



Aster's Meals for You program offers delicious, hot meals delivered directly to your home by a caring Meals Monitor at a subsidized rate.

The program is more than a meal - it is also a regular visit from someone who cares, helping you remain safe and independent.

Read the full story on page 2.

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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

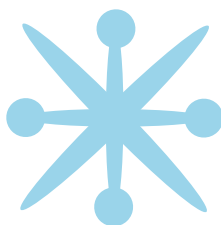
Items with \*\*contain pork or pork products.

Menu subject to change due to availability.

## TUESDAY



## WEDNESDAY



## THURSDAY

**1**  
**CLOSED FOR NEW YEAR'S DAY**

## FRIDAY

**2**  
**CLOSED FOR DAY AFTER NEW YEAR'S**

**5**

Swedish meatballs, boiled potato, broccoli, egg noodles, a whole wheat dinner roll, and peaches.

**6**

Chicken enchilada, sweet corn, black beans, grapes, and graham crackers.

**7**

Tilapia with lemon and garlic, Prince Edward vegetable blend, peas and onions, brown rice pilaf, and apple dump cake with oatmeal.

**8**

Philly cheese steak on a whole wheat hoagie roll with green beans, broccoli, and mixed fruit.

**9**

Chicken salad with bacon\*\*, lettuce, tomato, cucumber, and onion, whole wheat croutons, and apple slices.

**12**

Beef stew with carrots and potato, broccoli, a whole wheat biscuit, and apricots.

**13**

Shrimp alfredo on whole wheat linguine pasta, asparagus, cauliflower, and sliced peaches.

**14**

Meatloaf with gravy, mashed potatoes, Italian vegetable blend, a whole wheat dinner roll, sliced pears, and graham crackers.

**15**

Cod fillet, French fries, Normandy vegetable blend, brown rice, and pineapple chunks.

**16**

Crispy chicken sandwich on a whole wheat bun with potato wedges, corn, and fruit salad.

**19**

**CLOSED FOR MARTIN LUTHER KING DAY**

**20**

Chicken fajitas with bell peppers and onions, whole wheat tortillas, roasted corn and black beans, brown rice, and pineapple chunks.

**21**

Spaghetti and meatballs, Italian green beans, side salad, a whole wheat breadstick, and an apple crisp with oatmeal.

**22**

Roast turkey and gravy with mashed potatoes, broccoli, a whole wheat dinner roll, mixed fruit salad, and Fig Newtons.

**23**

Pork loin\*\* with potato wedges, coleslaw, a whole wheat biscuit, and mixed berries.

**26**

Chicken parmesan with roasted red potatoes, green peas, a whole wheat dinner roll, and diced peaches.

**27**

Beef tacos on a whole wheat tortilla, Chuck Wagon corn, pinto beans, and strawberries with cream.

**28**

Barbeque pork\*\* sandwich on a whole wheat bun, baked beans, yellow squash, and watermelon slices.

**29**

Beef lasagna, 4-way-vegetables, zucchini, whole wheat bread sticks, and a banana.

**30**

Cod fillet, Brussels sprouts, corn, brown rice, and apricot slices.



# ASTER AGING

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



## MEALS FOR YOU

As we get older, tasks that once felt simple can become more difficult. Preparing food can be a challenge as using the microwave or stove becomes harder, and it can be tempting to rely on ready made options that are less healthy and leave us feeling unwell.



Meals on Wheels serves older adults across the country through a network of providers like Aster, offering essential wellness checks along with a daily nutritious meal up to five days a week. Within the program, Aster offers Meals For You, a service that allows you to participate in Meals on Wheels up to five days a week at a low cost.

The program offers more than a meal. Meals on Wheels drivers, known as Monitors, provide a wellness check during each visit, ensuring your safety and overall wellbeing. This regular contact can be especially important during periods of illness or isolation.

Participants can register for short or long-term support. Someone recovering from an injury may use Meals for You while they heal, while others with ongoing challenges may remain in the program indefinitely.

Aster is here to support your needs. To begin, contact Aster's Outreach and Social Services team. They will assess your situation and help you enroll.

