# September 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.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td><strong>Closed</strong></td>
<td>Chicken Chimichanga w/ Shredded Lettuce &amp; Tomato</td>
<td>Egg Bake Hash Brown Potatoes Peppers, Onions, &amp; Mushrooms Wheat Biscuit Fresh Banana</td>
<td>Beef Tater Tot Casserole Stewed Tomatoes Green Beans Whole Wheat Roll Jell-O Fruit Salad Chef's Special Honey Stung Chicken</td>
</tr>
<tr>
<td>3</td>
<td>In Observance of Labor Day</td>
<td>Refried Beans Whole Wheat Tortilla Fresh Apple</td>
<td>Chef's Special Soup &amp; Salad Bar</td>
<td>Baked Pollock w/ Fruit Salsa Caribbean Vegetables Cauliflower Whole Wheat Roll Apricots Chef's Special Pork Chop w/ Apple Gravy**</td>
</tr>
<tr>
<td>4</td>
<td></td>
<td>Chef's Special Soup &amp; Salad Bar</td>
<td>Chef's Choice</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>Cold Salad Plate: Chicken, Beet, &amp; Broccoli Whole Wheat Crackers Fresh Fruit Oreo Cake <strong>Chef's Special</strong> Swiss Mushroom Burger</td>
<td>Dill Tilapia Spinach Scandinavian Vegetables Whole Wheat Roll Apricots Chef's Special Soup &amp; Salad Bar</td>
<td>Garlic Chicken w/ Angel Hair Pasta Italian Vegetable Mix Garden Salad Whole Wheat Roll Fresh Orange Chef's Special</td>
<td>Pulled Pork Sandwich w/ Peppers &amp; Onions** Brussel Sprouts Whole Wheat Bun Peaches Chef's Special Egg Salad Sub</td>
</tr>
<tr>
<td>10</td>
<td></td>
<td></td>
<td></td>
<td>Honey Garlic Chicken w/ Rice Carrots Oriental Vegetables Cherry Trifle Cake Chef's Special BBQ Ribette w/ Peppers &amp; Onion**</td>
</tr>
<tr>
<td>11</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>14</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>16</td>
<td>Lemon Baked Cod Chef's Vegetables Peas &amp; Carrots Whole Wheat Roll Fresh Grapes <strong>Chef's Special</strong> Meatloaf w/ Cajun Red Gravy</td>
<td>Italian Sausage Sandwich** Peppers &amp; Onions Italian Vegetable Blend Whole Grain Bun Sliced Peaches Chef's Special Soup &amp; Salad Bar</td>
<td>Beef Stew w/ Vegetables &amp; Rice Chuckwagon Vegetables Winter Vegetables Whole Wheat Roll Fruit Ambrosia Chef's Special</td>
<td>Chicken Breast w/ Gravy Mashed Potatoes Rancho Fiesta Vegetable Blend Whole Wheat Roll Fresh Orange Chef's Special Quiche Lorraine**</td>
</tr>
<tr>
<td>17</td>
<td></td>
<td></td>
<td></td>
<td>Cold Salad Plate: Crab, Macaroni, &amp; Three-Bean Whole Wheat Crackers Sliced Pears Chef's Special Pizza Bar</td>
</tr>
<tr>
<td>18</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>19</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>20</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>21</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>22</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>23</td>
<td>Open-Face Turkey Sandwich Yams Green Beans Whole Wheat Bread Applesauce <strong>Chef's Special</strong></td>
<td><em>Birthday Celebration</em> Spaghetti w/ Meat Sauce Capri Vegetables &amp; Spinach Whole Wheat Roll Fresh Orange Birthday Cake</td>
<td>Roast Pork Loin w/ Honey Mustard Sauce** Yams Green Beans Whole Wheat Roll Apricots</td>
<td>Butter-Glazed Tilapia Cauliflower Normandy Vegetables Whole Wheat Roll Fruit Cocktail Chef's Special: Meatball Stroganoff over Noodles</td>
</tr>
<tr>
<td>24</td>
<td></td>
<td></td>
<td></td>
<td>Soft Shell Chicken Taco w/ Lettuce, Tomato, &amp; Cheese Refried Beans Whole Wheat Tortilla Cherry Crisp <strong>Chef's Special:</strong> Potato Bar</td>
</tr>
<tr>
<td>25</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>26</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>27</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>28</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>29</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>30</td>
<td>Stuffed Peppers Lima Beans Garden Salad Whole Wheat Roll Pineapple <strong>Chef's Special:</strong> Baja Grilled Chicken Breast</td>
<td></td>
<td></td>
<td>East Valley Adult Resources, Inc is funded in part by Area Agency on Aging, Region One</td>
</tr>
</tbody>
</table>

---

**First Day of Fall**

**We are excited to announce that our new menu cycle begins October 1st. Keep an eye out for new, tasty meals next month!**
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!

