



The hard work of volunteers makes Aster's programs and services possible. On behalf of our community, thank you!

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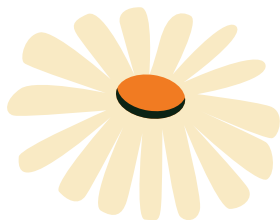
# APRIL MENU

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).

The Suggested Contribution for participants age 60+ is \$3.50.

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

## MONDAY



## TUESDAY

**1**  
Cod Fillet, Brussels Sprouts, Chuck Wagon Corn, Brown Rice Pilaf, and Mixed Berries.

## WEDNESDAY

**2**  
Beef and Broccoli, Edamame, Asian Veggie Mix, Brown Rice Pilaf, and Pear Slices.

## THURSDAY

**3**  
Scrambled Eggs and Turkey Sausage, Tater Tots, Sauteed Spinach, a Whole Wheat Tortilla, and Mandarin Orange Slices.

## FRIDAY

**4**  
Penne Pasta and Beef Meatballs, Green Beans, Garden Green Salad, a Bread Stick, and Sliced Pears.

**7**

Shrimp Alfredo on Penne Pasta, Broccoli, Mixed Vegetables, and Pineapple Chunks.

**8**

Broccoli and Cheese Stuffed Chicken Breast, Spinach, Baby Carrots, a Whole Wheat Biscuit, and an Apple.

**9**

Beef Stew, Carrots and Potatoes, Broccoli, a Whole Wheat Biscuit, and Apricot Slices.

**10**

Barbeque Chicken Breast, Potato Wedges, 4-Way Veggie Medley, and Grapes.

**11**

Veggie Lasagna, Normandy Vegetables, Garden Green Salad, a Whole Wheat Roll, and Mandarin Orange Slices.

**14**

Open-Faced Roast Beef Sandwich on Whole Wheat Bread, Roasted Red Potatoes, Green Beans, a Banana, and Whole Wheat Fig Newtons.

**15**

Cheese Ravioli with Spinach, 3-Bean Salad, Sliced Beets, a Whole Grain Roll, and Pineapple Chunks.

**16**

Salisbury Steak, Mashed Potatoes, Normandy Vegetables, a Whole Grain Roll, and a Peach Crisp with Oatmeal Topping.

**17**

Cod Fillet, Brussels Sprouts, Chuck Wagon Corn, Brown Rice Pilaf, and Mixed Berries.

**18**

Chicken Parmesan, Italian Blend Vegetables, Wax Beans, Whole Wheat Penne Pasta, an Italian Breadstick, and Strawberries.

**21**

Veggie Lasagna, Yellow Squash, 5-Way Vegetable Mix, and Cubed Mangoes.

**22**

Roasted Pork\*\* Loin, Cauliflower, Peas, Brown Rice Pilaf, Mixed Berries, and Whole Wheat Fig Newtons.

**23**

Bean and Cheese Burrito with Mexican Corn, Bell Peppers and Onions,, Spanish Brown Rice, and Cubed Mangoes.

**24**

Meatloaf, Roasted Skin-On Potatoes, Brussels Sprouts, a Whole Grain Roll, and a Peach Crisp with Oatmeal Topping.

**25**

Chicken Kiev, Stewed Tomatoes, Italian Green Beans, a Whole Wheat Roll, and a Granny Smith Apple.

**28**

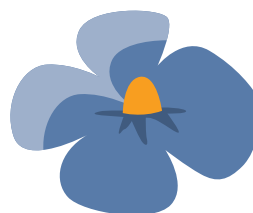
Beef Stir Fry with Rice, Bell Peppers and Onions, Asian Vegetable Blend, Roasted Tomatoes, and a Banana.

**29**

Chicken Taco on a Whole Wheat Tortilla, Refried Beans, Corn, and Pineapple Chunks.

**30**

Baked Ham\*\* with Pineapple, Yams, Edamame, a Whole Wheat Roll, and Apricot Slices.



Items with \*\*contain pork or pork products.

Menu subject to change due to availability.

