



**Bill Walker spreads St. Patrick's day cheer at the Mesa Downtown Senior Center in 2021.**

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# MARCH MENU

For next day reservations (lunch is served at 11:30 am), call [480-962-5612](tel:480-962-5612) (Mesa Downtown) or [480-218-2221](tel:480-218-2221) (Red Mt).

Items with \*\* contain pork or pork products. Menu items subject to change due to availability.

## MONDAY



## TUESDAY

- 1**
- Hawaiian Pork Tacos\*\*
  - Rainbow Veggie Blend
  - Spinach
  - Whole Wheat Tortilla
  - Banana

## WEDNESDAY

- 2**
- Beef Stew with Vegetables
  - Capri Vegetables
  - Cornbread
  - Strawberries

## THURSDAY

- 3**
- Sweet and Sour Pork\*\*
  - Sautéed Cabbage
  - Whole Wheat Roll
  - Brown Rice
  - Peaches

## FRIDAY

- 4**
- Balsamic Glazed Chicken
  - Asparagus
  - Dill Roasted Carrots
  - Whole Wheat Roll
  - Apricots

## 7

- Chef Salad with Turkey, Ham, Cheese\*\*
- Corn Salad
- Beets
- Whole Grain Crackers
- Fresh Orange

## 8

- Baked Salmon w/ Dill
- Green Beans
- Roasted Sunset Vegetables
- Whole Wheat Roll
- Fruit Cocktail

## 9

- Open Face Turkey Sandwich w/ Gravy
- Mixed Vegetables
- Cranberry Yams
- Whole Grain Bread
- Sliced Pears

## 10

- Sliced Steak Diane
- Cauliflower
- Baked Potato
- Whole Wheat Roll
- Banana

## 11

- Potato Crusted Cod
- Spinach
- Mixed Vegetables
- Whole Wheat Roll
- Fresh Fruit Salad

## 14

- Chicken Stroganoff with Noodles
- Chef's Vegetables
- Winter Blend Vegetables
- Whole Wheat Roll
- Mixed Fruit

## 15

- Meatball Sub
- Whole Wheat Hoagie
- Garden Salad
- Green Beans
- Apple Crisp
- Applesauce

## 16

- Orange Sage Pork Chop\*\*
- Succotash
- Spinach
- Couscous
- Whole Wheat Roll
- Sliced Peaches

## 17

### St. Patrick's Day

- Corned Beef with Cabbage
- Steamed Red Taters
- Sliced Carrots
- Rye Bread
- Leprechaun Cake

## 18

- Grilled Chicken Piccata
- Spinach
- Roasted Turnips
- Whole Wheat Roll
- Mandarin Oranges

## 21

- Beef Philly Sandwich w/ Cheese Sauce
- Baked Sweet Potato Fries
- Zucchini
- Whole Wheat Bun
- Sliced Apples

## 22

- Scallop Potatoes with Ham\*\*
- Broccoli
- Whole Wheat Roll
- Fruit Cocktail

## 23

- Coconut Curry Fish
- Asparagus
- Sautéed Green Beans w/ Tomatoes
- Brown Rice
- Strawberries

## 24

- Honey Butter Chicken
- Broccoli
- Sweet Potato
- Whole Wheat Roll
- Mandarin Oranges

## 25

- Shepherd's Pie
- Roasted Tomato
- Whole Wheat Roll
- Pineapple

## 28

- Scrambled Eggs with Spinach and Mushrooms
- O'Brien Potatoes
- Whole Wheat Croissant
- Fresh Fruit Cup

## 29

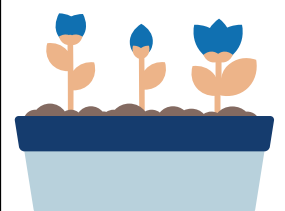
- Lemon Pepper Trout
- Rice Pilaf with Mixed Vegetables
- Peas
- Whole Wheat Roll
- Peaches
- Birthday Cake

