



THE GUIDE

A Monthly Publication of East Valley Adult Resources, Inc.

December 2019

Volume 13, Issue 12



Changes are coming next issue...



enriched aging

DECEMBER 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

- 2**
- Pork Fritters w/ Gravy**
 - Garden Salad
 - Roasted Red Potatoes
 - Whole Grain Biscuit
 - Pineapple Upside Down Cake

Chef's Special
Philly Steak Sandwich

TUESDAY

- 3**
- Tuna Casserole
 - Broccoli
 - Corn
 - Whole Grain Crackers
 - Sliced Pears

Chef's Special
Chicken Cordon Bleu

WEDNESDAY

- 4**
- Ham with Pineapple Glaze**
 - Cauliflower
 - Stewed Tomatoes
 - Whole Grain Roll
 - Fruit Cocktail

Chef's Choice
Pizza Burger

THURSDAY

- 5**
- Shrimp Alfredo
 - Green Beans
 - Carrots
 - Whole Wheat Roll
 - Mixed Berries

Chef's Special
Cheesy Chicken & Rice

FRIDAY

- 6**
- Beef Tacos with Lettuce, Tomato & Cheese
 - Refried Beans
 - Tortilla
 - Banana

Chef's Special
Sonoran Hot Dog

- 9**
- BBQ Chicken
 - Baked Beans
 - Grilled Vegetables
 - Whole Grain Roll
 - Apple

Chef's Special
Cuban Sandwich

- 10**
- Cold Salad Plate: Egg, 3-Bean, & Orange Beets
 - Whole Grain Roll
 - Vanilla Pudding with Fruit

Chef's Special
Crab Cakes

- 11**
- Baked Catfish
 - Vegetable Rice Pilaf
 - Broccoli
 - Whole Grain Roll
 - Seasonal Fruit

Chef's Choice:
French Fried Onion Chicken Sandwich

- 12**
- Vegetable Lasagna
 - Italian Vegetables
 - Asparagus
 - Whole Grain Roll
 - Cinnamon Sliced Peaches

Chef's Special
Shrimp Taco w/ Veggies

- 13**
- Chicken Parmigiana
 - Garden Salad
 - Spinach
 - Blueberry Crisp

Chef's Special
Grilled Portabella Mushroom Sandwich

- 16**
- Bratwurst w/ Sauerkraut
 - Hot German Potato Salad
 - Carrots
 - Whole Wheat Roll
 - Nutmeg Sliced Pears

Chef's Special
Turkey Ruben Sandwich

- 17**
- Italian Sausage Sandwich**
 - Peppers & Onions
 - Italian Veggie Blend
 - Whole Grain Bun
 - Sliced Peaches

Chef's Special
Soup & Salad Bar

- 18**
- Beef Stew with Vegetables & Rice
 - Chuckwagon Veggies
 - Winter Veggies
 - Whole Wheat Roll
 - Fruit Ambrosia

Chef's Choice
Chicken Lo Mein

- 19**
- Chicken Breast w/ Gravy
 - Mashed Potatoes
 - Rancho Fiesta
 - Vegetable Blend
 - Whole Wheat Roll
 - Fresh Orange

Chef's Special
Quiche Lorraine**

- 20** *Holiday Luncheon*
- Rosemary Garlic Beef w/ Demi Glaze
 - Roasted Potatoes
 - Caramelized Carrots
 - Pumpernickel Roll
 - Petite Strawberry Cheesecake

- 23**
- Turkey Burger with Lettuce & Tomato
 - Baked Beans
 - Baked French Fries
 - Orange

Chef's Choice
Grilled Cheese

- 24** *Birthday Celebration*
- Sloppy Joe
 - Winter Blend Veggies
 - Sweet Corn
 - Apricots
 - Birthday Cake

- 25**
- Lemon Pepper Tilapia
 - California Blend Veggies
 - Whole Grain Roll
 - Fruit Cocktail

Chef's Special
Chicken Marinara over Noodles

- 27**
- Broccoli & Cheese Chicken
 - Green Beans
 - Spinach
 - Whole Wheat Roll
 - Pineapple

Chef's Special
Pot Stickers

- 30**
- Tuna Salad Sandwich w/ Lettuce & Tomato
 - Sliced Beets
 - Whole Grain Bun
 - Grapes

Chef's Special
Blue Cheese Burger

- 31** *New Year Luncheon*
- Scrambled Egg with Sausage Gravy**
 - Cheddar Biscuit
 - Rosemary Roasted Potatoes
 - Cantaloupe
 - Blueberry Crisp



Merry Christmas!



A Partnership to Love!