480-962-5612

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

## 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.
Living Happy and Healthy at MAAC - Mark Your Calendar!

**Smartphone and Tablet Workshop**
**Wednesday, September 4**
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, Activity Coordinator, EVAR*

**Food and You: What’s Aging Got to Do With It?**
**Wednesday, September 11**
10:00am - 11:00am
Our bodies need different foods and nutrients to function optimally as we age. Learn tips for adapting your diet as your metabolism, taste buds, and digestion change. *Presented by Linda Stemerman, Humana*

**Prevent Low Back Pain**
Mesa Active Adult Center
**Wednesday, September 25**
12:00pm - 1:00pm
This workshop reveals how to naturally protect your back with strategies, techniques and tips for bending, lifting, and common daily activities. Learn positioning tips for sitting and sleeping more comfortably, and three critical exercises you can add to your gym or home workout to help naturally support your back. *Presented by Sarah Hanna, PT, MPT, FAAOMPT, Cert. DN, Cert. SMT, OneAccord Pain Centers*

Please register in advance at the Program Desk by by Friday, September 20.

**September Excursion**
**Arizona Diamondbacks vs. Miami Marlins**
**Wednesday, September 18**
11:00am - 4:00pm
There is a $25 fee to attend this excursion, which is limited to 12 participants from each Center.

Please register and pay at the Program Desk by Friday, September 13. Participants will travel to the game via charter ADA coach bus, which will depart from MAAC promptly at 11:15am.

**Tuesday Dance**
Dust off your dancing shoes, because Tuesday Dance is back! Visit page 6 for our September lineup and make plans to join us every Tuesday for dancing and merriment!

**FALL kick-off**
Join us as we get ready for Fall and cooler weather by enjoying snacks, pop, and a special screening of the 2000 hit movie *Remember the Titans*! Wear a jersey and support your favorite team!
**Thursday, September 26**
12:30pm, Main Hall
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

Thursday September 12, 2019
7:00am - 10:00am
If you would like more information, please call 480-634-4189

Monthly Community Food Share
Fresh Food Truck

COMING TO MAAC IN OCTOBER

Walgreens Flu Shot Clinic
Mesa Active Adult Center
Wednesday, October 2
9:00am-11:00am
Classroom 2

This flu shot clinic is covered by Medicare so be sure to bring your Medicare card!
Let’s Dance!

Tuesday Dance: 1:00pm

<table>
<thead>
<tr>
<th>Date</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>September 10</td>
<td>Manuel Dorantes</td>
</tr>
<tr>
<td>September 17</td>
<td>Manuel Dorantes</td>
</tr>
<tr>
<td>September 24</td>
<td>Manuel Dorantes</td>
</tr>
</tbody>
</table>

Movie Time!

Thursday Movie Lineup: 12:30pm

<table>
<thead>
<tr>
<th>Date</th>
<th>Movie Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>September 5</td>
<td>Going In Style (2017)</td>
</tr>
<tr>
<td>September 12</td>
<td>Breakthrough (2019)</td>
</tr>
<tr>
<td>September 19</td>
<td>Isn’t It Romantic? (2019)</td>
</tr>
<tr>
<td>September 26</td>
<td>Remember the Titans (2000)</td>
</tr>
</tbody>
</table>

Entertainment!

<table>
<thead>
<tr>
<th>Date</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday, September 6</td>
<td>Jai Mitchell</td>
</tr>
<tr>
<td>11:00am</td>
<td></td>
</tr>
<tr>
<td>Friday, September 20</td>
<td>Ken Levine</td>
</tr>
<tr>
<td>11:00am</td>
<td></td>
</tr>
</tbody>
</table>

Bingo!