If you qualify, you may receive up to five hot lunches each week at a rate of \$6.60 per meal. You may update your preferences or stop service at any time by contacting the Aster. Participants must live within the City of Mesa.

**For more information, contact Ramoncita Cocova, Director of Social Services: [rcocova@asteraz.org](mailto:rcocova@asteraz.org) or 480-634-1659.**

## 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.

## EAST VALLEY SENIOR HOMESHARING PROGRAM

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 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.



# ASTER AGING

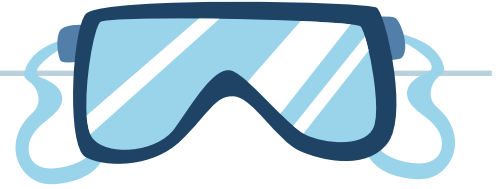
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## ASTER ACTIVITIES

### STAY IN TOUCH WITH ASTER TO READ MORE NEWS

Website: [AsterAZ.org](http://AsterAZ.org) | Social Media: @AsterArizona  
Email [Development@asteraz.org](mailto:Development@asteraz.org) for a chance to have your photo featured in the newsletter!



**Pictured above:** Enjoying coffee and conversation at the Red Mountain Senior Center.



**Pictured above:** The Red Mountain Senior Center hosts Scam Prevention Class, taught by the Office of Arizona Attorney General Kris Mayes.



**Pictured above:** Painting for Fun, a free class at the Mesa Downtown Senior Center.



**Pictured above:** Staff and volunteers prepare fruit and bread as part of Aster's Meals on Wheels program. Five days a week, hundreds of older adults receive a hot, nutritious meal and wellness check as part of the program.

# ASTER SENIOR CENTERS

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



## MESA DOWNTOWN EVENTS

**Fridays | 9:30 am - 11:30 AM**

### A MATTER OF BALANCE

**Presented by A.T. Still University of Health Sciences**

This FREE 8-week falls prevention workshop provides tools to live safely. The first class is Friday, January 16 - participants must sign up in advance to participate in the series. Sign-up is available online, or by visiting the Downtown Senior Center.

**Thursdays | 10:00 am - 12:00 pm**  
**VETERAN'S ART**

**Presented by the Mesa Art League**

Join us every Thursday to make art with fellow Veterans.

**Wednesdays | 9:00 - 11:00 am**  
**HALL OF FAME**

Join us every Wednesday from 9:00 to 11:00 am to discuss all things baseball. This unique club is led by Downtown Senior Center participant Art.

**Wednesdays | 12:00 - 3:00 pm**  
**QUILTING & SEWING\***

Sewing class is from 12:00 - 1:00 pm. Quilting class is from 1:00 - 3:00 pm. Supplies are provided.

**Cost: \$25/month**



**Tuesdays, Wednesdays | 8:15 - 9:15 am | Mesa Downtown**  
**MORNING MOVEMENT\***

Get your day moving with indoor exercise! **\$2/person.**



**Wednesdays | 1:00 - 3:00 pm | Red Mountain**  
**RED MOUNTAIN DANCES!\***

Join us for live music and lots of fun every week! **\$5/person.**



**Thursdays | 1:00 - 3:00 pm | Red Mountain**  
**LINE DANCING\***

A lively, coreographed dance with live music. **\$5/person.**



**Monday, Thursday | 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!



**Monday, Thursday | 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.



**Tuesday & Friday | 1:00 - 2:00 pm | Mesa Downtown**  
**GERI FIT** Facilitated by Area Agency on Aging

Enjoy a great workout using bands, weights, and more!



**Thursdays | 9:30-10:30 am | Red Mountain**  
**COLORING LOUNGE**

Enjoy adult coloring pages and listen to relaxing instrumental jazz.



# ACTIVITIES CALENDAR

Visit our online calendar at [asteraz.org](https://asteraz.org) for more details.



1st & 3rd Wednesday | 9:30 - 10:30 am | Red Mountain

## THE GOLDEN GALS

Our female participants come together for friendship & fun.



