



**Will you be our Valentine? We have a wealth of activities and classes to fill your heart!**

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# FEBRUARY 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

## WEDNESDAY

## THURSDAY

## FRIDAY

6

Shrimp Scampi over Linguini, with Green Beans, Baby Carrots, a Whole Wheat Breadstick, and Fruit Cocktail

7

Sweet & Sour Pork\*\* with Asian Blend Vegetables, Brussel Sprouts, a Whole Grain Roll, Strawberries and a Cookie

8

Tuna Salad Sandwich on Wheat Bread, with Pea Salad, Carrot Sticks, and Sliced Apples

9

Turkey Meatball Sub on a Whole Wheat Hoagie with French Fries, Butternut Squash and Mandarin Oranges

10

Beef Burgundy, with Normandy Blend Vegetables, Corn, a Whole Grain Roll, and Fresh Grapes

13

Chicken Fajita with Roasted Tomatoes, Refried Beans, Mexican Rice, and Mixed Berries

14

Egg Salad Sandwich on Wheat Bread with 3-Bean Salad (Green, Wax, & Kidney Beans), Carrot Sticks, and Pineapple Chunks

15

Philly Beef with Onions & Peppers on a Whole Wheat Hoagie, with Roasted Sweet Potatoes, Green Beans, and a Fresh Orange

16

Ham\*\* with Pineapple Glaze, Broccoli, Cauliflower, a Whole Grain Roll, and Sliced Cinnamon Peaches

17

Herbed Tilapia with Spinach, Glazed Carrots, a Whole Wheat Croissant, & a Tropical Fruit Cup

20



**OFFICES CLOSED**

21

Baked Chicken Tender, with Oven Potatoes, Mixed Vegetables, a Whole Wheat Roll, and Cinnamon Apples

22

Baked Catfish on Whole Grain Egg Noodles, Italian Vegetables, Broccoli, a Whole Wheat Roll, a Mandarin Orange

23

Beef Tips on Brown Rice, with Green Peas, Yellow Summer Squash, Whole Wheat Bread and a Pineapple

24

Chicken Stuffed with Broccoli and Cheese with Roasted Potatoes, Mixed Vegetables, a Whole Wheat Roll, and Fruit Cocktail

27

Parmesan Crusted Tilapia with Edamame, Cauliflower, a Whole Grain Roll, and a Fresh Orange

28

Steak Diane with Peas, Carrots, a Whole Wheat Roll, & Cinnamon Apples



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## KNITTING FOR LIFE

Knitting, an activity that people can continue to enjoy as they age, may help to reduce depression and anxiety as well as chronic pain, according to a British report.



“There is an enormous amount of research showing that knitting has physical and mental health benefits, combats depression and distracts from chronic pain. It is an activity that can be continued into (our senior years),” the report stated. “It is a sociable activity that helps overcome isolation and loneliness, too often a feature of old age. It is a skill that can continue when sight and strength are diminished.”

Research also suggests that the constant, soothing motion of needle art can enhance the release of Serotonin. The meditative-like qualities produced through knitting can help ease mental and physical struggles for a period of time on a day-to-day basis.

There may even be a link between knitting and addressing addictive behaviors. One survey participant explained that knitting helped her to stop smoking and lose weight. “(It) keeps hands busy, so I’m not snacking in the evenings when watching TV. I dropped two dress sizes in my first year of knitting. It was also a useful aid in helping to stop me smoking, and I think knitting would help more addictions generally,” HuffPost U.K. reported.

Each of our Senior Centers hosts a weekly Stitch & Chat group. Drop in anytime for good company while crafting creative pieces!



### STITCH & CHAT

**Mesa Downtown | Tuesdays | 9:00 - 11:00 am**

**Red Mountain | Tuesdays | 8:30 am - 12:00 pm**

## 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 are social hubs, with lunchtime meals, education programs, and social activities.



### 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 isolated 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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## MESA DOWNTOWN BOOKSHELF & MYSTERY CLUBS

Wednesdays | 10:00 - 11:00 am

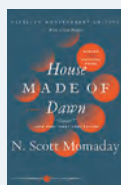
Join our fun and lively discussions each week, facilitated by Mesa Community College New Frontiers.



