



A roommate can offer companionship, security, financial stability, and support.

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# JANUARY 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

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

Menu subject to change due to availability.

## TUESDAY



## WEDNESDAY

**1**  
**Closed for New Year's Day**

## THURSDAY

**2**  
 Chicken Tacos, refried beans, Mexican corn, whole wheat tortilla, and a banana.

## FRIDAY

**3**  
 Whole Wheat Spaghetti and Beef Meatballs, green beans, garden green salad, bread stick, and sliced pears.

**6**

Shrimp Scampi, yellow squash, five-way vegetable mix, whole wheat fettucine, and cubed mangos.

**7**

Chicken Kiev, spinach, baby carrots, whole grain roll, and an apple.

**8**

\*\* Roasted Pork Loin, cauliflower, peas, brown rice pilaf, and mixed berries.

**9**

Tortilla-Encrusted Tilapia, Brussels sprouts, chuck wagon corn, whole grain roll, and an orange.

**10**

Hamburger on a whole wheat bun, tater tots, four-way vegetable medley, and grapes.

**13**

Herb-Encrusted Chicken, summer squash, Italian vegetable medley, whole wheat pasta, and sliced pears.

**14**

Open-Faced Roast Beef Sandwich, roasted red potatoes, green beans, whole wheat bread, whole wheat Fig Newtons, and mixed berries.

**15**

Vegetarian Lasagna, Normandy vegetables, garden green salad, whole-wheat roll, and grapes.

**16**

Shrimp Alfredo, spinach, mixed vegetables, brown rice, and a banana.

**17**

\*\* Scrambled Eggs and Pork Sausage, tater tots, diced bell pepper and onion mix, whole wheat biscuit, and Mandarin oranges.

**20**

**Closed for Martin Luther King Jr. Day**

**21**

Chicken Nuggets, carrots and potatoes, broccoli, whole grain roll, and apricots.

**22**

Meatloaf, roasted skin-on potatoes, Brussels sprouts, whole grain roll, and a mixed berry crisp.

**23**

Chicken Salad, edamame, stewed tomatoes, whole grain roll, grapes, and Graham Crackers.

**24**

Herb-Encrusted Tilapia, yams, winter blend vegetables, brown rice pilaf, and an apple.

**27**

Popcorn Chicken, mashed potatoes, corn, whole wheat biscuit, and a banana.

**28**

\*\* Pork Cutlet, peas and onions, yams, whole wheat roll, and tropical fruit.

**29**

Veggie Lasagna, Normandy vegetables, green garden salad, whole wheat roll, and Mandarin oranges.

**30**

Hamburger on a whole wheat bun, tater tots, 4-way veggie medley, and grapes.

**31**

Shrimp Alfredo on whole wheat pasta, Italian vegetables, carrots, and Mixed fruit.

# ASTER AGING

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



## BENEFITS OF A ROOMMATE

Living alone can present a challenge, especially as we get older. The East Valley Senior Home Sharing Program offers a unique opportunity to create meaningful connections and enjoy the comfort of companionship, all while making life a little easier.



### Looking for Connection and Support?

Sharing a home with another older adult can provide more than just a roof over your head. It's an opportunity to share meals, conversations, and daily experiences, fostering a sense of community and mutual support. The program carefully matches participants to ensure compatibility, helping to create a positive living environment.

### Have Extra Space to Share?

If you find yourself with more room than you need, inviting a roommate into your home can bring companionship and the satisfaction of helping someone find a safe and welcoming place to live. Many participants find that home sharing enriches their lives far beyond their expectations.

### What Makes the Program Unique?

- Comprehensive roommate screenings and home visits to ensure a good fit.
- Access to local resources to support well-being.
- Guidance with benefits and community services

### Who Can Participate?

The program is open to adults aged 60 and older who:

- Are able to live independently.
- Agree to a background check.
- Can cover basic living expenses like food and transportation.
- Can provide proof of income (e.g., bank statements or pay stubs).

