



Green is sprouting up as Spring officially begins on March 20th, just after St. Patrick's Day.

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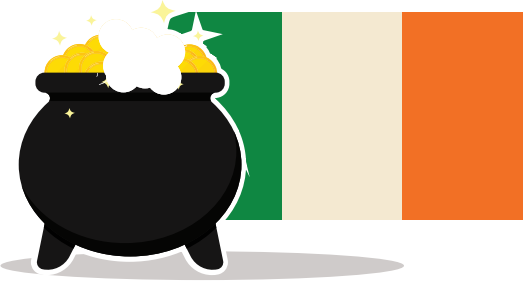
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MARCH MENU

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

WEDNESDAY

THURSDAY

FRIDAY

6

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

7

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

8

Salisbury Steak with Mashed Potatoes & Gravy, Carrots, a Whole Wheat Roll, Sliced Apples, and a Choc Chip Cookie

9

Shrimp Alfredo over Linguini, with Stewed Tomatoes, Mixed Vegetables, and Mixed Berries

10

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

13

Turkey Meatball Submarine Sandwich on a Hoagie Roll, with Oven Potato Wedges, Carrots, and Fresh Apple

14

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

15

Cod Fish Tacos on Whole Grain Tortillas, with Pinto Beans, Stewed Tomatoes, & Cinnamon Peaches

16

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

17

Corn Beef and Cabbage with Red Potatoes, Rye Bread, and Mixed Berries

20

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

21

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

22

Pulled Pork Sandwich on a Wheat Bun**, with Spinach, Mashed Potatoes, and a Blueberry Crisp

23

Tilapia with Dill, Corn, Broccoli & Cauliflower, a Whole Grain Roll, and Sliced Pears

24

Egg Salad Sandwich on Wheat Bread, with a 3-Bean Salad, Carrot Sticks, and Pineapple Chunks

27

Chicken Parmesan with Roasted Red Potatoes, Yellow Squash, a Whole Grain Breadstick, & Sliced Apricots

28

Hamburger topped with Sliced Tomatoes and Lettuce on a Whole Grain Bun, with Spinach, and Sliced Apples

29

Lemon Pepper Tilapia over Brown Rice, with Mixed Vegetables, Zucchini, a Banana, & Chocolate Cake

30

Garden Salad (Lettuce, Tomato, Ham, Turkey, Cheese)**, with Baby Carrots, Broccoli Salad, a Whole Wheat Croissant, and a Tropical Fruit Cup

31

Pork Chop** with Tri-Color Potatoes, Italian Blend Vegetables, a Whole Grain Roll, and Mandarin Oranges

ASTER AGING

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CENTER EXPOS RETURN!

Aster Aging is excited to announce the return of our spring Senior Center Healthy Living Expos. Held within our Centers, these Expos offer participants an opportunity to learn about and ask questions of local businesses and organizations.



"The Expos are a relaxed and easy way for seniors and their families to learn about local services," shares Dan Lawler, Aster Development Director.

The spring Expos are free to attend. An assortment of local vendors will be on hand all morning to provide information, discuss your concerns, answer questions, and offer giveaways.

"The Expo brings services throughout our community in to our participants," states Cathie Cole, Mesa Downtown Senior Center Manager. "It's an easy way for people to learn a lot without having to take the time and expense to travel across the city."

"It's a great chance for our seniors to learn about services that'll improve their life," adds Doug West, Red Mountain Center Manager.

The 2023 Spring Expos take place on:

MESA DOWNTOWN | March 30, 2023 | 8:00 - 11:00 am

RED MOUNTAIN | March 21, 2023 | 8:00 - 11:00 am

For more information about the Expos, please visit our website at www.asteraz.org/news/expos.html or call your local Center.



SENIOR CENTER HEALTHY LIVING EXPOS

Mesa Downtown | **March 30** | **8:00 - 11:00 am**

Red Mountain | **March 21** | **8:00 - 11:00 am**

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.



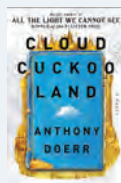
Mar 1
Girls of Flight City
by Lorraine Heath

Follow the WWII American women who trained the British RAF.



Mar 8
Then She Was Gone
by Lisa Jewell

A riveting look into the aftermath of a young girl's disappearance.



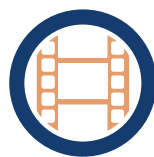
Mar 22
Cloud Cuckoo Land
by Anthony Doerr

Children in worlds in peril, who find resilience, hope, and a book.



Mar 29
The Hive
by Gregg Olsen

Glamorous messiah or charlatan? Beauty hides deadly secrets.



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!



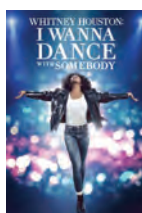
Mar 2 | THE FABELMANS | 2022 | PG-13
Michelle Williams, Gabriel LaBelle, Paul Dano
Growing up in post-World War II era Arizona, young aspiring filmmaker explores how the power of films can help him see the truth.



