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Estefana Morones and Joseph Baker at the 2019 Aster Senior Center at Mesa Downtown Holiday Luncheon.

JANUARY MENU

Lunch is served at 11:30 am. For next-day reservations: 480-962-5612 (Mesa Downtown) or 480-218-2221 (Red Mtn).

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

MONDAY

DID YOU KNOW?

2020 is a Leap Year. This means that February will have 29 days, instead of its usual 28. What will you do with your extra day?

TUESDAY

WEDNESDAY

Happy
New Year!



OFFICES CLOSED

THURSDAY

FRIDAY

6

- Breakfast Sandwich w/ Egg & Pork Sausage**
- Hash Brown Patty
- Tomato Wedges
- Cheddar Chive Biscuit
- Fresh Apple

Chef's Special

- Chicken Marsala

7

- Balsamic-Glazed Chicken
- Asparagus
- Dill Roasted Carrots
- Whole Grain Roll
- Apricots

Chef's Special

- Crab Cakes

8

- Meatloaf w/ Gravy
- Multi-Color Cauliflower
- Mashed Potatoes
- Whole Grain Roll
- Oreo Cake
- Fruit

Chef's Special

- Macaroni & Cheese

9

- Chef Salad w/ Turkey and Ham
- Corn Salad
- Whole Grain Crackers
- Banana

Chef's Special

- Shrimp Alfredo

10

- Open Face Turkey Sandwich w/ Gravy
- Mixed Vegetables
- Cranberry Yams
- Whole Grain Roll
- Fresh Orange

Chef's Special

- Philly Cheesesteak

13

- Steak Diane
- Cauliflower
- Baked Potato
- Whole Grain Roll
- Rice Pudding with Banana

Chef's Special

- Enchilada w/ Red Sauce

14

- Veggie Burger with Lettuce & Tomato
- Chef Vegetable
- Potato Wedges
- Whole Grain Bun
- Applesauce

Chef's Special

- Chicken and Rice

15

- Chicken Stroganoff
- Brussel Sprouts
- Winter Vegetable Blend
- Whole Grain Roll
- Mixed Fruit

Chef's Special

- BLT Sandwich

16

- Meatball Sub with Cheese
- Garden Salad
- Green Beans
- Whole Grain Bun
- Fruit Crisp

Chef's Special

- Fish Sticks

17

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

Chef's Special

- Tomato Soup & Grilled Cheese

20



OFFICES CLOSED

21

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

Chef's Special

- Hot Dog

22

- Spaghetti w/ Meatball
- Italian Vegetables
- Zucchini
- Whole Wheat Bread Stick
- Sliced Apples

Chef's Special

- Chicken & Veg Stir Fry

23

- Cold Salad Plate: Turkey, 3-Bean, and Potato
- Whole Grain Crackers
- Apricots

Chef's Special

- 1/2 Turkey Sandwich & Italian Wedding Soup

24

- Greek Style Redfish w/ Feta, Olives, Cucumber
- Steamed Cabbage
- Rosemary Potatoes
- Whole Grain Roll
- Fresh Fruit

Chef's Special

- Chicken Corden Bleu

27

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

Chef's Special

- Eggplant Parmesan

28

- Shepard's Pie
- Yellow & Green Zucchini
- Whole Grain Roll
- Peaches
- Birthday Cake



Birthday
Celebration

29

- Scrambled Egg with Mushroom & Spinach
- O'Brien Potatoes
- Croissant
- Fresh Fruit

Chef's Special

- Pizza Burger

30

- Pork Fritters w/ Gravy**
- Garden Salad
- Roasted Red Potatoes
- Whole Grain Biscuit
- Pineapple
- Upside Down Cake

Chef's Special

- French Dip Sandwich

31

- Tuna Casserole
- Whole Wheat Pasta
- Broccoli
- Corn
- Whole Grain Crackers
- Sliced Pears

Chef's Special

- Turkey Swiss Sandwich

ASTER AGING

45 West University Drive • Mesa, AZ 85201 • 480-964-9014



New Name. Same Dedication.

Since our inception in 1979, we have been working to empower and support older adults and their families throughout the East Valley.

Over the last 40 years we have seen this population grow at an exponential rate.