## 30

- Beef Burgundy Tips
- Scandinavian Blend Vegetables
- Asparagus
- Egg Noodles
- Whole Wheat Roll
- Grapes

## 31

- Baked Ham with Pineapple\*\* Glaze
- Cauliflower
- Stewed Tomatoes
- Whole Wheat Roll
- Fruit Cocktail



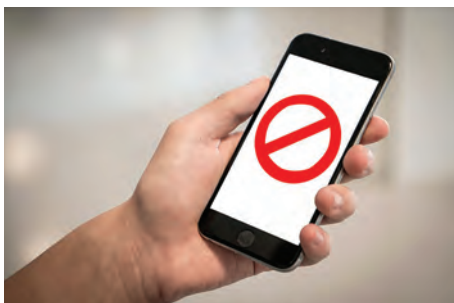
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## 3G SERVICES END

If your mobile phone is more than a few years old, you may need to upgrade your device before your mobile provider shuts down its 3G network, to avoid losing service.



Mobile carriers are shutting down their 3G networks to make room for more advanced network services, including 5G. As a result, many older cell phones will be unable to make or receive calls and texts, including calls to 911, or use data services. This will affect 3G mobile phones and certain older 4G mobile phones that do not support Voice over LTE.

Beginning in this past January, companies began phasing out 3G service. Plans to phase out 3G services will vary by carrier, so consult your mobile provider for the most up-to-date information. You may need to upgrade to a newer device to ensure that you can stay connected. Check to see if your carrier is offering free or discounted upgrades to help consumers.

Importantly, other devices, such as certain medical devices, tablets, smart watches, vehicle SOS services, home security systems, and other connected products may be using 3G network services. If the device is not labeled, contact the monitoring company or other service provider to confirm how the device connects and whether your device may be impacted.

If you need help in navigating concerns regarding the 3G switch, please reach out to our Outreach & Social Service staff. We will gladly assist you with this and any other needs.



### OUTREACH & SOCIAL SERVICES

Anne McFarland

480-962-5612 | amcfarland@asteraz.org

## PROGRAMS FOR YOU

We support & empower East Valley older adults and their families to remain independent & engaged in our communities through:



### CENTER-BASED SERVICES

Our Centers currently provide limited in-person activities, and weekday in-person lunch.



### MEALS ON WHEELS

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



### IN-HOME SUPPORT

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



### SOCIAL SERVICES

Helping navigate & access services and health resources, as well as being the NCOA Benefits Enrollment Center for the East Valley.

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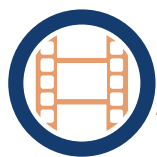
## NEW MEN'S GROUP

There are many experiences in life that are unique to men. As such, men need support that is specific to them for the sake of their well-being.

Research shows that the mental health of individuals benefits from a support group setting. Across many types of groups, there is strong, scientific evidence for the effectiveness of groups in providing positive improvements to the wellbeing of participants. These improvements included overcoming isolation, building social support networks, learning coping skills, and fostering hope.

As such, Aster is proud to announce the formation of The Men's Crew. The Men's Crew is a social group for males to share their story, support each other, and make friends. The group begins meeting monthly at the Red Mountain Center starting March 24 at noon.

For more information, visit our website at [asteraz.org](http://asteraz.org) or call the Center at 480-218-2221.



## NOW SHOWING

Our Centers host **FREE** movies & treats starting at 12:30 pm. Shows require face masks, pre-registration and have a **limited capacity**.

MESA DOWNTOWN



**Mar 3 | KING RICHARD** | 2021 | PG-13

Will Smith, Aunjanue Ellis, Jon Bernthal

Richard Williams coaches his daughters Venus and Serena Williams to become tennis superstars.



**Mar 10 | THAT THING YOU DO** | 1996 | PG

Tom Hanks, Liv Tyler, Tom Everett Scott

A local band scores a one-hit wonder in 1964 and rides the star-making machinery as long as they can.