Mar 9 | DEVOTION | 2022 | R
Jonathan Majors, Glen Powell, Christina Jackson
A pair of U.S. Navy fighter pilots risk their lives during the Korean War and become some of the Navy's most celebrated wingmen.



Mar 16 | THE MENU | 2022 | R
Ralph Fiennes, Anya Taylor-Joy, Nicholas Hoult
A young couple travels to a remote island to eat at an exclusive restaurant where the chef has prepared a lavish menu, with some surprises.



Mar 23 | I WANNA DANCE WITH SOMEBODY
2022 | PG-13 | Naomi Ackie, Stanley Tucci
A joyous, emotional, heartbreaking celebration of the life and music of Whitney Houston, one of the greatest female R&B pop vocalists of all time.



Mar 30 | MRS. HENDERSON PRESENTS | 2022 | R
Judi Dench, Bob Hoskins, Christopher Guest
Mrs. Henderson buys an old London theater and opens it up as the Windmill, a performance hall which goes down in history for its all-nude revues.

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A TASTY SURVEY

Thank you to everyone who participated in our Food Preference Survey conducted in January 2023. We appreciate your help in sharing your ideas and comments on how we are doing and how we might do better, helping us plan future menus. We compiled 290 surveys we received from program participants.

The overwhelming majority of participants liked the quality and quantity of food. Furthermore, 89% of survey respondents said that the meal they received was important or very important to them.

TOP 10 FAVORITE DISHES

- | | |
|------------------------------------------|-------------------------------------|
| 1 Shrimp Scampi | 6 Salisbury Steak |
| 2 Roasted Turkey with Gravy | 7 Beef Philly with Peppers & Onions |
| 3 Meat Loaf | 8 Beef Stew |
| 4 Chicken Stuffed with Broccoli & Cheese | 9 Baked Chicken Tenders |
| 5 Chicken Parmesan | 10 Chicken Salad |

LEAST FAVORITE DISHES

- | | |
|------------------|-----------------|
| 1 Cod Fish Tacos | 3 Baked Catfish |
| 2 Herbed Tilapia | 4 Pork Chop |

If you would like a copy of the entire Food Preference Survey report, please contact us by phone or email.



FULL FOOD PREFERENCE SURVEY

480-964-9014 | info@asteraz.org

RED MOUNTAIN AFTERNOON DANCE PARTIES

Wednesdays | 1:00 - 3:00 pm

Cut a rug! Music this month is by Dale Mortensen (3/1), Dee Bonar (3/8 & 3/22), and Chuck Peterson (3/15 & 3/29).



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

MESA DOWNTOWN BALLROOM DANCE

Mar 14 | 1:00 pm

Slip on your dancing shoes and join us for some dancing! This month's music is by Juan Miguel.



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

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MESA DOWNTOWN EVENTS

Mar 2, 9, 23, 30 | 10:00 am

VETERANS ART

Create beautiful art facilitated by Mesa Art League.

Mar 6 | 8:30 am

VETERAN'S SOCIAL

Chat and enjoy coffee & donuts with fellow service members.

Mar 9 | 11:45 pm

FEED YOUR MIND

Eat & get an intro to BINGO-cise!

Mar 10 | 12:00 pm

THE KITCHEN BAND

A fun band that play a variety of odd "instruments," sing, and joke.

Mar 17 | 11:30 am

ST PADDY'S LUNCH

Have lunch and celebrate the the magic and luck of Ireland!

Mar 20 | 11:45 pm

FEED YOUR MIND

Eat & learn from the US Attorney General's office how to spot scams.

Mar 23 | 12:00 pm

HEALTH CAPSULE

A 10 Minute shot of information to improve your health.



ACTIVITIES

Activities with an * have fees & require pre-registration. Visit our online calendar at asteraz.org for more details.



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 | 10:00 - 11:00 am | Mesa Downtown
SMARTPHONE 101

Ask questions and learn tips and tricks for your phone.



Mondays | 12:30 - 2:30 pm | Red Mountain
DIAMOND ART

Create amazing and dazzling art pieces.



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 | 8:00 - 11:30 am | 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!



1st & 3rd Weds | 10:00 - 11:00 am | Mesa Downtown

CAREGIVER SUPPORT
A group for caregivers to share, learn and find support.



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 | 8:00 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

GAMES & PUZZLES SOCIAL
Come out and make friends while you play games & puzzles.



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

MOVIN' ON facilitated by EMPACT
A post-bereavement social support group for seniors.



RED MOUNTAIN EVENTS

Mar 6 | 12:30 pm

PARKINSON'S GROUP

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

Mar 9 | 8:00 am

VETERAN'S SOCIAL

Enjoy coffee & donuts with friends.