To learn more or to find out if this program is right for you, contact **Christina Weaver, Program Coordinator, at [info@evseniorhomesharing.org](mailto:info@evseniorhomesharing.org) or 480-389-1284 today.**

## 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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## BENEFITS ENROLLMENT CENTER

Have you ever wondered if you are fully taking advantage of all of the benefits and programs that you may qualify for?

Aster has a team of dedicated Social Workers through our Benefits Enrollment Center, and it's here as a free resource to individuals on Medicare.

A Benefits Checkup® with Aster's Social Services team is a completely free, unbiased, and private session.

We connect you with resources that help you afford health care, prescriptions, food, utilities, and more.

### Some of these supports include:

- Medicare Part D Extra Help
- Medicare Savings Program
- Medicaid/AHCCCS
- SNAP
- LIHEAP
- More!

Start the new year by learning more about the benefits that are available to you!

### Contact Aster Social Services

Ramoncita Cocova, Director of Social Services

Phone: 480.634.1659

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

Website: [asteraz.org/services/socialservices.html](http://asteraz.org/services/socialservices.html)

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## RED MOUNTAIN

### LINE DANCING

Every Thursday

1:00 - 2:00 pm

\$5 per person.



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## ASTER ACTIVITIES

Aster's eNewsletter goes out every Monday at 7:00 am with an update on Aster happenings. Our eNewsletter is completely free and a great way to stay connected. Subscribe at [asteraz.org](http://asteraz.org) and learn about upcoming activities and past events!



## MEET STORMI!

Stormi is a tri-colored, short-haired, deer head chihuahua - she is also a recipient of supports from Aster's Pet Program!

Did you know that 200 dogs and cats of senior participants received pet food and supplies last year?

Supporting the pets of homebound seniors ensures that they stay healthy, too.

Want to help seniors and their four-legged friends this year? You can donate dog and cat food, toys, & more, or volunteer to deliver pet food at a time that's best for you!

Contact Anne Wurth, Neighbors Program Coordinator, to get involved at [awurth@asteraz.org](mailto:awurth@asteraz.org) or 480- 629-5502.



## A MATTER OF BALANCE

Facilitated by A.T. Still University

According to the CDC, approximately 50% of older adults report a fear of falling.

Most falls can be prevented.

This unique class focuses on exercises and activities that can help you reduce your fear of falling and stay safe.

The workshop is FREE, and offered at both Aster Senior Centers. Sign-up is available online, or by visiting the either of Aster's Senior Centers.

**What:** A Matter of Balance: An Evidence Based Falls Prevention Program

**Where:**  
Mesa Downtown Senior Center - 247 N. Macdonald Street - Mesa, AZ 85201

Red Mountain Senior Center - 7550 East Adobe Street - Mesa, AZ 85207

**When:** Every Friday from 9:30 to 11:30 am

**Dates:** 1/17/25 thru 3/7/25



STAY IN TOUCH WITH ASTER TO READ MORE NEWS

Website: [AsterAZ.org](http://AsterAZ.org) | Social Media: @AsterArizona



# ASTER SENIOR CENTERS

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



## MESA DOWNTOWN EVENTS

January 7, 21 | 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.

Wednesdays | 10:00 - 11:00 am

### BOOK CLUB

Facilitated by New Frontiers for Lifelong Learning

Join fellow lovers of literature every Wednesday at the Mesa Downtown Senior Center for a lively discussion about books and stories.

Wednesdays | 9:00 - 10:00 am

### PAINTING FOR FUN!

Who ever told you that you can't paint? Join us every Wednesday morning for an all fun, no-stress painting class for people of all skills. Beginners welcome!

Cost: Bring your own supplies



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. **\$5/person**



**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.



**January 6 | 9:00 am | Mesa Downtown**  
**January 10 | 9:00 am | Red Mountain**

**VETERANS' SOCIAL**

Enjoy coffee & donuts each month with fellow veterans.



## RED MOUNTAIN EVENTS

**January 2 | 12:00 - 1:00 pm**  
**IPAD CLASS**

Join us 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.

**January 6 | 1:30 - 3:30 pm**  
**PARKINSON'S SUPPORT GROUP**

Presented by the Muhammad Ali Parkinson's Center. For people living with PD and their partners.