EVAR is thankful to Subaru USA for its support of Meals on Wheels programs like ours during its annual Share the Love Event, happening now through January 2, 2020!

www.evadultresources.org



Renovating for the Future

We are excited to share that the Mesa Senior Center is set to undergo a major renovation! The City of Mesa, which provides us our Mesa Senior Center facility without charge through a long-term lease, recently approved this project. The renovation work will be conducted in phases, enabling us to continue offering our programs and services for our participants, with minimal disruption.

The renovation project is scheduled to include the following priority areas:

- Replace air conditioning / heating throughout the facility
- Replace fire alarm system and similar infrastructure throughout the facility
- Rebuild a portion of the kitchen, including the replacement of walk-in freezer and cooler
- Enlarge the Café
- Replace lighting and flooring and paint ceilings in most of the facility

The summary project time line shown in the chart at right are tentative drafts only and are expected to change.

East Valley Adult Resources will remain open and continue to offer our programs and services during the renovation project. We apologize in advance for any inconvenience that the construction may cause.

If you have questions about the renovation project, please contact Carol Dopudja, Program Operations Director, or Deborah Schaus, CEO. If we do not know the answer to your question, we will do our best to find out. Thank you in advance for your patience!

PROJECT TIMELINE

PHASE 1

December 2, 2019 - February 4, 2020

IMPACTED AREAS: South side of Senior Center, including cafe, pool hall, exercise room, south restrooms, front desk, staff offices, south hallway, classrooms

PHASE 2

February 4 - April 13, 2020

IMPACTED AREAS: North side of Senior Center, dining room, north restrooms, north hallway

PHASE 3

February 24 - April 2, 2020

IMPACTED AREAS: Outreach and In-Home Support offices

PHASE 4

January 2 - March 31, 2020

IMPACTED AREAS: Kitchen

MESA SENIOR CENTER

247 North Macdonald Street • Mesa, AZ 85201 • 480-962-5612

DAILY DELIGHTS

Enjoy these regularly scheduled activities every week at Mesa Senior Center!

M MONDAY

- 8:00 am Walk Your Shoes Off
- 8:05 am Aerobics
- 9:30 am Mild Exercise
- 10:00 am Poetry & Prose (Dec 9)
- 10:00 am Wii Bowling
- 10:00 am Tai Chi
- 10:30 am Writers Guild
- 12:30 pm Loser's Bingo

T TUESDAY

- 8:00 am Walk Your Shoes Off
- 8:05 am Aerobics
- 9:00 am Butler Law Free Legal Services (Dec 17)
- 9:00 am Shawls of Love
- 9:30 am Gramma Jones Line Dance

W WEDNESDAY

- 8:00 am Walk Your Shoes Off
- 8:05 am Aerobics
- 9:30 am Mild Exercise
- 9:30 am Hal's Healing Hands
- 10:00 am Support Group for Caregivers
- 10:00 am Stockings for Kids (Dec 11)
- 10:00 am Blackjack w/ David (Dec 4 & 18)

W WEDNESDAY (continued)

- 1:00 pm Grief and Loss Group
- 1:15 pm Social Bingo
- 1:30 pm Bungalow Group

T THURSDAY

- 8:00 am Walk Your Shoes Off
- 8:05 am Aerobics
- 9:30 am Enriching Veterans' Lives Through Art (Dec 12)
- 10:00 am Tai Chi
- 12:30 pm Movie Day

F FRIDAY

- 8:00 am Walk Your Shoes Off
- 9:00 am Friday Morning Writers
- 9:30 am Hal's Healing Hands
- 9:30 am Mild Exercise
- 10:00 am Sing for Joy!
- 12:00 pm AARP Safe Driving (Dec 6 & 20)
- 1:15 pm Big Game Bingo



Questions about any of the Center's Daily Delights?
Call Star at 480-962-5612

MESA SENIOR CENTER

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Living Healthy & Happy

DECEMBER 4

10:00 am - 11:00 am

Smartphone & Tablet Workshop

Presented by Star Kempton, EVAR

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!

DECEMBER 11

10:00 am - 11:00 am

Coping with Grief During the Holidays

Presented by Hospice of the Valley

The holidays are often difficult for grieving families. Be gentle with yourself – and develop strategies for moving through a challenging season.

Delivering More Than Just a Nutritious Meal

For many, when you say Meals on Wheels, an image comes to mind of a person delivering food to your house. However, the true mission and impact of the program is so much more.

“We do deliver balanced, nutritious meals,” says Reed Steigerwalt, Director of Meals on Wheels. “Yet, equally important is our daily wellness check. Our team provides a friendly smile and socialization while looking for signs of distress. If concerns are noted, the appropriate support is brought in to more fully help.”

Our Meals on Wheel program served almost 1,000 individuals last year. According to AARP research, such participants gain an improved quality of life, increased independence, and improvement in feelings of loneliness. Through these meals and visits, we are making lives better and “working to make sure our older adult neighbors are not forgotten,” as Reed states.

