



**We have a wealth of activities and classes to fill your heart this February!**

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# FEBRUARY 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.

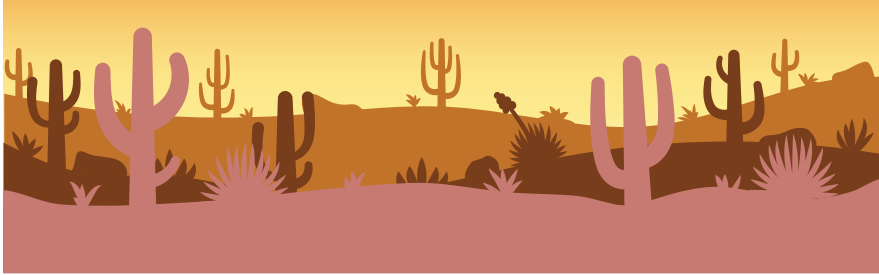
## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY



**5** Shrimp Alfredo over Whole Wheat Pasta, with Italian Green Beans, Carrot Coins, and Sliced Pears

**6** Beef Stroganoff over Egg Noodles, with Corn, Spinach, and a Mandarin Orange

**7** Broccoli & Cheese Stuffed Chicken with Green Squash, Wax Beans, a Whole Wheat Roll, and a Banana

**8** Honey Glazed Pork Loin\*\* with a Grilled Veggie Mix, Stewed Tomatoes, a Whole Wheat Roll, and Pineapple

**9** Steak Diane with Tri-Color Cauliflower, Peas, a Whole Wheat Breadstick, and an Apple Crisp


**12** Stuffed Whole Wheat Manicotti with Meat Sauce, Italian Blend Veggies, Spinach, and Mixed Berries

**13** Turkey with Gravy & Mashed Potatoes, Peas and Onions, a Whole Wheat Roll, & Cinnamon Apples

**14** Chef Salad\*\* with Egg, Tomato, Turkey & Ham, 3-Bean Salad, Beet Salad, Whole Grain Crackers, & Sliced Peaches

**15** Beefy Mac with Stewed Tomatoes, Mixed Vegetables, a Whole Wheat Roll, and Apricots

**16** Paprika Chicken over Brown Rice with Edamame, Glazed Baby Carrots, and a Fresh Pear

**19**  
  
**OFFICES CLOSED**

**20** Sloppy Joes on a Whole Wheat Bun with Green Beans, Roasted Corn, and Sliced Peaches

**21** Herbed Chicken with Roasted Red Potatoes, Steamed Baby Carrots, a Wheat Roll, Tropical Fruit Cup, and Birthday Cake

**22** Shrimp Alfredo with Asparagus, 5-way Farm Vegetables, a Whole Wheat Breadstick, and Mandarin Orange Slices

**23** Beef Stew with Winter Blend Veggies, a Whole Grain Roll, and a Banana

**26** Seasonal Chicken Salad with Stewed Tomatoes, Macaroni Salad, A Whole Grain Breadstick & Sliced Apples w/ Cinnamon

**27** Blackened Pork Chop\*\* w/ Normandy Blend Vegetables, Roasted Yams, a Whole Grain Roll & Sliced Pears

**28** Beef and Broccoli on Brown Rice with Diced Carrots, Zucchini, and Apricots

**29** Chicken Parmesan with Edamame, Succotash, a Whole Wheat Roll, and Fruit Cocktail





## LEARNING FROM THE SENIORS

Listening to the wisdom and stories that come from a lifetime of experiences can be incredibly enriching. Whether you're listening to a fellow program participant, a friend, or family, there is always something new to be learned.

Some of the most dedicated learners at Aster Aging are the student interns in the Outreach and Social Services program. Jethzly, a BSW intern from Arizona State University, reflected on what she's learned from the participants in Aster's programs. "I've been able to understand and observe the value of social connection and how crucial it is for overall well-being," Jethzly says. Another student intern from Arizona State University, Rocio, echoed a similar sentiment.

"I've gained insights into the resilience and strength of individuals facing adversity, recognizing the power of community support in fostering positive change," Rocio stated.

While Rocio and Jethzly have learned more about the real, unexpected challenges of aging, they both have experienced first-hand the power of social connection and community support in empowering older adults to stay healthy, happy, and independent. With that in mind, Jethzly gave her final thoughts on her experiences with participants:

"Overall, the most essential thing I've learned from the Seniors is to always smile and be willing to learn from one another."

## 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.



# ASTER AGING

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

## MESA DOWNTOWN

### LINE DANCING

Feb 7, 14 | 10:00 am  
\$5 per person

Come on out to the Mesa Downtown Center & have a grand ol' time kicking up dust as we dance together!



Register in-person at the Front Desk or call [480-962-5612](tel:480-962-5612).