**January 14, 28 | 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.

**January 3 | 10:00 - 11:00 am**  
**BOOK CLUB**  
Facilitated by **New Frontiers for Lifelong Learning**

Join us on the first Friday of every month to discuss a shared love of reading.

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## EXCURSIONS

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

### RED MOUNTAIN @ JAPANESE FRIENDSHIP GARDEN

January 23 | 9:00 - 11:00 am

Learn about our sister city Himeji or just take stroll through the peaceful and famous garden.

Admission: \$12

### MESA DOWNTOWN @ PHOENIX ART MUSEUM

January 22 | 2:30 - 5:30 pm

Join us on an adventure through the history of art at the Phoenix Art Museum. The museum suggests "Pay What You Wish Day".

Admission: FREE



## SENIOR CENTERS DROP-IN AREAS



**ART STUDIO**  
Thursdays - DT



**BILLIARDS**



**PUZZLES  
& GAMES**



**FITNESS  
CENTER**



**LIBRARY**



**CAFE**



## CENTER GAMES

Share a smile and make friends over some fun games! Drop by or reserve your spot at [asteraz.org](http://asteraz.org).

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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## NOW SHOWING

Our Senior Centers each host **FREE** movies starting at **12:30 pm**. RSVP online, by phone 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)



#### January 2 | **The Flying Tigers** 1942 | NR

A group of American soldiers fights to protect their base from Japanese forces during World War II.



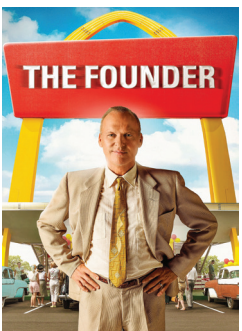
#### January 9 **O Brother, Where Art Thou?** 2000 | PG-13

Three escaped convicts search for hidden treasure while encountering colorful misadventures.



#### January 16 **Hacksaw Ridge** 2016 | PG-13

A medic serves with bravery and saves 75 men during the Battle of Okinawa in World War II.

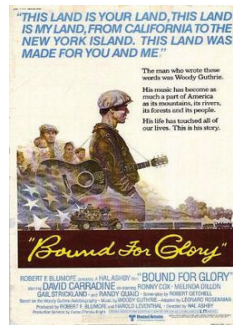


#### January 30 **The Founder** 2016 | PG-13

Ray Kroc transforms a small fast-food restaurant into a global empire while navigating ambition, greed, and betrayal.



### RED MOUNTAIN (Tuesdays)



#### January 7 **Bound for Glory** 1976 | PG

The story of Woody Guthrie's journey from Dust Bowl Texas to California, becoming a voice for working-class struggles.



#### January 14 **Gifted** 2017 | PG-13

A man raises his math prodigy niece while battling for her custody and a normal childhood.



#### January 21 **Night at the Museum** 2006 | PG

A night guard at a museum discovers that the exhibits come to life after dark and must prevent chaos from ensuing.



#### January 28 **The Monuments Men** 2014 | PG-13

Art experts during World War II risk their lives to return stolen masterpieces.



## Potato and Sausage Hash

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

A simple one-pan meal of sausage, potatoes, and veggies, roasted to tender perfection.

### Ingredients:

- 1 medium sweet potato, chopped
- 1 medium baking potato or 2 waxy potatoes, chopped
- ½ cup bell pepper, chopped
- ½ cup onion, chopped
- 2 cloves of garlic, chopped
- small or 1 teaspoon garlic powder
- 2 links of sausage (mild or hot), sliced
- 2 teaspoons olive oil (or the oil of your choice)

### Instructions

1. Preheat oven to 375°F and line a sheet pan with cooking spray.
2. Mix the sweet potato, potato, bell pepper, onion, garlic or garlic powder, and sausage together.
3. Add oil and stir to coat the vegetables.
4. Place ingredients in one layer on the sheet pan, leaving space between the ingredients.
5. Roast in the oven for 35-40 minutes or until the potatoes are tender and the sausage reaches an internal temperature of 160°F, if using beef or pork sausage, and 165°F if using turkey or chicken sausage.
6. Serve immediately or cool and store in the refrigerator for three to four days.