**Mar 17 | BELFAST** | 2021 | PG-13

Jamie Dornan, Ciaran Hinds, Judi Dench

A young boy and his working-class Belfast family experience the tumultuous late 1960s.



**Mar 24 | HOUSE OF GUCCI** | 2021 | R

Lady Gaga, Adam Driver, Al Pacino

A woman marries into the Gucci family, triggering a reckless spiral of betrayal, revenge, and murder.



**Mar 31 | A JOURNAL FOR JORDAN** | 2021 | PG-13

Michael B Jordan, Chante Adams

Before he is killed in action, an army man authors a journal for his son to tell him how to live a decent life.

RED MT



**Mar 10 | 50 FIRST DATES** | 2004 | PG-13

Adam Sandler, Drew Barrymore, Rob Schneider

A man afraid of commitment meets the girl of his dreams, who happens to have short-term memory loss and forgets him the next day.

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## GOOD NEIGHBORS

Sofia looks out her kitchen window, waiting for a familiar face to arrive. When she sees the car pull into her driveway, a smile breaks across her face. Sofia's Neighbors driver is here.



"It makes my day to see her face," grins Sofia as she welcomes Steph into her house. "We have such fun on these trips. She's more than a driver. She's my friend."

These connections are at the core of the Neighbors program. Neighbors provides rides to medical appointments, grocery stores, and the pharmacy, as well as companionship visits, and telephone support. We work to help you remain healthy and independent.

Today, Steph is taking Sofia to the grocery store. They will shop together, ensuring Sofia is getting the items she needs, before returning home. All while catching up with each other.

"Neighbors is about more than providing a ride," shares Meagan Yu, Neighbors Program Director. "It is about seniors remaining connected and independent. It's about creating connections and friendships and improving lives - the volunteer and the participant."

"Making the call to Neighbors changed my life," says Sofia. "It not only helped me get where I needed, but also brought me a friend!"

For more information about Neighbors' services, or to volunteer for the program, visit us online or reach out to Meagan today.



**NEIGHBORS**  
**Meagan Yu**

480-962-5612 | myu@asteraz.org

## THE GIFT OF LOVE

There is no greater gift you can give than that of your time. Through volunteerism, you are giving of yourself to make a difference in the lives of seniors across our community.

Volunteers are critical to the success of our mission. As such, we offer a wide variety of opportunities to fit your unique skills and availability. Some of our greatest needs are:

### Neighbors

Provide companionship and critical transportation

### Senior Centers

Teach a class, help with activities, serve lunch and more

### Meals on Wheels

Regularly deliver nutritious meals and smiles to local seniors

If you are interested in learning more about these volunteer opportunities and others we have available, please visit our website at [asteraz.org](http://asteraz.org) or email [hjameshannigan@asteraz.org](mailto:hjameshannigan@asteraz.org).

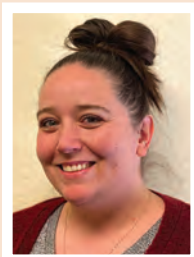
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## MEET YOUR STAFF

### Hayley James-Hannigan

Community Outreach Specialist



#### Birth Month

August

#### Birthplace

Texas

#### Hobbies

Cooking, camping, fishing

#### Fun Fact

I was carried away from camp by a mountain lion when I was an infant. (it made the news)

#### Pets

3 dogs, 8 cats, 1 fish

#### Perfect Vacation

A cabin in the woods

#### Favorite Movies

'Love Actually', 'Moulin Rouge', 'The Goonies', and 'Tombstone'

#### Favorite TV Shows

'Forensic Files', 'Star Trek: TNG', 'Game of Thrones', 'Fraggle Rock'

#### Favorite Book

'The Talking Eggs'  
by Robert D. San Souci

#### Favorite Food

Steak & Potatoes

#### Personal Motto

"Just keep swimming."