# ASTER AGING

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



## THANK YOU, VOLUNTEERS

Every day, as a result of the hard work of Aster's volunteers, older adults in our community are more connected, more comfortable, and, ultimately, able to remain independent in their own homes.



Volunteers at Aster deliver meals as part of our Meals on Wheels program, serve food to hundreds of seniors each week at our Senior Centers, offer friendly visits and rides to important trips, and so much more. The value of these contributions goes far beyond the simple act of facilitating a service - Aster's volunteers provide interaction, kindness, and a sense that seniors are not going through the journey of aging alone.

In the last year alone, over 375 volunteers contributed to our organization. In total, these volunteers contributed 20,000 hours of service across all of our programs and services.

Here at Aster, we see these efforts and are deeply grateful. We know that our volunteers go above and beyond because they believe in what they are doing and care about our community.

Are you looking to find meaning and give back to your community? Interested in learning more about how you can make a difference in the lives of seniors through the donation of your time?

Across all of Aster's programs, there are many ways that you can give back. You can volunteer as an individual, or bring a group to have a day of service.

No matter what you do to support Aster's programs through the donation of your time, it makes a difference.

Aster thanks you for helping us work towards a future where no senior in our community goes through the journey of aging alone.

**Visit [asteraz.org](http://asteraz.org) to learn more about how you can donate time.**

## PROGRAMS FOR YOU

We support and empower East Valley older adults and their families to remain independent and 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 and access services and health resources, as well as being the NCOA Benefits Enrollment Center for the East Valley.

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## ASTER NEIGHBORS PROGRAM



Aster's pet support program is very important to seniors like Mesa resident Debbie. About a year ago, her neighbor passed away, leaving behind three cats. She decided to help and of the three cats, chose Puss-Puss because he was a senior cat and she knew his likelihood of otherwise getting adopted was not good.

The two have quite a bond. "My cat is so important to me. He is my reason to get out of the bed in the morning," explains Debbie.

While extremely beneficial, adding a new member of the family is a noticeable expense for seniors like Debbie who live on a fixed income. Acknowledges Debbie, "If it weren't for the pet program, my cat wouldn't have a home."

Aster's pet program is happy to support seniors like Debbie by providing pet food and resources and can't do it without the continued support of the community. If you're able to donate pet food or volunteer with packing pet food, please contact us. We also assist in other ways and could always use additional support in providing:

### Aster is here to help you with all of the following:

- **Essential Transportation**

Rides to the doctor, pharmacy, and grocery store.

- **Companionship Visits**

Friendly visits with good conversation over puzzles, games, or coffee.

- **Telephone Support**

Regular calls from a kind volunteer, checking in and sharing stories.

- **Pet Food**

Supplemental pet food and supplies for older adults' pets.

- **Visual Assistance**

Support for individuals with low vision or blindness.



Additionally, we are always looking for new dedicated volunteers who hope to make a difference in the lives of others. Individuals and groups are invited to volunteer to help us make this service possible by providing friendly visits, phone calls, rides to appointments, and more.

**Interested? Get in touch with Anne Wurth, Program Coordinator.**



**Email:** [awurth@asteraz.org](mailto:awurth@asteraz.org)

**Phone:** 480-629-5502

**Website:** <https://www.asteraz.org/services/neighbors.html>

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## ASTER ACTIVITIES

**STAY IN TOUCH WITH ASTER TO READ MORE NEWS**

**Website: AsterAZ.org | Social Media: @AsterArizona**



**Pictured Above:** Participants get into the groove during Drum Circle at Aster's Red Mountain Senior Center.



**Pictured Above:** The Downtown Senior Center visits Arizona's State Capital Building on their monthly excursion.

## AARP DIGITAL SKILLS CLASSES

Get tech-savvy all month at Aster's Senior Centers with AARP's Digital Skills Experts!

Spots are limited, so be sure to RSVP in advance to make sure you save your spot!