## Lunar New Year

The Lunar New Year is celebrated in many countries worldwide. Though each culture has its unique way of celebrating, China's cultural influence has led to similarities between the different celebrations. Red colors, fireworks, lion or dragon dances, ancestor veneration, and religious worship are all part of Lunar New Year festivities.

In South Korea, the Lunar New Year festival is called Seollal. During the festival, many Koreans wear traditional clothing called hanbok, perform ancestral rites, worship elders, play traditional folk games, and eat traditional foods. Due to the cultural importance of this holiday, many Koreans will travel across the country or even the world to return home to see their family for the festival.

In Vietnam, the Lunar New Year is called Tet. During this time, families come together to clean the graves of their ancestors to show respect and reverence. People also visit each other's homes, fully clean their own homes, and cook dishes such as bamboo soup and sticky rice. It's also a tradition to give money to both children and elders.

Mesa itself has a thriving, family-friendly community of Asian businesses. If you and your loved ones want to engage with your local community and experience Lunar New Year activities, learn more about Mesa's Asian District at [MesaAZ.gov](http://MesaAZ.gov).



## RED MOUNTAIN

### LINE DANCING

Feb 5, 12 | 10:30 am  
\$5 per person

Scoot your boots to the Center & have a grand ol' time kicking up dust as we dance together!



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## NOW SHOWING

Our Senior Centers each host **FREE** movies & popcorn starting at **12:30 pm**. RSVP online, by phone or in person to secure your seat!



### MESA DOWNTOWN



#### Feb 1 | Groundhog Day

1993 | PG

Bill Murray, Andie Macdowell  
A narcissistic, self-centered weatherman finds himself in a time loop on Groundhog Day.



#### Feb 8 | Master and Commander

2003 | PG-13

Russell Crow, Paul Bettany  
During the Napoleonic Wars, a brash British captain pushes his ship and crew to their limits in pursuit of a formidable French war vessel.



#### Feb 15 | Pride & Prejudice

2005 | PG

Keira Knightley, Matt Macfadyen  
Sparks fly when spirited Elizabeth Bennet meets single, rich, and proud Mr. Darcy.



#### Feb 22 | Pirates of the Caribbean

2003 | PG-13

Johnny Depp, Geoffrey Rush  
Blacksmith Will Turner teams up with eccentric pirate "Captain" Jack Sparrow to save his love.



#### Feb 29 | The Bridge of San Luis Rey

2004 | PG

Gabriel Byrne, Robert De Niro  
In 1714 Peru, a friar is tried by the Inquisition for questioning God's intentions



### RED MOUNTAIN



#### Feb 1 | Doolittle

2020 | PG

Robert Downey Jr., Antonio Banderas  
A physician who can talk to animals embarks on an adventure to find a legendary island.



#### Feb 8 | Murder on the Orient Express

2017 | PG-13

Kenneth Branagh, Penelope Cruz  
When a murder occurs on the train on which he's travelling, celebrated detective Hercule Poirot is recruited to solve the case.



#### Feb 15 | Knives Out

2019 | PG-13

Will Ferrell, Christina Applegate  
A detective investigates the death of the patriarch of an eccentric, combative family.



#### Feb 22 | Jungle Cruise

2021 | PG-13

Dwayne Johnson, Emily Blunt  
A small riverboat takes a group of travelers through a jungle filled with dangerous animals and reptiles.



#### Feb 29 | Going in Style

2017 | PG-13

Michael Caine, Alan Arkin  
Three lifelong pals risk it all by embarking on a daring bid to knock off the very bank that absconded with their money.





# ASTER SENIOR CENTERS'

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



## MESA DOWNTOWN EVENTS

**Mondays | 12:30 pm**

### KARAOKE MONDAY

Have fun singing golden-olderies or just watching others try in this judgment-free zone.

**Wednesdays | 10:00 am**

### VETERANS ART

Create beautiful art facilitated by Mesa Art League.

**Wednesdays | 10:00 am**

### BOOK CLUB

led by New Frontiers  
Join this weekly book club and discuss different books each week.

**Feb 2 | 11:00 am**

### AARP SAFE DRIVING\*

by AARP  
Come join the AARP Safe Driving Class for safe driving tips.  
\$20 for AARP members  
\$25 for non-members  
Register at Downtown Center

**Feb 5 | 8:30 am**

### VETERAN'S SOCIAL

Chat and enjoy coffee & donuts with fellow service members.

**Feb 14 | 12:00 pm**

### VALENTINE'S DAY CELEBRATION

Join your fellow participants for a themed Valentine's Day Celebration!



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

Get your day moving in the right direction with indoor exercise!



**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\***

Classes for beginner (10:00 am) or seasoned students (8:30 am)



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

No experience needed for this fun-loving theater group!