During this time, we continually respond to the

changing community demographics and needs, creating and adapting our services to fulfill our overarching mission and vision. To further achieve this goal, we are delighted to announce our new name: Aster Aging, Inc.



aster

empowered aging

So, why Aster? The Aster flower is diverse and resilient, thriving in almost any garden, late into the season when most other blooms are fading. In this spirit, Aster Aging embraces the diversity and strength of our older population.

Additionally, our new name reflects our leadership in implementing innovative solutions to the unprecedented challenges facing seniors and their families. While our direct service provision engages individuals and families within the East Valley, our approach has applications for all older adults, regardless of where they live.

While our name is changing, our commitment to empowering and supporting East Valley older adults and their families to remain independent and engaged in our communities is unchanged. We will continue delivering innovative, effective programs and services to meet your needs. You will also see more information, resources and engagement on our website and via social media.

We look forward to continuing to serve you, our community, for many more years to come.



CENTER AT MESA DOWNTOWN

247 North Macdonald Street • Mesa, AZ 85201 • 480-962-5612



A Vibrant & Active Center!

Come join in on these weekly activities at the Mesa Downtown Senior Center!

MONDAYS

- 8:00 am Aerobics
- 8:00 am Walk Your Shoes Off
- 9:00 am Mild Exercise
- 10:00 am Poetry & Prose (Jan 13)
- 10:00 am Wii Bowling
- 10:00 am Tai Chi
- 10:00 am Writers Guild
- 12:30 pm Loser's Bingo

TUESDAYS

- 8:00 am Aerobics
- 8:00 am Walk Your Shoes Off
- 9:00 am Butler Law Free Legal Services (Jan 21)
- 9:00 am Shawls of Love
- 9:30 am Gramma Jones Line Dance

WEDNESDAYS

- 8:00 am Aerobics
- 8:00 am Walk Your Shoes Off
- 9:00 am Mild Exercise
- 9:30 am Hal's Healing Hands
- 10:00 am Support Group for Caregivers
- 10:00 am Stockings for Kids (Jan 8)
- 10:00 am Blackjack w/ David (Jan 15)

WEDNESDAYS (continued)

- 1:00 pm Grief and Loss Group
- 1:15 pm Social Bingo

THURSDAYS

- 8:00 am Aerobics
- 8:00 am Walk Your Shoes Off
- 9:30 am Enriching Veterans' Lives Through Art (Jan 9)
- 10:00 am Tai Chi
- 12:30 pm Movie Day

FRIDAYS

- 8:00 am Walk Your Shoes Off
- 9:00 am Friday Morning Writers
- 9:00 am Mild Exercise
- 9:30 am Hal's Healing Hands
- 10:00 am Sing for Joy!
- 12:00 pm AARP Safe Driving (Jan 3 & 17)
- 1:15 pm Big Game Bingo



Question about an activity?

Call Star at 480-962-5612

SENIOR CENTER AT MESA DOWNTOWN

247 North Macdonald Street • Mesa, AZ 85201 • 480-962-5612



Living Healthy & Happy

JANUARY 15

10:00 am - 11:00 am

Smartphone & Tablet Workshop

Presented by
Star Kempton, Aster Activity Coordinator

Do you have a smartphone or tablet but aren't quite sure how to use it? Do you have a question or two about how to do something specific with your device? Get the help you need from a tech-savvy person!

JANUARY 9

8:00 am

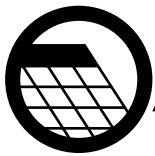


In partnership with United Food Bank, we distribute a selection of quality, nutritious fresh food and pantry items. Sharing begins at 8:00 am and continues until resources are exhausted.

WELCOME TO THE 20s!

Wednesday, January 22 | 10:30 am - 11:15 am

Ring in 2020 and welcome the new decade with games, trivia, and prizes.

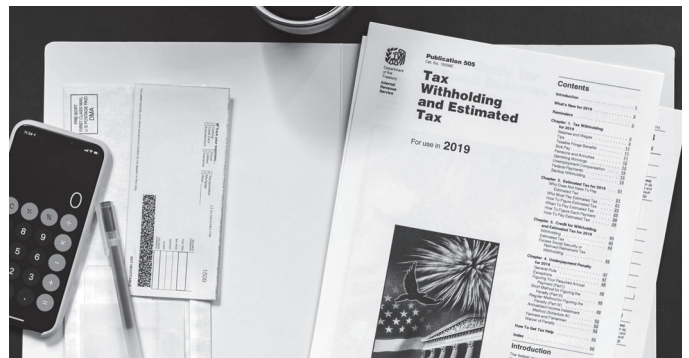


Coming Next Month

Beginning February 3rd

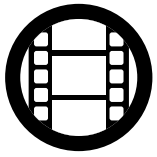
AARP Tax Preparation Mon-Thurs, 8:00 am -11:30 am

Free Tax preparation for seniors.
Presented by AARP



SENIOR CENTER AT MESA DOWNTOWN

247 North Macdonald Street • Mesa, AZ 85201 • 480-962-5612



Now Showing

Movies begin at 12:30 pm in the main dining hall and feature FREE popcorn!

