

NAME THE NEWSLETTER!

Have a knack for naming? Aster needs you to help name our newsletter. Turn in suggestions to the Center Desk by February 28. The winner will receive a prize and get to see the newsletter name in print for years to come!



Stefania Sach & Fran Sandoval, working at the Cafe at the Aster Aging Senior Center at Mesa Red Mountain

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FEBRUARY 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.

3 MONDAY

- Baked Ham w/ Pineapple**
- Cauliflower
- Stewed Tomatoes
- Whole Grain Roll
- Fruit Cocktail

Chef's Special

- Baked Cod

4 TUESDAY

- Shrimp Alfredo
- Fresh Green Beans
- Carrots
- Whole Wheat Roll
- Mixed Berries

Chef's Special

- Frito Pie

5 WEDNESDAY

- Beef Tacos w/ Lettuce, Tomato, & Cheese
- Whole Wheat Tortilla
- Refried Beans
- Fresh Banana

Chef's Choice

- Sonoran Dog

6 THURSDAY

- Zesty BBQ Chicken
- Baked Beans
- Grilled Veggie Mix
- Whole Grain Roll
- Crisp Apple

Chef's Special

- Cheeseburger

7 FRIDAY

- Salad Plate: Egg, 3-Bean, & Orange
- Sliced Beets
- Whole Grain Roll
- Sweet Blueberry Crisp

Chef's Special

- Chicken Salad Sandwich

10

- Baked Catfish
- Vegetable Rice Pilaf
- Broccoli
- Whole Grain Roll
- Fresh Fruit

Chef's Special

- Lemon Chicken

11

- Vegetable Lasagna
- Italian Blend Veggies
- Asparagus
- Whole Grain Roll
- Cinnamon Sliced Peaches

Chef's Special

- Popcorn Shrimp

12

- Chicken Parmigiana
- Bed of Bowtie Pasta
- Garden Salad
- Spinach
- Vanilla Pudding with Fruit

Chef's Choice

- Meatballs over Pasta

13

- Brat w/ Sauerkraut**
- German Potato Salad
- Sliced Carrots
- Whole Grain Bun
- Nutmeg Spiced Pears

Chef's Special

- Grill Chicken Sandwich

14

- Meatloaf w/ Gravy
- Mashed Potatoes
- Chuckwagon Corn
- Whole Grain Roll
- Sliced Apples

Chef's Special

- Apple Sage Pork Chop

17

President's Day



OFFICES CLOSED

18

- Honey Sesame Chicken Thighs
- Carrots
- Zucchini and Squash
- Whole Grain Bun
- Banana Cake

Chef's Special

- Macaroni & Cheese

19

- Turkey Burger with Lettuce & Tomato
- Baked Beans
- Baked French Fries
- Whole Grain Roll
- Orange

Chef's Choice

- Philly Cheesesteak

20

- Sloppy Joe
- Winter Blend Veggies
- Sweet Corn
- Whole Wheat Bun
- Apricots

Chef's Special

- Pork Riblette Sandwich

21

- Lemon Pepper Tilapia
- California Veggies
- Garden Salad
- Whole Wheat Roll
- Fruit Cocktail

Chef's Special

- 1/2 Turkey Sandwich & Soup

24

- Broccoli & Cheese Chicken
- Green Beans
- Spinach
- Whole Wheat Roll
- Pineapple

Chef's Special

- Meatloaf Sandwich

25

- Tuna Salad Sandwich
- Lettuce & Tomato
- Sliced Beets
- Whole Grain Bun
- Grapes

Chef's Special

- Cheese Manicotti

26

- Baked Potato w/ Chili & Cheese
- Broccoli
- Stewed Tomatoes
- Whole Wheat Roll
- Sliced Pears

Chef's Choice

- Sausage, Egg, & Cheese Sandwich

27

- Hawaiian Pork Tacos**
- Rainbow Veggie Blend
- Zucchini
- Whole Wheat Tortilla
- Pineapple

Chef's Special

- Chicken Tacos

28

- Beef Stew with Carrot Potato
- California Veggies
- Corn
- Whole Grain Roll
- Fruit Cocktail

Chef's Special

- Chicken Cordon Bleu



DID YOU KNOW?

It was established in 1885 to honor President George Washington's birthday, which was actually on February 22, 1732. Presidents Day is celebrated on the third Monday in February, thanks to the 1968 Uniform Monday Holiday Act.

ASTER AGING

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



NEIGHBORS HELPING NEIGHBORS

For the last 14 years, Belva, 88, has lived on her own. She's enjoyed her independence, spending time in her own space, doing things her own way. But when she became legally blind, Belva had to sell her car. Suddenly, she was unsure how she'd manage her trips, such as to doctor appointments and the grocery store.

Fortunately, a friend gave her the phone number to Aster Neighbors.



