



## IN THIS ISSUE

Lunch Menu	1
Healthy Living Expos	2
East Valley Home Sharing	3
Food Survey Results	4
March Activities	5
Nutrition Tips	9
Puzzles	10

**March is National Nutrition Month!  
Keep healthy, happy, and active with Aster!**



# MARCH 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

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY



**4** Meatloaf with Mashed Potatoes and Gravy, Sliced Carrots, a Whole Grain Roll, and Apple Sauce

**5** Seasonal Tuna Salad with Lettuce & Tomato on Whole Grain Sliced Bread, with 3-Bean Salad & a Tropical Fruit Cup

**6** Herbed Pork Cutlet\*\* with Au Jus, 4-way Farm Vegetables, Zucchini Slices, a Whole Grain Roll, & Sliced Pears

**7** Hamburger with Lettuce & Tomato on a Whole Grain Bun, with Roasted Potatoes & Grapes

**8** Chicken Patty with Country Gravy, Green Peas and Cauliflower, with a Whole Grain Roll and Sliced Peaches

**11** Cold Ham and Cheese\*\* Sub on a Whole Grain Hoagie with Tri-color Pasta Salad, 3-Bean Salad, and Sliced Apricots

**12** Chicken Fajitas on Brown Rice with Green Beans, Pinto Beans, and Mandarin Orange Slices

**13** Cheeseburger with Lettuce & Tomato on a Whole Grain Bun, with Sliced Carrots, and a Banana

**14** Tortilla Encrusted Tilapia with Edamame, Succotash, a Whole Grain Roll, and a Tropical Fruit Cup

**15** Corned Beef and Cabbage, with Carrots, Rye Bread, and Green Fruit Jello



**18** Batter-Dipped Cod with Stewed Tomatoes, Carrots, a Wheat Roll, and Fruit Cocktail

**19** Meatloaf with Mashed Potatoes and Brown Gravy, Peas, a Wheat Roll, Cinnamon Pears, and Chocolate Pudding

**20** Italian Sausage\*\* with Red Sauce on a Whole Wheat Hoagie, with Italian Vegetables, Chuckwagon Corn, & a Granny Smith Apple

**21** BBQ Chicken with Yellow Squash, Baked Beans, a Whole Wheat Breadstick, and Mandarin Oranges

**22** Cheeseburger with Lettuce & Tomatoes on a Whole Wheat Hamburger Bun, with Roasted Red Potatoes, and Sliced Peaches

**25** Pork Stir Fry\*\* over Brown Rice, with Stir Fry Veggies, Snap Peas, and Mango

**26** Chicken Salad, Pea Salad, Beets, a Whole Wheat Croissant, and Fresh Orange

**27** Beef Taco in a Whole Grain Tortilla, with Refried Beans, Corn, & a Tropical Fruit Cup

**28** Tortilla Crusted Tilapia with Spinach, Summer Squash, a Whole Wheat Roll, and Cinnamon Apples

**29** Sesame Chicken with Edamame, Roasted Potatoes, a Whole Wheat Roll, Fruit Cocktail, and Birthday Cake





## CENTER EXPOS RETURN!



Aster Aging’s Spring Healthy Living Expos return this March! This exciting event will be hosted in both of our Centers and will give you and your loved ones the opportunity to learn about services provided by local businesses and organizations.

The best part? The spring Expos are completely free to attend, both will have free giveaways, and the Expos are not limited to Aster participants! You can invite your friends and family to check out the Aster Senior Centers to meet not only local business owners, but also Aster’s friendly staff, volunteers, and all the participants you’ve come to call friends!

We can't wait to see you there!

You can check out the 2024 Spring Expos on:

**MESA DOWNTOWN | March 22, 2024 | 8:00 - 11:30 am**  
**RED MOUNTAIN | March 26, 2024 | 8:00 - 11:30 am**

For more information about the Expos, please visit our website at [www.asteraz.org/news/expos.html](http://www.asteraz.org/news/expos.html) or call your local Center.



**SENIOR CENTER HEALTHY LIVING EXPOS**  
**Mesa Downtown | Front Desk: 480-962-5612**  
**Red Mountain | Front Desk: 480-218-2221**

## 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



Aster Aging has partnered with AZCEND and Tempe Community Action Agency to develop the East Valley Senior Home Sharing Program. Older adults are the fastest growing population experiencing homelessness with many paying over 30% of their household income towards rent. With the cost of housing and other basic needs continuing to rise, solutions like the East Valley Senior Home Sharing program become important pieces to the full community of care offered by our organizations. The East Valley Senior Home Sharing program connects pairs of older adults to share living space and housing expenses.