JANUARY 2



Home Alone
1990

Starring
Macaulay Culkin
Joe Pesci
Daniel Stern

An 8 year-old left alone over Christmas vacation protects his home from burglars.

JANUARY 9



The Greatest Showman
2017

Starring
Hugh Jackman
Michelle Williams
Zac Efron

A visionary rises from nothing to create a worldwide show business sensation.

JANUARY 16



Angry Birds 2
2019

Starring
Jason Sudeikis
Josh Gad
Leslie Jones

The flightless birds and devious green pigs join forces to battle a common enemy.

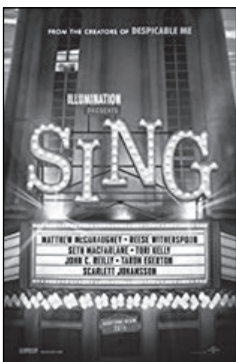
JANUARY 23



The Peanut Butter Falcon
2019

Starring
Shia LaBeouf
Zack Gottsagen
Dakota Johnson

Zak runs away from his care home to make his dream of becoming a wrestler come true.



JANUARY 30

Sing 2016

Starring
Matthew McConaughey Reese Witherspoon Seth McFarlane

In a city of humanoid animals, a hustling theater impresario's attempt to save his theater with a singing competition becomes grander than he anticipates.

SENIOR CENTER AT MESA DOWNTOWN

247 North Macdonald Street • Mesa, AZ 85201 • 480-962-5612



Bingo!

Join Us! Have Fun! Win Big!

Loser's Bingo

Mondays
12:30 pm

Social Bingo

Wednesdays
1:15 pm

BIG GAME Bingo

Fridays
1:15 pm



Entertainment

Fridays at 11:00 am

Jan 3 Happy Harpers

Jan 10 Wichita Wayne

Jan 17 Michael Elijah

Jan 24 Wichita Wayne

Jan 31 Main Street Fiddlers



Let's Dance!

Tuesdays at 1:00 pm

Jan 7 Manuel Dorantes

Jan 14 Easy Sounds

Jan 21 Juan Miguel Zarates

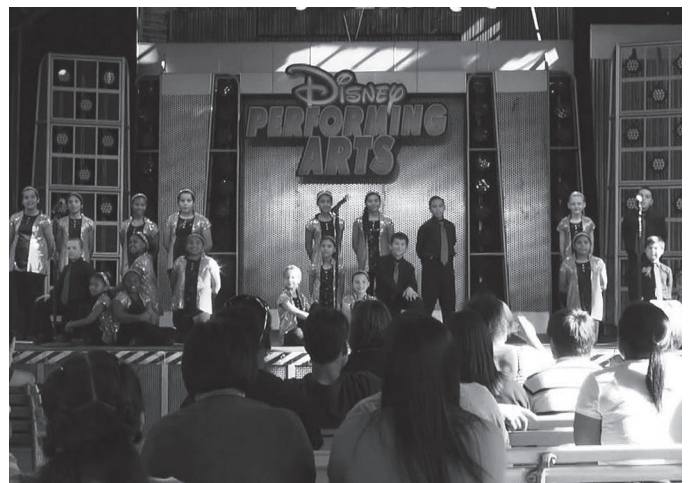
Jan 28 Manuel Dorantes

SPECIAL PRESENTATION

The Kids Next Door

Wednesday, January 15
10:30 am

A great show. The kids will leave you whistling, humming and tapping your feet! They've performed at Disneyland, Magic Mountain and Knott's Berry Farm. Jann Wyler, New Horizon School for the Performing Arts



SENIOR CENTER AT RED MOUNTAIN

7550 East Adobe Street • Mesa, AZ 85207 • 480-218-2221



A Vibrant & Active Center!

