



**The Martin Luther King, Jr Memorial in Washington DC.  
We celebrate Dr. King's work and legacy on January 16.**

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# JANUARY 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.

## 2 MONDAY



**OFFICES CLOSED**

## 3 TUESDAY

Chicken stuffed with Broccoli and Cheese with Roasted Potatoes, Mixed vegetables, a Whole Wheat Roll, and Fruit Cocktail

## 4 WEDNESDAY

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

## 5 THURSDAY

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

## 6 FRIDAY

Chicken Salad with a Tomato Half, Carrot and Celery Sticks, a Croissant, and a Fresh Banana

## 9

Tortellini with Pork Meatballs\*\*, Spinach, Wax Beans, a Whole Grain Bread Stick, and Birthday Cake

## 10

Shepard Pie with Mashed Potatoes, Mixed Vegetables, a Whole Wheat Roll, and Apple Sauce

## 11

Pork Stir Fry\*\* over Brown Rice, Asian Blend Vegetables, with Snap Peas, and a Mandarin Orange

## 12

Balsamic Glazed Chicken, with Spinach, Cauliflower, a Whole Wheat Roll, and Pineapple

## 13

Beef Stroganoff with Mushrooms over Egg Noodles, with Carrots, Broccoli, Sliced Apples, and a Chocolate Chip Cookie

## 16



**OFFICES CLOSED**

## 17

Shrimp Alfredo over Whole Grain Pasta with Stewed Tomatoes, Mixed Vegetables, and Mixed Berries

## 18

Chef Salad (Turkey, Ham and Cheese)\*\*, with Carrot & Celery Sticks, Tomatoes, a Whole Grain Breadstick, and a Fresh Pear

## 19

Turkey Meatball Sub Sandwich on a Hoagie Roll with French Fries Carrots, and a Fresh Apple

## 20

Sweet and Sour Pork\*\* over Brown Rice, with Snap Peas, Grilled Vegetables, and Strawberries

## 23

Cod Fish Taco on a Whole Grain Tortilla, with Pinto beans, Stewed Tomatoes, & Cinnamon Peaches

## 24

Chicken Marsala with Spinach, Cauliflower, a Whole Grain Breadstick, and an Apple Crisp

## 25

Baked Potato with Cheese, Baby Carrots, Broccoli, a Whole Grain Roll, and Apricots

## 26

Beef Stew with Roasted Sweet Potatoes, Brussel Sprouts, a Whole Grain Roll, and a Fresh Apple

## 27

Sesame Chicken over Brown Rice, with Sliced Carrots, Green Beans, and Sliced Peaches

## 30

Pulled Pork Sandwich\*\* on a Wheat Bun, with Spinach, Mashed Potatoes, and Mixed Berries

## 31

Tilapia with Dill, Corn, Broccoli & Cauliflowe a Whole Grain Roll, Sliced Pears, and a Blueberry Crisp



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## HAPPY NEW YEAR!

Welcome to 2023! One of my favorite seasonal quotes is from renown American columnist and author, William E. Vaughan: "An optimist stays up until midnight to see the new year in. A pessimist stays up to make sure the old year leaves." After the last couple of years of hardship that so many experienced, even the most positive among us may tend a bit toward Mr. Vaughan's latter group this New Year's Eve.



As we think back on the past year, the strength and resiliency shown by Aster's participants in adapting to everyday life changes brought on by the pandemic have been inspiring. Recent holiday luncheons at our senior centers were wonderful celebrations of just being together again! Our staff and volunteers have our deepest appreciation for their dedication during the rapidly changing nature of our work last year.

Looking ahead, Aster's programs are growing in response to changing interests and needs. Our centers continue to add new activities every month and we are happy to welcome returning and new members! The need for Meals on Wheels continues to be very high. Our Outreach team is busy helping more older adults enroll in benefits, to help save money during these inflationary times. Our In-Home Support Program is also thriving, including with the new addition of pet support in Aster's Neighbors. We are grateful for our donors, funders, partners – and most importantly for you – in making this all possible in the new year.

