**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.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Beef Stew w/ Carrots &amp; Potatoes California Vegetables Corn Cornbread Strawberries <strong>Chef’s Special:</strong> Fried Chicken</td>
<td></td>
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<td></td>
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<tr>
<td>4</td>
<td>Breakfast Sandwich w/ Egg, Pork Sausage, &amp; Cheese ** Hash Browns Tomato Wedges Cheddar Chive Biscuit Fresh Apples <strong>Chef’s Special:</strong> Fish Sticks</td>
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<tr>
<td>5</td>
<td>Balsamic Glazed Chicken Asparagus Dill Roasted Carrots Whole Grain Roll Apricots <strong>Chef’s Special:</strong> Soup &amp; Salad</td>
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<tr>
<td>6</td>
<td>Meatloaf w/ Gravy Festive Cauliflower Mashed Potatoes Whole Grain Roll Fruit Oreo Cake <strong>Chef’s Choice</strong></td>
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<tr>
<td>7</td>
<td>Chef Salad w/ Turkey, Ham, Egg &amp; Cheese ** Corn Salad Whole Grain Crackers Fresh Orange <strong>Chef’s Special:</strong> Soup &amp; Salad</td>
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<tr>
<td>8</td>
<td>Open Face Turkey Sandwich w/ Gravy Mixed Vegetables Cranberry Yams Whole Grain Roll Sliced Peaches <strong>Chef’s Special:</strong> Macaroni &amp; Cheese</td>
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<tr>
<td>11</td>
<td>Sliced Steak Diane Cauliflower Baked Potato Whole Grain Roll Rice Pudding w/ Bananas <strong>Chef’s Special:</strong> Hot Dog</td>
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<tr>
<td>12</td>
<td>Veggie Burger w/ Lettuce &amp; Tomato Chef’s Vegetable Blend Potato Wedges Apple Sauce <strong>Chef’s Special:</strong> Soup &amp; Salad</td>
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<tr>
<td>13</td>
<td>Chicken Stroganoff w/ Noodles Brussel Sprouts Winter Blend Vegetables Whole Grain Roll Mixed Fruit <strong>Chef’s Choice</strong></td>
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<tr>
<td>14</td>
<td>Meatball Sub w/ Cheese Garden Salad Green Beans Fruit Crisp <strong>Chef’s Special:</strong> Honey Stung Chicken</td>
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<tr>
<td>15</td>
<td>Orange Sage Pork Chop ** Succotash Spinach Couscous Whole Wheat Roll Sliced Peaches <strong>Chef’s Special:</strong> Pizza Bar</td>
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<tr>
<td>18</td>
<td>Pork Riblets ** Carrots Peas Whole Grain Roll Tropical Fruit <strong>Chef’s Special:</strong> Homburger</td>
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<tr>
<td>19</td>
<td>Grilled Chicken Piccata Spinach Roasted Turnips Whole Grain Roll Mandarin Oranges <strong>Chef’s Special:</strong> Soup &amp; Salad</td>
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<tr>
<td>20</td>
<td>Spaghetti w/ Meatballs Italian Veggie Blend Zucchini Whole Wheat Bread Stick Sliced Apples <strong>Chef’s Choice</strong></td>
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<tr>
<td>21</td>
<td>Greek Style Redfish w/ Feta, Olives, &amp; Cucumber Mix Steamed Cabbage Rosemary Potatoes Whole Grain Roll Fresh Fruit <strong>Chef’s Special:</strong> Dill Tilapia</td>
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<tr>
<td>22</td>
<td><strong>Thanksgiving Celebration</strong> Roast Turkey w/ Gravy Bread Stuffing Mashed Potatoes Green Bean Casserole Pumpkin Pie</td>
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<tr>
<td>25</td>
<td>Honey Butter Chicken Broccoli Sweet Potato Whole Grain Roll Mandarin Oranges <strong>Chef’s Special:</strong> Grilled Cheese &amp; Tomato Soup</td>
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<tr>
<td>26</td>
<td><strong>Birthday Celebration</strong> Shepard’s Pie Zucchi Squash Whole Grain Roll Peaches Birthday Cake</td>
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<tr>
<td>27</td>
<td>Scrambled Egg w/ Mushrooms &amp; Spinach O’Brien Potatoes Croissant Fresh Fruit <strong>Chef’s Choice</strong></td>
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<td></td>
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<tr>
<td>28</td>
<td><strong>Closed in Observance of Thanksgiving</strong></td>
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</tr>
<tr>
<td>29</td>
<td><strong>Happy Thanksgiving</strong></td>
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</tr>
</tbody>
</table>
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.
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, 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!
### 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

