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.
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
- Pork Fritters w/ Gravy**
- Garden Salad
- Roasted Red Potatoes
- Whole Grain Roll
- Pineapple Upside Down Cake
Chef’s Special
Philly Steak Sandwich

TUESDAY
- Tuna Casserole
- Broccoli
- Corn
- Whole Grain Crackers
- Sliced Pears
Chef’s Special
Chicken Cordon Bleu

WEDNESDAY
- Ham with Pineapple Glaze**
- Cauliflower
- Stewed Tomatoes
- Whole Grain Roll
- Fruit Cocktail
Chef’s Choice
Pizza Burger

THURSDAY
- Shrimp Alfredo
- Green Beans
- Carrots
- Whole Wheat Roll
- Mixed Berries
Chef’s Special
Cheesy Chicken & Rice

FRIDAY
- Beef Tacos with Lettuce, Tomato & Cheese
- Refried Beans
- Tortilla
- Banana
Chef’s Special
Sonoran Hot Dog

Chef’s Special

Cuban Sandwich

- Cold Salad Plate: Egg, 3-Bean, & Orange Beets
- Whole Grain Roll
- Vanilla Pudding with Fruit
Chef’s Special
Cranberry

- Baked Catfish
- Vegetable Rice Pilaf
- Broccoli
- Whole Grain Roll
- Seasonal Fruit
Chef’s Choice:
French Fried Onion Chicken Sandwich

- Vegetable Lasagna
- Italian Vegetables
- Asparagus
- Whole Grain Roll
- Cinnamon Sliced Peaches
Chef’s Special
Grilled Portabella Mushroom Sandwich

- Chicken Breast w/ Gravy
- Mashed Potatoes
- Rancho Fiesta
- Whole Wheat Roll
- Fresh Orange
Chef’s Special
Quiche Lorraine**

- Beef Stew with Vegetables & Rice
- Chuckwagon Vegetables
- Winter Vegetables
- Whole Wheat Roll
- Fruit Ambrosia
Chef’s Choice
Chicken Lo Mein

- Chicken Breast w/ Gravy
- Baked Beans
- Sliced Peaches
- Whole Wheat Roll
- Nutmeg Sliced Pears
Chef’s Special
Blue Cheese Burger

- Italian Sausage Sandwich**
- Peppers & Onions
- Italian Veggie Blend
- Whole Grain Bun
- Sliced Peaches
Chef’s Special
Soup & Salad Bar

- Beef Tacos with Lettuce & Tomato
- Refried Beans
- Caramelized Carrots
- Pumpernickel Roll
- Pineapple Crisp
Chef’s Special
Sonoran Hot Dog

- Turkey Burger with Lettuce, Tomato & Cheese
- French Fries
- Orange
Chef’s Choice
Grilled Cheese

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

Merry Christmas!

- Lemon Pepper Tilapia
- California Blend Vegetables
- Whole Grain Roll
- Fruit Cocktail
Chef’s Special
Cheesy Chicken Marinara over Noodles

- Roasted Red Potatoes
- Broccoli
- Spinach
- Whole Wheat Roll
- Pineapple
Chef’s Special
Pot Stickers

- Scrambled Egg w/ Sausage Gravy**
- Cheddar Biscuit
- Rosemary Roasted Potatoes
- Cantaloupe
- Blueberry Crisp
Chef’s Special
Blue Cheese Burger

NEW YEAR LUNCHEON

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.evadulfresources.org

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

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*

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

Market Fest
Saturdays
11:00 am

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

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, Inc. is funded in part by Area Agency on Aging, Region One
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!
**DAILY DELIGHTS**

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

**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
- 10:30 am: Writers Guild
- 12:30 pm: Lover’s Bingo

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

**WEDNESDAY**
- 8:00 am: Walk Your Shoes Off
- 8:05 am: Aerobics
- 9:30 am: Mild Exercise
- 10:00 am: Tai Chi
- 12:30 pm: Movie Day

**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

**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

**GROUPS**

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

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

DAILY DELIGHTS

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

**MONDAY**
- 8:15 am Abundant Life Exercise
- 8:00 am Stitch & Chat
- 12:30 pm Movie Day (Dec 9 & 23)
- 12:30 pm Mahjong
- 12:30 pm Advance Pinochle
- 12:30 pm Food Plus Pick-Up (Dec 16)

**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)

**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

**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 Social Bridge

**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

**WEDNESDAY (continued)**
- 12:30 pm Euchre
- 12:30 pm Mexican Train Dominoes
- 12:30 pm Social Pinochle
- 1:00 pm Afternoon Dance: Sunland Combo

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

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

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.
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
Beyonce
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!

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

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

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Singin’ in the Rain
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- Fridays at 11:00 am
- Let’s Dance!
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SPECIAL ENGAGEMENT
East Valley Pops Orchestra
Monday, December 9 at 1:00 pm

Losers
Bingo
Mondays
12:30 pm

Social
Bingo
Wednesdays
1:15 pm

BIG GAME
Bingo
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1:15 pm

Bingo!
Join Us! Have Fun! Win Big!