On behalf of our Board of Directors and those we serve, we thank you for all you do.

Stay safe and be well.

Deborah B Schaus, MSW  
Chief Executive Officer

## 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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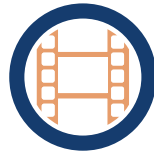
## SOUNDS OF SCOTLAND

In partnership with Mesa Arts Center, Aster is proud to host the Maxwell Quartet at our Centers!

The world-famous Quartet is formed of four close friends, who grew up playing folk and classical music together in youth orchestras and music schools across Scotland. They bring a lively and vibrant energy, engaging audiences with their strong communication and folk music heritage.

The show is free, but space is limited, so RSVP today!

**Mesa Dwntn | Jan 18 | 10:30 am**  
**Red Mountain | Jan 19 | 10:00 am**



## 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!



**Jan 5 | GIGI AND NATE | 2022 | PG-13**

Charlie Rowe, Marcia Gay Harden, Jim Belushi

A young man's life is turned upside down after he is left a quadriplegic. Then he meets his unlikely service animal, Gigi - a Capuchin monkey.



**Jan 12 | POKER FACE | 2022 | R**

Russell Crowe, Liam Hemsworth, RZA

A high-stakes poker game among friends takes a turn when long-held secrets are revealed, a revenge plot unfolds, and thieves break in.



**Jan 19 | LAMBORGHINI: THE MAN BEHIND THE LEGEND | 2022 | R | Frank Grillo, Mira Sorvino**

The life story of Ferruccio Lamborghini, the founder of Lamborghini.



**Jan 26 | THREE THOUSAND YEARS OF LONGING**

2022 | R | Tilda Swinton, Idris Elba

A lonely scholar, on a trip to Istanbul, discovers a Djinn who offers her three wishes in exchange for his freedom.



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



**ART STUDIO**

Thursdays - DT



**BILLIARDS**



**CAFE**



**FITNESS CENTER**



**LIBRARY**



**PUZZLES & GAMES**

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## STARTING OFF RIGHT!

The New Year brings a fresh start and the drive to accomplish our goals. Start off on the right foot with a Benefits Check-up.



Aster is part of the National Council on Aging's network of Benefits Enrollment Centers, helping low-income older adults and people with disabilities on Medicare improve their financial stability.

"People often do not know the benefits they have earned and qualify to access," states Melissa Urias, Outreach Specialist. "Government forms can be very confusing, but we're here to help. These services can make a real difference in improving lives."

The Benefits Check-Up connects you with critical resources and financial supports. Through this process, you may qualify for:

- Medicare Part D Extra Help/Low-Income Subsidy (LIS)
- Medicare Savings Programs
- Medicaid / AHCCCS
- Supplemental Nutrition Assistance Program (SNAP)
- Low-Income Home Energy Assistance Program

We can also help you apply for other programs, such as Supplemental Security Income, State Pharmaceutical Assistance Programs, local transportation assistance, tax relief, and more.

"There are so many wonderful services that we can help people access," shares Melissa. "And best of all, it is free of charge. All you have to do is reach out!"



### BENEFITS CHECK-UP PROGRAM

**Melissa and Ramoncita**

480-964-9014 | [socialservices@asteraz.org](mailto:socialservices@asteraz.org)

## RED MOUNTAIN AFTERNOON DANCE PARTIES

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

Cut a rug! Music this month features Chuck Peterson (1/4), Dee Bonar (1/11 & 1/25) and Lydia and the Soft Tones (1/18).



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

## MESA DOWNTOWN BALLROOM DANCE

**Jan 10 | 1:00 pm**

Slip on your dancing shoes and join us for a 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

**Jan 5, 12, 26 | 10:00 am**

### VETERANS ART

Create beautiful art facilitated by Mesa Art League.