Feb 8

**Once a Crooked Man**  
by David McCallum

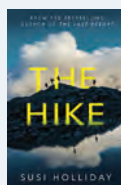
A trio of aging brothers find it isn't so easy to retire from a life of crime.



Feb 15

**House Made of Dawn**  
by N. Scott Momaday

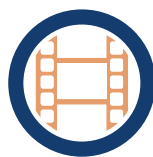
The Pulitzer Prize-winning novel of a proud stranger in his native land.



Feb 22

**The Hike**  
by Susi Holliday

Four hikers enter the mountains. Two return. Is it tragedy or treachery?



## NOW SHOWING

The Mesa Downtown Center hosts **FREE** movies & popcorn starting at **12:30 pm**. RSVP online, by phone or in person to secure your seat!



Feb 2 | **TICKET TO PARADISE** | 2022 | PG-13

George Clooney, Julia Roberts, Kaitlyn Dever

A divorced couple teams up and travels to Bali to stop their daughter from making the same mistake they think they made 25 years ago.



Feb 9 | **EMILY THE CRIMINAL** | 2022 | R

Aubrey Plaza, Theo Rossi, Bernardo Badillo

Down on her luck and saddled with debt, Emily gets involved in a credit card scam that pulls her into the criminal underworld of Los Angeles.



Feb 16 | **ANGRY NEIGHBORS** | 2022 | R

Bobby Cannavale, Frank Langella

A grumpy novelist vows revenge when his wealthy neighbor builds a hideous mega-mansion next door.



Feb 23 | **FATHER OF THE BRIDE** | 2022 | PG-13

Andy Garcia, Gloria Estefan, Adria Arjona

A father comes to grips with his daughter's upcoming wedding through the prism of multiple relationships within a big, sprawling Cuban-American clan.



## VISIT OUR SENIOR CENTERS' DAILY DROP-IN AREAS



**ART STUDIO**

Thursdays - DT



**BILLIARDS**



**CAFE**



**FITNESS  
CENTER**



**LIBRARY**



**PUZZLES  
& GAMES**

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## A NEW PROGRAM!

Aster Aging is proud to introduce a much-needed new program for older adults. We have partnered with AZCEND and Tempe Community Action Agency to develop the East Valley Senior Home Sharing Program.



Did you know that half of the people who become homeless in Arizona are over the age of 50? Seniors are the fastest growing population experiencing homelessness with many paying over 30% of their household income towards rent. With the cost of housing and other basic needs continuing to rise, our new collaborative program offers cost effective alternatives.

Senior Home Sharing will connect pairs of older adults to share living space and expenses. We conduct an intensive assessment and on-boarding with applicants including background checks and verification of finances for your safety and security. We introduce potential roommates to ensure compatibility. We provide post move-in services such as problem solving and conflict resolution as needed. We also offer a full array of wrap-around supports including access to benefits, financial assistance, transportation resources and other ongoing resources.

If you are looking for safe, affordable housing options or you have more house than you need and want to offset the increasing cost of living, contact our new Program Manager, Jana Milligan today for more information.



**EAST VALLEY SENIOR  
HOME SHARING PROGRAM**

**Jana Milligan**

480-389-1284 | [info@evseniorhomesharing.org](mailto:info@evseniorhomesharing.org)

## RED MOUNTAIN AFTERNOON DANCE PARTIES

**Wednesdays | 1:00 - 3:00 pm**

Cut a rug! Music this month is by Chuck Peterson (2/1), Dee Bonar (2/8 & 2/22) and Lydia and the Soft Tones (2/15).



**\$5 per person.** Pre-register at the Red Mountain Senior Center.

## MESA DOWNTOWN VALENTINE'S DAY BALLROOM DANCE

**Feb 14 | 1:00 pm**

Slip on your dancing shoes and join us for a Valentine's Day ballroom dance party! This month's music is by Easy Sounds.



