



A Monarch butterfly visits Aster flowers in bloom.

OUR NAME: The aster flower shows its many variations, beauty, and resiliency to thrive in almost any garden, late in the season when other blooms have faded. In this spirit, we embrace the diversity and strength of older adults.

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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.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



- 1**
- Italian Burger
 - Broccoli & Cauliflower
 - Baked Beans
 - Whole Wheat Bun
 - Sliced Apples

- 4**
- Sage Pork Chop**
 - Zucchini
 - Carrots
 - Whole Wheat Roll
 - Tropical Fruit Cocktail

- 5**
- Garlic & Lemon Tilapia
 - Spinach
 - Peas
 - Brown Rice Pilaf
 - Mandarin Oranges
 - Cookie

- 6**
- Turkey w/ Gravy
 - Mashed Potatoes
 - California Blend Vegetables
 - Whole Wheat Roll
 - Apple Sauce

- 7**
- Sloppy Joe
 - Corn
 - Green Beans with Tomatoes
 - Whole Wheat Bun
 - Banana

- 8**
- BBQ Chicken
 - Edamame
 - Roasted Potatoes
 - Whole Wheat Roll
 - Cinnamon Peaches

- 11**
- Cold Salad Plate Egg, Beets & 3-Bean
 - Whole Wheat Crackers
 - Pineapple

- 12**
- Philly Beef with Cheese Sauce
 - Mixed vegetables
 - French Fries
 - Whole Wheat Hoagie
 - Fresh Pear

- 13**
- Cheese Ravioli with Spinach
 - Italian Blend Vegetables
 - Cauliflower
 - Whole Grain Bread Stick
 - Sliced Apples

- 14**
- Italian Sausage Sandwich**
 - Broccoli
 - 4-Way Mixed Vegetables
 - Whole Wheat Bun
 - Fruit Cup

- 15**
- Cheeseburger
 - Baked Beans
 - Lettuce & Tomato
 - Whole Wheat Bun
 - Mixed Berries

- 18**
- Tuna Salad Sandwich
 - Celery & Carrot Sticks
 - Broccoli Salad
 - Whole Grain Bread
 - Mandarin Orange

- 19**
- Turkey Ala King
 - Sweet Potato
 - Spinach
 - Whole Wheat Biscuit
 - Fruit Cocktail

- 20**
- Beefy Macaroni & Cheese
 - Mixed Vegetables
 - Carrot Coins
 - Whole Wheat Roll
 - Orange
 - Birthday Cake

- 21**
- Paprika Chicken
 - Winter Blend Vegetables
 - Zucchini
 - Whole Grain Bread Stick
 - Pineapple

- 22**
- Pulled Pork Sandwich**
 - Spinach
 - Baked Beans
 - Whole Wheat Bun
 - Strawberries

- 25**
- Meatloaf w/ Gravy
 - Mashed Potatoes
 - Peas
 - Whole Wheat Roll
 - Mixed Berries

- 26**
- Grilled Chicken
 - Roasted Tomatoes
 - 3-Bean Salad
 - Whole Wheat Roll
 - Gala Apple

- 27**
- Turkey Meatballs with Gravy
 - Garden Salad
 - Balsamic Carrots
 - Whole Grain Roll
 - Mandarin Oranges

- 28**
- Steak Diane
 - Succotash
 - Wax Beans
 - Whole Wheat Roll
 - Apple Crisp

- 29**
- Chicken Kiev
 - Stewed Tomatoes
 - Italian Green Beans
 - Whole Wheat Roll
 - Grapes

ASTER AGING

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



SAFETY UPDATES

For the past two years of the pandemic, our top priority has been the health and safety of the older adults we serve, our employees, and our volunteers. We have appreciated your patience while together we navigate these challenging times.

On March 17th, the CDC reported that the COVID-19 Community Level for Maricopa County transitioned from Medium to Low. Barring a surge and return to high risk conditions, we can begin to modify our safety procedures.

