

WATCH THIS SPACE!

Thank you for submitting your suggestions for the name of this newsletter!
We are reviewing the entries and will reveal the new name next month.



Aster Senior Center at Mesa Downtown participants Luther Sparks and Sharon Sparks.

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MARCH 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.

2 MONDAY

- Breakfast Sandwich**
- Hash Browns
- Tomato Wedges
- Cheddar Chive Biscuit
- Fresh Apples

Chef's Special

- Pancakes

9

- Sliced Steak Diane
- Cauliflower
- Baked Potato
- Whole Grain Roll
- Rice Pudding w/ Bananas

Chef's Special

- Grilled Ham Steak

16

- Pork Riblets**
- Carrots & Peas
- Whole Grain Roll
- Tropical Fruit

Chef's Special

- Turkey BLT**

23

- Honey Butter Chicken Broccoli
- Sweet Potato
- Whole Grain Roll
- Mandarin Oranges

Chef's Special

- Corn Dog

30

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

Chef's Special

- BBQ Chicken Drumsticks

3 TUESDAY

- Balsamic Glazed Chicken
- Asparagus
- Dill Roasted Carrots
- Whole Grain Roll
- Apricots

Chef's Special

- CA Turkey Sandwich

10

- Veggie Burger w/ all the Fixin's
- Chef Vegetables
- Potato Wedges
- Apple Sauce

Chef's Special

- Bacon Cheeseburger

17

- Corned Beef w/ Cabbage
- Red Potatoes
- Sliced Carrots
- Rye Bread
- Leprechaun Cake

Chef's Special

- Macaroni & Cheese

24

- Shepard's Pie
- Zucchini & Squash
- Whole Grain Roll
- Peaches
- Birthday Cake



Birthday Celebration

31

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

Chef's Special

- Chicken Pasta Puttanesca

4 WEDNESDAY

- Meatloaf w/ Gravy
- Festive Cauliflower
- Mashed Potatoes
- Whole Grain Roll
- Oreo Cake
- Fruit

Chef's Choice

- Hot Dog

11

- Chicken Stroganoff w/ Noodles
- Brussel Sprouts
- Winter Blend Veggies
- Whole Grain Roll
- Mixed Fruit

Chef's Choice

- Meatballs w/ Noodles

18

- Spaghetti & Meatballs
- Italian Veggie Blend
- Zucchini
- Whole Wheat Breadstick
- Sliced Apples

Chef's Choice

- Chicken a la King

25

- Scrambled Egg w/ Mushrooms & Spinach
- O'Brien Potatoes
- Croissant
- Fresh Fruit

Chef's Choice

- Grilled Chicken Sandwich

5 THURSDAY

- Chef Salad w/ Turkey, Ham, & Egg
- Corn Salad
- Whole Grain Crackers
- Fresh Orange

Chef's Special

- Chicken Caesar Salad

12

- Meatball Sub w/ Cheese
- Garden Salad
- Green Beans
- Fruit Crisp

Chef's Special

- Chicken & Dumplings

19

- Turkey, Potato, & 3-Bean Salads
- Whole Wheat Crackers
- Apricots

Chef's Special

- Tuna Salad Stuffed Tomato

26

- Pork Fritters w/ Gravy**
- Garden Salad
- Roasted Red Potatoes
- Whole Grain Biscuit
- Pineapple Upside Down Cake

Chef's Special

- Bean & Cheese Burrito

6 FRIDAY

- Open Face Turkey Sandwich w/ Gravy
- Mixed vegetables
- Cranberry Yams
- Whole Grain Roll
- Sliced Pears

Chef's Special

- Philly Cheesesteak

13

- Orange Sage Pork Chop**
- Couscous
- Whole Wheat Roll
- Sliced Peaches

Chef's Special

- Lemon Shrimp

20

- Greek Style Redfish
- Steamed Cabbage
- Rosemary Potatoes
- Whole Grain Roll
- Fresh Fruit

Chef's Special

- Greek Style Chicken Breast

27

- Tuna Casserole
- Broccoli
- Corn
- Whole Grain Crackers
- Sliced Pears

Chef's Special

- Reuben Sandwich

HAPPY
St. Patrick's
* DAY *



STAYING SOCIALLY CONNECTED

Social isolation is complex. You may choose to stay home, where you feel comfortable, because you feel anxious or embarrassed about your health or disabilities. Depression, anxiety, early-stage dementia, and other mental health concern, can also increase your risk of social isolation. Additionally, If you no longer drive and have limited, or no, access to public transportation, you are more likely to face social isolation.



So, how do you spot social isolation? You may want to start by thinking about how you have changed over time. For example, are you less excited about things you once enjoyed? Do you feel distant from people or misunderstood? If you are a caregiver, does your loved one seem less excited about events they once looked forward to, such as the annual car show or regular social functions? These changes could be red flags indicating social isolation.

