



IN THIS ISSUE

Lunch Menu	1
Thank You Volunteers!	2
New Tech Classes	4
April Activities	5
Tax Credit	8
Seniors on the Move	9
Puzzles	10

Spring sees color bloom as Arizona's desert flowers come back to life!

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).

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

3 MONDAY

Hamburger with Lettuce and Tomato on a Whole Grain Bun, with Pea Salad, and a Gala Apple

4 TUESDAY

Baked BBQ Chicken with Baked Beans, Carrots, a Whole Wheat Roll, and Cinnamon Peaches

5 WEDNESDAY

Italian Sausage** with Red Sauce on a Whole Wheat Hoagie, with French Fries, Italian Blend Veggies, & a Mandarin Orange

6 THURSDAY

Meatloaf with Brown Gravy, Mashed Potatoes, Peas, a Whole Grain Roll, and Pears

7 FRIDAY

Baked Ham** with Pineapple Glaze, Sweet Potatoes, Edamame, a Whole Wheat Breadstick, and Apricots

10

Sesame Chicken with Mixed Veggies, Winter Blend Veggies, a Whole Grain Roll, & a Tropical Fruit Cup

11

Tortilla Crusted Tilapia over Mexican Brown Rice, with Normandy Blend Vegetables, Green Zucchini Squash and a Cinnamon Apple

12

Beef Taco with Cheese in a Whole Grain Tortilla with Refried Beans, Stewed Tomatoes, and Mixed Berries

13

Pork Stir Fry** in Brown Rice, with Asian Blend Vegetables, Snap Peas, and Fresh Grapes

14

Chicken Salad with Lettuce and Tomato on Whole Wheat Bread, with Carrot Sticks, & Apple Sauce

17

Steak Diane with Spinach, Roasted Potatoes, a Whole Grain Roll, and a Mandarin Orange

18

Herbed Pork Chop** with Broccoli, Carrots, a Whole Wheat Breadstick, Fruit Cocktail & a Cookie

19

Chicken w/ Broccoli & Cheese, Asparagus, Cauliflower, a Whole Grain Roll, and Strawberries

20

Beef Tips over Whole Wheat Egg Noodles, with Succotash, Peas and Carrots, and a Granny Smith Apple

21

Shrimp Scampi with Chuckwagon Corn, Green Beans, a Whole Grain Roll, & Red Grapes

24

Open Faced Roast Beef with Gravy on Wheat Bread, with Mashed Potatoes, Peas & Pearl Onions, and Apricots

25

Chicken Caesar Salad, with Celery Sticks, Carrot Sticks, a Whole Wheat Breadstick, and Strawberries

26

Salisbury Steak with Gravy over Whole Wheat Egg Noodles, Corn, Capri Blend Vegetables, and a Pineapple

27

Herbed Chicken Breast, with Grilled Vegetables, Carrot Coins, a Whole Wheat Roll, and a Banana

28

Honey Glazed Pork Loin** with Oven Brown Potatoes, Baked Beans, a Whole Grain Roll, Peaches, and Birthday Cake

GETTING BACK WHEN YOU GIVE

Make a life-changing gift that helps vulnerable seniors and receive a dollar-for-dollar tax credit on your Arizona taxes. Ask your financial advisor for details about the Arizona Charitable Tax Credit or read more and make a donation at www.asteraz.org

ASTER AGING

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



THANK YOU, VOLS!

April is Global Volunteer Month, a time to recognize the impact of our tremendous volunteers. They are the lifeblood of our organization, helping build a stronger community and transform the East Valley.



Volunteers help in almost every aspect of Aster's work. They assist in office tasks, help provide Meals on Wheels, power Aster's Neighbors program, and keep the Senior Centers thriving with activity.

"I cannot thank our volunteers enough for all they do," smiles Scott Muller, Aster Program Operations Director. "Beyond the jobs they perform, the smiles and warmth they bring every day is immeasurable. They brighten the lives of everyone here."