- Stay home if you are sick with COVID-like symptoms or if you believe you may have been exposed. Please don't risk exposing other participants or our staff and volunteers. We have free home test kits to share – just let us know if you would like one.
- Masks are encouraged instead of required beginning April 4th. Please be sensitive to the needs of others who continue to wear masks, especially those at higher risk. If you are concerned about this change and would prefer to temporarily have pick-up and go meals instead of dining at our center, just let us know.
- Some limits will continue for activities. We are in the process of reopening and higher risk activities are still on hold. We will slowly and safely begin to expand capacity for lunch and all activities.
- Advance sign-up continues to be required for all activities, special events, and lunch. Walk-ins will not be possible.

Can we assist you in getting vaccinated or boosted? Our Outreach & Social Services team can help you schedule an appointment and arrange for transportation if needed.

Check with the Center or our website for updates and the reopening of more activities. Please take care and stay safe!

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 currently provide limited in-person activities, and weekday in-person lunch.



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 homebound 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.

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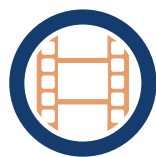
GIVING & RECEIVING

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 Tax Refund.

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.



NOW SHOWING

Our Centers host **FREE** movies & treats starting at 12:30 pm. Shows require face masks, pre-registration and have a **limited capacity**.

MESA DOWNTOWN



April 7 | AMERICAN UNDERDOG | 2021 | PG

Zachary Levi, Anna Paquin, Dennis Quaid

The story of NFL MVP and Hall of Fame quarterback Kurt Warner, who went from stocking shelves at a supermarket to an American Football star.



April 14 | THE VAULT | 2021 | R

Freddie Highmore, Astrid Berges-Frisbey

Follows a genius engineering graduate who is keenly interested in the Bank of Spain's safe.



April 21 | MIDNIGHT IN PARIS | 2011 | PG-13

Owen Wilson, Rachel McAdams

While on a trip to Paris with his fiancé's family, a nostalgic screenwriter finds himself mysteriously going back to the 1920s every day at midnight.



April 28 | NO TIME TO DIE | 2021 | PG-13

Daniel Craig, Rami Malek, Lea Seydoux

Now retired, James Bond helps an old CIA friend, putting him on the trail of a mysterious villain armed with dangerous new weapon. **Shown with Intermission**

RED MT



April 7 | WALK THE LINE | 2005 | PG-13

Joaquin Phoenix, Reese Witherspoon

Country music legend Johnny Cash's life, from his early days on an Arkansas cotton farm to his rise to fame with Sun Records in Memphis.

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BOOST YOUR BUDGET

The pandemic has left many older adults struggling to make ends meet on a fixed income.

Whether you're among those individuals or are just looking for ways to age well on a budget, now is the perfect time to see if you qualify for thousands of public and private benefits programs that can help you pay for food, medicine, housing, and more.



"Even before COVID-19, seniors were leaving \$30 billion in benefits on the table each year," shares Anne McFarland, Aster's Director of Outreach & Social Services. "People simply don't know what programs exist or how to apply. That's where we can help."

April 11 - 15 is the National Council on Aging's Boost Your Budget Week. More than 15 million Americans aged 65+ struggle with rising bills, inadequate nutrition, diminished savings, and more. Boost Your Budget week is focused on educating older adults about the benefits available for the economically insecure.

"These benefits are a critical lifeline to helping seniors age well," states Anne. "And they are benefits that they have earned through a lifetime of work."

You've worked hard. You've earned this. Contact our staff and start your checkup today!



OUTREACH & SOCIAL SERVICES

Anne McFarland

480-962-5612 | amcfarland@asteraz.org

STITCHING JOY & LOVE

A little friendship and a lot of love make a world of difference in someone's life. Such is the result of our Stitch & Chat groups.

Aster Stitch & Chat meets each Tuesday for social support while crafting projects benefiting the community. They create and variety of beautiful items such as stuffed animals for hospitals, hats and scarves for the homeless.

Beyond the reward of the work, the women in the group value the friendship and bonds they create with each other. If you like to create, or want to learn, please drop in on a session. All are welcome!



Some animals created by Stitch & Chatter Mel Worland.



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MESA DOWNTOWN EVENTS

April 1 | 11:30 am

LUNCH & LAUGHTER

Enjoy a delicious lunch and fun April Fool's Day activities.