### Red Mountain:

**April 8:** Online RX Drug Resources

**April 22:** AI Voice and Video Generators

### Mesa Downtown:

**April 1:** Graphic Design Tools

**April 15:** How to Choose a New Computer

### What:

AARP Digital Skills Classes

### When:

Tuesdays from 10:00 to 11:00 am

### RSVP via email:

CBS@asteraz.org

### RSVP via phone:

**Red Mountain:** 480-218-2221

**Downtown:** 480-962-5612

## PAID ADVERTISEMENT



Delivering water and power®

## ADVANCING COMMUNITIES, TOGETHER.

At SRP, we're proud to work collaboratively to build strong, safe and healthy communities.  
[srp.net/basicneeds](http://srp.net/basicneeds)



[asteraz.org](http://asteraz.org)

# ASTER SENIOR CENTERS

Activities with an \* have fees and require pre-registration.



## MESA DOWNTOWN EVENTS

Appointment Only | Ends April 15

### AARP TAX ASSISTANCE

Get FREE assistance on your taxes this year with AARP's Tax Aides, right here at the Downtown Senior Center! Spots are limited, and the last day of appointments is April 15th. To schedule, call 480-962-5612 or visit the Downtown Senior Center. Please arrive at least 15 minutes prior to your appointment to complete a personal information form.

April 1, 15 | 10:00 - 11:00 am

### MESA PUBLIC LIBRARY

Now twice a month! The Mesa Public Library comes directly to our Center. Talk to a librarian to learn about the programs & services the library offers.

Thursdays | April 3, 10, 17, & 24  
10:00 - 11:00 am

### VETERAN'S ART

Facilitated by The Mesa Art League

Veterans and the family of veterans are invited to join us each month for innovative and fun art classes that have a unique focus on those who served our country.



Tues & Wed | 8:15 - 9:15 am | Mesa Downtown  
**MORNING MOVEMENT\***

Get your day moving with indoor exercise! **\$2/person.**



Mon, Wed, & Fri | 8:15 - 9:00 am | Red Mountain  
**STRETCH & FLEX**

Start your day right with indoor movement and exercise!



Mon & Thurs | 8:30 - 11:00 am | Mesa Downtown  
**ADVANCED & BEGINNERS TAI CHI CLASSES\***

Beginner (10:00 am) Advanced (8:30 am). **Cost varies.**



Mondays | 12:30 - 1:30 pm | Mesa Downtown  
**KARAOKE MONDAY**

Have fun singing golden-oldies in this judgement-free zone



Thursdays | 1:00 - 2:00 pm | Mesa Downtown  
**SENIOR PLAYERS**

No experience needed for this fun-loving theater group!



Mon & Thurs | 12:30 - 3:00 pm | Red Mountain  
Mondays | 9:00 - 11:00 am | Mesa Downtown  
**DIAMOND ART\***

Create amazing and dazzling art pieces. **Cost: Supplies**



Mondays | 2:00 - 3:00 pm | Mesa Downtown  
**VIRTUAL TRAVEL**

Learn about the cultures and people around the world.



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

Enjoy good company while crafting creative pieces.



Thursdays | 10:00 - 11:00 am | Mesa Downtown  
Wednesdays | 9:30 - 10:30 am | Red Mountain  
**BLOOD PRESSURE SCREENINGS**

Learn your numbers to better manage your health!



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!

# ACTIVITIES CALENDAR

Visit our online calendar at [asteraz.org](http://asteraz.org) for more details.



**Tuesdays | 2:00 - 3:00 pm | Mesa Downtown**  
**WORLD HISTORY CLASS**

Learn about remarkable events through history.



**1st & 3rd Weds | 9:30 - 10:30 am | Red Mountain**  
**THE GOLDEN GALS**

Our female participants come together for friendship & fun.



**Thursdays | 10:00 - 11:00 am | Red Mountain**  
**EVERYONE HAS A STORY**

Save your special memories for the future.



**2nd & 4th Weds | 9:30 - 10:30 am | Red Mountain**  
**WALKIE TALKIE**

Join us for a relaxing walk while chatting with each other.



**Wednesdays | 1:00 - 2:00 pm | Mesa Downtown**  
**Fridays | 10:00 - 11:00 am | Red Mountain**  
**GRIEF & LOSS SUPPORT** Facilitated by **EMPACT**

A bereavement support group for seniors.