Robin Finn, Neighbors Program Coordinator

When Belva called, the Neighbors staff was happy to help. She had been paying people to get her to appointments. However, she was thrilled to learn a Neighbors volunteer could help her with these tasks -- at no charge. "I was amazed that people would do this for nothing!" Belva shares.

Belva has now enjoyed the benefits of our Neighbors' program for over two years. She has developed a close bond with Diane, the volunteer who regularly helps her get groceries and household supplies. Another volunteer takes her to medical appointments or the pharmacy. And she knows that if she needs help with household tasks or wants a friendly visit, she can make a quick call to Aster Neighbors and to be matched with a caring volunteer.

If you or someone you know is like Belva and are interested in learning more about the supportive in-home, volunteer-based services we offer through Aster Neighbors, please call **480-962-5502**.



aster

**2020 SPRING
HEALTHY LIVING**

EXPO

FRIDAY, FEBRUARY 28, 2020

Red Mountain Senior Center • 7550 E Adobe Street • 8:00 am - 12:00 pm

Join us at our 2020 Spring Healthy Living Expo, where dozens of exhibitors will showcase a variety of informational and interactive displays targeted to seniors and their families.

This event is **FREE** and open to all. We hope you'll make plans to attend!

SENIOR 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

10:00 am Poetry & Prose (Feb 10)

10:00 am Wii Bowling

9:00 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 (Feb 18)

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 (Feb 12)

10:00 am Blackjack w/ David (Feb 5 & 19)

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 (Feb 13)

9:00 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 (Feb 21)

1:15 pm Big Game Bingo



Question about an activity?

Call Us at 480-962-5612

SENIOR CENTER AT MESA DOWNTOWN

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



Living Healthy & Happy

February 7, 21, & 28

10:30 am - 11:30 am

Blood Pressure Checks

Performed by
A.T. Still University

In partnership with A.T. Still University, graduate students will come to the Center to perform blood pressure checks for those wishing to participate.

FEBRUARY 12

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!

FEBRUARY 13

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.

FEBRUARY 19

10:30 am - 11:30 am

Balance Screening

Are you at risk for falls? Do you sometimes feel unsteady on your feet? Attend a balance screening to find out and learn about options available to you. Students and instructors from the A.T. Still School of Physical Therapy will perform a series of assessments to determine your level of balance.

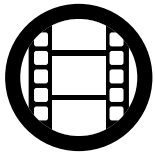


**NEED HELP GROCERY SHOPPING?
HOW ABOUT A RIDE TO THE DOCTOR'S OFFICE?**

Neighbors can assist you with these and more! Contact us today!

SENIOR CENTER AT MESA DOWNTOWN

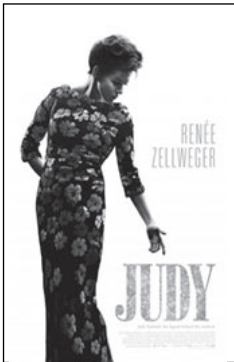
247 North Macdonald Street • Mesa, AZ 85201 • 480-962-5612



Now Showing

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

FEBRUARY 6



Judy
2019 | PG-13

Starring
Renée Zellweger
Finn Wittrock
Jessie Buckley

A biographical drama following the final year of Judy Garland's career and life.

FEBRUARY 13



Hobbs & Shaw
2019 | PG-13

Starring
Dwayne Johnson
Jason Statham
Idris Elba

A lawman and criminal form an unlikely alliance when a cyber-genetically enhanced villain threatens the future of humanity.

FEBRUARY 20



Ugly Dolls
2019 | PG

Starring
Kelly Clarkson
Nick Jonas
Janelle Monae

A group of misfit dolls seeks acceptance from the real world despite their "flaws."

FEBRUARY 27



Oceans 8
2018 | PG-13

Starring
Sandra Bullock
Cate Blanchett
Anne Hathaway

A group of women plan a sophisticated heist at the annual Met Gala in New York City.



Mini Golf Excursion

Space is limited to first come basis. Sign up today!

Monday, February 24
12:30 pm - 3:30 pm

Enjoy an afternoon of mini golf with fellow members!
Cost is \$8 per person. Limit of 12 participants.

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

Feb 7 Wichita Wayne

Feb 14 The Kitchen Band

Feb 21 Wichita Wayne



Let's Dance!

Tuesdays at 1:00 pm

Feb 4 Manuel Dorantes

Feb 11 Easy Sounds

Feb 18 Juan Miguel Zarate

Feb 25 Manuel Dorantes



Tax Season Is Here!