Thursdays | 10:00 - 11:00 am | Mesa Downtown

Wednesdays | 9:00 - 10:00 am | Red Mountain

## BLOOD PRESSURE SCREENINGS

Learn your numbers to better manage your health!



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.



1st Monday | 8:30 am | Mesa Downtown

2nd Friday | 9:00 am | Red Mountain

## VETERANS' SOCIAL

Enjoy coffee & donuts each month with fellow veterans.



Tuesdays | 2:00 - 3:00 pm | Mesa Downtown

## WORLD HISTORY CLASS

Learn about remarkable events through history.



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

1st Friday | 10:00 - 11:00 am | Red Mountain

## BOOK CLUB Facilitated by New Frontiers of MCC

Join us & discuss a shared love of reading.



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

2nd & 4th Tuesday | 10:00 - 11:00 am | Red Mountain

## MESA PUBLIC LIBRARY @ ASTER

Loan books, sign up for a library card, and more.



Tuesdays | 9:30 - 10:30 am | Mesa Downtown

## ART IN ACTION

Discuss art history from all eras and parts of the world.

## RED MOUNTAIN EVENTS



January 6 | 9:30 - 10:30 am

## HISTORY CLASS - THE GREAT DEPRESSION

Learn about the Dust Bowl and Great Depression - two events that lasted from 1929 - 1939 and shaped the history of our country for decades to come.

Tuesdays | 10:30 am - 3:00 pm

## DEAF SUPPORT GROUP

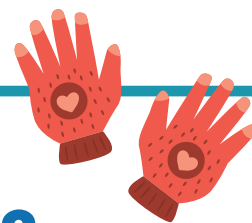
Join us every Tuesday for a weekly group to connect with others who have hearing loss to chat and find support.

January 20 | 9:30 - 10:30 am

## LONGEVITY AND "THE BLUE ZONES"

A closer look at longevity and the Blue Zones, geographic areas identified by researcher Dan Buettner where people have low rates of chronic diseases and high life expectancy.





## EXCURSION

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



### Red Mountain SUPERSTITION MOUNTAIN MUSEUM

**January 12 | 12:30-2:30 pm**

Exhibits containing artifacts and a wealth of information regarding the rich history of the Superstition Mountains, its former human occupants, and natural geological makeup.

**Cost: \$5/person**

**Bus Pickup: 8:45 am**  
**Space Limited, 10 seats per trip**  
**RSVP: In-Person at the Red Mountain Senior Center**



**Pictured above:** A participant-led Veteran's presentation at the Mesa Downtown Senior Center.



## CENTER GAMES

Drop by or email [CBS@asteraz.org](mailto:CBS@asteraz.org) to save your spot.

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**



### 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 FUN

**Tues & Fri | 12:30 - 2:30 pm**



# ASTER AGING

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## NOW SHOWING

**Aster's Senior Centers each host FREE weekly movies starting at 12:30 pm.**

Downtown Senior Center movies are on Thursday, and Red Mountain Senior Center movies are on Tuesday.

RSVP online, by phone/email or in person to secure your seat!



### MESA DOWNTOWN (Thursdays)

#### January 1

CLOSED FOR NEW YEAR'S DAY

#### January 8

Unstoppable | 2010 | PG-13

#### January 15

Somewhere in Time | 1980 | PG

#### January 22

Samaritan | 2022 | PG-13

#### January 29

The Healer | 2018 | PG



### RED MOUNTAIN (Tuesdays)

#### January 6

Breakfast at Tiffany's | 1961 | NR

#### January 13

The Return of Pink Panther | 1975 | G

#### January 20

Selena | 1997 | PG

#### January 27

The Book Club | 2018 | PG



## VISIT ASTER AT COMMUNITY EXPOS THIS MONTH

We invite you to visit us at the **Lovin' Life Mesa Expo on Wednesday, January 21, 2026** to meet our Outreach Team and learn about the programs and services that Aster has to offer.