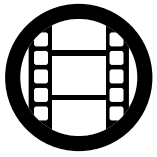
For more information about Meals on Wheel, contact us at 480-634-1659.



Congressman Stanton visits Reed Steigerwalt (left) and Deborah Schaus (right) before delivering meals.

MESA SENIOR CENTER

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Now Showing

Movies begin at 12:30 pm in the main dining hall

DECEMBER 5



Singin' in the Rain
1952

Starring
Gene Kelly
Donald O'Connor
Debbie Reynolds

A silent film production company and cast make a difficult transition to sound.

DECEMBER 12



The Art of Racing in the Rain
2019

Starring
Milo Ventimiglia
Kevin Costner
Amanda Seyfried

A Formula One driver and his dog learn that the techniques needed on the racetrack can also be used to navigate the journey of life.

DECEMBER 19



The Lion King
2019

Starring
Donald Glover
Beyoncé
Chiwetel Ejiofor

After the murder of his father, a young lion prince flees his kingdom only to learn the true meaning of responsibility and bravery.

DECEMBER 26



White Christmas
1954

Starring
Bing Crosby
Danny Kaye
Rosemary Clooney

A successful song-and-dance team become romantically involved with a sister act and team up to save a failing Vermont inn.



**All movies are shown with closed captioning
Free Popcorn for all movie patrons!**

MESA SENIOR CENTER

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Entertainment

Fridays at 11:00 am

Dec 6 Michael Elijah

Dec 13 Ken Levine

Dec 20 Oasis Palms Holiday Bell Ringers



Let's Dance!

Tuesdays at 1:00 pm

Dec 3 Manuel Dorantes

Dec 10 Manuel Dorantes

Dec 17 Easy Sounds

SPECIAL ENGAGEMENT

East Valley Pops Orchestra

Monday, December 9 at 1:00 pm



Bingo!

Join Us! Have Fun! Win Big!

Losers
Bingo

Mondays
12:30 pm

Social
Bingo

Wednesdays
1:15 pm

BIG GAME
Bingo

Fridays
1:15 pm



CHRISTMAS EVE SPECIAL - DECEMBER 24

It's a Wonderful Life 1946

Starring

James Stewart

Donna Reed

An angel is sent to help a desperately frustrated businessman by showing him what life would have been like if he had never existed.



RED MOUNTAIN SENIOR CENTER

7550 East Adobe Street • Mesa, AZ 85207 • 480-218-2221

DAILY DELIGHTS

Enjoy these regularly scheduled activities every week at Red Mountain Senior Center!

M MONDAY

8:15 am Abundant Life Exercise

8:00 am Stitch & Chat

12:30 pm Movie Day (Dec 9 & 23)

12:30 pm Cribbage

12:30 pm Mahjong

12:30 pm Advance Pinochle

12:30 pm Social Pinochle

12:30 pm Food Plus Pick-Up (Dec 16)

T TUESDAY

8:15 am Stitch & Chat

9:30 am Blood Pressure Checks

10:00 am Living Healthy & Happy (Dec 3 & 10)

12:30 pm Canasta (Hand & Foot)

1:15 pm Social Bingo

5:00 pm Mesa Art League (Dec 10)

W WEDNESDAY

8:15 am Abundant Life Exercise

9:00 am Benefits Assistance

9:45 am Beginning Spanish

10:00 am Legal Assistance: Wills & Trusts (Dec 18)

10:30 am Just for Fun Bingo

12:30 pm Bridge

12:30 pm Canasta

W WEDNESDAY (continued)

12:30 pm Euchre

12:30 pm Mexican Train Dominoes

12:30 pm Social Pinochle

1:00 pm Afternoon Dance: Sunland Combo

T THURSDAY

8:00 am Stitch & Chat

10:05 am Blackjack with David (Dec 5 & 19)

10:00 am Veteran's Discussion Group

12:30 pm Beginning Computers

12:30 pm Advance Pinochle

1:15 pm Social Bingo

F FRIDAY

8:15 am Abundant Life Exercise

8:15 am Portrait Workshop

9:30 am Book Club (Dec 27)

12:30 pm Bridge

12:30 pm "500"