<table>
<thead>
<tr>
<th>Date</th>
<th>Bingo Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mondays, 12:30pm</td>
<td>Losers Bingo</td>
</tr>
<tr>
<td>Wednesdays, 1:15pm</td>
<td>Social Bingo</td>
</tr>
<tr>
<td>Fridays, 1:15pm</td>
<td>Big Game Bingo</td>
</tr>
</tbody>
</table>

Welcome

We would like to welcome the new Center Manager at MAAC! Paul Johnson officially joined our team on August 12, and we are so happy to have him on board. Paul has extensive experience managing before- and after-school programs in the Kyrene School District. He also worked for the City of Chandler as a Recreation Leader in the Parks and Recreation Department. We are excited to have Paul’s extensive knowledge in recreation programming and facilities management and look forward to all the experience and knowledge he brings to our team. If you haven’t already, please stop by Paul’s office, introduce yourself, and welcome him to EVAR!
Red Mountain Active Adult Center  
7550 E. Adobe St. • Mesa, AZ 85207 • 480-218-2221

**Daily Delights**

### Monday
- 8:00am - 9:15am: Abundant Life Exercise*
- 8:00am - 11:00am: Stitch & Chat (M/T/Th)
- 12:30pm: Movie Day (2nd & 4th)
- 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)
- 4:00pm - 5:30pm: Grief Support

### Tuesday
- 8:00am - 11:00am: Stitch & Chat (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 Combo

### Thursday
- 8:00am - 11:00am: Stitch & Chat (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)
- 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

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

---

## MARK YOUR CALENDARS

### Walgreens Flu Shot Clinic

Walgreens Flu Shot Clinic

Red Mountain Active Adult Center

Tuesday, September 24

9:00am-11:00am

Multi-Purpose Room

This flu shot clinic is covered by Medicare so be sure to bring your Medicare card!
Living Happy and Healthy at RMAAC - Mark Your Calendar!

Smartphone & Tablet Workshop
Tuesday, September 3         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, Activity Coordinator, EVAR

Food and You: What’s Aging Got to Do With It?
Tuesday, September 10        10:00am - 11:00am
Our bodies need different foods and nutrients to function optimally as we age. Learn tips for adapting your diet as your metabolism, taste buds, and digestion change. Presented by Linda Stemerman, Humana

Prevent Low Back Pain
Tuesday, September 17        10:00am - 11:00am
This workshop reveals how to naturally protect your back with strategies, techniques and tips for bending, lifting, and common daily activities. Learn positioning tips for sitting and sleeping more comfortably, and three critical exercises you can add to your gym or home workout to help naturally support your back. Presented by Sarah Hanna, PT, MPT, FAAOMPT, Cert. DN, Cert. SMT, OneAccord Pain Centers

September Excursion
Arizona Diamondbacks vs. Miami Marlins

Wednesday, September 18
11:00am - 4:00pm
There is a $25 fee to attend this excursion, which is limited to 12 participants from each Center.

Please register and pay at the Front Desk by Friday, September 13. EVAR will provide transportation from RMAA to MAAC at 10:30am. Participants will then travel to the game via charter ADA coach bus. The bus will leave from MAAC promptly at 11:15am.

Lunch & LEARN

Downsizing and Moving
Red Mountain Active Adult Center
Thursday, September 19
12:00pm - 1:00pm
Moving can be stressful and overwhelming! This informative session will help you figure out where to start, what to do with your belongings, and how to avoid costly mistakes!

Please register in advance at the front desk by Monday, September 16
Entertainment!

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday, September 20</td>
<td>Chris Dorcsh</td>
<td>10:30am</td>
</tr>
<tr>
<td>Friday, September 27</td>
<td>Carl Nyberg</td>
<td>10:30am</td>
</tr>
</tbody>
</table>

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

Movies will be shown at 12:30pm on the 2nd and 4th Mondays of the month in Mesquite-A. FREE popcorn available!

<table>
<thead>
<tr>
<th>Date</th>
<th>Movie</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday, September 9</td>
<td>Green Book (2018)</td>
</tr>
<tr>
<td>Monday, September 23</td>
<td>Poms (2019)</td>
</tr>
</tbody>
</table>

All movies will be Closed Captioned.

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

Fall Kick-Off
Join us as we get ready for Fall and cooler weather by enjoying snacks, pop, and a special screening of the classic 1997 hit movie *Rudy*. Wear a jersey in support of your favorite team!

Friday, September 13
12:30pm
Multi-Purpose Room
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