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### UNITED FOOD BANK

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

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### 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

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

**Let's Dance!**

<table>
<thead>
<tr>
<th>Tuesdays at 1:00 pm</th>
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</thead>
<tbody>
<tr>
<td>November 5</td>
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<tr>
<td>November 12</td>
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<tr>
<td>November 19</td>
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</table>

**Movie Time!**

<table>
<thead>
<tr>
<th>Thursdays at 12:30 pm</th>
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<tbody>
<tr>
<td>November 7</td>
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<tr>
<td>November 14</td>
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<tr>
<td>November 21</td>
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**Entertainment!**

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<table>
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<tbody>
<tr>
<td>Fridays, November 8 - 11:00 am</td>
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<tr>
<td>Fridays, November 15 - 11:00 am</td>
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<tr>
<td>Fridays, November 22 - 11:00 am</td>
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**Bingo!**

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<tbody>
<tr>
<td>Mondays, 12:30 pm</td>
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<tr>
<td>Wednesdays, 1:15 pm</td>
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<tr>
<td>Fridays, 1:15 pm</td>
</tr>
</tbody>
</table>

**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

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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</thead>
<tbody>
<tr>
<td>8:15 am - 9:00 am</td>
<td>Abundant Life Exercise</td>
</tr>
<tr>
<td>8:00 am - 11:00 am</td>
<td>Stitch &amp; Chat</td>
</tr>
<tr>
<td>12:30 pm</td>
<td>Movie Day (Nov 11, Nov 25)</td>
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<tr>
<td>12:30 pm - 3:30 pm</td>
<td>Cribbage</td>
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<tr>
<td>12:00 pm - 3:00 pm</td>
<td>Mahjong</td>
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<tr>
<td>12:30 pm - 3:00 pm</td>
<td>Advanced Pinochle</td>
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<tr>
<td>12:30 pm - 3:00 pm</td>
<td>Social Pinochle</td>
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<tr>
<td>1:30 pm - 3:30 pm</td>
<td>Parkinson's Support Group (Nov 4)</td>
</tr>
<tr>
<td>2:00 pm - 3:30 pm</td>
<td>Parkinson's Caregiver Support (Nov 4)</td>
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<tr>
<td>12:30 pm - 2:00 pm</td>
<td>Food Plus Pick Up (Nov 18)</td>
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<tr>
<td>4:00 pm - 5:30 pm</td>
<td>Grief Support</td>
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### Tuesday

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>8:00 am - 11:00 am</td>
<td>Stitch &amp; Chat</td>
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<tr>
<td>9:30 am - 11:00 am</td>
<td>Blood Pressure Checks</td>
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<tr>
<td>10:00 am - 11:00 am</td>
<td>Living Happy &amp; Healthy</td>
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<tr>
<td>11:00 am - 3:30 pm</td>
<td>Deaf Support Group</td>
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<tr>
<td>12:30 pm - 3:00 pm</td>
<td>Canasta (Hand &amp; Foot)</td>
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<tr>
<td>1:15 pm - 3:30 pm</td>
<td>Social Bingo</td>
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<tr>
<td>5:00 pm - 8:00 pm</td>
<td>Mesa Art League (Nov 12)</td>
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### Wednesday

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>8:15 am - 9:00 am</td>
<td>Abundant Life Exercise</td>
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<tr>
<td>9:00 am - 11:00 am</td>
<td>Benefits Assistance</td>
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<tr>
<td>9:45 am - 11:15 am</td>
<td>Beginning Spanish</td>
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<tr>
<td>10:00 am - 11:00 am</td>
<td>Legal Assistance: Wills &amp; Trusts (Nov 20)</td>
</tr>
<tr>
<td>10:30 am - 11:15 am</td>
<td>Just for Fun Bingo</td>
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<tr>
<td>12:30 pm - 3:00 pm</td>
<td>Canasta</td>
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<tr>
<td>12:30 pm - 3:00 pm</td>
<td>Euchre</td>
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<tr>
<td>12:30 pm - 3:00 pm</td>
<td>Bridge</td>
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<tr>
<td>1:00 pm - 3:00 pm</td>
<td>Afternoon Dance with the Sunland Combo</td>
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### Thursday

