

THE STATION

ON 6TH



Community Newsletter

FALL 2026

Premier Edition



Message From Our Director

The Conductor's Corner

A little news from the platform.

All Aboard!

Well, hello there!



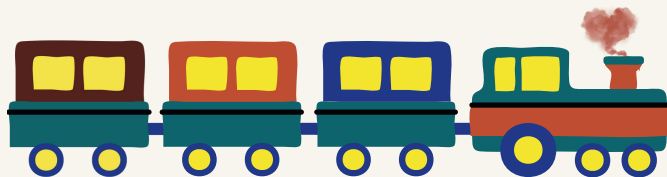
If this is your first visit to The Station on 6th, welcome aboard! And if you've been riding along with us for years, we're awfully glad you've stayed for the journey.

I thought it was time to introduce a little corner of our newsletter where I can share what's happening around The Station, introduce you to some remarkable people, and occasionally give a friendly toot of the whistle when there's something worth your attention.

Now, I don't actually drive a train. But as Executive Director, I do spend a fair amount of time making sure we're headed in the right direction, that everyone has a seat, and that we don't leave anybody standing on the platform.

And that's really what The Station is about.

Whether you're here for a hot lunch, waiting for a Meals on Wheels delivery, volunteering your time, sharing a story, or just stopping by for a cup of coffee or breakfast burrito, you are part of this community.



Mission Moment More Than a Meal



Every weekday, something special happens at The Station. A table fills with familiar faces. A volunteer knocks on someone's door. A conversation begins between two people who were strangers just a week ago.

These may seem like small things, but to someone who lives alone, that knock, that smile, or that invitation to sit together can make all the difference.

That's our mission in motion. And it happens because people like you keep showing up.

Your Ticket to Ride



Consider this your personal invitation. Come have lunch. Bring a friend. Volunteer. Tell us what you'd like to see happening here. Or simply introduce yourself the next time you see me wandering the halls.

There's always room for one more at The Station.

Until next time, keep your ticket handy and your heart open. We've got places to go!

*Erin Mabery
Executive Director
(and occasional conductor)
The Station on 6th*

INSIDE THIS ISSUE:



From the
Station



What's
Happening



People of
the Station



Get
Involved



Giving
Thanks

We're not simply a place that serves meals.

We're a place where people matter.



FEATURED EMPLOYEE - Meet Chef Dave!



A Lifetime in the Kitchen

Chef Dave got his start in the restaurant industry at just 15 years old, washing dishes at an Italian restaurant in Colorado called Pepe O' Tooles. Before long, he was learning everything he could—from proper knife handling and food preparation to making marinara and Alfredo sauces, pizza dough, meatballs, pizzas and calzones.

What started as a teenage job grew into a 34-year culinary journey that has included hotels, high-volume steakhouses, corporate restaurants, Independently owned eateries, breakfast, lunch and dinner service, buffets, banquets, and omelet and carving stations.

“My passion for cooking is not about me—it's about making people happy through their bellies.”

♥ Cooking with a Purpose

Today, Dave brings more than three decades of experience to the Station on 6th, where he serves our community through Meals on Wheels and congregate dining.

Although he wasn't formally trained in culinary school, Dave learned from several excellent chefs who took him under their wings and shared their knowledge, **He has built his cooking style through years of experience**, experimentation and tried-and-true methods—with a special emphasis on Midwestern comfort food.

For Dave, food is about more than what's on the plate. It's about bringing people together, sparking conversations and creating moments of connection.

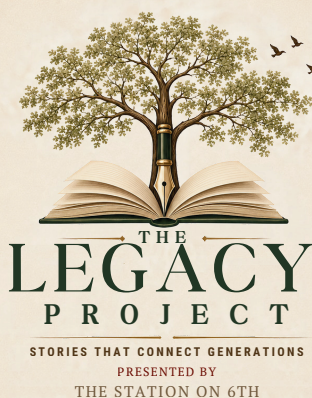
“I aim to tingle the taste buds, with a focus on comfort food that takes some back to their childhood—or simply makes a bad day better.”



What's Next?

Dave hopes to share some of his favorite recipes, kitchen tips, tricks and stories in future newsletters. So stay tuned—you may just pick up a few culinary secrets from our own Chef Dave!