## ACTIVITIES

We are excited to offer a diverse range of classes. Activities marked with an \* have fees, are limited capacity, and require pre-registration. For more information & to RSVP, visit [asteraz.org](http://asteraz.org)



**Mon, Wed, & Fri | 8:00 am - 12:00 pm | Red Mtn Daily | 10:00 am - 2:00 pm | Mesa Downtown BILLIARDS**

Enjoy billiards with your friends every day at our Center!



**Mon, Wed, & Fri | 8:15 - 9:15 am | Red Mountain Tues & Wed | 8:15 - 9:15 am | Mesa Downtown\* MORNING MOVEMENT**

Get your day moving in the right direction with indoor exercise!



**Mon & Thurs | 8:30 - 9:30 am | Mesa Downtown ADVANCED TAI CHI\***

Learn to further enhance your health, balance and strength.



**Mon & Thurs | 10:00 - 11:30 am | Mesa Downtown TAI CHI FOR BEGINNERS\***

Learn to enhance your health, balance and strength.



**Tues & Fri | 1:00 - 2:00 pm | Mesa Downtown GERI FIT** facilitated by Area Agency on Aging

Enjoy a great workout using bands, weights and more!



**Tuesdays | 8:00 - 11:00 am | Red Mountain Tuesdays | 9:00 - 10:00 am | Mesa Downtown STITCH & CHAT**

Enjoy good company while crafting creative pieces.



**Wednesdays | 10:00 - 11:00 am | Mesa Downtown BOOKSHELF & MYSTERIES BOOK CLUBS**

Facilitated by Mesa Community College New Frontiers  
3/02 - 'The Track of the Cat' by Nevada Barr  
3/09 - 'Loving' Frank by Nancy Horan  
3/16 - 'The Cruellest Month' by Louise Penny  
3/23 - 'The Wine Maker's Wife' by Kristen Harmel  
3/30 - 'All the Wrong Places' by Joy Fielding

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## ACTIVITIES (continued)



**Wednesdays | 2:00 - 3:00 pm | Mesa Downtown**  
**CAREGIVER SUPPORT**

A support group just for caregivers



**Wednesdays | 1:00 - 2:00 pm | Mesa Downtown**  
**GRIEF & LOSS** facilitated by EMPACT

A bereavement support group for seniors.



**Thursdays | 9:45 - 10:45 am | Mesa Downtown**  
**CHAIR YOGA\***

Increase your flexibility & calm your mind with chair yoga.



**Fridays | 8:00 am - 12:00 pm | Red Mountain**  
**PORTRAIT WORKSHOP**

Have fun drawing portraits from live models.



**Fridays | 8:30 - 9:30 am | Mesa Downtown**  
**MILD EXERCISE**

Stay active with easy movement during this indoor class.



**Fridays | 1:00 - 2:30 pm | Red Mountain**  
**MOVIN' ON** facilitated by EMPACT

A post-bereavement social support group for seniors.



**March 7 & 21 | 8:30 - 9:30 am | Mesa Downtown**  
**March 10 | 8:30 - 9:30 am | Red Mountain**  
**VETERANS DONUTS & COFFEE**

Hang out and chat with your fellow service members.



**March 11 & 25 | 12:30 pm | Mesa Downtown**  
**March 11 & 25 | 12:30 pm | Red Mountain**  
**BINGO**

Play against your friends to win fun health & wellness prizes!



**March 24 | 12:00 - 1:30 pm | Red Mountain**  
**THE MEN'S CREW**

Make some friends at this new social group for men.



## SPECIAL ACTIVITIES

**March 3 | 10:00 am**

**Mesa Downtown**

### VETERANS ART

Create beautiful art facilitated by Mesa Art League.

**March 1 | 11:30 am | DT**

**March 4 | 11:30 am | RM**

### MARDI GRAS CELEBRATION

Enjoy a delicious lunch and activities celebrating Fat Tuesday!