Come join in on these weekly activities at the Red Mountain Senior Center!

MONDAYS

8:15 am Abundant Life Exercise

8:00 am Stitch & Chat

12:00 pm Mahjong

12:30 pm Movie Day (Jan 13 & 27)

12:30 pm Cribbage

12:30 pm Advance Pinochle

12:30 pm Social Pinochle

12:30 pm Food Plus Pick-Up (Jan 17)

TUESDAYS

8:15 am Stitch & Chat

9:30 am Blood Pressure Checks

10:00 am Living Healthy & Happy (Jan 14 & 21)

12:30 pm Canasta (Hand & Foot)

1:15 pm Social Bingo

5:00 pm Mesa Art League (Jan 14)

WEDNESDAYS

8:15 am Abundant Life Exercise

9:00 am Benefits Assistance

9:45 am Beginning Spanish

10:00 am Legal Assistance: Wills & Trusts (Jan 15)

10:30 am Just for Fun Bingo

12:30 pm Bridge

12:30 pm Canasta

WEDNESDAYS (continued)

12:30 pm Euchre

12:30 pm Mexican Train Dominoes

12:30 pm Social Pinochle

1:00 pm Afternoon Dance: Sunland Combo

THURSDAYS

8:00 am Stitch & Chat

10:05 am Blackjack with David (Jan 2 & 16)

10:00 am Veteran's Discussion Group

12:30 pm Beginning Computers

12:30 pm Advance Pinochle

1:15 pm Social Bingo

FRIDAYS

8:15 am Abundant Life Exercise

8:15 am Portrait Workshop

9:30 am Book Club (Jan 24)

12:30 pm Bridge

12:30 pm "500"

12:30 pm Movin' On

12:30 pm Canasta

1:30 pm Line Dancing



Question about an activity?

Call Star at 480-962-5612

SENIOR CENTER AT RED MOUNTAIN

7550 East Adobe Street • Mesa, AZ 85207 • 480-218-2221



Support Groups

No cost to attend. No commitment to come back. Just a family of friends who care.

Group	Date(s)	Time	Facilitator(s)
Alzheimer's	1st & 3rd Fridays	2:00 pm (ends 3:00 pm)	Martha Burrel & Kathy Piazza Alzheimer's Association
Deaf	Tuesdays	11:00 am (ends 3:30 pm)	Terry & Nyla Hostin Community Volunteers
Grief Loss	Mondays	4:00 pm (ends 5:30 pm)	Sandra McNally & Ann Chadwick EMPACT
Movin' On	1st Monday	1:00 pm (ends 3:30 pm)	Sandra McNally & Leo Achin EMPACT
Parkinson's	1st Monday	1:30 pm (ends 3:30 pm)	Kristina Watts, Dignity Health
Survivors of Suicide	2nd & 4th Thursdays	6:00 pm (ends 8:00 pm)	Sandra McNally EMPACT
Veterans Discussion	2nd & 4th Thursdays	10:00 am (ends 11:00 am)	Mike Crowe DAV
Enriching the Lives of Veterans Through Art	4th Thursday	12:30 pm (ends 3:30 pm)	Loralee Stickel Mesa Arts League
Benefits, Medicare, and Insurance	Wednesdays	9:00 am (ends 11:00 am)	Area Agency on Aging
Wills & Trusts	3rd Wednesday	10:00 am (ends 11:30 am)	Community Volunteer Attorney
Peer Counseling	Mondays & Wednesdays	By appointment Call 480-218-2221	Sandra McNally EMPACT

East Valley Adult Resources is grateful to its many community partners who are in support of our mission of supporting East Valley seniors through the journey of aging. Funding Partners Include:

Area Agency on Aging - Region One • Arizona Community Action Association / Wildfire
Arizona Diamondbacks Foundation • Arizona Republic - Season For Sharing • The Board of Visitors
City of Mesa • City of Tempe • Dignity Health • Fund for Shared Insight • Meals on Wheels America
Mesa HoHoKam Foundation • Mesa United Way • National Council on Aging • Sundt
Thunderbird Charities • Town of Gilbert • Valley of the Sun United Way • Walmart

SENIOR CENTER AT RED MOUNTAIN

7550 East Adobe Street • Mesa, AZ 85207 • 480-218-2221



Living Healthy & Happy

JANUARY 14

10:00 am - 11:00 am

Lung Cancer: Are You at Risk?

