



Valentine's Day 2018 was all delicious desserts and warm smiles at the Mesa Downtown Senior Center.

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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

- 1**
- Lemon Pepper Trout
 - Rice Pilaf
 - Peas
 - Whole Wheat Roll
 - Peaches

- 2**
- Beef Burgundy Tips with Noodles
 - Scandinavian Vegetables
 - Asparagus
 - Whole Wheat Roll
 - Grapes

- 3**
- Baked Ham with Pineapple** Glaze
 - Cauliflower
 - Stewed Tomatoes
 - Whole Wheat Roll
 - Fruit Cocktail

- 4**
- Shrimp Alfredo
 - Fresh Green Beans
 - Italian Mixed Vegetables
 - Whole Wheat Roll
 - Mixed Berries
 - Birthday Cake

- 7**
- Beef Tacos
 - Refried Beans
 - Whole Wheat Tortilla
 - Banana

- 8**
- BBQ Chicken
 - Baked Beans
 - Grilled Vegetables
 - Whole Wheat Roll
 - Apple

- 9**
- Cheese Ravioli with Tomato Sauce
 - Edamame
 - Capri Vegetables
 - Whole Wheat Garlic Bread
 - Fresh Melon

- 10**
- Baked Catfish
 - Vegetable Rice Pilaf
 - Broccoli
 - Whole Wheat Roll
 - Cinnamon Sliced Peaches

- 11**
- Cold Salad Plate: Egg 3 Bean Beets
 - Whole Wheat Roll
 - Pineapple

- 14**
- Chicken Parmigiana with Pasta
 - Garden Salad
 - Spinach
 - Valentine's Sweet Treat
 - Grapes

- 15**
- Brat w/ Sauerkraut**
 - Hot German Potato Salad
 - Sliced Carrots
 - Whole Wheat Bun
 - Nutmeg Sliced Pears

- 16**
- Meatloaf with Gravy
 - Mashed Potatoes
 - Chuck Wagon Corn
 - Whole Wheat Roll
 - Sliced Apples

- 17**
- Pork Stir Fry with Peppers** & Broccoli
 - Bok Choy
 - Brown Rice
 - Fruit Cup

- 18**
- Honey Sesame Chicken
 - Carrots
 - Green Beans & Tomatoes
 - Wheat Roll
 - Apricots

21

CLOSED TODAY

HAPPY
-United States-
PRESIDENT'S
DAY
 ★★

- 22**
- Turkey Burger with Lettuce & Tomato
 - Baked French Fries
 - Fresh Fruit Cup

- 23**
- Lemon Pepper Tilapia
 - California Blend Vegetables
 - Garden Salad
 - Whole Wheat Roll
 - Fruit Cocktail

- 24**
- Broccoli & Cheese Stuffed Chicken
 - Green Beans
 - Corn
 - Whole Wheat Roll
 - Mandarin Oranges

- 25**
- Tuna Salad Sandwich
 - Lettuce, Tomato
 - Celery Sticks
 - Sliced Beets
 - Grapes

- 28**
- Chicken Marsala
 - Zucchini
 - Roasted Turnips
 - Whole Wheat Bun
 - Fresh Pear



ASTER AGING

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TAKING CONTROL

While it sometimes seems benign, diabetes is a serious disease, especially in older adults. Left unchecked, over time, diabetes can cause serious health problems like heart disease, stroke, kidney disease, eye problems, and nerve damage that may lead to amputation.



This is why it is important to manage your diabetes. To give you the education and tools to do just that, Aster is partnering with the Area Agency on Aging to present the Diabetes Empowerment Education Program (DEEP™).

DEEP™ is a diabetes self-management program that has been shown to be successful in helping participants take control of their disease and reduce the risk of complications. The program provides you with tools to better manage diabetes and is based on principles of empowerment and adult education.

DEEP workshops are one - two hours over the course of six weeks. Through the course, participants will learn eight modules: Understanding the Human Body; Risk Factors; Blood Glucose Monitoring; Physical Activity; Management Through Meal Planning; Complications; Medications and Medical Care; Mobilizing Your Family and Friends.

Space for this program is limited. So, if you are interested in signing up for the Diabetes Empowerment Education Program, contact our Mesa Downtown Senior Center today!

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.