April 5 | 11:30 am

FEED YOUR MIND

Enjoy a delicious lunch and learn on "Prescription Matters."

April 7 | 10:00 am

VETERANS ART

Create beautiful art facilitated by Mesa Art League.

April 12 | 12:30 pm

FLETCHER MUSIC ORGAN CONCERT

Enjoy a delicious lunch and music from Fletcher Music.

April 15 | 11:30 am

FEED YOUR MIND

Enjoy a delicious lunch and learn how to "Boost Your Budget."

April 21 | 11:30 am

APRIL IN PARIS

Lunch followed by a showing of 'Midnight in Paris' at 12:30 pm.

April 20 | 11:30 am

BIRTHDAY PARTY

Celebrate our April birthdays!



ACTIVITIES

Activities marked with an * have fees, are limited capacity, and require pre-registration. For more info & to RSVP, visit asteraz.org



Mon, Wed, & Fri | 8:00 am - 12:00 pm | Red Mtn Daily | 10:00 am - 2:00 pm | Mesa Downtown
BILLIARDS

Enjoy billiards with your friends every day at our Center!



Mon, Wed, & Fri | 8:15 - 9:15 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 - 9:30 am | Mesa Downtown
ADVANCED TAI CHI*

Learn to further enhance your health, balance and strength.



Mon & Thurs | 10:00 - 11:30 am | Mesa Downtown
TAI CHI FOR BEGINNERS*

Learn to enhance your health, balance and strength.



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!



Tuesdays | 8:00 - 11:00 am | Red Mountain Tuesdays | 9:00 - 11:00 am | Mesa Downtown
STITCH & CHAT

Enjoy good company while crafting creative pieces.



Wednesdays | 10:00 - 11:00 am | Mesa Downtown
BOOKSHELF & MYSTERIES BOOK CLUBS

Facilitated by Mesa Community College New Frontiers

Join us for a lively, fun discussion. Book titles available online.



Wednesdays | 2:00 - 3:00 pm | Mesa Downtown
CAREGIVER SUPPORT

A support group just for caregivers.

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ACTIVITIES (continued)



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

GRIEF & LOSS 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 | 8:00 am - 12:00 pm | Red Mountain

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

MOVIN' ON facilitated by EMPACT

A post-bereavement social support group for seniors.



April 4 | 1:30 - 3:30 pm | Red Mountain

PARKINSON GROUP by Muhammad Ali Parkinson Center & Duet

A group for people living with PD and their care partners.



April 4 & 18 | 8:30 - 9:30 am | Mesa Downtown

April 7 | 8:30 - 9:30 am | Red Mountain

VETERANS DONUTS & COFFEE

Hang out and chat with your fellow service members.



April 8 & 22 | 12:30 pm | Mesa Downtown

April 8 & 22 | 12:30 pm | Red Mountain

BINGO

Play against your friends to win fun health & wellness prizes!



April 21 | 12:00 - 1:30 pm | Red Mountain

THE MEN'S CREW

Make some friends at this new social group for men.



RED MOUNTAIN EVENTS

April 1 | 11:30 am

RIDDLE CHALLENGE

Enjoy a delicious lunch and a fun April Fool's Day challenge.

April 5 | 11:30 am

MUSICAL LUNCH

Enjoy a delicious lunch and music from the Main Street Fiddlers.

April 12 | 11:30 am

FEED YOUR MIND

Enjoy a delicious lunch and learn how to "Boost Your Budget."

April 14 | 11:30 am

EASTER LUNCH

Enjoy a delicious lunch and Easter Egg Decorating (Plastic Eggs).

April 19 | 11:30 am

FEED YOUR MIND

Enjoy a delicious lunch and learn on "Prescription Matters."

April 6, 13, 20 & 27 | 10:00 am

BLOOD PRESSURE SCREENINGS

Screening for serious health issues, including stroke and heart attack.

April 20 | 11:30 am

BIRTHDAY PARTY

Celebrate our April birthdays!