**\$8 per person** includes refreshments and a raffle ticket.

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## MESA DOWNTOWN EVENTS

**Thursdays | 10:00 am**

### VETERANS ART

Create beautiful art facilitated by Mesa Art League.

**Feb 1 | 12:00 pm**

### FEED YOUR MIND

Eat & learn about Healthy Heart

**Feb 6 | 8:30 am**

### VETERAN'S SOCIAL

Chat and enjoy coffee & donuts with fellow service members.

**Feb 13 | 12:00 pm**

### JUST FOR FUN

A fun show by our in-house group.

**Feb 14 | 11:00 am**

### KIDS NEXT DOOR

Enjoy a show by Local Youngsters.

**Feb 14 | 11:30 am**

### VALENTINE'S LUNCH

Have lunch and celebrate the season of love!

**Feb 22 | 12:00 pm**

### MINSTREL SHOW

Hear the songs of Henry the Fiddler.

**Feb 23 | 12:00 pm**

### HEALTH CAPSULE

A 10 Minute shot of information to improve your health.



## ACTIVITIES

Activities marked with an \* have fees and require pre-registration. For more Info & to RSVP, visit our online calendar at [asteraz.org](http://asteraz.org)



**Mon, Wed, & Fri | 8:15 - 9:00 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 - 11:30 am | Mesa Downtown**  
**ADVANCED & BEGINNERS TAI CHI CLASSES\***

Classes for beginner (10:00 am) or seasoned students (8:30 am)



**Mondays | 1:00 - 2:00 pm | Mesa Downtown**  
**JUST FOR FUN THEATER GROUP**

Join this just for fun group and enjoy the art of performing.



**Tuesdays | 10:00 - 11:00 am | Mesa Downtown**  
**AARP DIGITAL TECHNOLOGY CLASS**

Each session has tips and tricks to better use technology.



**Tuesdays | 8:30 am - 12:00 pm | Red Mountain  
Tuesdays | 9:00 - 11:00 am | Mesa Downtown**  
**STITCH & CHAT**

Enjoy good company while crafting creative pieces.



**Tuesdays | 9:00 - 10:30 am | Red Mountain**  
**BLOOD PRESSURE SCREENINGS**

Know your numbers to help prevent more serious health issues.



**Tuesdays | 10:30 am - 3:30 pm | Red Mountain**  
**DEAF & HEARING-IMPAIRED SOCIAL GROUP**

A weekly group for people with hearing issues to chat.



**Tuesdays | 1:00 - 2:00 pm | Mesa Downtown**  
**THE ART OF POETRY WITH JIM FERGUSON**

Bring poetry you like to read and discuss.

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## ACTIVITIES (continued)



**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!



**Wednesdays | 1:00 - 2:00 pm | Mesa Downtown**

**GRIEF SUPPORT** 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 | 8:30 am - 12:00 pm | Red Mountain**

**PORTRAIT PAINTING 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 | 9:30 - 10:30 am | Mesa Downtown**

**WRITER'S GUILD**

Come to share, learn and spark your creative juices.



**Fridays, 9:45 - 10:45 am | Mesa Downtown**

**QIGONG**

Learn gentle movement and focused breathing exercises.



**Fridays | 12:30 - 3:00 pm | Red Mountain**

**COLORING, DRAWING & PUZZLES SOCIAL**

Bring your books & crayons and make friends while coloring.



**Fridays | 1:00 - 2:30 pm | Red Mountain**

**MOVIN' ON** facilitated by EMPACT

A post-bereavement social support group for seniors.



## RED MOUNTAIN EVENTS

**Mondays | 12:30 pm**

**DIAMOND ART**

Create dazzling art pieces.

**Feb 6 | 12:30 pm**

**PARKINSON'S GROUP**

by Muhammad Ali Parkinson Ctr & Duet  
For people living with PD & partners.

**Feb 9 | 12:30 pm**

**CARD MAKING\***

Create your own personalized  
greeting cards. \$5 per person.

**Feb 9 | 8:00 am**

**VETERAN'S SOCIAL**

Enjoy coffee & donuts with friends.