Presented by
Banner MD Anderson Cancer Center

Lung cancer is the top cause of cancer in the US. The good news: if caught early you can increase the 5 year survival rate for stage 1 lung cancer to nearly 90%. In this presentation you'll learn about the risk factors, prevention, early detection, and early treatments.

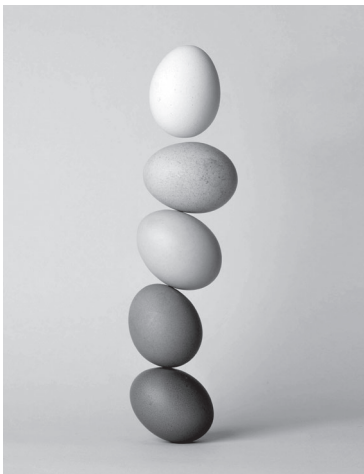
JANUARY 21

9:00 am - 11:00 am

Smartphone & Tablet Workshop

Presented by
Star Kempton, Aster Activity Coordinator

Have questions about your "smart" device? Get the answers you need at this workshop! Please note that this workshop will run in two sessions, with Android topics covered from 9:00 am - 10:00 am and iPhone/iPad topics covered from 10:00 am - 11:00 am.



A Matter of Balance: Managing Concerns About Falls

Fridays, January 17 - March 6

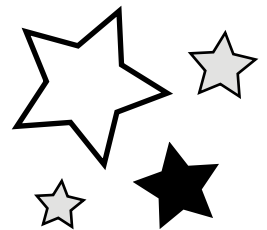
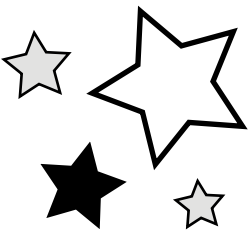
9:00 am - 11:00 am

This program is an evidence-based 8-week course that emphasizes practical strategies to reduce fear of falling and to increase activity levels. It will take place every Friday morning, ending on March 6. You must register for the course, which can be done at the Front Desk or by calling 480-218-2221. Presented by A.T. Still University

WELCOME TO THE 20s!

Thursday, January 23 | 10:30 am - 11:15 am

Ring in 2020 and welcome the new decade
with games, trivia, and prizes.



SENIOR CENTER AT RED MOUNTAIN

7550 East Adobe Street • Mesa, AZ 85207 • 480-218-2221



Bingo!

Join Us! Have Fun! Win Big!

Social Bingo

Tuesdays

1:15 pm*

*sales start at 12:15 pm
and end at 1:05 pm

Just for Fun Bingo

Wednesdays

10:45 am

Social Bingo

Thursdays

1:15 pm*

*sales start at 12:15 pm
and end at 1:05 pm



Entertainment

Fridays at 10:30 am

Jan 3 Carl Nyberg

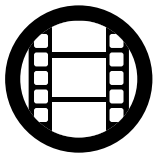
Jan 10 M.J. Moore

Jan 17 Main Street Fiddlers

Jan 24 Jan's Band

Wichita Wayne

Monday, January 13 at 10:30 am



Movie Mondays

Movies begin at 12:30 pm in the Mesquite-A room and feature FREE popcorn!

JANUARY 13



Abominable
2019

Starring
Chloe Bennet
Albert Tsai
Sarah Paulson

Three teenagers must help a Yeti return to his family while avoiding a wealthy man and a zoologist who want it for their own needs.

JANUARY 27



**The Peanut
Butter Falcon**
2019

Starring
Shia LaBeouf
Zack Gottsagen
Dakota Johnson

Zak runs away from his care home to make his dream of becoming a wrestler come true.



45 W University Dr, Suite A
Mesa, AZ 85201-5831

480-694-9014

 Visit us online at www.asteraz.org

 Like us on Facebook [@AsterArizona](https://www.facebook.com/AsterArizona)

OUR PROGRAMS

Since 1979, we are empowering East Valley older adults and their families to remain independent and engaged in our communities through:



CENTER-BASED SERVICES

Mesa and Red Mountain Senior Centers are social hubs, with lunchtime meals, health and wellness support, education programs, and social activities.



MEALS ON WHEELS

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



IN-HOME SUPPORT

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



SOCIAL SERVICES

Assisting to navigate and access needed services and health resources, as well as being the NCOA Benefits Enrollment Center for the East Valley.