## Holiday Leftover Food Safety

Adapted from The USDA's "Let's Keep The Best Part of Thanksgiving Safe"

The year's biggest meals are just behind us, but delicious leftovers are often one of the best parts of the holiday. Keep your favorite leftovers safe by following these food safety steps:

- **Remember the Two-Hour Rule:** Refrigerate perishable items within two hours of coming out of the oven or refrigerator. After two hours, perishable food enters the "Danger Zone" where bacteria can multiply quickly. Perishable food should be discarded if left out for longer than two hours.
- **Use Shallow Containers:** After you break down your holiday meal into smaller portions, store leftover food in shallow containers in the refrigerator if used in 4 days, or in the freezer if stored for longer.
- **Freeze or Consume Within Four Days:** If you want to keep leftovers longer, freeze them within a four-day period. Frozen food stays safe indefinitely, though the quality may decrease over time (best quality if eaten within six months).
- **Reheat to 165 F:** Make sure your reheated leftovers reach 165 F as measured with a food thermometer. Reheat sauces, soups and gravies safely by bringing them to a rolling boil.
- **Microwave Food Safety:** When reheating in the microwave, cover and rotate the food for even heating. Because microwaves have cold spots, check the internal temperature of the food in several places with a food thermometer after allowing a resting time.

**VISIT [USDA.GOV](http://USDA.GOV) FOR MORE FOOD SAFETY TIPS & TRICKS**



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## PUZZLES

### JANUARY IQ

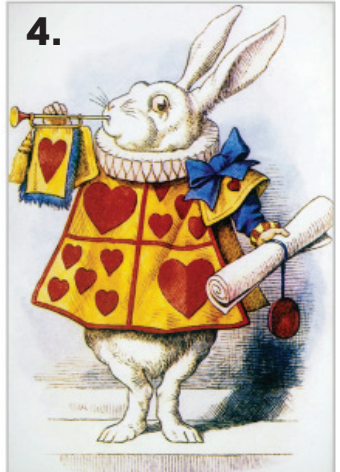
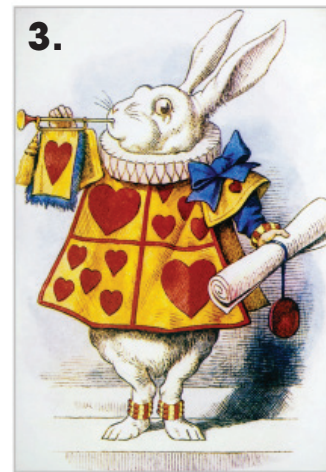
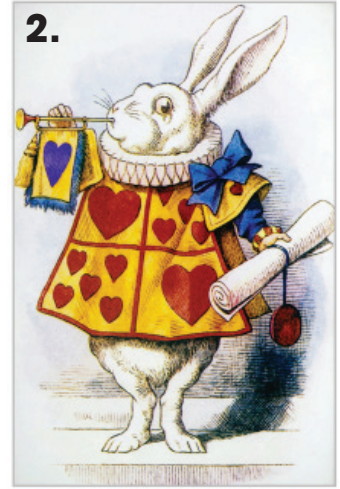
Come in from the cold and test your January IQ.

1. True or false? In the Roman calendar, there was no January.
2. Which zodiac sign represents those born in the last 12 days of January?
3. True or false? The number of letters in January equals the number of months with 31 days.
4. True or false? January is named after the Greek god Janus.
5. Born on January 26, 1961, Wayne Gretzky is known for playing what sport?
6. What game show made its debut on January 6, 1975, with Chuck Woolery as its host?

1. True. 2. Aquarius. 3. True. 4. False. 5. Ice Hockey. 6. Wheel of Fortune

### MATCHING

Find the two rabbits that are exactly alike.



1 and 4.

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Sign-up for our eNews [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 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.



## FOLLOW @AsterArizona



## DONATE ONLINE TODAY

Your gift empowers and supports local seniors!

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