**March 17 | 11:30 am**

**Both Senior Centers**

### ST. PADDY'S DAY LUNCH & PARTY

Come out to either Center for a fun and delicious celebration of St Patrick's Day & Ireland.

**March 29 | 11:30 am**

**Both Senior Centers**

### SENIOR CENTER BIRTHDAY PARTIES

Join us at either Center to celebrate our March birthdays.

## INTERESTING IRISH FACT

Excerpted from Smithsonian Magazine

St. Patrick was not Irish.

Despite his association with the Emerald Isle, Patrick wasn't originally Irish - his family were Romans living in Britain in the fifth century. As a teenager, Patrick was kidnapped by Irish raiders and sold into slavery on Ireland.

After working for years as a shepherd, he turned to Christianity and trained for the priesthood. He used his faith to convert the pagans of Ireland, finding some resistance from Druids. His role in bringing Catholicism to the island is what makes him Ireland's patron saint.

## CONTACT US

### Mesa Downtown Senior Center

247 North Macdonald St  
480-962-5612 p

### Red Mountain Senior Center

7550 East Adobe St  
480-218-2221 p



## SPRING CLEANING

Excerpted from Vantage Aging

Spring has sprung! Now, it's time to get our homes in order after a long, cold winter. But are you ready for spring cleaning? Try these simple tips to help get clean, healthy, and organized.



### Work In Small Chunks Of Time

We've all done it - we let some things go and now we're staring at a massive cleaning project. Not sure where to start? Simple - anywhere. Spring cleaning does not need to be completed in one day. Instead, break up tasks into small chunks of time throughout the week, weeks, or month.

### Make Getting Rid Of Clutter A Priority

De-cluttering helps you free up space, decrease stress, and even relieve insomnia. Removing clutter from your home also reduces your risk of tripping and falling. Organize the items you keep in the space with appropriate-sized containers and shelving.

### Check Your Medicine Cabinets

Check the expiration dates on all of your medications, both prescription and over the counter. If you find expired medications or medications you no longer need, properly dispose of them.

### Don't Forget The Detectors

Your smoke detectors and carbon dioxide detectors keep you safe from serious harm. Make sure you have fresh batteries in all of your detectors and that they are functioning properly.

### Give Your Kitchen A Refresher

This spring, take some time to clean out your refrigerator and pantry. Make sure no old, expired food items have been pushed to the back and forgotten.





## AVOIDING INJURIES

Excerpted from AARP

If you're thinking about getting back to a fitness regimen this summer, you'll be wise to consider the pedestrian dangers involving treadmills and bench presses — especially if you're over 50.

The good news? It's not difficult to stay safe and reap the health benefits of exercise. Here are ways to avoid common mistakes:



### 1. Ease Into It

It's good to be fired up about working out, but don't let that motivation push you too far, too fast. Go slow, using proper form.

### 2. Stop Skipping Your Warm-Up

As opposed to stretching, a warm-up involves movements similar to your workout but done slowly. A warm-up is important for avoiding injury, especially as we age and soft tissue becomes less elastic.

### 3. Invest in the Right Shoes

Look for a shoe that was designed for whatever activity you're planning to do most. Basketball shoes, for example, are designed with side-to-side movements in mind, while running shoes are not.

### 4. Vary Your Fitness Activities (aka Cross-Train)

Even if your regular fitness routine is primarily cardio-based, like walking, don't skip resistance training. Strengthening muscles, particularly in your core and lower body, helps protect your joints.

### 5. When in Doubt, Ask an Expert

Gym closures during the pandemic led many people to get creative with home workouts. But while improvising can be a good thing, home workouts can produce injuries caused by poor form.

## REEL TALK

A few recommendations of new films opening this month.