**Jan 10 | 11:45 am**

### FEED YOUR MIND

Eat & learn about the East Valley Senior Home Sharing Program.

**Jan 23 | 8:30 am**

### VETERAN'S SOCIAL

Chat and enjoy coffee & donuts with fellow service members.

**Jan 30 & 31 | By Appt**

### AARP TAX HELP

AARP tax experts can help you file your taxes. By appt only.

**Begins Jan 9 | 8:30 am**

### BINGOCISE

The game is all about movement in this 10-Week Series (Mon & Thu) hosted by Area Agency on Aging.

**Begins Jan 9 | 9:30 am**

### WALK WITH EASE

Learn ways to walk and move a bit easier in this 6-Week Series (Mon & Thu) hosted by Area Agency on Aging.



## 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 BEGINS 1/10**

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 - 3:00 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**

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.

**Jan 5 | 12:00 pm**

**CARD MAKING\***

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

**Jan 9 | 8:00 am**

**VETERAN'S SOCIAL**

Enjoy coffee & donuts with friends.

**Jan 12 | 11:45 am**

**FEED YOUR MIND**

Eat & learn about the East Valley Senior Home Sharing Program.

**Jan 14 | 1:00 pm**

**PARKINSON'S GROUP**

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

**Jan 16 | 11:00 am**

**SING-A-LONG**

Enjoy lunch and have fun singing!

**Jan 19 | 12:00 pm**

**THE MEN'S CREW**

Join the guys to make new friends.

**Jan 20 | 11:00 am**

**KIDS NEXT DOOR**

A Broadway show by New Horizon School for the Performing Arts.

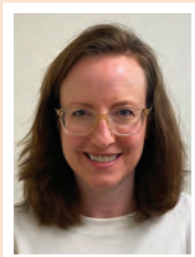
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## MEET YOUR STAFF

### Anne Wurth

Neighbors  
Program Assistant



#### Birth Month

April

#### Birthplace

Milwaukee, WI

#### Hobbies

Volunteering, working on DIY  
house projects

#### Fun Fact

I worked at Disneyland

#### Pets

1 dog, a shepherd mix. He was  
rescued from the streets of  
Tijuana at three weeks old

#### Perfect Vacation

On a cruise

#### Favorite TV Shows

'British Baking Show', 'Parks &  
Recreation', Euro Crime Dramas

#### Favorite Book

Cookbooks

#### Favorite Band

Queen

#### Favorite Holiday

Halloween

#### Favorite Dessert

Crepe Brulee

#### Favorite Board Game

Scotland Yard



## 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

**Jan 6 & 20 | 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 - 2:30 pm**





## THE PEN IS MIGHTIER

Excerpted from Activity Connections

The events leading up to MLK's famous Letter from Birmingham Jail began with what is known as the Birmingham campaign on April 3, 1963. It was a nonviolent campaign that involved coordinated marches and sit-ins in protest of racial segregation and broader racial injustice in that city.



When Circuit Judge W. A. Jenkins issued a blanket injunction on April 10 prohibiting "parading, demonstrating, boycotting, trespassing, and picketing," campaign leaders including King and activist Ralph Abernathy announced that they would disobey the ruling. They were arrested and jailed along with other marchers on April 12, where they encountered unusually harsh treatment.

That same day, the local Birmingham News published an open letter signed by eight white clergymen, titled "A Call for Unity." In it, King was labeled an "outsider" and criticized as an agitator for coming to Birmingham. While the signatories to this letter acknowledged that racial injustice existed, they objected to what they characterized as ill timing and impatience, saying that Negroes should wait for the justice they seek to be delivered by the courts.

When an ally smuggled the April 12 issue of the Birmingham News into the jail and delivered it to King, the civil rights leader began to pen his response. King began his letter with a response to the "outsider" characterization. He wrote, "I was invited here. I am here because I have organizational ties here. But more basically, I am in Birmingham because injustice is here." Then, he went on to cite the city's segregationist policies, brutal police, unjust courts, and multiple bombings of Negro homes and churches. He defended his strategy and made compelling arguments against the idea that Negroes should wait for justice to be handed to them by the courts.

