



THE GUIDE

A Monthly Publication of East Valley Adult Resources, Inc.

August 2019

Volume 13, Issue 8



August 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 Soft Shell Chicken Taco Lettuce, Tomato & Cheese Refried Beans Whole Wheat Tortilla Cherry Crisp Chef's Choice</p>	<p>2 Stuffed Peppers Lima Beans Garden Salad Whole Wheat Roll Pineapple Tidbits Chef's Special: Crab Cake w/ Lemon Cream Dill Sauce</p>
<p>5 Chicken Salad Sandwich w/ Lettuce & Tomato Cucumber & Three-Bean Salad Whole Wheat Bun Fruit Blend Chef's Choice</p>	<p>6 Baked Lemon Catfish Brown Rice Mixed Vegetables Stewed Tomatoes Whole Wheat Roll Fresh Orange Chef's Special: Soup & Salad Bar</p>	<p>7 Polish Sausage w/ Sauerkraut** Scalloped Potatoes Scandinavian Blend Whole Wheat Bun Sliced Apples w/ Cinnamon Chef's Special: Chicken Kiev</p>	<p>8 Pepper Steak over Egg Noodles Oriental Blend Four-Way Vegetable Blend Whole Wheat Roll Fruit Cup Chef's Choice</p>	<p>9 Turkey Chili White Rice Chuck Wagon Vegetable Blend Cauliflower Whole Wheat Crackers Mango Chef's Special: BBQ Ribette Sandwich**</p>
<p>12 Pork Chop w/ Cherry Sauce** Roasted Red Potatoes Brussel Sprouts Whole Wheat Roll Grapes Chef's Choice</p>	<p>13 Meatloaf w/ Gravy Mashed Potatoes Carrots Whole Wheat Roll Oatmeal Raisin Cookie Fruit Cocktail Chef's Special: Soup & Salad Bar</p>	<p>14 <u>Cold Salad Plate</u> Tuna, Beet, & Three-Bean Salads Whole Wheat Crackers Pineapple Ambrosia Chef's Special: Strawberry Grilled Chicken Breast Over Fresh Spinach</p>	<p>15 Hamburger w/ Lettuce & Tomato Italian Vegetable Blend Baked Beans Whole Wheat Bun Seasonal Fruit Chef's Choice</p>	<p>16 Chicken Breast w/ Mushroom Sauce Rice w/ Broccoli & Cheese California Vegetables Whole Wheat Roll Banana Chef's Special: Pizza Bar</p>
<p>19 Vegetable Lasagna Zucchini Broccoli Whole Wheat Roll Tropical Fruit Blend Chef's Choice</p>	<p>20 BBQ Pork Sandwich** Winter Vegetables Buttered Sweet Corn Whole Wheat Bun Black Forest Cake Fresh Apple Chef's Special: Soup & Salad Bar</p>	<p>21 Baked Chicken Strips Roasted Potatoes Green Beans Whole Wheat Roll Mandarin Oranges Chef's Special: Coconut Tilapia w/ Teriyaki</p>	<p>22 Baked Cod Peas Brussel Sprouts Whole Wheat Roll Fruit Cocktail Chef's Choice</p>	<p>23 Cabbage Rolls w/ Marinara Scandinavian Vegetable Blend Spinach Whole Wheat Roll Pears Chef's Special: Potato Bar</p>
<p>26 BBQ Chicken Baked Beans Broccoli Whole Wheat Roll Banana Pudding Fresh Fruit Chef's Choice</p>	<p>27 Birthday Celebration Baked Tilapia Baked Potato Mixed Vegetables Whole Wheat Roll Birthday Cake  Fresh Fruit</p>	<p>28 Turkey Burger/ Lettuce & Tomato Spinach Four-Way Vegetables Whole Wheat Bun Fruit Cocktail Chef's Special: Bacon Swiss Burger**</p>	<p>29 Meatloaf w/ Country Gravy Roasted Red Potatoes Winter Vegetables Whole Wheat Roll Fresh Orange Chef's Choice</p>	<p>30 Pork Stir Fry w/ Peppers & Onion** Cauliflower Vegetable Rice Pilaf Whole Wheat Roll Pineapple Chef's Special: Honey Stung Chicken</p>