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RAMADAN FASTING

Excerpted from Activity Connection

Ramadan, the ninth month of the Islamic calendar, is the holy month of fasting celebrated by Muslims the world over. Islamic tradition states that during the month of Ramadan, no food or drink is to be consumed while the sun is in the sky.

The season is not a period of atonement but is a time for Muslims to practice self-restraint. The purpose is ultimately a “palate cleanser” in which a person can re-align themselves with the goal of having empathy and encouraging generosity and charity toward others.

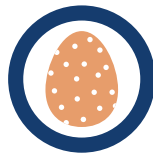
CONTACT US

Mesa Downtown Senior Center

247 North Macdonald St
480-962-5612 p

Red Mountain Senior Center

7550 East Adobe St
480-218-2221 p



A BUNNY STORY

Excerpted from Activity Connection

The long-beloved Easter Bunny may not be mentioned anywhere in the Bible, but it is the prominent secular symbol of the most important Christian holiday ever observed.

The long-eared, short-tailed, mythical mammal that delivers treats ranging from colored eggs to chocolate candies each Easter originated in pagan festivals centuries ago as a hare that laid eggs. He first appeared in Germany before Christianity had spread throughout Europe. German children made nests in which the hare could lay its colored eggs; a tradition that continued once Germans began to immigrate to America in the 1700s.

Today, that hare has evolved into the Easter Bunny — a cute, nose-twitching rabbit that brings these treats in colorful baskets and hides them for well-behaved children to seek and find. The Easter Bunny mascot is also seen all over at events such as Easter parades and Easter egg hunts for children.

It all started some time during the 17th century: that’s when the hare, or Osterhase, was first mentioned in German writings. The hare has been recognized since ancient times as a symbol of fertility and new life. Some believe that since Easter occurs in spring, which is a season marked by rebirth and new life, the bunny was an obvious choice to symbolize this Christian holiday.

To celebrate nature’s rebirth, pagan cultures held spring festivals. One prominent festival was held each spring to honor Eostre, the goddess of dawn, spring, and fertility who was symbolized by the hare and the egg. The Eostre festival was held around the same time as the Christian celebration of the resurrection. As Christianity spread throughout Europe, some pagan rituals made their way into religious observances, including Easter. Hence, the Easter Bunny!





THE FATHER OF GREEN

Excerpted from Activity Connections

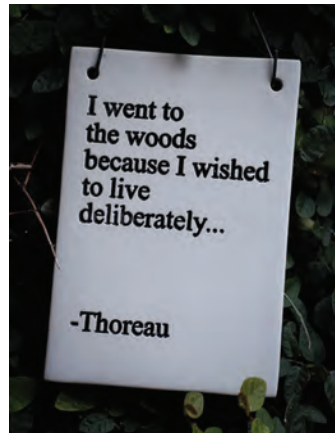
Henry David Thoreau was an American naturalist and writer of the nineteenth century who is commonly known as the father of the green movement. Born in 1817 to a prosperous family in Concord, Massachusetts, he attended Harvard College, studying liberal arts.

Thoreau met Ralph Waldo Emerson and Emerson took an interest in young Thoreau. Emerson encouraged Thoreau to write. Thoreau eventually moved into Emerson's home and tutored Emerson's children. In 1845, he wanted to concentrate on his writing, so he built a 10-by-15-foot cabin on land that Emerson owned beside Walden Pond.

On July 4, 1845, Thoreau moved into the little cabin. Thoreau immersed himself in his life in the woods. He swam and bathed in the pond on a daily basis. He took long nature walks and made copious notes of his observations of nature. He also interpreted his experiences with poetry and philosophical writing. His purpose for being at Walden Pond was to gain insight into human society through solitary living.

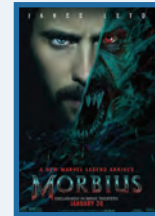
Thoreau's legacy is that of an environmental pioneer whose words still hold true today. He was always mindful of what he used and whether it was necessity or waste. He felt we needed to treat the environment with respect and to leave portions of it wild and unused for human industry. He was adamant that we must have places that remain wild and not domesticated for human use.

Thoreau laid the groundwork for today's environmental movement by advocating for social responsibility, resource efficiency, and simple living. He felt a good society was one that understood that there is more to the world than itself.