DIABETES EMPOWERMENT EDUCATION PROGRAM

Mondays | Feb 28 - April 4 | 1:00 - 3:00 pm

480-962-5612 | ccole@asteraz.org

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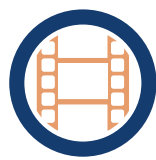
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PICK-UP & GO CHANGES

We hope you have enjoyed the opportunity to pick up a meal at the Centers during the peak of the COVID outbreak. As most of you know, we have returned to offering the in-person dining Monday – Friday. We have heard from participants that seeing each other, engaging, and reconnecting with friends has been greatly appreciated.

While we understand the need to distance until the COVID variants diminish, we believe it is just as essential to reduce the impact of isolation. Due to this, we have determined that the Pick up and Go service will be suspended effective **February 1, 2022**. While we understand you may be hesitant to return to in-person dining, know that we are practicing distancing and mask-wearing in the Center.

If you feel uncertain about returning due to specific health concerns, please get in touch with Asters' Outreach Social Service staff for consideration of temporary approval to continue to pick up a meal.



NOW SHOWING

Mesa Downtown is hosting **FREE** movies starting at 12:30 pm. Shows require face masks, pre-registration and have a **limited capacity**.

MESA DOWNTOWN



Feb 3 | THE LAST DUEL | 2021 | R

Matt Damon, Adam Driver, Jodie Comer

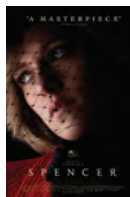
King Charles VI declares that Knight Jean de Carrouges settle his dispute with his squire by challenging him to a duel.



Feb 10 | DEAR EVAN HANSON | 2021 | PG-13

Ben Platt, Julianne Moore, Kaitlyn Dever

Musical about a high schooler with Social Anxiety disorder and his journey of self-discovery following the suicide of a fellow classmate.



Feb 17 | SPENCER | 2021 | R

Kristen Stewart, Timothy Spall, Jack Farthing

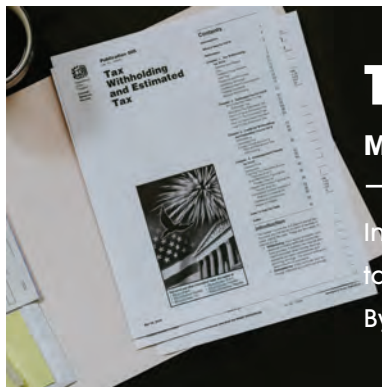
During her Christmas holidays with the royal family, Diana, struggling with mental health problems, decides to end her decade-long marriage to Prince Charles.



Feb 24 | QUEEN BEES | 2021 | PG-13

Ellen Burstyn, Jane Curtain, Ann-Margret

After reluctantly agreeing to move in to a senior's home, a woman encounters a clique of mean-spirited women and an amorous widower.



TAX PREPARATION

Mondays & Tuesdays | Mesa Downtown

In partnership with AARP, we are offering free tax preparation at our Mesa Downtown Center. By appointment only. Call **480-962-5612** today.



GETTING THERE

It was a typical Tuesday when Olivia called Aster looking for transportation help. She spoke with our Outreach staff member, who talked with her and scheduled a home visit.

“Transportation assistance is a big need we see,” shares Melissa Urias, Outreach Specialist. “Yet, often there is much more need present. Home visits help us fully assess a situation so we can address every need, so a person can remain safely independent.”



During the home visit, Melissa identified a number of other services that would be of help. Olivia was struggling to pay some bills and have enough food to eat healthy. Melissa was able to connect her with utility bill assistance, a mobile doctor, and food box delivery, in addition to enrolling in Meals on Wheels.

“Meals on Wheels is such a powerful program helping so many seniors,” says Melissa. “The daily meals relieve so much pressure on seniors to shop and cook, while the delivery visits provide a wellness check and critical social interaction.”

Aster’s Meals on Wheels offers delivery of nutritionally-balanced meals that can be specialized for dietary restrictions.

“Who knew this call would change my life,” smiles Olivia. “I’m so thankful for all of the staff and Melissa for helping me.”

“I called for help getting around, but received so much more!”



OUTREACH & SOCIAL SERVICES

Anne McFarland

480-962-5612 | amcfarland@asteraz.org

STAYING SAFE

When we first learned about COVID-19 two years ago, none of us could have imagined the impact it would have. Due to the latest variant and recent surge in cases, Aster’s existing safety protocols are remaining.

Our top priority remains the health and safety of the older adults we serve, our employees, and our volunteers.

Our safety requirements include:

- Stay home if you are sick with COVID-like symptoms or if you believe you’ve been exposed
- Masks are required at all times during Aster activities.
- Maintain physical distancing of six feet from others.
- Advance sign-up is required for all activities and lunch

Check with the Center or our website for updates and the reopening of more activities.