12:30 pm Movin' On

12:30 pm Canasta

1:30 pm Line Dancing

? Questions about a Daily Delight?
Call Star at 480-962-5612

RED MOUNTAIN SENIOR CENTER

7550 East Adobe Street • Mesa, AZ 85207 • 480-218-2221

SUPPORT GROUPS

Group	Date(s)	Time	Facilitator(s)
Alzheimer's	Dec 6 & 20	2:00 pm (ends 3:00 pm)	Martha Burrel & Kathy Piazza Alzheimer's Association
Deaf	Tuesdays	11:00 am (ends 3:30 pm)	Terry & Nyla Hostin Community Volunteers
Grief Loss	Mondays	4:00 pm (ends 5:30 pm)	Sandra McNally & Ann Chadwick EMPACT
Movin' On	Fridays	1:00 pm (ends 3:30 pm)	Sandra McNally & Leo Achin EMPACT
Parkinson's	Dec 2	1:30 pm (ends 3:30 pm)	Kristina Watts, Dignity Health
Survivors of Suicide	Dec 12 & 26	6:00 pm (ends 8:00 pm)	Sandra McNally EMPACT
Veterans Discussion	Dec 12 & 26	10:00 am (ends 11:00 am)	Mike Crowe DAV
Enriching the Lives of Veterans Through Art	Dec 26	12:30 pm (ends 3:30 pm)	Loralee Stickel Mesa Arts League
Benefits, Medicare, and Insurance	Wednesdays	9:00 am (ends 11:00 am)	Area Agency on Aging
Wills & Trusts	Dec 18	10:00 am (ends 11:30 am)	Community Volunteer Attorney
Peer Counseling	Mondays & Wednesdays	By appointment Call 480-218-2221	Sandra McNally EMPACT

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

RED MOUNTAIN SENIOR CENTER

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Living Healthy & Happy

DECEMBER 3

9:00 am - 11:00 am

Smartphone & Tablet Workshop

Presented by Star Kempton, EVAR

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 9:00 am - 10:00 am and iPhone/iPad topics covered from 10:00 am - 11:00 am.

DECEMBER 10

10:00 am - 11:00 am

Coping with Grief During the Holidays

Presented by Hospice of the Valley

The holidays are often difficult for grieving families. Be gentle with yourself – and develop strategies for moving through a challenging season.



Holiday Crafting

Thursday, December 19

9:45 am - 10:45 am

Get creative and put your own artistic spin on holiday ornaments. Please register at the Front Desk for this **FREE** event by Tuesday, December 17.

Holiday Bash

Tuesday, December 24

10:30 am

Come decked out in your festive attire! Enjoy cookies and hot chocolate while singing along to holiday carols, lead by Nicky J.



RED MOUNTAIN SENIOR CENTER

7550 East Adobe Street • Mesa, AZ 85207 • 480-218-2221



Bingo!

Join Us! Have Fun! Win Big!

Social Bingo

Tuesdays
1:15 pm*

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

Just for Fun Bingo

Wednesdays
10:45 am

Social Bingo

Thursdays
1:15 pm*

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



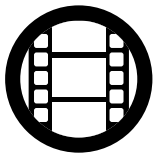
Entertainment

Fridays at 10:30 am

Dec 6 Chris Dorsch

Dec 13 Jan's Band

Dec 27 M.J. Moore



Movie Mondays

Movies begin at 12:30 pm in the Mesquite-A room and feature FREE popcorn!

DECEMBER 9

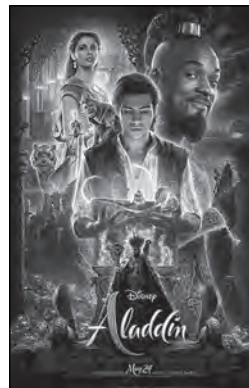


**The Art of
Racing in the Rain**
2019

Starring
Milo Ventimiglia
Kevin Costner
Amanda Seyfried

A Formula One driver and his dog learn that the techniques needed on the racetrack can also be used to navigate the journey of life.

DECEMBER 23



Aladdin
2019

Starring
Will Smith
Mena Massoud
Naomi Scott

A kind-hearted street urchin and a power-hungry Grand Vizier vie for a magic lamp that has the power to make their deepest wishes come true.



EAST VALLEY ADULT RESOURCES

45 W University Dr, Suite A
Mesa, AZ 85201-5831

480-694-9014



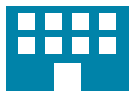
Visit us online at www.evadultresources.org



Like us on Facebook [@EastValleyAdultResources](https://www.facebook.com/EastValleyAdultResources)

OUR PROGRAMS

Since 1979, we are empowering East Valley older adults and their families to remain independent and engaged in our communities through:



CENTER-BASED SERVICES

Mesa and Red Mountain Senior Centers are social hubs, with lunchtime meals, health and wellness support, education programs, and social activities.



MEALS ON WHEELS

Providing nutritious meals and essential wellness checks, in both short- and long-term plans, to meet your unique needs.



IN-HOME SUPPORT

Supporting homebound neighbors with transportation, grocery shopping, well visits, respite, personal care, and housekeeping.



SOCIAL SERVICES

Assisting to navigate and access needed services and health resources, as well as being the NCOA Benefits Enrollment Center for the East Valley.