It can be hard to find time to volunteer. However, the benefits of volunteering are enormous. Beyond helping improve the quality of life for seniors in need, volunteering benefits you. Through volunteering at Aster, you can find new friends, connect with our community, learn skills, and live new experiences. Giving to others can also help protect your mental and physical health. It can reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose.

"We would be honored to have you as a member of our volunteer family," continues Scott. "We have a wide variety of opportunities to suit your skills, interests, and availability. Just reach out and let's start a conversation."



VOLUNTEER TODAY!

www.asteraz.org/help/volunteer.html

480-964-9014 | volunteer@asteraz.org

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 BOOKSHELF & MYSTERY CLUBS

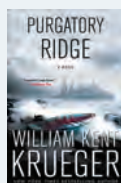
Wednesdays | 10:00 - 11:00 am

Join our fun and lively discussions each week, facilitated by Mesa Community College New Frontiers.



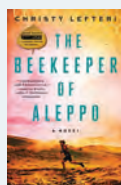
Apr 5
Mercy Street
by Jennifer Haigh

Disparate lives intersect at a women's clinic in Boston.



Apr 12
Purgatory Ride
by William Kent Kruger

Mayhem descends on a tiny logging town following a murder.



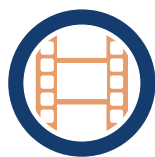
Apr 19
Beekeeper of Aleppo
by Christy Lefteri

Follows refugees from Aleppo to Europe during the Syrian Civil War.



Apr 26
The Murder of Mr. Wickham
by Claudia Gray

One of literature's biggest rakes finally gets what's coming to him.



NOW SHOWING

The Mesa Downtown Center hosts **FREE** movies & popcorn starting at **12:30 pm**. RSVP online, by phone or in person to secure your seat!



Apr 6 | MISSING | 2023 | PG-13

Storm Reid, Nia Long, Ken Leung

After her mother goes missing, a young woman tries to find her from home, using tools available to her online.



Apr 13 | THE INTOUCHABLES | 2011 | R

François Cluzet, Omar Sy, Anne Le Ny

After he becomes a quadriplegic, an aristocrat hires a young man from the projects to be his caregiver. (French Language with English Subtitles)



Apr 20 | JERRY & MARGE GO LARGE | 2022 | PG-13

Bryan Cranston, Annette Bening, Rainn Wilson

Based on the true story about long-married couple Jerry and Marge Selbee, who win the lottery and use the money to revive their small town.



Apr 27 | EMPIRE OF LIGHT | 2022 | R

Olivia Colman, Micheal Ward, Colin Firth

A drama about the power of human connection during turbulent times, set in an English coastal town in the early 1980s.

MESA DOWNTOWN WRITING CAFÉ

April 5 | 1:00 - 2:00 pm

Have you ever wanted to write a story?
A short story? A long story? YOUR story?
Let's get started! All levels welcome.



ASTER AGING

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



NEW TECH CLASSES

Aster is proud to continue our partnership with AARP Foundation to offer you the Digital Skills Ready@50+ program. This initiative is supported through a generous grant from Google.org to provide technology training that can help increase older adults' economic security.



The Digital Skills Ready program is a series of lectures and workshops designed to help older adult participants better understand technology. Each session is self-contained, covering a unique topic to ensure participants are able to build the skills of interest and utility to their unique situation.

"We are excited to offer a new line-up of classes," shares Cathie Cole, Mesa Downtown Center Manager. "The expertise and support of AARP and Google make these valuable experiences."

Over the next two months, we will cover the following topics:

- Money Matters (April 4)
- Online Health Resources (April 18)
- Using Fact-checking Sites (April 25)
- Online Rx Drug Resources (May 2)
- Intro To Managing Your Privacy (May 9)
- Mobile Health Apps (May 16)
- Getting Started With The Google Fit App (May 23)
- Getting Started With iPhone Health App (May 30)

Sign up for any class by contacting the Mesa Downtown Senior Center of by visiting our online calendar at www.asteraz.org



DIGITAL SKILLS READY@50+

Cathie Cole, Mesa Downtown Center Manager

480-962-5612 | ccole@asteraz.org

RED MOUNTAIN AFTERNOON DANCE PARTIES

Wednesdays | 1:00 - 3:00 pm

Cut a rug! Music this month is by Dale Mortensen (4/5 & 4/12), and Chuck Peterson (4/19 & 4/26).