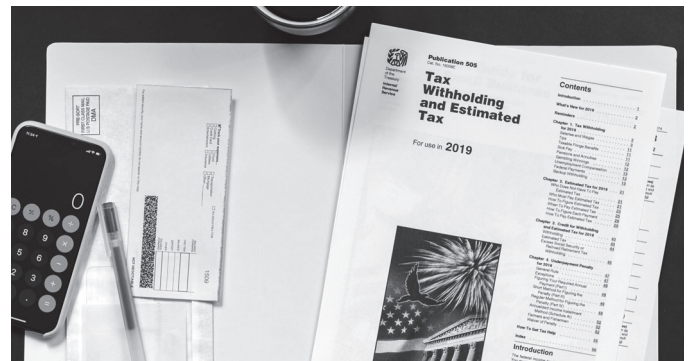
Beginning February 3rd

AARP Tax Preparation

Mon-Thurs, 8:00 am -11:30 am

Free tax preparation. Bring a copy of last year's taxes, your W2s, and any charitable receipts.

Presented by AARP



DID YOU KNOW?

Since 1968, AARP's volunteer-based program has helped nearly 50 million taxpayers file their taxes.

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 (Feb 10 & 24)
- 12:30 pm Cribbage
- 12:30 pm Advance Pinochle
- 12:30 pm Social Pinochle
- 12:30 pm Food Plus Pick-Up (Feb 14)

TUESDAYS

- 8:15 am Stitch & Chat
- 10:00 am Living Healthy & Happy (Feb 4 & 11)
- 12:30 pm Canasta (Hand & Foot)
- 1:15 pm Social Bingo
- 5:00 pm Mesa Art League (Feb 11)

WEDNESDAYS

- 8:15 am Abundant Life Exercise
- 9:45 am Beginning Spanish
- 10:00 am Legal Assistance: Wills & Trusts (Feb 19)
- 10:30 am Just for Fun Bingo
- 12:30 pm Bridge
- 12:30 pm Canasta
- 12:30 pm Euchre

WEDNESDAYS (continued)

- 1:00 pm Afternoon Dance: Sunland Combo

THURSDAYS

- 8:00 am Stitch & Chat
- 10:05 am Blackjack with David (Feb 6 & 20)
- 10:00 am Veteran's Discussion Group
- 12:30 pm Beginning Computers
- 12:30 pm Advanced Pinochle
- 12:30 pm Mexican Train Dominoes
- 12:30 pm Social Pinochle
- 1:15 pm Social Bingo

FRIDAYS

- 8:15 am Abundant Life Exercise
- 8:15 am Portrait Workshop
- 9:30 am Page Turners Book Club (Feb 28)
- 12:00 pm Benefits Assistance
- 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 Us at 480-218-2221

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	Fridays	10:00 am (ends 12:00 pm)	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

Aster Aging 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

FEBRUARY 4

10:00 am - 11:00 am

Breast Cancer Awareness

Presented by
Banner MD Anderson Cancer Center

Breast cancer is responsible for more than 40,000 deaths in the United States each year, along with more than 265,000 cancer diagnoses. Attend this presentation to learn about the risk factors, prevention, symptoms, early detection, and early treatment.

February 7, 21, & 28

10:30 am - 11:30 am

Blood Pressure Checks

Performed by
A.T. Still University

In partnership with A.T. Still University, graduate students will come to the Center to perform blood pressure checks for those wishing to participate.

FEBRUARY 11

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.

FEBRUARY 19

10:30 am - 11:30 am

Balance Screening

Performed by
A.T. Still University

Are you at risk for falls? Do you sometimes feel unsteady on your feet? Attend a balance screening to find out and learn about options available to you. Students and instructors from the A.T. Still School of Physical Therapy will perform a series of assessments to determine your level of balance.



Coming Next Month

Monday, March 2
12:30 pm - 3:30 pm

Enjoy mini golf at Golfland Sunsplash! Sign up between Feb 1 - Feb 26. \$8 per person. Space is limited.

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



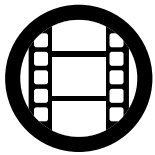
Entertainment

The fun begins at 10:30 am!

Feb 7 M.J. Moore

Feb 21 Jan's Band

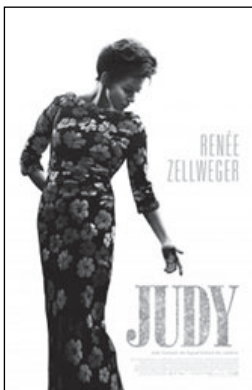
Feb 10 Wichita Wayne



Movie Mondays

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

FEBRUARY 10



Judy

2019 | PG-13

Starring

Renée Zellweger

Finn Wittrock

Jessie Buckley

A biographical drama following the final year of Judy Garland's career and life.

FEBRUARY 24



Secret Life of Pets 2

2019 | PG

Starring

Patton Oswalt

Kevin Hart

Eric Stonestreet

Max the terrier encounters canine-intolerant cows, hostile foxes and a scary turkey when he visits the countryside.



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

480-964-9014

 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.