - 3:00 pm	Bridge
12:30 pm - 3:00 pm	"500"
12:30 pm - 3:00 pm	Movin' On
12:30 pm - 3:00 pm	Canasta
1:30 pm - 2:30 pm	Line Dancing
2:00 pm - 3:00 pm	Alzheimer's Support Group (Nov 1, Nov 15)

**Soup To Go - Only \$1!**

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

Inquire at the RMAAC front desk  
 for more information.



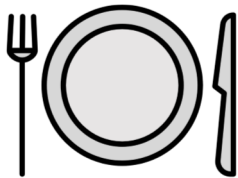


## Red Mountain Active Adult Center

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

### On-Site Support Offerings

Group	Date	Time	Facilitator
Alzheimer's Support Group	1st & 3rd Friday	2:00 pm - 3:00 pm	Martha Burrel and Kathy Piazza, Alzheimer's Association
Deaf Support Group	Tuesdays	11:00 am - 3:30 pm	Terry & Nyla Hostin, Community Volunteers
Grief Loss Support Group	Mondays	4:00 pm - 5:30 pm	Sandra McNally and Ann Chadwick, EMPACT
Movin' On	Fridays	1:00 pm - 3:30 pm	Sandra McNally and Leo Achin, EMPACT
Parkinson's Support Group	1st Monday	1:30 pm - 3:30 pm	Kristina Watts, Dignity Health
Survivors of Suicide Support Group	2nd & 4th Thursdays	6:00 pm - 8:00 pm	Sandra McNally, EMPACT
Veterans Discussion	2nd & 4th Thursdays	10:00 am - 11:00 am	Mike Crowe, DAV
Enriching the Lives of Veterans Through Art	4th Thursday	12:30 pm - 3:30 pm	Loralee Stickel, Mesa Arts League
Benefits, Medicare, and Insurance	Wednesdays	9:00 am - 11:00 am	Area Agency on Aging
Wills & Trusts	3rd Wednesdays	10:00 am - 11:30 am	Community Volunteer Attorney
Peer Counseling	Mondays & Wednesdays	By appointment. Call 480-218-2221	Sandra McNally, EMPACT



*Thanksgiving Lunch*

**Friday, November 22**

Please make your reservation  
by Tuesday, November 12.

### MENU

Roast Turkey with Gravy  
Bread Stuffing  
Mashed Potatoes  
Green Bean Casserole  
Pumpkin Pie

## 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, November 12

9:00 am - 11:00 am

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*

#### Body Donation Program

Tuesday, November 19

10:00 am - 11:00 am

Good health care demands intellectual creativity, nourished by a hands-on respect for the whole body, mind, and soul. This is the essence of Midwestern University’s Body Donation Program – providing healthcare students the opportunity to learn vital skills, gain first-hand knowledge, and acquire diagnostic techniques that prepare them to be caring professionals. We will explain how you and your loved ones can leave a lasting, important legacy to medical science. *Presented by Midwestern University*



#### Make & Take: Watercolor Coasters

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

Learn how to create a beautiful set of watercolor tile coasters for your home! This Lunch & Learn is limited to 16 participants, and there is a fee of \$5.00.

**Please register in advance  
at the front desk by Friday, November 15**

#### November Excursion: Queen Creek Olive Mill



The Queen Creek Olive Mill is a family owned company that grows and presses olives for the production of high quality extra virgin olive oil from farm to table.

Monday, November 18  
12:30 pm - 3:30 pm

**There is a fee of \$7 to attend this excursion, and it is limited to 12 participants. Please register at the Front Desk by Wednesday, November 13.**

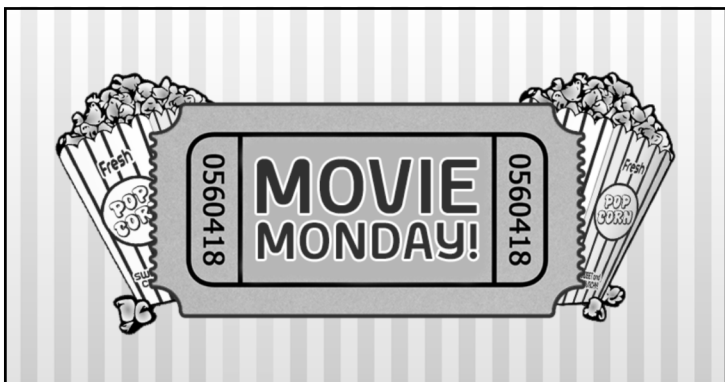
## Red Mountain Active Adult Center

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

# Entertainment!

Date	Event	Time
Friday, November 1	Cactus Carl	10:30 am
Friday, November 8	Chris Dorsch	10:30am
Friday, November 15	Jan's Band	10:30am

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



Movies will be shown at 12:30 pm in Mesquite-A. FREE popcorn available!

Monday, November 11	The Old Man and the Gun (2018)
Monday, November 25	The Greatest Showman (2018)

All movies will be Closed Captioned.



### Social Bingo

Tuesdays, 1:15 pm

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

### Just for Fun Bingo

Wednesdays, 10:15 am

### Social Bingo

Thursdays, 1:15 pm

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

## 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  
9:30 am until 2:30 pm.



# 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