**What:** Lovin' Life Expo Mesa

**When:** Wednesday, January 21, 2026, 9:00 am -1:00 pm

**Where:** Mesa Convention Center - 293 N Lewis, Mesa, AZ, 85201

**Cost:** FREE



## ONE-PAN CHICKEN & VEGETABLES

By Michaela Solimo  
Aster Aging Intern

Almost mess-free, this chicken and vegetables recipe will make it to your weekly rotation.

### Ingredients

- 2 skinless chicken breasts, cut into cubes or strips
- 1 head of broccoli, cut into pieces, or 1 bag frozen broccoli
- 1 sweet or regular potato, cut into cubes
- 2 tablespoons oil
- Italian seasoning to taste
- Lemon juice

### Directions

1. Wash hands with soap and water.
2. Preheat oven to 375°F
3. Cut your vegetables and wash the cutting board.
4. Cut your chicken and wash the cutting board.
5. In a baking sheet, add your chicken and veggies, drizzle seasoning and oil.
6. Cook for 25-30 minutes or until chicken is thoroughly cooked.
7. Drizzle lemon juice on top of the chicken and vegetables.
8. Serve and enjoy!

## Bone, Muscle, and Immune Health

Adapted from MyPlate.gov's "Dietary Needs for Older Adults"

Winter brings colder days and limited sunlight, which can affect bone strength, immunity, and overall wellness. Older adults can support healthy aging by focusing on nutrients that maintain bones, muscles, and energy throughout the season.

**Prioritize Vitamin D:** Shorter days reduce natural vitamin D production from sunlight. Include fortified dairy, eggs, salmon, and tuna to support bone strength, mood, and immune health. Speak with a healthcare provider about whether a supplement is appropriate.

**Strengthen Bones with Calcium:** Choose calcium rich foods such as low-fat milk, yogurt, cheese, leafy greens, and fortified cereals. Calcium works with vitamin D to maintain bone density and reduce the risk of fractures, which become more common in winter due to icy conditions and lower activity levels.

**Focus on Protein:** Muscle mass naturally declines with age, making protein essential for strength and balance. Include lean poultry, fish, beans, lentils, tofu, and dairy. Spread protein intake evenly across meals to support muscle maintenance and energy.

**Add Winter Friendly Produce:** Seasonal options like citrus, squash, carrots, and leafy greens provide vitamins A and C to support immunity. These fruits and vegetables also add fiber, which promotes digestion and helps maintain steady blood sugar.

**Stay Active Indoors:** Gentle strength exercises, stretching, or walking in safe indoor spaces help maintain mobility and bone health. Even small amounts of movement can improve balance and reduce fall risk during the colder months.

**Eat Warm, Nourishing Meals:** Soups, stews, and oatmeal offer comfort while delivering nutrients. Choose low-sodium broths, whole grains, and plenty of vegetables to keep meals satisfying and supportive of winter health.

**VISIT MYPLATE.GOV FOR MORE HEALTH TIPS & TRICKS**



## PUZZLES



### 1. COLD AS ICE

Use the clues to determine words that rhyme with cold or ice. The first eight words rhyme with cold, and the remaining 10 words rhyme with ice.



1. Drop out, in poker \_\_\_\_\_

2. Realty sign \_\_\_\_\_

3. Typeface choice \_\_\_\_\_

4. Forty-niner's quest \_\_\_\_\_

5. Office worker's phone button \_\_\_\_\_

6. Work with clay \_\_\_\_\_

7. Tumbled; like some oats \_\_\_\_\_

8. Informed \_\_\_\_\_

9. \_\_\_\_ versa \_\_\_\_\_

10. Cut into small cubes \_\_\_\_\_

### 2. MATCHING WINTER MEMORIES

Which two are exactly alike?

1



2



3



1. Answers:

Fold, 2. Sold, 3. Bold, 4. Gold, 5. Hold, 6. Mold, 7. Rolled, 8. Told, 9. Vice, 10. Dice

2. Answer: 1 & 3.





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To unsubscribe, email **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.



## BE THE FIRST TO KNOW

Read the newsletter early every month by receiving it in your email inbox or reading it right on our website!

Email **development@asteraz.org** to learn more.



## DONATE ONLINE TODAY

Your gift empowers and supports local seniors!

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