**Feb 13 & 27 | 12:00 pm**

**BRIDGE SPECIAL**

Enjoy the classic trick-taking game.

**Feb 14 | 10:30 am**

**VALENTINE'S PARTY**

Come out and celebrate the  
season of love at the Center.

**Feb 15 | 11:45 am**

**FEED YOUR MIND**

Eat & learn about Healthy Heart

**Feb 16 | 12:00 pm**

**THE MEN'S CREW**

Join the guys to make new friends.

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## ASTER HEALTH FAIRS

We are proud to welcome back our Senior Center Health & Wellness Expos. These Expos are a smaller, more intimate opportunity for seniors to gather information and ask questions regarding services and support available in our community.

“The expos are a great way for local seniors to engage local companies in a low-pressure environment,” states Dan Lawler, Aster’s Development Director. “They can gather information and ask questions about services and support that is available in our community. They may also come away with some fun and useful items from the vendors. And it’s free!”

The Expos will be held inside the main hall at Mesa Downtown and on the basketball court of Red Mountain. Admission is free for attendees, so drop on by!

### RED MOUNTAIN

March 21 | 8:00 - 11:30 am

### MESA DOWNTOWN

March 30 | 8:00 - 11:30 am



## CENTER GAMES

Share a smile and make friends over some fun games! Drop-by or reserve your spot at [asteraz.org](http://asteraz.org)

### MESA DOWNTOWN



#### FUN & GAMES

facilitated by New Frontiers Game Class

**Tues & Thurs | 9:30 - 10:30 am**

Five Crowns, Sequence, Rummikub, Skipbo and more!



#### PINOCHLE

**Tues & Thurs | 12:30 - 3:00 pm**



#### LADIES' BILLIARDS

**Wednesdays | 10:00 - 11:00 am**



#### WII BOWLING

**Wednesdays | 10:00 - 11:00 am**



#### MAHJONG

**Wednesdays | 12:00 - 3:00 pm**



#### BINGO FOR PRIZES

**Feb 10 | 12:30 - 2:30 pm**

### RED MOUNTAIN



#### MAHJONG

**Mondays | 12:00 - 3:00 pm**



#### PINOCHLE

**Tuesdays | 12:00 - 3:00 pm**

#### BRIDGE & CANASTA

**Wednesdays | 12:00 - 3:00 pm**

#### MEXICAN TRAIN DOMINOS, PINOCHLE & RUMMY

**Thursdays | 12:00 - 3:00 pm**

#### BRIDGE & CANASTA

**Fridays | 12:00 - 3:00 pm**



#### BINGO FOR PRIZES

**Tuesday & Fridays | 12:30 - 3:00 pm**



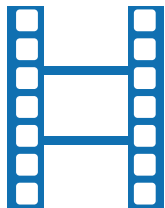
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## HOLIDAY FRIENDS

This December saw our annual Senior Center holiday parties. It was so great seeing so many familiar, smiling faces come out to celebrate peace, friendship and the winter season!

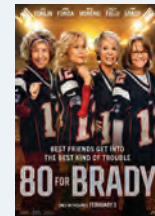


## HAVE PHOTOS OF YOUR OWN?

Did you take photos at our holiday parties – or at any of our lunches or activities? We'd love to see and share them! Send copies to: [dlawler@asteraz.org](mailto:dlawler@asteraz.org)

## REEL TALK

A few recommendations of new films opening this month.

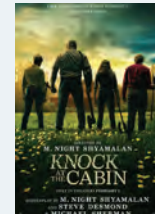


### 80 for Brady

PG-13 | Feb 3

Jane Fonda  
Sally Field

A group of friends have a mission to meet NFL superstar Tom Brady.



### Knock at the Cabin

R | Feb 3

Dave Bautista  
Rupert Grint

Armed strangers take a family hostage to avert the apocalypse.

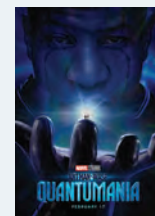


### Marlowe

R | Feb 15

Liam Neeson  
Diane Kruger

In the 1930's, a down on his luck detective is hired to find someone.