Some ways to engage in meaningful social activities include:

- Volunteering or mentoring in your community
- Visiting your local senior or community center
- Seeking out leadership roles in a civic organization or faith community
- Signing up for a cooking, exercise, falls prevention, chronic disease management, or other class

Ultimately, tackling social isolation is about making our communities more accessible, inclusive, and caring. If you think someone in your community is at risk of social isolation, you can start by reaching out. Try asking if they would like a visit or invite them to join you on an outing.

ST. PATRICK'S DAY FACTS



- St. Patrick's Day is the feast day of St. Patrick, the patron saint of Ireland.
- St. Patrick was born in 385 AD in Britain
- In Ireland, St. Patrick's Day is a national holiday
- Shamrocks are the national flower/emblem of Ireland.

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 (Mar 9)
- 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 (Mar 17)
- 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 (Mar 11)
- 10:00 am Blackjack w/ David (Mar 4 & 18)

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 (Mar 12)
- 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 (Mar 20)
- 1:15 pm Big Game Bingo



Question about an activity?

Call Us at 480-962-5612

SENIOR CENTER AT MESA DOWNTOWN

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Living Healthy & Happy

MARCH 11

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!

MARCH 12

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.



LEPRECHAUN SHENANIGANS

Tuesday, March 17 | 10:30 am - 11:15 am

Enjoy soda bread, cupcakes, and a little luck o' the Irish!



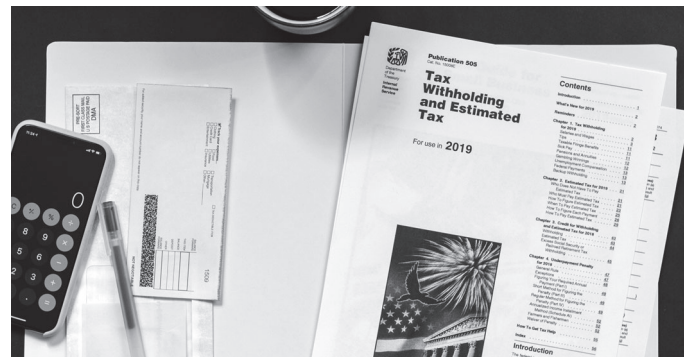
Tax Season Is Here!

AARP TAX PREPARATION

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

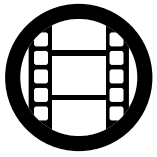
Free tax preparation. Bring a copy of last year's taxes, your W2s, and any charitable receipts.

Presented by AARP



SENIOR CENTER AT MESA DOWNTOWN

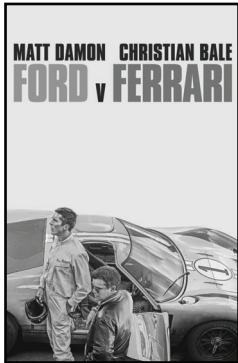
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Now Showing

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

MARCH 5



Ford v Ferrari
2019 | PG-13

Starring
Christian Bale
Matt Damon
Jon Bernthal

Two auto designers build a vehicle for Ford and compete against Ferrari at the 1966 24-Hours of Le Mans in France.

MARCH 12



Playing with Fire
2019 | PG

Starring
John Cena
Keegan-Michael Key
John Leguizamo

A straight-laced firefighter and his team aid three siblings and quickly learn how wild and unpredictable babysitting children can be.

MARCH 19

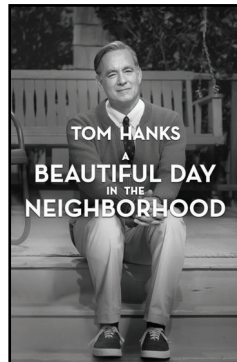


Maleficent: Mistress of Evil
2019 | PG

Starring
Angelina Jolie
Elle Fanning
Michelle Pfeiffer

Maleficent joins forces with a seasoned warrior and a group of outcasts to battle the evil queen and her powerful army.

MARCH 26



A Beautiful Day in the Neighborhood
2019 | PG

Starring
Tom Hanks
Matthew Rhys
Susan Kelechi Watson

Profiled by a journalist, Fred Rogers chips away at the writer's jaded outlook on life, forcing the reporter to face his own painful past.



Each of Our Movies Features Free Popcorn!

- Americans consume 14 billion quarts of popcorn annually
- Orville Redenbacher starting growing popping corn in 1919 when he was 12

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

Mar 6 Wichita Wayne

Mar 13 Michael Elijah (tentative)

Mar 20 Wichita Wayne



Let's Dance!

Tuesdays at 1:00 pm

Mar 3 Easy Sounds

Mar 10 Manuel Dorantes

Mar 17 *canceled*

Mar 24 *canceled*



MUSEUM EXCURSION

Space is Limited. \$3 per person. Sign up by March 19th.

Monday, March 23
12:30 pm - 3:30 pm

Enjoy a visit to the Superstition Mountain Museum & see the artifacts, history and folklore of the Superstition Mts, Apache Junction and the surrounding region.