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

Learn about the cultures and people around the world.



**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.



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

Learn your numbers to better manage your health!



**Tuesdays | 10:00 - 11:00 am | Mesa Downtown**  
**AARP DIGITAL SKILLS CLASSES**

Learn from experts tips and tricks regarding electronics.



**Tuesdays | 10:30 am - 3:00 pm | Red Mountain**  
**DEAF & HEARING-IMPAIRED SOCIAL GROUP**

A weekly group for people with hearing issues to chat.



**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 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.



## 1st & 3rd Weds | 10:00 - 11:00 am | Red Mountain CAREGIVER SUPPORT

facilitated by EMPACT  
A group for caregivers to share, learn and find support.



## 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 GRIEF & LOSS 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 | 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 | 10:00 - 11:00 pm | Red Mountain GRIEF AND LOSS SUPPORT GROUP

facilitated by EMPACT  
A group for people that are in beginning their grief journey.



## 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 & Thursdays  
12:00 pm - 3:00 pm

## DIAMOND ART

Create amazing and dazzling art pieces.

Feb 5 | 1:30 pm

## PARKINSON'S GROUP

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

Feb 6 | 9:00 am

## CRAFT JEWELRY\*

Join Mark as we craft beautiful jewelry for you or as a gift!  
Space is limited. \$5 per person

Feb 8 | 9:00 am

## VETERAN'S SOCIAL

Enjoy coffee & donuts with friends.

Feb 8 | 12:30 pm

## CARD MAKING\*

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

Feb 20 | 9:00 am

## CRAFT JEWELRY\*

Join Mark as we craft beautiful jewelry for you or as a gift!  
Space is limited. \$5 per person

Feb 22 | 12:00 pm

## THE MEN'S CREW

Join the guys to make new friends.



# ASTER AGING

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



## CENTER GAMES

Share a smile and make friends over a game! All skill levels are welcome!

### MESA DOWNTOWN

#### JUST FOR FUN & GAMES

facilitated by New Frontiers Game Class  
Thur | 9:30 - 10:30 am

#### LADIES' BILLIARDS

Wed | 10:00 - 11:00 am

#### PINOCHLE

Tue & Thur | 12:30 - 3:00 pm

#### FITNESS TRAINER

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

#### MAHJONG

Thur | 12:00 - 3:00 pm

#### WII BOWLING

Wed & Fri | 10:00 - 11:00 am

### RED MOUNTAIN

#### BILLIARDS

Mon - Fri | 8:00 am - 3:00 pm

#### CANASTA

Wed & Fri | 12:00

#### MEXICAN TRAIN DOMINOES

Thur & Fri | 12:00 - 3:00 pm

#### BRIDGE

Mon, Wed, Fri | 12:00pm

#### MAHJONG MONDAYS

Beginner | 9:30 - 11:45 am  
Regular | 12:00 - 3:00 pm

#### PINOCHLE - SINGLE DECK

Thur | 12:00 - 3:00 pm

#### PINOCHLE - DOUBLE DECK

Tues | 12:00 - 3:00 pm

## BINGO!

Come out, make friends, have fun,  
and WIN at our weekly games!

#### BINGO! FOR PRIZES

Wed | MESA DOWNTOWN | 12:30 - 3:00 pm  
Tue & Fri | RED MOUNTAIN | 12:30 - 2:30 pm

#### BINGO! FOR MONEY

Fridays | MESA DOWNTOWN | 1:00 - 3:30 pm



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



**ART STUDIO**  
Thursdays - DT



**BILLIARDS**



**CAFE**



**FITNESS  
CENTER**



**LIBRARY**



**PUZZLES  
& GAMES**



## BENEFITS OF BOOKS



Aster is thrilled to have the Mesa Public Library's Mobile Library Team begin their monthly visits to the Mesa Downtown Senior Center this February! Starting with the first visit on February 14th, you'll be able to checkout books, DVDs, and audiobooks with your library card every month! If you do not currently have a Mesa Public Library library card, you'll be able to register for one with your personal ID!

Reading is not just a fun way to experience a grand adventure. Books are a great way to keep your mind active and engaged. As an unstructured activity, you can read at your own pace, read on your own time, and read from the comfort of your own home. Plus, making reading part of your bedtime routine can help you fall asleep quicker than watching TV or looking at your phone!

No matter your reason for reading, we encourage everyone to come join your fellow participants at the Mesa Downtown Senior Center and meet the Mesa Public Library Mobile Library Team!

[nia.nih.gov/health/brain-health/cognitive-health-and-older-adults](https://nia.nih.gov/health/brain-health/cognitive-health-and-older-adults)  
[nia.nih.gov/health/sleep/good-nights-sleep](https://nia.nih.gov/health/sleep/good-nights-sleep)

### MESA PUBLIC LIBRARY VISITS BEGIN ON FEBRUARY 14

**MESA DOWNTOWN SENIOR CENTER**  
**247 N Macdonald, Mesa, AZ 85201**

Bring an ID to register for a library card!