### Ant-Man & the Wasp: Quantumania

PG-13 | Feb 15

Paul Rudd  
Evangeline Lilly

Scott, Hope & their family explore the Quantum Realm, where they meet Kang the Conqueror.

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## MESA DOWNTOWN AARP TAX ASSISTANCE

**Mon & Tues | By Appt**

Get a jump on tax season! Aster is partnering with AARP for free tax preparation at our Mesa Downtown Senior Center. Tax specialists are available to help you prepare and file your taxes.

Sessions are by appointment only, Monday and Tuesday mornings. To make your appointment, call [480-962-5612](tel:480-962-5612).



## CELEBRATING LOVE

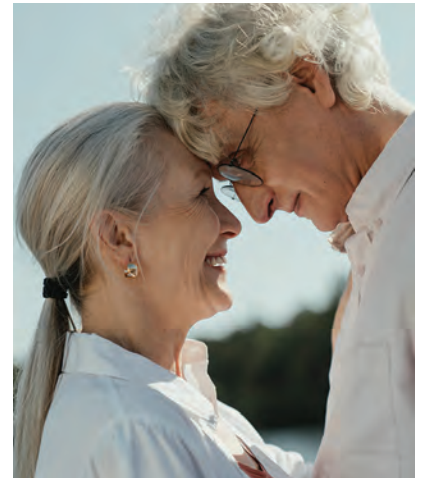
Excerpted from Activity Connections

Valentine's Day has been celebrated in February for more than 1,500 years. It may have been placed in February to commemorate the anniversary of Valentine's death, or it may have been placed to replace the Roman celebration of Lupercalia, a rowdy celebration of fertility and planting.

Lupercalia dates all the way back to the founding of Rome. According to folklore, Rome was founded by Romulus and Remus, twin nephews of an ancient king who ordered the small boys drowned. But a servant took pity on them and instead placed them in a water-tight basket in the river, where they were carried downstream and became caught in a wild fig tree.

A she-wolf found and cared for them in a cave at the base of Palatine Hill, where Rome was founded. The boys named the cave Lupercal, and the celebration of Lupercalia was meant to honor the she-wolf and the god Lupercus, who was the god of farmers, harvest, and packs of animals.

Like festivals of other ancient religions, including Judaism, the Lupercalia celebration began with a ritual sacrifice. In this case, a goat and a dog were sacrificed to the god Lupercus. Next, two priests' foreheads were smeared with sacrificial blood, and then they were wiped clean with a cloth soaked in milk. After this, the feasting began. Legend has it that another part of the festival celebration included a temporary "coupling," in which single men would draw a name of a single woman from the jar, and these couples were considered "married" until the end of the festival. Some of them stayed together until the start of the following year's festival. And some fell in love and actually got married!



## RED MOUNTAIN EXCURSION PHOENIX ART MUSEUM

**Feb 23 | 12:00 - 3:00 pm**

Hop on our bus to take in the beauty of the Phoenix Art Museum. Space is limited - RSVP today! **Cost is \$21 per person.**