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<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>8:00 am - 11:00 am</td>
<td>Stitch &amp; Chat</td>
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<tr>
<td>10:00 am - 11:00 am</td>
<td>Blackjack with David (Nov 7, Nov 21)</td>
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<tr>
<td>10:00 am - 11:00 am</td>
<td>Veterans Discussion Group (Nov 14)</td>
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<tr>
<td>12:30 pm - 3:30 pm</td>
<td>Beginning Computers</td>
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<tr>
<td>12:30 pm - 3:00 pm</td>
<td>Advanced Pinochle</td>
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<tr>
<td>12:30 pm - 3:00 pm</td>
<td>Social Pinochle</td>
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<tr>
<td>12:30 pm - 3:00 pm</td>
<td>Mexican Train Dominoes</td>
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<tr>
<td>1:15 pm - 3:30 pm</td>
<td>Social Bingo</td>
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<tr>
<td>6:00 pm - 8:00 pm</td>
<td>Survivors of Suicide (Nov 14)</td>
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### Friday

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>8:15 am - 9:00 am</td>
<td>Abundant Life Exercise</td>
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<tr>
<td>8:15 am - 12:00 pm</td>
<td>Portrait Workshop</td>
</tr>
<tr>
<td>9:30 am - 10:30 am</td>
<td>Book Club (Nov 22)</td>
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<tr>
<td>12:30 pm - 3:00 pm</td>
<td>Bridge</td>
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<tr>
<td>12:30 pm - 3:00 pm</td>
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<tr>
<td>12:30 pm - 3:00 pm</td>
<td>Movin’ On</td>
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<tr>
<td>12:30 pm - 3:00 pm</td>
<td>Canasta</td>
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<tr>
<td>1:30 pm - 2:30 pm</td>
<td>Line Dancing</td>
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<tr>
<td>2:00 pm - 3:00 pm</td>
<td>Alzheimer’s Support Group (Nov 1, Nov 15)</td>
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</tbody>
</table>

--- 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.
### 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 Support Group</td>
<td>1st &amp; 3rd Friday</td>
<td>2:00 pm - 3:00 pm</td>
<td>Martha Burrel and Kathy Piazza, Alzheimer’s Association</td>
</tr>
<tr>
<td>Deaf Support Group</td>
<td>Tuesdays</td>
<td>11:00 am - 3:30 pm</td>
<td>Terry &amp; Nyla Hostin, Community Volunteers</td>
</tr>
<tr>
<td>Grief Loss Support Group</td>
<td>Mondays</td>
<td>4:00 pm - 5:30 pm</td>
<td>Sandra McNally and Ann Chadwick, EMPACT</td>
</tr>
<tr>
<td>Movin’ On</td>
<td>Fridays</td>
<td>1:00 pm - 3:30 pm</td>
<td>Sandra McNally and Leo Achin, EMPACT</td>
</tr>
<tr>
<td>Parkinson’s Support Group</td>
<td>1st Monday</td>
<td>1:30 pm - 3:30 pm</td>
<td>Kristina Watts, Dignity Health</td>
</tr>
<tr>
<td>Survivors of Suicide Support Group</td>
<td>2nd &amp; 4th Thursdays</td>
<td>6:00 pm - 8:00 pm</td>
<td>Sandra McNally, EMPACT</td>
</tr>
<tr>
<td>Veterans Discussion</td>
<td>2nd &amp; 4th Thursdays</td>
<td>10:00 am - 11:00 am</td>
<td>Mike Crowe, DAV</td>
</tr>
<tr>
<td>Enriching the Lives of Veterans</td>
<td>4th Thursday</td>
<td>12:30 pm - 3:30 pm</td>
<td>Loralee Stickel, Mesa Arts League</td>
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<td>of Veterans Through Art</td>
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</tr>
<tr>
<td>Benefits, Medicare, and Insurance</td>
<td>Wednesdays</td>
<td>9:00 am - 11:00 am</td>
<td>Area Agency on Aging</td>
</tr>
<tr>
<td>Wills &amp; Trusts</td>
<td>3rd Wednesdays</td>
<td>10:00 am - 11:30 am</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>

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**MENU**

**Thanksgiving Lunch**

**Friday, November 22**

Please make your reservation by Tuesday, November 12.

**Roast Turkey with Gravy**

**Bread Stuffing**

**Mashed Potatoes**

**Green Bean Casserole**

**Pumpkin Pie**
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 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!

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday, November 1</td>
<td>Cactus Carl</td>
<td>10:30 am</td>
</tr>
<tr>
<td>Friday, November 8</td>
<td>Chris Dorsch</td>
<td>10:30am</td>
</tr>
<tr>
<td>Friday, November 15</td>
<td>Jan’s Band</td>
<td>10:30am</td>
</tr>
</tbody>
</table>

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

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

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

<table>
<thead>
<tr>
<th>Date</th>
<th>Movie</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday, November 11</td>
<td>The Old Man and the Gun (2018)</td>
</tr>
</tbody>
</table>

All movies will be Closed Captioned.

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, Inc.
45 W. University Drive, Suite A
Mesa, AZ 85201
(480) 964-9014

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

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