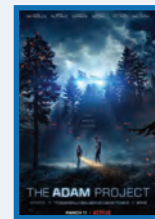


### The Batman

PG-13 | March 4  
*Movie Theatres*

Robert Pattinson  
Zoe Kravitz

Gotham political figures are killed, prompting Batman to investigate.



### The Adam Project

PG-13 | March 11  
*Netflix*

Ryan Reynolds  
Mark Ruffalo

A time-traveling pilot teams with his younger self to save the future.



### Turning Red

PG | March 11  
*Theatres & Disney+*

Sandra Oh  
Domee Shi

When a young girl gets excited, she “poofs” into a giant red panda!



### The Lost City

PG-13 | March 25  
*Movie Theatres*

Sandra Bullock  
Channing Tatum

A shy novelist gets swept up in an outrageous jungle adventure.

## MARDI GRAS MASKS

Excerpted from Intl Business Times

Every Mardi Gras, the streets of New Orleans (and many other towns) welcome colorful parades and festive party goers. One of the most noticeable and unique aspects of the holiday are the Mardi Gras masks.

Masks are an integral part of Mardi Gras culture. During early Mardi Gras celebrations hundreds of years ago, masks were a way for their wearers to escape class constraints and social demands. Mask wearers could mingle with people of all different classes and could be whomever they desired, keeping their reputation untarnished

In New Orleans, float riders are required to wear masks by law in keeping with the mystery and tradition, and many krewes (local clubs that put on the parade) never reveal who their king or queen is.



## THE STORY OF PURIM

Excerpted from Activity Connections

Purim commemorates a time (~2,300 years ago) when the Jewish people living in Persia were saved by a beautiful and courageous young woman named Esther.

One day, Esther was taken to King Ahasuerus of Persia after Queen Vashti was banished for disobedience. King Ahasuerus came to love Esther, making her queen. The king didn't know she was a Jew as Mordecai had told her to keep it a secret.



Enter the villain, Haman, an arrogant advisor to the king. Angry that Mordecai refused to bow before him, Haman told the king that certain people did not observe the King's laws and should not be tolerated. The king was a bit of a pushover and allowed Haman to do as he pleased. So, Haman planned a lottery (or purim) to select the day to destroy the Jewish people, and Adar 13 was the date.

Meanwhile, having trouble sleeping, the king began reading the royal log to sedate himself. He read that Mordecai had foiled a plot to kill the king. The king told Haman that he wished to honor "a great and noble man" -- whom Haman thought was himself. Furious at learning it was Mordecai, Haman wasted no time building special gallows to fit Mordecai's neck.

Mordecai learned of Haman's plot to kill all the Jews, and he persuaded Esther to speak to the king on behalf of the Jewish people. Esther fasted for three days and went to see the king. She invited Haman to join them at a special dinner party, where she told the king of her Jewish heritage and Haman's plot against her people. The Jewish people were saved, and Haman was hanged on the gallows that he had prepared. Adar 13 was designated a fast day, followed by the rejoicing on Adar 14, Purim.

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## PUZZLES

Unscramble the letters to reveal words that are green things, and then find the answers in the puzzle.