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## PUZZLES

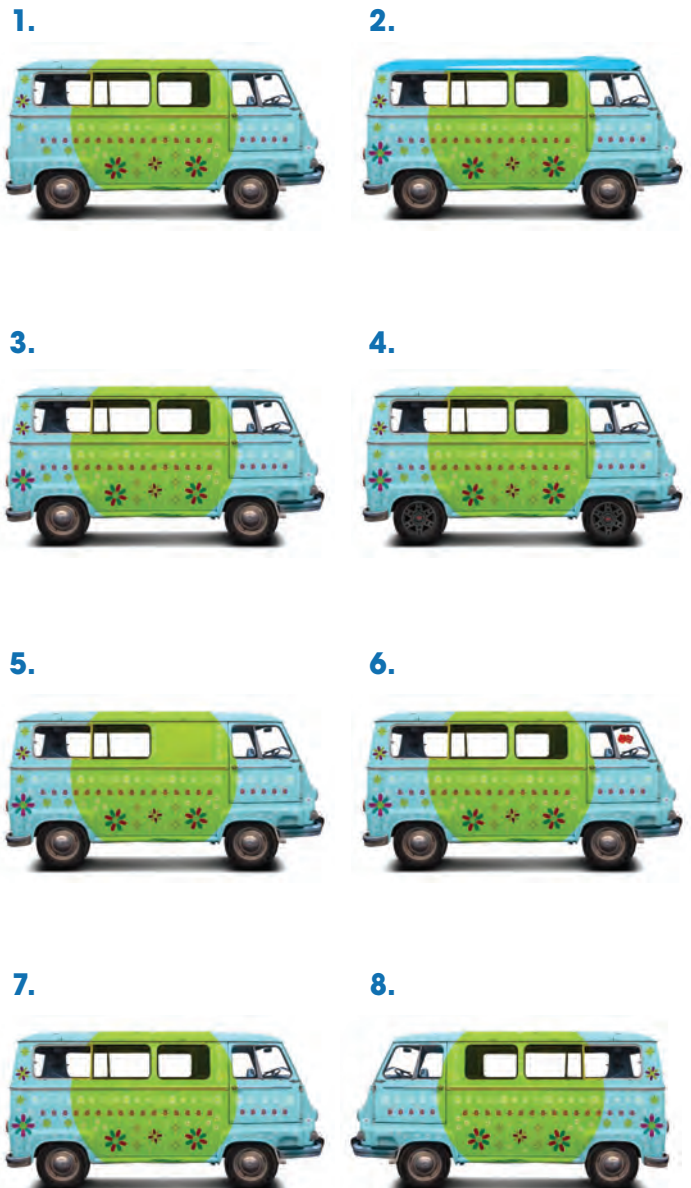
Can you guess the fables, fairy tales, children's stories, and nursery rhymes described by these headlines?

1. "Scandal! Top Monarch Takes Stark Naked Stroll!"  
\_\_\_\_\_
2. "Wolf Thwarted! Swine's Masonry Skills Paid Off!"  
\_\_\_\_\_
3. "Village Maiden to Wed Castle Brute!"  
\_\_\_\_\_
4. "Miracle Legumes Planted! Local Boy Heads for the Clouds!"  
\_\_\_\_\_
5. "Local Shopkeeper Avoids Bankruptcy! Pointy-Eared Creatures Save the Day!"  
\_\_\_\_\_
6. "Young Fowl Declares the Sky Is Falling!"  
\_\_\_\_\_
7. "Curious Girl Goes Missing! White Rabbit Named Prime Suspect!"  
\_\_\_\_\_
8. "Aurora Receives True Love Kiss! Slumbering Kingdom Finally Awake!"  
\_\_\_\_\_
9. "Blonde Intruder Startles Family! Charges Filed for Chair Damages!"  
\_\_\_\_\_
10. "Swan Reunited with Friends! Book Deal Offered Detailing Beauty Secrets!"  
\_\_\_\_\_

1. The Emperor's New Clothes  
2. The Three Little Pigs  
3. Beauty and the Beast  
4. Jack and the Beanstalk  
5. The Elves and the Shoemaker  
6. Chicken Little  
7. Alice in Wonderland  
8. Sleeping Beauty  
9. Goldie Locks & the 3 Bears  
10. The Ugly Duckling

**ANSWER**

Find the two vans that are exactly alike.



3 & 7

**ANSWER**



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## CONTACT US!

### Administrative Office

45 W University Dr, Ste A,  
480-964-9014 p

### Mesa Downtown Senior Center

247 North Macdonald St  
480-962-5612 p

### Red Mountain Senior Center

7550 East Adobe St  
480-218-2221 p



## HELP TODAY

Your gift ensures the continued delivery of our critical programs and services. Any amount helps local seniors stay safe and healthy!



**DONATE ONLINE TODAY**  
[www.asteraz.org/help/donate.html](http://www.asteraz.org/help/donate.html)



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