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



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
- 12:30 pm Mahjong
- 12:30 pm Movie Day (Mar 9 & 23)
- 12:30 pm Cribbage
- 12:30 pm Advance Pinochle
- 12:30 pm Social Pinochle
- 12:30 pm Food Plus Pick-Up (Mar 16)

TUESDAYS

- 8:15 am Stitch & Chat
- 10:00 am Living Healthy & Happy (Mar 3, 10, & 12)
- 12:30 pm Canasta (Hand & Foot)
- 1:15 pm Social Bingo
- 5:00 pm Mesa Art League (Mar 10)

WEDNESDAYS

- 8:15 am Abundant Life Exercise
- 9:45 am Beginning Spanish
- 10:00 am Legal Assistance: Wills & Trusts (Mar 18)
- 10:30 am Just for Fun Bingo
- 12:30 pm Bridge
- 12:30 pm Canasta
- 12:30 pm Euchre
- 1:00 pm Afternoon Dance: Sunland Combo

THURSDAYS

- 8:00 am Stitch & Chat
- 10:05 am Blackjack with David (Mar 5 & 19)
- 10:00 am Veteran's Discussion Group (Mar 12 & 26)
- 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 (Mar 27)
- 10:00 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

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Support Groups

No cost to attend. No commitment to come back. Just a family of friends who care.

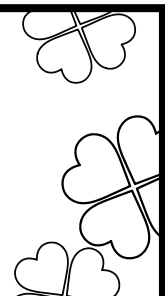
Group	Date(s)	Time	Facilitator(s)
Alzheimer's	1st & 3rd Fridays	2:00 pm (ends 3:00 pm)	Martha Burrue! & Kathy Piazza Alzheimer's Association
Deaf	Tuesdays	11:00 am (ends 3:30 pm)	Terry & Nyla Hostin Community Volunteers
Grief Loss	Mondays	4:00 pm (ends 5:30 pm)	Sandra McNally & Ann Chadwick EMPACT
Movin' On	Fridays	12:30 pm (ends 2:30 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



A LITTLE BIT O' BLARNEY PARTY

Tuesday, March 17 | 10:30 am - 11:15 am

Join us for fun with trivia, cupcakes, & Leprechaun Kisses!



SENIOR CENTER AT RED MOUNTAIN

7550 East Adobe Street • Mesa, AZ 85207 • 480-218-2221



Living Healthy & Happy

MARCH 10

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.

MARCH 12

10:00 am - 11:00 am

Oral Nutrition and Health

Presented by
A.T. Still University

During this presentation learn the best techniques and products to use to clean your teeth. Also, learn how nutrition plays a major part in keeping your teeth healthy. Those who attend this event will receive a free goodie bag.



Chronic Disease Self Management Program

Thursdays, March 19 - April 23

9:00 am - 11:00 am

If you have a chronic health condition this workshop is for you. Join this free, interactive workshop to learn skills and tips with the support of others living with chronic conditions. Register at the Front Desk by March 17.



MUSEUM EXCURSION

Space is Limited. \$3 per person. Sign up by March 25th.

Monday, March 30

12:30 pm - 3:30 pm

Enjoy a visit to the Superstition Mountain Museum & see the artifacts, history and folklore of the Superstition Mts, Apache Junction and the surrounding region.

SENIOR CENTER AT RED MOUNTAIN

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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



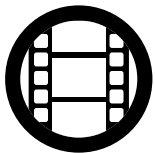
Entertainment

The fun begins at 10:30 am!

Mar 6 Chris Dorsch

Mar 13 Main Street Fiddlers

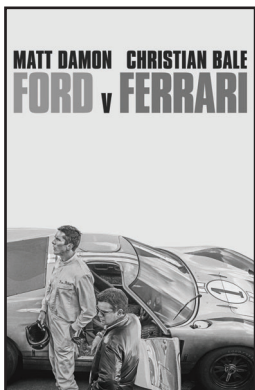
Mar 9 Wichita Wayne



Movie Mondays

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

MARCH 9



Ford v Ferrari

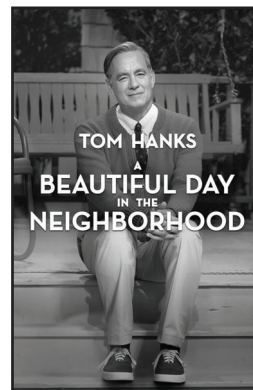
2015 | PG-13

Starring

Christian Bale
Matt Damon
Jon Bernthal

Two auto designers build a vehicle for Ford and compete against Ferrari at the 1966 24-Hours of Le Mans in France.

MARCH 23



A Beautiful Day in the Neighborhood

2019 | PG

Starring

Tom Hanks
Matthew Rhys
Susan Kelechi Watson

Profiled by a journalist, Fred Rogers chips away at the writer's jaded outlook on life, forcing the reporter to face his own painful past.



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.