### MESA DOWNTOWN



## AARP TAX PREPARATION

**Mon, Tues, & Wed | 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. To make your appointment, visit the Mesa Downtown front desk or call [480-962-5612](tel:480-962-5612).

### RED MOUNTAIN



## AFTERNOON DANCE PARTIES

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

Come out and cut a rug every week. This month's music is:

- Feb 7 - Carla Elliot
- Feb 14 - Soff Tones
- Feb 21 - TBD
- Feb 28 - TBD



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



# ASTER AGING

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## MESA DOWNTOWN

**EXCURSION:**

### MESA ART MUSEUM

**February 22 - FREE**

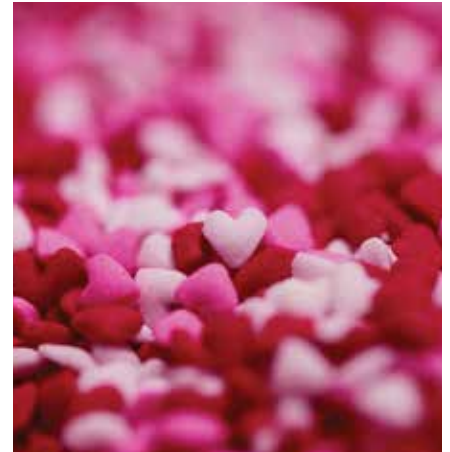
Join us for an exciting, interactive, and free visit to the Mesa Art Museum! The Aster bus has limited space, but all participants are welcome to drive and meet up with fellow participants there. Space is limited - RSVP today!



## A HISTORY OF LOVE

Excerpted from Activity Connections

Valentine's Day has been celebrated in February for more than 1,500 years. It may have been placed in February to commemorate the anniversary of Valentine's death, or it may have been placed to coincide with (and replace) the Roman celebration of Lupercalia, a rowdy celebration of fertility and planting.



Lupercalia dates all the way back to the founding of Rome. According to folklore, Rome was founded by Romulus and Remus, twin nephews of an ancient king who ordered the small boys drowned. But a servant took pity on them and instead placed them in a water-tight basket in the river, where they were carried downstream and became caught in a wild fig tree.

A she-wolf found and cared for them in a cave at the base of Palatine Hill, where Rome was founded. The boys named the cave Lupercal, and the celebration of Lupercalia was meant to honor the she-wolf and the god Lupercus, who was the god of farmers, harvest, and packs of animals.

Like festivals of other ancient religions, the Lupercalia celebration began with a ritual sacrifice. In this case, a goat and a dog were sacrificed to the god Lupercus. After this, the feasting began. Legend has it that another part of the festival celebration included a temporary "coupling," in which single men would draw a name of a single woman from the jar, and these couples were considered "married" until the end of the festival. Some of them stayed together until the start of the following year's festival. And some fell in love and actually got married!

## RED MOUNTAIN

**EXCURSION:**

### ROSSON HOUSE MUSEUM AT HERITAGE SQUARE

**February 22**

Hop on our bus to take in the history of the Rosson House! Space is limited - RSVP today!

**Cost is \$14 per person.**





## PUZZLES

Find each of the items from the categories below.

N B C N Y T W U S Z A B  
 O V R L O I T S Z B R I  
 I Y I O N I E C P F R E  
 T L B G O N T D C J O N  
 A X S A D C F A X U W E  
 N I F N B N H P R H M C  
 R K O D E V O T I O N K  
 A F S G N I R R A E D L  
 C B R A C E L E T V E A  
 T N E M R A E D N E S C  
 Y T P I L U T B O W O E  
 K S Z T C Y P I R P R X

Words That Are Synonymous with Love

Things Associated with Cupid

Types of Flowers

Types of Jewelry

adoration, devotion, endearment, fondness  
 arrow, baby, bow, wings  
 carnation, lily, rose, tulip  
 bracelet, brooch, earrings, necklace

**ANSWER**

Find the two football items that are exactly alike.

1.



2.



3.



4.



5.



6.



7.



8.



2 & 5

**ANSWER**



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

480-964-9014

NON PROFIT  
ORGANIZATION  
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Sign-up for our eNews at [Development@asteraz.org](mailto:Development@asteraz.org)



## 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 East Adobe St  
480-218-2221 p



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## FRIENDS OF THE CENTER

Aster's Friends of the Center program supports the sustainability of our Senior Centers year round. Join online or in-person at our Senior Centers and start making a difference today!



## DONATE ONLINE TODAY

Your gift empowers and supports local seniors!

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