Editors Note: If you've enjoyed a meal at the Station on 6th, there's a good chance you've experienced Chef Dave's passion for cooking firsthand. While he prefers to stay out of the spotlight, Dave's love of food—and the connections that happen around a good meal—makes him a perfect person to feature in our first newsletter.



WHY WE TELL STORIES

Stories Live in Real People.

YOUR STORY MATTERS.
YOUR VOICE MATTERS.
YOUR LEGACY MATTERS.

Stay Tuned for More Info

CONNECTING GENERATIONS THROUGH STORIES



Coming Soon!

30+ STORIES IN AND THE LEGACY PROJECT IS ALREADY BLOWING US AWAY! HUGE THANK YOU TO EVERYONE SHAPING THIS INCREDIBLE FIRST EDITION.



★ Volunteer Spotlight - Meet Pamela Morgan



A familiar face. A helping hand. And a wonderful part of our Station on 6th community. Pamela Morgan believes that volunteering is about more than simply giving your time—it's about being connected to your community and to other people.

How did you hear about volunteering at the Senior Center?

Pamela was already volunteering with the Verde Village Property Owners Association (VVPOA) when a couple of fellow volunteers told her about the Senior Center—and how much fun it was. She decided to give it a try, and the rest is history!

Why do you volunteer?

“For me, volunteering is about feeling like I’m making a contribution to my community.”

Pamela also appreciates that volunteering gives her a reason to get out of the house. Since retiring, she spends a lot of time at home, and she says volunteering is socially healthy for her because she has a bit of a “recluse/hermit side.”

We think she’s found a pretty good way to balance that side with community connection!

A Little About Pamela

Pamela was born in Marysville, California, and her journey to Arizona has been an interesting one.

She first came to Arizona looking for a fresh start and a safe place for herself and her young child. Later, she returned to Arizona for another important reason—finding friendship and community.

Pamela says she has always had trouble making friends, but “for some reason, AZ folks liked me.” When she came back, it worked. She found her friends again.

What does Pamela love most about volunteering at Station on 6th?

Community.

And we’re so glad Pamela is part of ours!

Thank you, Pamela!

Your time, your humor, and your willingness to give back help make The Station on 6th the welcoming community it is. **We appreciate you!**

INTERESTED IN VOLUNTEERING?

We'd love to meet you!

928 634-5450

info@vvscaz.org

vvscaz.org/volunteers.html

DID YOU KNOW?

The People Behind the Meals - Meals on Wheels wouldn't happen without our volunteers! Our volunteers do more than deliver a meal. They build relationships with the people they serve and become an important connection to the community.

👁️ They notice.

Because volunteers get to know their clients, they may notice when something seems unusual or when someone might need additional assistance.

👋 They connect.

A friendly hello and a few minutes of conversation can mean so much to someone who may spend much of their day alone.

❤️ They care.

Their time and kindness help older adults feel connected, supported, and remembered. Our volunteers make every delivery matter.

Thank you to the wonderful volunteers who help nourish our community—one meal, one visit, and one neighbor at a time.



OUR PROMISE TO ONE ANOTHER

At The Station on 6th, every meal is served with dignity, kindness, and respect.

**Our community is made up of seniors, volunteers, staff, family members,
and guests who all deserve to feel safe, welcome, and valued.**

We ask everyone to help us create the kind of place where people enjoy coming each day.

WE ASK THAT EVERYONE:

- ♥ Treat one another with kindness and respect.
- ♥ Speak to others with courtesy, even when you disagree.
- ♥ Remember that everyone deserves patience, compassion, and understanding.
- ♥ Respect our volunteers and staff, who are here because they care deeply about serving our community.
- ♥ Help us maintain a welcoming environment by avoiding gossip, insults, offensive remarks, profanity, or disruptive behavior.
- ♥ Respect personal space, property, and our shared facility.
- ♥ If you have a concern, please speak privately with a staff member rather than confronting another guest.

OUR RESPONSIBILITY

The Station on 6th has a responsibility to provide a safe and enjoyable environment for everyone. Behavior that is threatening, abusive, harassing, discriminatory, or repeatedly disrespectful may result in being asked to leave or losing the privilege of participating in programs and services.

Thank you for helping make The Station on 6th a place where every person feels respected, appreciated, and cared for.

KINDNESS IS CONTAGIOUS. LET'S SHARE IT GENEROUSLY.

THE STATION ON 6TH





2026 ACTIVITIES CALENDAR



Join us for a month of connection, creativity, and movement!