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8:00 am  Stitch & Chat
12:30 pm  Movie Day (Dec 9 & 23)
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12:30 pm  Mahjong
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**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
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**THURSDAY**

12:30 pm  Euchre
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**TUESDAY**
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9:30 am Gramma Jones Line Dance

**WEDNESDAY**
8:00 am Walk Your Shoes Off
1:00 pm Grief and Loss Group
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1:15 pm Big Game Bingo

**WEDNESDAY (continued)**
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**Questions about any of the Center’s Daily Delights?**
Call Star at 480-962-5612

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<td>- Whole Grain Roll</td>
<td>- Mixed Berries</td>
<td>- Refried Beans</td>
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<tr>
<td><strong>Chef’s Special</strong></td>
<td><strong>Chef’s Special</strong></td>
<td><strong>Chef’s Choice</strong></td>
<td><strong>Chef’s Special</strong></td>
<td><strong>Chef’s Special</strong></td>
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<tr>
<td>Philly Steak Sandwich</td>
<td>Chicken Cordon Bleu</td>
<td>Pizza Burger</td>
<td>Cheesy Chicken &amp; Rice</td>
<td>Sonoran Hot Dog</td>
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<tr>
<td><strong>BBQ Chicken</strong></td>
<td><strong>Cold Salad Plate:</strong> Egg, 3-bean, &amp; Orange Beets</td>
<td><strong>Baked Catfish</strong></td>
<td><strong>Vegetable Lasagna</strong></td>
<td><strong>- Chicken Parmigiana</strong></td>
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<td>- Whole Grain Roll</td>
<td>- Vanilla Pudding with Fruit</td>
<td>- Italian Vegetables</td>
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<td>- Grilled Vegetables</td>
<td>- Italian Veggie Blend</td>
<td>- Seasonal Fruit</td>
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<td>- Whole Grain Roll</td>
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<td>- French Fried Onion</td>
<td>- Cinnamon Sliced Peaches</td>
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<td>- Apple</td>
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<td><strong>Chef’s Special:</strong> French Fried Onion Chicken Sandwich</td>
<td><strong>Chef’s Special:</strong> Grilled Portabella Mushroom Sandwich</td>
<td><strong>Holiday Lunch Special</strong></td>
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<td><strong>Chef’s Special</strong></td>
<td><strong>Chef’s Choice:</strong> Chicken Lo Mein</td>
<td><strong>Chef’s Special:</strong> Shrimp Taco w/ Veggies</td>
<td><strong>- Rosemary Garlic Beef w/ Demi Glaze</strong></td>
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<td>Turkey Ruben Sandwich</td>
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<td><strong>- Stuffed Peppers &amp; Onions</strong></td>
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<td><strong>- Vegetable &amp; Rice</strong></td>
<td><strong>- Pumpernickel Roll</strong></td>
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<td><strong>- Chuckwagon Vegetables</strong></td>
<td><strong>- Parmesan Cheese</strong></td>
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<td><strong>Turkey Ruben Sandwich</strong></td>
<td><strong>Italian Sausage Sandwich</strong></td>
<td><strong>Winter Veggies</strong></td>
<td><strong>- Roasted Potatoes</strong></td>
<td><strong>- Pineapple</strong></td>
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<td><strong>- Bratwurst w/ Sauerkraut</strong></td>
<td><strong>- Peppers &amp; Onions</strong></td>
<td><strong>Whole Wheat Roll</strong></td>
<td><strong>- Rosemary Garlic</strong></td>
<td><strong>- Blueberry Crisp</strong></td>
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<td>- Hot German</td>
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<td><strong>Chef’s Special:</strong> French Fried Onion Chicken Sandwich</td>
<td>- Mixed Berries</td>
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<td><strong>Chef’s Choice:</strong> Chicken Lo Mein</td>
<td><strong>Chefs’ Special:</strong> Cheesy Chicken &amp; Rice</td>
<td><strong>- Rosemary Garlic Beef w/ Demi Glaze</strong></td>
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<td><strong>Cuban Sandwich</strong></td>
<td><strong>Soup &amp; Salad Bar</strong></td>
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<td><strong>- Turkey Burger with Lettuce &amp; Tomato</strong></td>
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<td><strong>- Parmesan Cheese</strong></td>
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<td>- Baked French Fries</td>
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<td><strong>Birthday Celebration</strong></td>
<td><strong>- Beef Stew with Vegetables &amp; Rice</strong></td>
<td><strong>- Chicken Breast w/ Gravy</strong></td>
<td><strong>- Rosemary Garlic</strong></td>
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<td>Grilled Cheese</td>
<td>Sloppy Joe</td>
<td>- Chuckwagon Vegetables</td>
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<td>- Carrot &amp; Cheese Roll</td>
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<td>Birthday Cake</td>
<td>- Ambrosia</td>
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**NEW YEAR LUNCH SPECIAL**

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<td><strong>- Scrambled Egg with Sausage Gravy</strong></td>
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<td>- Cheddar Biscuit</td>
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<td>- Rosemary Roasted Potatoes</td>
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<td><strong>- Parmesan Cheese</strong></td>
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</tbody>
</table>

**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.evadulresources.org
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.