Please take care and stay safe!

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A CENTER FOR YOU

Aster Senior Centers are social hubs, providing classes, daily lunch, and a variety of activities. Each Center works to create a vibrant, welcoming community.

All are welcome to attend our activities. For those that wish to support the sustainability of our Centers, we offer optional annual memberships. For a \$20 fee, adults 60 years and up can become members, receiving exclusive benefits and ensuring continued activities and events throughout the year.

For more information about membership, or any questions about activities and classes, please call either Senior Center:

Mesa Downtown Senior Center

247 North Macdonald St
480-962-5612 p

Red Mountain Senior Center

7550 East Adobe St
480-218-2221 p



ACTIVITIES

We are excited to offer a diverse range of classes. Activities marked with an * have fees, are limited capacity, and **require pre-registration**. For more information & to RSVP, visit asteraz.org

IN-PERSON ACTIVITIES



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 - 10:00 am | Mesa Downtown
STITCH & CHAT

Enjoy good company while crafting creative pieces.



Wednesdays | 10:00 - 11:00 am | Mesa Downtown
CAREGIVER SUPPORT

A support group just for caregivers.

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ACTIVITIES (continued)



SPECIAL ACTIVITIES

IN-PERSON ACTIVITIES (continued)



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

Facilitated by Mesa Community College New Frontiers

2/2 - 'Falling' by T.J. Newman; 2/9 - 'Miss Benson's Beetle' by Rachel Joyce; 2/16 'Desert Noir' by Betty Webb; 2/23 - 'The Exiles' by Christina Baker Kline



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.



Feb 7 | 8:30 - 9:30 am | Mesa Downtown Feb 10 | 8:30 - 9:30 am | Red Mountain **VETERANS DONUTS & COFFEE**

Hang out and chat with your fellow service members.



Feb 11 & 25 | 12:30 pm | Mesa Downtown Feb 11 & 25 | 12:30 pm | Red Mountain **BINGO**

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

Feb 3 | 10:00 am

Mesa Downtown

VETERANS ART

Create beautiful art facilitated by Mesa Art League.

Feb 9 | 10:30 am

Mesa Downtown

ZUILL BAILEY CLASSICAL MUSIC CONCERT

Come out to enjoy a morning of classical music in the Main Hall.

Feb 14 | 11:30 am

Both Senior Centers

VALENTINE'S DAY LUNCH & PARTY

Join us at either Center for a fun and delicious celebration of love! As well, starting at noon, the Red Mountain Center will feature a Winter Concert by Fletchers Music. Seating is limited -- RSVP today!

Feb 17 | 11:30 am

Red Mountain

BANNER HEALTH LUNCH N LEARN

Join us for a meal as you learn about Home Safety.

NEW YEAR SUPERSTITIONS

The Chinese New Year is filled with ancient traditions and time-honored customs. The Chinese believe that whatever happens on the first day of the new year sets the tone for the whole year.

Thus, they observe many superstitions with one purpose: to bring prosperity and good luck for the coming year, such as:

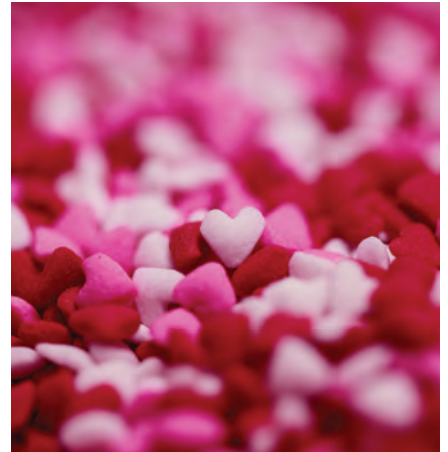
- Setting off firecrackers welcomes the coming year and scares off evil spirits
- Deep cleaning the house rids it of the old year's bad luck
- Eat cooked rice at your first meal to ensure wealth in the coming year
- Taking medicine on the first day of the New Year means you'll be sick all year long
- Talking about death or dying brings these bad things forth
- Don't lend money on the first day of the year & pay debts by New Year's Eve



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!

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BUILDING A NEW LIFE

Excerpted from Activity Connections

Harlem, an area on the north end of Manhattan, was designed to be a high-end white neighborhood when it was first developed in the 1880s. However, developers overbuilt the area, leading to empty buildings and bankrupt landlords.