ARTS, MUSIC & CREATIVE CLASSES

Watercolor with Bev – (Wed, 10/7, 14, 21, 28, - 9:30 AM)
Live Music with Dianne – (Mon, 10/5, 26 Noon-1:00 PM)
Creative Doodling Circle – Judgment-free playful art with Tara (Fri 10/9, & 16, - 1:00 PM)
Painted Wood Pumpkins – Seasonal craft activity w/Suzanne! (Tues 10/20, 1:00 PM)

GAMES & SOCIAL EVENTS

Monday Morning Murder Mystery – (Oct 5, 19, 26 -10:30 AM)
Bingo! – Classic group gaming (Thur, 10/8, 15, 22, 29, - 1:00 PM)
Poker for Fun – Casual, player's-choice card games (10/1,6, 8,13,15 20, 22, 27, 29,-10:30 AM)
Learn Backgammon – Sharpen your strategy skills with Pam (10/5, 19, 26 - 1PM)

EDUCATIONAL & COMMUNITY SERVICES

Sparklight Workshop – Lift / Discounted Internet (Wed, 10/14, 1:00 PM)
Fraud Prevention – Presented by Edward Jones (Tue 10/27, 10:30-11:30 AM & 1:00-2:00 PM)

HEALTH, WELLNESS & SUPPORT

Healthy U Presentation – "Grief, Loss & Life Transitions" (Wed 10/7, 1:00pm)
Free Blood Pressure Clinic – by Accord Hospice (Tues 10/6, 11:00 AM)
Chair Yoga w/ Deb – focusing on posture, balance, & stress relief (10/9 & 16, 10:00 AM)
Qigong w/ Tina – Gentle movements to reduce stress & balance energy (Thur 10/15, 10:00am)
Nutrition Education – Information and guidance session (Wed, 10/28, 1:00 PM)
Grief Support with Pastor Dave – 1:00 PM – 1:45 PM (10/9, 16, 23)
AZ Care Management – Presentation (POA, Trust, Wills) Tue, 10/6, 1:00 PM
Dr. Kommer Presentation – "How we say goodbye" (Thur, 10/1 - 1:00 PM)

Halloween Special Events & Entertainment

Halloween Dance Party – (Fri, 10/23 - 3:00 - 6:00PM) - Purchase \$15 tickets @ vvscaz.org
Halloween Party! – Fri, 10/30, 11:00 AM
Dred The Mentalist – Fri, 10/30, 1:00 PM



Note: The Station is **CLOSED** Monday, October 12 in observance of Columbus Day / Indigenous Peoples' Day



Visit events vvscaz.org for times and more details
500 E. Cherry Street, Cottonwood | (928) 634-5450

Schedule subject to change. Donations appreciated to keep programs running!



DON'T MISS!



Halloween Costume Dance Party

Friday, October 23, 2026 • 3-6 PM
The Station on 6th - \$15 Admission

Limited Tickets Available
RSVP: 928-634-5450 Ext. 8229
Buy tickets at VVSCAZ.ORG

Good Food • Good Company • Good Times

Because a community center is more than a building.

It's people.
It's friendships made over lunch.
It's a familiar face at the morning coffee bar.
It's a place to learn something new.
It's a place to laugh, connect and belong.

And keeping our building healthy and welcoming means keeping those connections alive.



HELP US KEEP THE STATION STRONG

Your support helps provide:

- ✓ A safe, welcoming place to gather
- ✓ Programs and activities
- ✓ Meals and social opportunities
- ✓ A place where our community can connect

Ways to Support the
Station on 6th



Scan to donate or visit our website

DID YOU KNOW?

Meals on Wheels Is More Than a Meal!

A meal delivery can provide much more than nutrition.

For many older adults, the Meals on Wheels volunteer may be one of the few friendly faces they see that day.

♥ A friendly visit can brighten someone's day.

🏠 Support for independence can help older adults remain safely in their own homes.

🍲 Nutritious meals provide an important option for those who may have difficulty shopping for or preparing meals.

It's not just what's in the bag—it's the connection that comes with it.

One meal. One visit. One neighbor at a time.

STAY CONNECTED

The Station on 6th

500 E. Cherry St., Cottonwood, AZ 86326

928 634-5450 • info@vvscaz.org • vvscaz.org

**Serving our community with
friendship, connection and purpose.**