## REEL TALK

A few recommendations of new films opening this month.



### **The Pale Blue Eye**

R | Jan 6

Netflix

Christian Bale

Harry Melling

In 1830, a detective investigates the murder of a West Point cadet.



### **A Man Called Otto**

PG-13 | Jan 13

Tom Hanks

Kailey Hyman

A grumpy widower makes an unlikely and reluctant friendship.



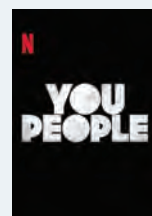
### **Alice, Darling**

R | Jan 20

Anna Kendrick

Wunmi Mosaku

A woman struggles to cope with the psychological repercussions of her abusive relationship.



### **You People**

R | Jan 27

Netflix

Eddie Murphy

Jonah Hill

A couple and their families reckon with modern love and dynamics.

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## MESA DOWNTOWN A MATTER OF BALANCE

Jan 20 | 1:00 pm

Students from A.T. Still University of Health Sciences work with participants to improve balance, health, and mobility throughout this series. Beginning on January 20, the class runs for 8-weeks on consecutive Fridays.

The course is free, but space is limited. RSVP today!



## CHICKEN & CABBAGE

Excerpted from the US Department of Health & Human Services

Arizona grown cabbage is harvested throughout the year, making it a versatile vegetable to cook with no matter what the season is! Pair this chicken cabbage stir fry with rice or noodles for a quick, flavorful dinner!



### INGREDIENTS

- 3 Chicken Breast Halves (skinned and boned)
- 3 cups Green Cabbage (cut in ½-inch slices)
- ½ tsp Ground Ginger
- ½ cup Water
- 1 tsp Oil
- 1 tbsp Cornstarch
- ¼ tsp Garlic Powder
- 1 tbsp Soy Sauce

### DIRECTIONS

1. Wash hands with warm water and soap. Wash fresh vegetables before preparing.
2. Cut chicken breast halves into strips.
3. Heat oil in frying pan.
4. Add chicken strips and stir-fry over moderately high heat, turning pieces constantly, until lightly browned (2 to 3 mins).
5. Add cabbage; stir-fry 2 minutes until cabbage is tender-crisp.
6. Mix cornstarch, ginger and garlic powder; add to water and soy sauce, mixing until smooth.
7. Stir into chicken mixture.
8. Cook until thickened and pieces are coated, about 1 minute.
9. Serve hot.

### NUTRITION FACTS (PER SERVING)

105 Calories; 5 g Carbohydrate; 10 g Protein; 2 g Total Fat; 28 mg Cholesterol; 1 g Fiber; 2 g Total Sugars; 390 mg Sodium.

## RED MOUNTAIN BUTTERFLY FIELD TRIP

Jan 26 | 12:30 - 4:00 pm

Join us for an excursion to the beautiful Butterfly Wonderland! Immerse yourself in the world of butterflies and other rainforest animals. [Cost is \\$27.95](#) per person. Space is limited, so RSVP today!



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## PUZZLES

Unscramble each set of letters to form a common word. Then transfer the marked letters to the boxes near the bottom of the page. Unscramble those letters to fill in the missing word.

1. U A J R A N Y

--	--	--	--	--	--	--

2. E P A C E

--	--	--	--	--

3. N S M I T R E

--	--	--	--	--	--	--	--

4. L Y I B R E T

--	--	--	--	--	--	--

“Injustice anywhere is a threat to \_\_\_\_\_ everywhere.”  
~ Martin Luther King Jr.

--	--	--	--	--	--	--

1 - January, 2 - Peace, 3 - Minister, 4 - Liberty  
“Justice”

**ANSWER**

Find the two stamps that are exactly alike.



4 & 5

**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!



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