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

Calm your mind with chair yoga. **\$3/person**



**Fridays | 8:30 - 11:00 am | Red Mountain**  
**PORTRAIT PAINTING WORKSHOP\***

Have fun drawing portraits from live models. **\$5/person**



**Fridays | 9:30 - 10:30 am | Mesa Downtown**  
**WRITER'S GUILD**

Come to share, learn and spark your creative juices.



**Tuesdays | 9:30 - 10:30 am | Mesa Downtown**  
**ART IN ACTION**

Enjoy learning from the "Art in Action" curriculum.



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

A post-bereavement social support group for seniors.



**April 7 | 9:00 am | Mesa Downtown**  
**April 11 | 9:00 am | Red Mountain**  
**VETERANS' SOCIAL**

Enjoy coffee & donuts each month with fellow veterans.



## RED MOUNTAIN EVENTS

**April 3 | 12:00 - 1:00 pm**  
**IPAD CLASS**

Join a group of likeminded seniors to learn the ins and outs of tablets. Bring your own device for the best experience.

**Tuesdays | 10:30 am - 3:00 pm**  
**DEAF SUPPORT GROUP**

A weekly group for people with hearing issues share their experiences.

**April 7 | 1:30 - 3:30 pm**  
**PARKINSON'S SUPPORT GROUP**

Presented by the Muhammad Ali Parkinson's Center & DUET. For people living with PD.

**April 8, 22 | 10:15 - 11:15 am**  
**MESA PUBLIC LIBRARY**

The Mesa Public Library comes directly to our Center. Talk to a librarian to learn about the programs & services the library offers. They will also be at the Center's Healthy Living Expo on Friday, March 21.

**April 4 | 10:00 - 11:00 am**  
**BOOK CLUB**  
Facilitated by **New Frontiers for Lifelong Learning**

Join us & discuss a shared love of reading.

# ASTER AGING

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## EXCURSIONS

Must be a registered participant and RSVP in advance to join.



### Mesa Downtown MUSICAL INSTRUMENT MUSEUM

April 16 | 12:30 - 2:30 pm

The Musical Instrument Museum is a magical collection of instruments from every country in the world.

**Cost: \$20/person,**  
**Space Limited, RSVP by phone**  
**or in person. 480-962-9014**



### Red Mountain MESA ARTS CENTER

April 24 | 12:30 - 4:00 pm

Often ranked as one of the best museums in the Valley, the Mesa Arts Center offers creative wonders for all.

**Cost: FREE**  
**Space Limited. RSVP by phone**  
**or in person. 480-218-6791**



## SENIOR CENTERS DROP-IN AREAS



ART STUDIO



BILLIARDS



PUZZLES  
& GAMES



FITNESS  
CENTER



LIBRARY



CAFE



## CENTER GAMES

Drop by or email [CBS@asteraz.org](mailto:CBS@asteraz.org) to save your spot.

MESA DOWNTOWN



### WII SPORTS (GOLF & BOWLING)

Mon - Fri | 8:00 - 11:00 am



### FUN & GAMES

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



### FITNESS TRAINER

Tues & Thurs | 10:30 am - 2:00 pm



### PINOCHLE

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



### MAHJONG

Thurs | 12:00 - 3:30 pm



### BINGO!

PRIZES: Weds | 12:30 - 3:00 pm

MONEY: Fri | 1:00 - 3:30 pm

RED MOUNTAIN



### MAHJONG

Mon | 9:30 - 12:00 pm | 12:30 - 3:00 pm



### PINOCHLE

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



### WHATEVER GAMES WE PLAY

Weds | 12:30 - 3:00 pm



### CANASTA

Weds & Fri | 12:30 - 3:00 pm



### MEXICAN TRAIN DOMINOES

Thurs | 12:30 - 3:00 pm



### CHESS

Thurs | 12:30 - 3:00 pm



### BINGO! FOR PRIZES

Tues & Fri | 12:30 - 2:30 pm

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# ASTER AGING

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## NOW SHOWING

Our Senior Centers each host **FREE** movies starting at **12:30 pm**. RSVP online, by phone/email or in person to secure your seat! Downtown Senior Center movies are on Thursday, and Red Mountain Senior Center movies are on Tuesday.