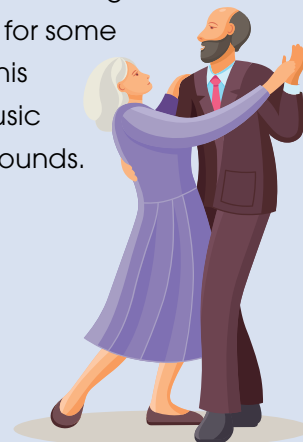


\$5 per person. Pre-register at the Red Mountain Senior Center.

MESA DOWNTOWN BALLROOM DANCE

Apr 4 | 1:00 pm

Slip on your dancing shoes and join us for some dancing! This month's music is by Easy Sounds.



\$8 per person includes refreshments and a raffle ticket.

ASTER AGING

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



MESA DOWNTOWN EVENTS

Apr 3 | 8:30 am

VETERAN'S SOCIAL

Chat and enjoy coffee & donuts with fellow service members.

Apr 6, 13, 27 | 10:00 am

VETERANS ART

Create beautiful art facilitated by Mesa Art League.

April 13 | 11:30 am

APRIL IN PARIS

Have lunch & celebrate France!

Apr 19 | 12:00 pm

FEED YOUR MIND

Eat & learn the 8 foods made common by the Great Depression

Apr 27 | 12:00 pm

HEALTH CAPSULE

A 10 Minute shot of information to improve your health.

Apr 28 | 12:00 pm

SPRING CONCERT

Have lunch and then enjoy music from the Prezleys.

Starting Apr 3 | 9:30 am

EAT SMART, LIVE STRONG!

A 4-week nutrition class (Mondays) hosted by Area Agency on Aging.



ACTIVITIES

Activities with an * have fees & require pre-registration. Visit our online calendar at asteraz.org for more details.



Mon, Wed, & Fri | 8:15 - 9:00 am | Red Mountain
Tues & Wed | 8:15 - 9:15 am | Mesa Downtown*
MORNING MOVEMENT

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



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

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



Mondays | 10:00 - 11:00 am | Mesa Downtown
SMARTPHONE 101

Ask questions and learn tips and tricks for your phone.



Mondays | 12:30 - 3:00 pm | Red Mountain
DIAMOND ART

Create amazing and dazzling art pieces.



Mondays | 1:00 - 2:00 pm | Mesa Downtown
JUST FOR FUN THEATER GROUP

Join this just for fun group and enjoy the art of performing.



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.



Tuesdays | 9:00 - 10:00 am | Red Mountain
BLOOD PRESSURE SCREENINGS

Know your numbers to help prevent more serious health issues.



Apr 4, 18, 25 | 10:00 - 11:00 am | Mesa Downtown
AARP DIGITAL TECH CLASSES

Learn from experts about online resources and best practices.



Apr 4, 18, 25 | 10:30 am - 3:30 pm | Red Mountain
DEAF & HEARING-IMPAIRED SOCIAL GROUP

A weekly group for people with hearing issues to chat.

ASTER AGING

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



ACTIVITIES (continued)



Tuesdays | 1:00 - 2:00 pm | Mesa Downtown

THE ART OF POETRY WITH JIM FERGUSON

Bring poetry you like to read and discuss.



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!



1st & 3rd Weds | 10:00 - 11:00 am | Mesa Downtown

CAREGIVER SUPPORT

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



Wednesdays | 1:00 - 2:00 pm | Mesa Downtown

GRIEF 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 | 8:30 - 9:30 am | Mesa Downtown

MILD EXERCISE

Stay active with easy movement during this indoor class.



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 | 1:00 - 2:30 pm | Red Mountain

MOVIN' ON facilitated by EMPACT

A post-bereavement social support group for seniors.