With landlords desperate to recoup expenses, segregation was ignored. In the early 1900s, several Black middle-class families moved into the area. They moved from another neighborhood known as Black Bohemia, and other Black families soon followed. Initially, their new wealthy white neighbors attempted to keep Black Americans out of the area, but for the landlords, money spoke. Those who could not learn to integrate fled the area, leaving more space for Black families to move into.

From 1910 to 1970, the great migration saw over six million Black Americans move from the South to cities in the North, Midwest, and West. Scarce economic opportunities and harsh segregation laws helped propel many Black Americans to the North.

In 1915 and 1916, natural disasters in the South left Black workers and white sharecroppers alike unemployed. Then, during and after World War I, immigration to the United States declined, leaving many cities in need of more workers. Recruiters from the North traveled south to lure Black workers to their northern companies.

It wasn't just steady work that the North offered: it also offered more financial equality. Thanks to an improved economic situation and no Jim Crow laws to restrict their lives, Black Americans began to build a new place in public life. They were not just surviving anymore; they were creating a Black urban culture that would have a huge impact for decades to come.

REEL TALK

A few recommendations of new films opening this month.



Moonfall

PG-13 | Feb 4
Movie Theatres

Halle Berry
Patrick Wilson

A mysterious force knocks the Moon from its orbit and sends it hurtling on a collision course with Earth.



Death on the Nile

PG-13 | Feb 11
Movie Theatres

Kenneth Branagh
Gal Gadot

Hercule Poirot investigates the murder of a young heiress.



Marry Me

PG-13 | Feb 11
Theatres & Peacock

Owen Wilson
Jennifer Lopez

A music superstar suddenly decides to marry a stranger in the crowd.



Uncharted

PG-13 | Feb 18
Movie Theatres

Tom Holland
Mark Wahlberg

A young treasure hunter meets & befriends a seasoned mentor.

SHADOW GAMES

Excerpted from History.com

Falling midway between the winter solstice and the spring equinox, February 2nd is a significant day in several ancient and modern traditions. The Celts, for instance, celebrated it as Imbolc, a pagan festival marking the beginning of spring.

Germans developed their own take on the legend, pronouncing the day sunny only if badgers and other small animals glimpsed their own shadows. When German immigrants settled Pennsylvania in the 18th and 19th centuries, they brought the custom with them, choosing the native groundhog as the annual forecaster.

While sunny winter days are indeed associated with colder, drier air, we probably shouldn't trade in our meteorologists for groundhogs just yet. Studies by the National Climatic Data Center and the Canadian weather service have yielded a fairly dismal success rate of around only 50 percent for Punxsutawney Phil.



LINCOLN MEMORIAL

Excerpted from Activity Connections

On May 20, 1922, William H. Taft dedicated the Lincoln Memorial and presented it to President Warren G. Harding in front of a large audience. In attendance that day was Lincoln's only surviving son, 78-year-old Robert Todd Lincoln. It had been a long journey to complete the construction of the monument, but it soon became one of the most important monuments in Washington.



In 1868, just three years after Lincoln's assassination, a statue of Lincoln was erected in front of the District of Columbia City Hall. Irish American sculptor Lot Flannery created the seven-foot, three-inch monument from marble, which was installed only a short distance from Ford's Theater, the place of Lincoln's assassination. Although the statue was impressive, the public demanded something larger and more majestic be built.

In 1867, Congress complied by passing a bill to support a commission of a memorial. Clark Mills, an American sculptor, was chosen for the honor. He designed a nationalistic monument that would be 70 feet tall, with six horses, 31 people, and a 12-foot-tall statue of Abraham Lincoln himself. However, the plans were not popular, and the monument was not built.

For around 30 years, the plans for a monument were not revisited. Then, in 1901, Senator Shelby M. Cullum of Illinois began to push for the monument again. Between 1901 and 1908, he introduced five separate bills to Congress, but each was defeated by opposition from North Carolina Republicans. In 1910, a sixth bill finally passed in December of that year. In 1911, U.S. President William H. Taft was chosen as the commission's president, and the project moved ahead with Congressional approval of the design and location.

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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



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KEEP UP TO DATE

Thank you for reading our newsletter, [The Aster Scene](#). However, to keep up-to-date on the latest news and information, consider visiting our website, signing up for email alerts, and following us on social media.



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HOW YOU CAN HELP

In times like these, Meals on Wheels' service is more important than ever. Our staff and volunteers provide nutritious meals and critical well visits to seniors across our community. You can ensure the continued delivery of this critical service through a donation. Any amount helps seniors stay safe and healthy!



DONATE ONLINE TODAY

www.asteraz.org/help/donate.html