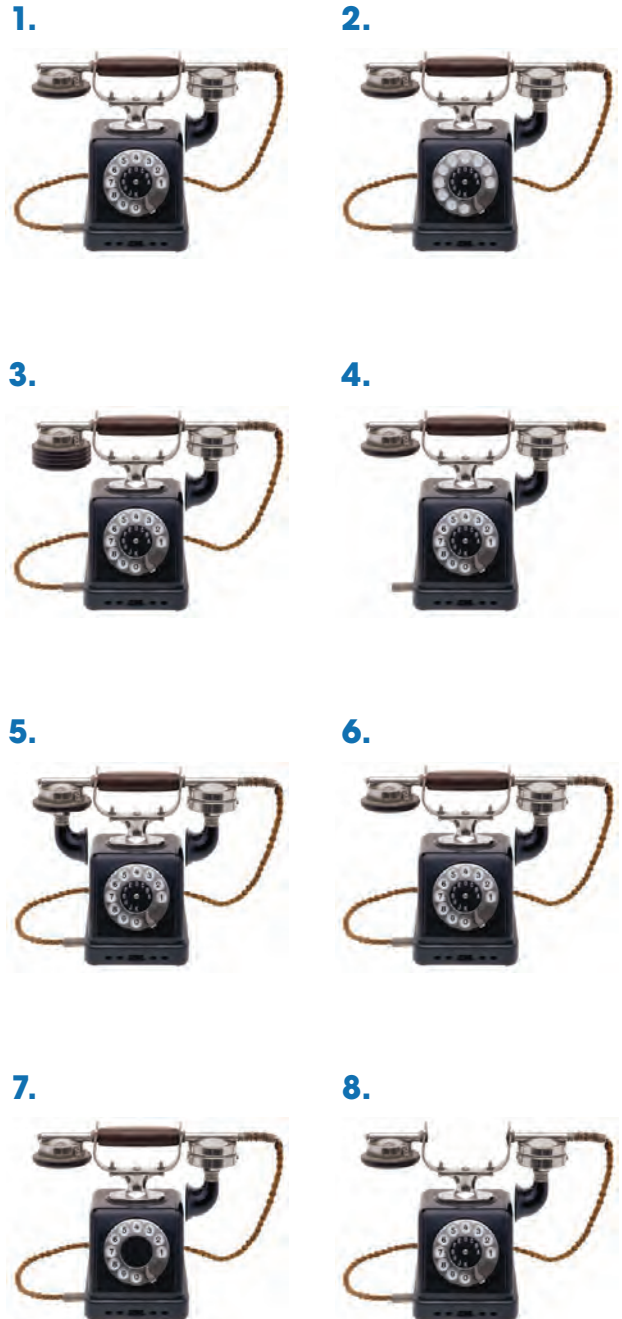
L S V G D M F B Z I I W  
 E D S W S O R I B G Y A  
 P M D S N S O G U G R P  
 C I E J A S G A C L E P  
 U L C R S R N B E J L L  
 C Y O K A A G A P G E E  
 Y U O V L L V H S O C E  
 J A D E E E D S H P L T  
 P Y P D S R R K U T G L  
 O D A C O V A D R Y Q M  
 D S T E K G H U N Z J Q  
**A L L I G A T O R** V L S

- |           |                  |        |       |
|-----------|------------------|--------|-------|
| OGLALIRTA | <b>ALLIGATOR</b> | SASGR  | _____ |
| PAPEL     | _____            | AANGUI | _____ |
| ODOACAV   | _____            | AEDJ   | _____ |
| RECELY    | _____            | AVLESE | _____ |
| LORVEC    | _____            | OMSS   | _____ |
| MEEARDL   | _____            | ECIPLK | _____ |
| OFRG      | _____            | TLURET | _____ |

Alligator, Apple, Avocado, Celery, Clover, Emerald, Frog  
 Grass, Iguana, Jade, Leaves, Moss, Pickle, Turtle

**ANSWER**

Find the two phones that are exactly alike.



**ANSWER**

1 & 6



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NON PROFIT  
ORGANIZATION  
U.S. POSTAGE  
**PAID**  
MESA, AZ  
PERMIT #314



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## KEEP UP TO DATE

Thank you for reading our newsletter, [The Aster Scene](#). However, to keep up-to-date on the latest news and information, consider visiting our website, signing up for email alerts, and following us on social media.



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## HOW YOU CAN HELP

In times like these, Meals on Wheels' service is more important than ever. Our staff and volunteers provide nutritious meals and critical well visits to seniors across our community. You can ensure the continued delivery of this critical service through a donation. Any amount helps seniors stay safe and healthy!



**DONATE ONLINE TODAY**

[www.asteraz.org/help/donate.html](http://www.asteraz.org/help/donate.html)