REEL TALK

A few recommendations of new films opening this month.



Morbius

PG-13 | April 1

Movie Theatres

Jared Leto

Matt Smith

A biochemist inadvertently infects himself with a form of vampirism.



The Bubble

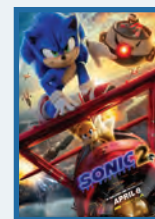
R | April 1

Netflix

Karen Gillan

Pedro Pascal

Actors stuck inside a quarantine attempts to complete a film.



Sonic 2

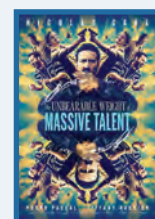
PG | April 8

Movie Theatres

James Marsden

Idris Elba

Sonic teams up with Tails to fight Dr. Robotnik and Knuckles.



Unbearable Weight of Massive Talent

R | April 22

Movie Theatres

Nicolas Cage

A cash-strapped Nicolas Cage is actually a CIA informant to help capture a billionaire drug kingpin.

VOLUNTEER MONTH

April is National Volunteer Month – a month dedicated to recognizing and honoring the contributions of volunteers.

Aster’s volunteers are critical to our mission, helping in all aspects of our work. Beyond the impact improving our community, volunteers see many personal benefits themselves.

Volunteering can reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. Dedicating your time as a volunteer helps you make new friends, expand your network, and boost your social skills.

Volunteering doesn’t have to take over your life to be beneficial. In fact, research shows that just 2 - 3 hours per week, or about 100 hours a year, can confer the most benefits. This helps reinforce volunteering as a fun and rewarding hobby.

If you’d like to volunteer for Aster, please contact Carol at cdopudja@asteraz.org.



THE MIGHTY TREE

Excerpted from Activity Connections

Arbor Day is a holiday dedicated to trees that is celebrated in many countries around the world. This holiday serves as a way to honor the humble and mighty tree and to help replenish the world’s supply by planting them.



The first Arbor Day in America was held in Nebraska City, Nebraska, on April 10, 1872. An impressive one million trees were put in the ground. The event was organized by newspaperman Julius Sterling Morton, who also served as Secretary of Agriculture under President Grover Cleveland. Birdsey Grant Northrop, of Kent, Connecticut, is credited with popularizing the concept of arbor festivals throughout America and worldwide. Northrop traveled the world extolling the importance of protecting nature, planting trees, and cultivating “tree culture,” which includes planting shade trees.

In 1876, he suggested planting trees to honor the centennial of American Independence and the sacrifice of those who fought for freedom. Connecticut was the first state to encourage its citizens to take part in this cause, offering prizes to people who planted five or more trees. Soon, other states joined in this yearly activity.

In 1907, after encouragement from conservationist Major Israel McCreight and Gifford Pinchot, who headed up the United States Forest Service, President Theodore Roosevelt established a National Arbor Day to encourage the appreciation of trees and the teaching of forestry in schools.

Today, Arbor Day celebrations continue the tradition of planting and tending to trees as well as simply appreciating them. Schools use the occasion to educate about the role trees play in our lives.

ASTER AGING

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PUZZLES

Find each of the items from the categories below.

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

Words Synonymous With Garbage

Things That Are Green

Items That You Can Recycle

Endangered Animals

Litter, Trash, Waste, Grass, Leaves, Plants, Trees, Cans, Cardboard, Bottles, Paper, Plastic, Elephant, Gorilla, Leopard, Panda, Rhino, Tiger

ANSWER

Find the two lanterns that are exactly alike.

1.



2.



3.



4.



5.



6.



7.



8.



1 & 8

ANSWER



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OUR NEWEST ACTIVITIES!

Mons | 1:00 - 2:00 pm

Mesa Downtown

PLAYERS THEATER GROUP

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

Weds | 10:00 - 11:00 am

Mesa Downtown

WII BOWLING

All the fun of bowling, without the shoes or heavy ball!

Thurs | 8:00 am - 3:30 pm

Mesa Downtown

OPEN ART STUDIO

Drop by anytime to create artwork in the studio.



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



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