### MESA DOWNTOWN (Thurs)



**April 3**  
**Joy**  
**2015 | PG-13**

Joy, a self-made millionaire, creates her own business empire.



**April 10**  
**Gravity**  
**2013 | PG-13**

Dr. Stone, an engineer on her first space mission, and Matt, an astronaut on his final expedition, have to survive in space after they are hit by debris.



**April 17**  
**Easter Parade**  
**1948 | NR**

A nightclub performer hires a naive chorus girl to become his new dance partner.



**April 24**  
**A Complete Unknown**  
**2024 | R**

The electric true story behind the rise of one of the most iconic singer-songwriters in history: Bob Dylan.



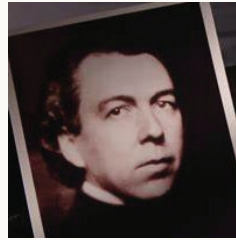
### RED MOUNTAIN

#### DANCES\*

**Wednesday & Thursday**  
**Starting at 1:00 pm**  
**\$5/person.**  
**Live Music Dance:**  
Wednesdays  
**Line Dancing:**  
Thursdays



### RED MOUNTAIN (Tuesdays)



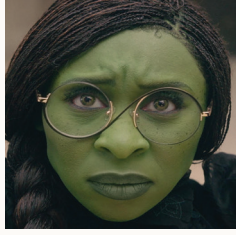
**April 1**  
**Frank Lloyd Wright**  
**1998 | PG**

A deep dive into Frank Lloyd Wright's genius, flaws, and lasting impact on architecture.



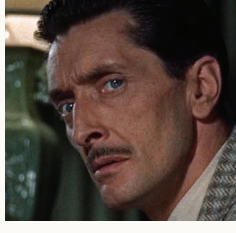
**April 8**  
**The Birds**  
**1965 | PG-13**

A quiet town is suddenly attacked by violent flocks of birds, leaving residents desperate to survive.



**April 15**  
**Wicked**  
**2024 | PG**

A musical journey into the untold story of the Wicked Witch of the West and her unlikely friendship with Glinda the Good Witch.



**April 22**  
**Dial M for Murder**  
**1954 | PG**

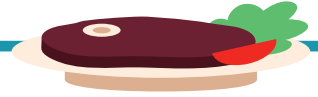
A calculated plan to murder a wealthy woman unravels in a tense game of cat and mouse.



**April 29**  
**Night at the Museum**  
**2006 | PG**

A newly recruited night security guard at the Museum of Natural History discovers that the exhibits come to life after dark.





## Vanilla Muffins w/Coffee Whipped Cream Topping

Adapted from [azhealthzone.org](http://azhealthzone.org)

### Ingredients

- Vegetable oil, or cooking spray
- 1 cup applesauce
- 2 teaspoons vanilla extract
- ½ cup of butter, softened to room temperature
- 1 cup milk
- 2 eggs
- ½ cup sugar
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- ½ teaspoon salt

### Directions

- Wash hands. Preheat oven to 350°F.
- Line a 12-cup muffin pan (or two 6-cup pans) with liners or lightly grease.
- In a large bowl, mix applesauce, vanilla, softened butter, milk, eggs, and sugar.
- In a medium bowl, whisk flour, baking powder, and salt.
- Gradually add dry ingredients to wet, mixing just until combined.
- Fill muffin cups ¾ full and bake for 18-20 minutes, until golden and a toothpick comes out clean.
- Serve immediately or cool before adding topping. Store in the fridge for up to 4 days.

### Coffee Whipped Topping

- In a medium bowl, whisk heavy cream, sugar, coffee, and cinnamon (if using) until soft peaks form (3-5 min with a mixer, 10 min by hand).
- Chill for 15 min if desired, then spoon onto muffins and serve.

## Saving Money on SNAP

### Adapted from the SNAP-Ed Article “Smart Shopping and Eating Healthy on a Budget”

SNAP, or the Supplemental Nutrition Assistance Program, is a nutritional assistance program for qualifying older adults to receive \$23.66 or more each month for food.