RED MOUNTAIN EVENTS

Apr 3 | 1:00 pm

PARKINSON'S GROUP

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

Apr 7 | 10:00 am

EASTER LUNCH

Come celebrate the Easter Holiday with trivia, music, and door prizes and stay for lunch.

Apr 13 | 8:00 am

VETERAN'S SOCIAL

Enjoy coffee & donuts with friends.

Apr 13 | 12:30 pm

CARD CREATIONS*

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

Apr 18 | 11:45 am

FEED YOUR MIND

Eat & learn about volunteering: sharpen & nourish your mind.

Apr 20 | 12:00 pm

THE MEN'S CREW

Join the guys to make new friends.

Apr 21 | 10:00 am

SENIOR PROM

Dress up for an enchanting time at the Aster Prom!

ASTER AGING

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

RED MOUNTAIN QWIRKLE CHALLENGE

Apr 14 | 9:30 - 11:00 am

Test your game skills with a twist on Rummikub and Scrabble. Qwirkle is played with 108 tiles, each painted with one of six shapes in one of six colors. Enjoy this fun, quixotic game! Prizes will be available.



CENTER GAMES

Share a smile and make friends over some fun games! Drop-by or reserve your spot at asteraz.org

MESA DOWNTOWN



FUN & GAMES

facilitated by New Frontiers Game Class

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

Five Crowns, Sequence, Rummikub, Skipbo and more!



PINOCHLE

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



LADIES' BILLIARDS

Wednesdays | 10:00 - 11:00 am



WII BOWLING

Wednesdays | 10:00 - 11:00 am



MAHJONG

Wednesdays | 12:00 - 3:00 pm



BINGO! FOR PRIZES

Apr 7 & 21 | 12:30 - 2:30 pm

RED MOUNTAIN



MAHJONG

Mondays | 12:00 - 3:00 pm



PINOCHLE

Tuesdays | 12:00 - 3:00 pm

CANASTA

Wednesdays | 12:00 - 3:00 pm

MEXICAN TRAIN DOMINOS, PINOCHLE & RUMMY

Thursdays | 12:00 - 3:00 pm

BRIDGE & CANASTA

Fridays | 12:00 - 3:00 pm



BINGO! FOR PRIZES

Tuesday & Fridays | 12:30 - 3:00 pm



SENIOR CENTERS DROP-IN AREAS



ART STUDIO

Thursdays - DT



BILLIARDS



PUZZLES & GAMES



FITNESS CENTER



LIBRARY



CAFE

ASTER AGING

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



GIVING TAX CREDIT

Your charitable donation of up to \$800 to Aster Aging empowers and supports East Valley seniors. With the Arizona Charitable Tax Credit, you can donate up to \$800 to Aster and get all of it back in your Arizona Taxes.



Aster Aging is an approved charity for the Arizona Charitable Tax Credit. When you make a donation to Aster, you can claim this Arizona State Credit. The maximum credit allowed is \$800 for married filing joint filers and \$400 for single, heads of household, and married filing separate filers.

"This is a wonderful program to encourage giving back to the community," states Dan Lawler, Aster's Director of Development. "You can make a difference in a person's life and save on your taxes. A true win-win."

If you would like to read more about the Arizona Charitable Tax Credit, visit our website at www.asteraz.org. As always, consult a qualified tax advisor for personal tax advice.



MAKE A DONATION TODAY

www.asteraz.org/help/donate.html

480-964-9014 | dlawler@asteraz.org

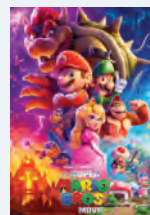
MESA DOWNTOWN SWING CONCERT

April 5 | 1:00 - 2:00 pm

Enjoy a concert of patriotic swing music by the Let Freedom Swing Band. Presented in partnership with the Mesa Arts Center. Seating is limited, so RSVP today!

REEL TALK

A few recommendations of new films opening this month.