Mar 9 | 12:30 pm

CARD MAKING*

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

Mar 16 | 11:45 am

FEED YOUR MIND

Eat & learn from the US Attorney General's office how to spot scams.

Mar 17 | 10:30 am

ST PADDY'S LUNCH

Have lunch and celebrate the the magic and luck of Ireland!

Mar 23 | 11:00 am

SING-A-LONG

Raise your voice with classic songs.

Mar 23 | 12:00 pm

THE MEN'S CREW

Join the guys to make new friends.



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EXCURSION

NEW HORIZONS SCHOOL SHOW

Mar 8 | 9:00 - 10:00 am

Our Senior Centers are coming together to journey to New Horizon's School for the Performing Arts. Come out and enjoy the show 'Up, Up, and Away' featuring K - 3rd grade students. Space is limited.



CENTER GAMES

Share a smile and make friends over some fun games! Drop-by or reserve your spot at 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

Mar 3 & 24 | 12:30 - 2:30 pm

RED MOUNTAIN



BRIDGE & 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 | 12:00 - 3:00 pm



SENIOR CENTERS DROP-IN AREAS



ART STUDIO

Thursdays - DT



BILLIARDS



PUZZLES & GAMES



FITNESS CENTER



LIBRARY



CAFE

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A SPRING CHECK-IN

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



"Many times people are not getting the benefits they've earned," states Melissa Urias, Outreach Specialist. "These are services that exist to help and people just don't know to access them."

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)

BECs 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 is a lot of support available," shares Melissa. "And best of all, it is free of charge! Contact us at [480-964-9014](tel:480-964-9014) so we can help you."



ASTER MEMBERS' EVENT

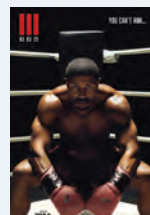


March 28 | 1:00 pm
Mesa Downtown Senior Center

Join us for our special member appreciation event. Enjoy a special movie screening of the movie 'A Man Called Otto' along with free concessions. Not a member? Join today!

REEL TALK

A few recommendations of new films opening this month.

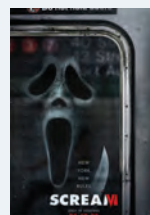


Creed III

PG-13 | Mar 3

Michael B. Jordan
Jonathan Majors

Adonis' childhood friend and former boxing prodigy resurfaces.

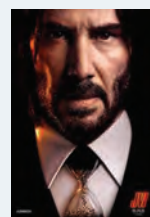


Scream VI

R | Mar 10

Courteney Cox
Jenna Ortega

The survivors of the Ghostface killings start fresh in NYC.



John Wick 4

R | Mar 24

Keanu Reeves
Donnie Yen

John Wick uncovers a path to defeating The High Table.



A Good Person

R | Mar 31

Florence Pugh
Morgan Freeman

A woman's life falls apart after her involvement in a fatal accident.

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).

RED MOUNTAIN EXCURSION SENIORS ON THE MOVE

Mar 30 | 12:00 - 3:00 pm

Hop on our bus and journey to the Mesa Natural History Museum. Space is limited - RSVP today!

Cost is \$10 per person.



IRISH CREATURES

Excerpted from Activity Connections

There are many popular supernatural creatures and human heroes and heroines in Irish tales.

Fairies feature prominently in Irish tales. These mystical creatures can take many forms but almost

always appear as human-like. They are considered to have a hierarchy, including fairy royalty. Queen Mab or Queen Titania are common names for the Queen of Fairies. The King of Fairies goes by many names, including Finvarra and Midhir. But the most well-known name is Oberon, also immortalized in *A Midsummer Night's Dream*, who can be summoned by a song. Repeat the song three times during a party, and the Fairy King may appear. He will join in if he likes your party, but if he finds your gathering boring, mayhem may result!

Leprechauns are often associated with the Irish, but they didn't appear in ancient mythological tales; they became popular much later. Before the 20th century, leprechauns were thought to wear red instead of green. They are described as tiny creatures, wearing a jacket, formal hat, and shoes with buckles. Writer and amateur folklorist William Butler Yeats was part of a movement that called attention to the leprechaun in the late 19th century. Leprechauns are said to have hidden a pot of gold at the end of the rainbow.

Fionn mac Cumhaill, also known as Finn McCool, was a warrior and hunter who was the subject of many folktales. His stories were often told through the eyes of his son, Oisín. Some stories claim that Fionn was a giant of a man and that he created many of Ireland's most famous geographic features. He is said to have fallen asleep instead of dying and that he will awaken and return in the time of Ireland's greatest need.



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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 _____
- PAPEL _____
- ODOACAV _____
- RECELY _____
- LORVEC _____
- MEEARDL _____
- OFRG _____
- SASGR _____
- AANGUI _____
- AEDJ _____
- AVLESE _____
- OMSS _____
- ECIPLK _____
- TLURET _____

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

Find the two dancers that are exactly alike.



2 & 6

ANSWER

ANSWER



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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



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