That might not seem like much, but by shopping smart, you can make a little bit of extra money go a long way to keep yourself healthy and nourished.

Here are some tips on how to eat healthy with a fixed income and a little extra help from SNAP and other similar programs:

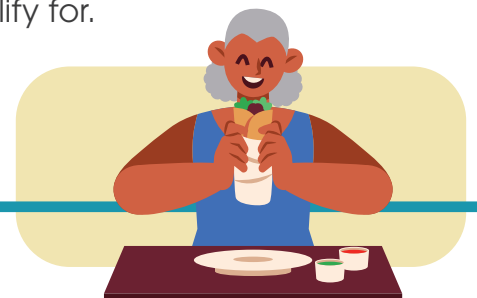
- 1. Eat before you shop:** studies have shown we buy more food than we meant to when we go to the grocery store hungry. A small snack before the trip can go a long way for your budget!
- 2. Buy in bulk:** whenever possible, buy shelf stable goods like rice, pasta, and beans in bulk to save on the cost per meal.
- 3. Buy fresh in season:** when fruits and vegetables are not in season, they have to be transported from much further away, adding cost for you. You can offset this by checking what is in season and making special seasonal meals - this also makes your meals more interesting.
- 4. Skip the name brand:** buying the name brand of your favorite food often adds to the cost you pay. Save money while still enjoying these foods by purchasing house brands.

Aster is here to help you navigate programs like SNAP and beyond that provide you with supplemental funds to buy the food you need to nourish yourself.

**Contact Ramoncita Cocova, Director of Social Services,** to schedule a free & private consultation on the benefits and programs that you could qualify for.

**Email:** [rcocova@asteraz.org](mailto:rcocova@asteraz.org)

**Phone:** 480-634-1659

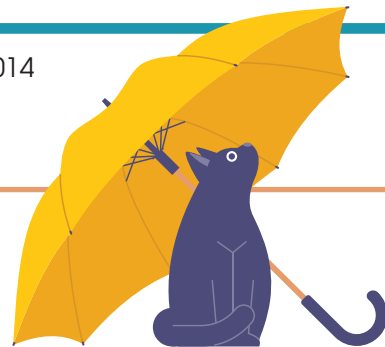


# ASTER AGING

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## PUZZLES



### 1. Double Take

Find five differences in the two images below.



### 2. Common Endings

Find the word that can end all three words. The first answer is given.

1. hydro, sea, air - **PLANE**
2. foot, toad, step
3. shatter, child, water
4. tail, stove, bag
5. brain, grand, god
6. paint, sage, tooth

7. trade, hall, birth
8. crow, task, handle
9. turtle, bottle, rubber
10. wish, collar, herring
11. horse, gum, snow
12. counter, desk, black

13. down, screen, word
14. waist, side, guide
15. hover, witch, space
16. lady, potato, jitter
17. hub, knee, night
18. out, mini, hoop

1. There is a paintbrush at the top corner. 2. The eyes on the sun are different. 3. There is a darker blue paint on the cloud. 4. The lower raindrop is missing. 5. There is a yellow paint cup by the cloud. 2. stool, proof, pipe, child, brush, mark, bar, neck, bone, shoe, top, play, line, craft, bug, cap, skirt



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## CONTACT

### Administrative Offices

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

### Mesa Downtown Senior Center

247 N Macdonald St,  
480-962-5612 p

### Red Mountain Senior Center

7550 E Adobe St,  
480-218-2221 p

### ASTER'S MISSION

Our mission is to empower and support East Valley older adults to remain independent and engaged in our communities.

### ASTER'S VISION

Our vision is for Aster Aging to be a leader in providing direct services and mobilizing resources that support the changing needs of our older adult population.



## BE THE FIRST TO KNOW

Read the newsletter early every month by receiving it in your email inbox or reading it right on our website!

Email [development@asteraz.org](mailto:development@asteraz.org) to learn more.



## DONATE ONLINE TODAY

Your gift empowers and supports local seniors!

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