Thunderbirds Charities, the charitable giving arm of the Thunderbirds – hosts of the Waste Management Phoenix Open presented by Ak-Chin Indian Community – awarded \$20,000 to East Valley Adult Resources, Inc. (EVAR). This generous award will be used to support the Assistance for Independent Living Volunteer Services Program. Through this program, volunteers are matched with homebound seniors in the East Valley who benefit from assistance with essential daily activities such as: assisted transportation to medical appointments, prescription pick-up, help with grocery shopping, and friendly visiting and phone calls. “We are very grateful to Thunderbirds Charities for their support,” said Deborah Schaus, CEO of EVAR. “The program makes the difference in enabling our homebound neighbors to remain independent in their own homes for as long as possible, and strengthens our community along the way.”

“East Valley Adult Resources has such a positive impact on so many homebound seniors in our East Valley community and we excited to support such a great mission,” said Chance Cozby, President of Thunderbirds Charities.

On behalf of EVAR’s Board of Directors, staff, and everyone who benefits from the services provided by the Assistance for Independent Living Volunteer Services Program, we thank the Thunderbirds Charities for their ongoing support of the work we are doing!



Thunderbirds Charities is a non-profit organization formed in 1986 to distribute monies raised through the Waste Management Phoenix Open golf tournament. The Thunderbirds Charities Board consists of 15 board members from varying professional backgrounds. The mission of Thunderbirds Charities is to assist children and families, help people in need and improve the quality of life in our communities. The organization’s giving is directed toward organizations based or with a significant presence in Arizona. The Thunderbirds were founded in 1937 with the mission of promoting the Valley of the Sun through sports. The Thunderbirds consist of 55 “active” members and more than 250 “life” members. For more information on the Thunderbirds or the 2018 Waste Management Phoenix Open, visit www.wmphenixopen.com. For more information on Thunderbirds Charities, visit www.thunderbirdscharities.org.

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!

Protect Yourself Against Scams

Wednesday, August 7

10:00am - 11:00am

The price of scams against seniors is much more than financial. Find out why seniors are targeted, the toll it can take on your health, and how to protect yourself. *Presented by Linda Stemerman, Humana*

Smartphone and Tablet Workshop

Wednesday, August 21

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*



ADOT and the Motor Vehicle Division

Mesa Active Adult Center
Wednesday, August 28
12:00pm - 1:00pm

The Motor Vehicle Department is hyping up their customer service game to make you visit a more pleasant experience. Be in the know for the next time you go!

**Please register in advance at the
Program Desk
by Friday, August 23**



August Excursion Arizona Heritage Center

Established by an Act of the First Territorial Legislature on November 7, 1864, the Arizona Historical Society (AHS) is Arizona's oldest historical agency.

**Monday, August 26
12:30pm - 3:30pm**

There is a \$10 fee to attend this excursion.

Please register and pay at Program Desk
by Thursday, August 22.



Farewell and good luck to our wonderful Volunteer Coordinator Charlie Lipkowitz, who will be leaving us at the end of August. Charlie joined our team in April of 2016 and soon became loved and appreciated by all of us here at MAAC. His outgoing personality and generous spirit will truly be missed. Make sure you stop by his office to say goodbye and thank him for all he did for our Center!

Good Luck Charlie!

Mesa Active Adult Center

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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 August 8, 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!

Every Tuesdays Thursday in August
August 6 - 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

August 6	<i>My Favorite Blonde</i> (1942)
August 13	<i>The American President</i> (1995)
August 20	<i>McLintock</i> (1963)
August 27	<i>Dances with Wolves</i> (1990)

* ALL MOVIES WILL BE CLOSED CAPTIONED *

Movie Time!

Thursday Movie Lineup: 12:30pm

August 1	<i>Captain Marvel</i> (2019)
August 8	<i>Fantastic Beasts: The Crimes of Grindlewald</i> (2018)
August 15	<i>Apollo 11</i> (2019)
August 22	<i>Spider-Man: Into the Spider-Verse</i> (2018)
August 29	<i>Dumbo</i> (2019)

Entertainment!