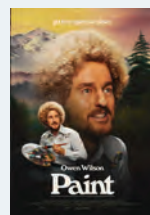


Super Mario Bros

PG | April 5

Chris Pratt
Anya Taylor-Joy

Mario & friends journey through the Mushroom Kingdom

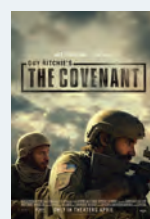


Paint

PG-13 | April 7

Owen Wilson
Stephen Root

A popular public TV painter sees a challenge from a younger artist.



The Covenant

R | April 21

Jake Gyllenhaal
Antony Starr

A Sergeant seeks to save a local interpreter who saved him.



Are You There God? It's Me, Margaret

PG-13 | April 28

Rachel McAdams
Abby Ryder Fortson

An 11-year-old navigates feelings, new friends, and the beginning of adolescence in this classic story.

ASTER AGING

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

MESA DOWNTOWN BINGOCISE!

Starting Apr 6 | 10:00 am

Bingocize strategically combines the game of bingo, exercise, and/or health education. Bingocize is played every Thursday (thru 6/08), with each 45-60 minute session consisting of exercises (range of motion, balance, muscle strengthening, and endurance exercises) and/or health education.

The course is free, but space is limited. RSVP today!

RED MOUNTAIN SENIORS ON THE MOVE

Apr 27 | 12:00 - 3:00 pm

Join your friends at the Red Mountain Senior Center for an exciting day at the Goldfield Ghost Town. Be sure to bring \$10 for the train ride at Goldfield.



THE WORLD OF EASTER

Excerpted from Activity Connections

Easter is celebrated around the world on different dates each year, and various cultures celebrate the holiday in their own ways.



Guatemala

Antigua, Guatemala, is home to the world's largest Easter festival. Lasting an entire week, the festival includes elaborate parades, complete with massive floats decorated with religious scenes that travel throughout the city.

France

In France, rather than keeping an eye out for Peter Cottontail, French children are looking for flying bells. The tradition of the bells stems from the silencing of the local church bells from the Thursday before Easter to Easter Sunday, which is done to honor the death of Jesus. The resumption of the ringing bells on Easter coincides with egg hunts for chocolate and sugar eggs that children collect.

Bermuda

On the island of Bermuda, colorful, homemade kites fill the sky and tables are laden with delicious hot cross buns and codfish cakes for Easter. However, don't eat hot cross buns on Good Friday, as legend has it that your house will burn to the ground if you do.

Ukraine and Hungary

The countries of Ukraine and Hungary are famous for their hand-painted, vibrantly colorful, delicate, intricately patterned Easter eggs made with an ancient wax-working technique.

Sweden

Children wear costumes on Easter, similar to how American kids dress up for Halloween. The festivities also include decorating with colorful feathers and feasting with a smorgasbord laden with eggs.

ASTER AGING

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



PUZZLES

Find each of the items from the categories below.

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

Famous Comedians (last names)

Synonyms of "Laugh"

Synonyms of "Prankster"

A Type of Fish (repeated five times)

Dangerfield, Martin, Pryor, Jester, Joker, Mischief Maker, Trickster, Carp, Chorlie, Chuckle, Giggle, Snicker

ANSWER

Find the two baskets that are exactly alike.

1.



2.



3.



4.



5.



6.



7.



8.



2 & 6

ANSWER



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

480-964-9014

NON PROFIT
ORGANIZATION
U.S. POSTAGE
PAID
MESA, AZ
PERMIT #314



Sign-up for our eNews enews@asteraz.org



CONTACT US!

Administrative Office

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

Mesa Downtown Senior Center

247 North Macdonald St
480-962-5612 p

Red Mountain Senior Center

7550 East Adobe St
480-218-2221 p



HELP TODAY

Your gift ensures the continued delivery of our critical programs and services. Any amount helps local seniors stay safe and healthy!



DONATE ONLINE TODAY
www.asteraz.org/help/donate.html



KEEP UPDATED



Visit us online at www.asteraz.org



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



Follow us on Twitter [@AsterArizona](https://twitter.com/AsterArizona)



Follow us on Instagram [@AsterArizona](https://www.instagram.com/AsterArizona)