Friday, August 2 - 11:00am	Jai Mitchell
Friday, August 30 - 11:00am	Jai Mitchell

Bingo!

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



Summer Concert spectacular

Wednesday, August 14
10:30am

Enjoy showtunes, big band/swing hits, and country favorites and more performed by musicians from Fletcher Music!



the big CHILL

Friday, August 23
10:30am

It's time to beat the August heat! Join us for some refreshing summer treats and cool summer fun!

Daily Delights

Monday	
8:00am - 9:15am	Abundant Life Exercise*
8:00am - 11:00am	Arts & Crafts (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	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 Combo

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)
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

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	Mondays	4:00pm - 5:30pm	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



On behalf of the staff at RMAAC, we would like to wish a very fond farewell to our highly regarded Volunteer Coordinator, Claudette Phillips, whose time at our Center will be coming to an end at the end of August. Claudette has worked at East Valley Adult Resources in many capacities over the course of seven years, and her bright smile and generous kindness will be missed. Please take a few minutes to stop by to thank her for the service, time, and energy she contributed to helping things run so smoothly at our Center.

Thank you, Claudette!

Red Mountain Active Adult Center

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

Living Happy and Healthy at RMAAC - Mark Your Calendar!

Protect Yourself Against Scams

tuesday, August 6

10:00am - 11:00am

The price of scams against seniors is much more than financial. Find out why seniors are targeted, the toll it can take on your health, and how to protect yourself. *Presented by Linda Stemerman, Humana*

Smartphone & Tablet Workshop

Tuesday, August 13

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*

Valley Metro Mobile Assessments



Are you in the process of applying to use Valley Metro ADA Paratransit and are ready for your evaluation? Valley Metro will be having mobile assessments at the Red Mountain Active Adult Center. **Assessments are by appointment only.** Call 602-716-2100 and reference the Red Mountain Multigenerational Center when making your appointment. Valley Metro will provide free transportation to and from this event if needed.



Email 101

Red Mountain Active Adult Center
Thursday, August 15
12:00pm - 1:00pm

Learn the basics of using email, no matter what device or server is used. Learn how to create an address, compose an email with attachments such as documents or photos, and how to practice email safety.

**Please register in advance
at the front desk
by Tuesday, August 13**



August Excursion Arizona Heritage Center

Established by an Act of the First Territorial Legislature on November 7, 1864, the Arizona Historical Society (AHS) is Arizona's oldest historical agency.

**Monday, August 19
12:30pm - 3:30pm**

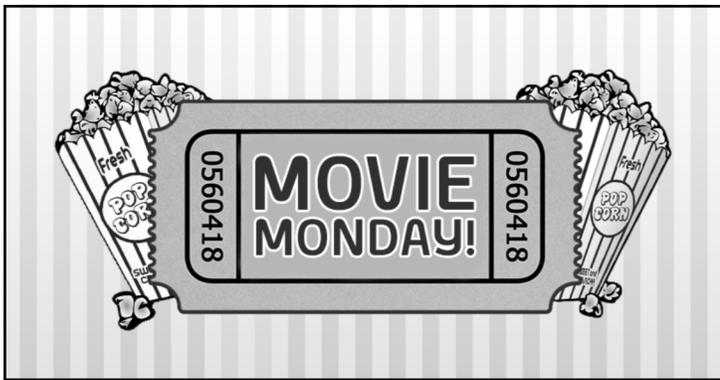
There is a \$10 fee to attend this excursion.

Please register and pay at Program Desk
by Thursday, August 15.

Entertainment!

Date	Event	Time
Friday, August 9	Jai Mitchell	10:30am
Friday, August 16	Jan's Band	10:30am
Friday, August 23	Summer Concert Spectacular <i>presented by Fletcher Music Centers</i>	12:30pm

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



Introducing: Movie Mondays!

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

Monday, August 12	<i>Little</i> (2019)
Monday, August 26	<i>Dumbo</i> (2019)

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*

CRAZY HAT Contest

Find a hat, decorate it any way you'd like, then join us in the multipurpose room for refreshments while we admire everyone's creative headpieces! A prize will be awarded for the best hat!

Friday, August 9
11:00am



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