First, we conduct an intensive assessment and vetting process, including background checks for your safety and security. Second, we provide matching services to ensure roommate compatibility. Third, we provide post move-in services such as problem solving and conflict resolution. We also offer a full array of wrap-around support including access to benefits, financial aid, nutritious meals, transportation resources and other ongoing social services.

“There are so many benefits to home sharing through the East Valley Senior Home Sharing Program. Not only does it help make housing more affordable, it also provides companionship and a peace of mind knowing someone else is there in the home,” states Program Coordinator, Jill Bigelow.

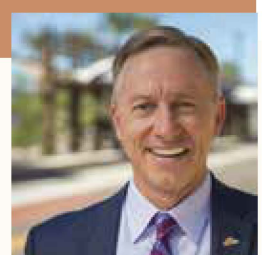
If you are looking for safe, affordable housing options or you have more house than you need and want to offset the increasing cost of living, contact the East Valley Senior Home Sharing Program today at **480-389-1284** or visit our website **[evseniorhomesharing.org](http://evseniorhomesharing.org)**



## MAYORAL VISIT TO RED MOUNTAIN

Mesa Mayor John Giles will be at Red Mountain on March 14! Join us as Mayor Giles delivers a proclamation on senior food insecurity before the Red Mountain congregate lunch begins.

**MAYOR'S PROCLAMATION**  
**March | Red Mountain**  
**7550 East Adobe Street**







## A TASTY SURVEY

Thank you to everyone who participated in our Food Preference Survey! We appreciate your help in sharing your ideas and comments on how we are doing and how we might do better, helping us plan future menus. We compiled 335 surveys we received from program participants.

The overwhelming majority of participants liked the quality, variety, and quantity of food. Furthermore, 91.7% of survey respondents said that the meal they received was important or very important to them.

### YOUR TOP 10 FAVORITE DISHES

- |   |                             |
|---|-----------------------------|
| <b>1</b> Roasted Turkey with Gravy              | <b>6</b> Shrimp Alfredo     |
| <b>2</b> Meat Loaf                              | <b>7</b> Shrimp Scampi      |
| <b>3</b> Chicken Stuffed with Broccoli & Cheese | <b>8</b> Chicken Parmesan   |
| <b>4</b> Sloppy Joes                            | <b>9</b> Cheeseburger       |
| <b>5</b> Beef Stroganoff                        | <b>10</b> Batter-Dipped Cod |

Copies of the Food Preference Survey report are available at the Aster Senior Centers. You can also email [info@asteraz.org](mailto:info@asteraz.org) to request a digital copy of the Food Preference Survey Report.

Thank you to again to everyone who participated in the Food Preference Survey!



### FULL FOOD PREFERENCE SURVEY

480-964-9014 | [info@asteraz.org](mailto:info@asteraz.org)

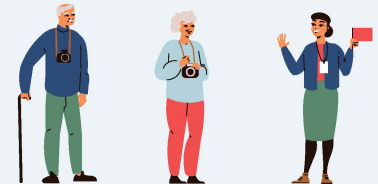
### MESA DOWNTOWN



## Excursion Mesa Historical Musuem

**March 26 | 12:30 pm | \$5.00**

Come and join us on a trip to the Mesa Historical Musuem! Take a tour with your fellow participants around the musuem and learn about this historical Mesa building!



### RED MOUNTAIN



## AFTERNOON DANCE PARTIES

**Wednesdays | 1:00 - 3:00 pm**

Come out and cut a rug every week. This month's music is:

- **March 6** - Carla Elliot
- **March 13** - Soft Tones
- **March 20** - Carla Elliott
- **March 27** - TBD



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



# ASTER SENIOR CENTERS'



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



## MESA DOWNTOWN EVENTS

**Mondays | 12:30 pm**

### KARAOKE MONDAY

Have fun singing golden-oldies or just watching others try in this judgment-free zone.

**Wednesdays | 10:00 am**

### VETERANS ART

Create beautiful art facilitated by Mesa Art League.

**Wednesdays | 10:00 am**

### BOOK CLUB

led by New Frontiers

Join this weekly book club and discuss different books each week.

**March 1 | 11:00 am**

### AARP SAFE DRIVING\*

\$20 for AARP members - Cash Only

\$25 for non-members - Cash Only

by AARP

Come join the AARP Safe Driving Class for safe driving tips.

**March 4 | 8:30 am**

### VETERAN'S SOCIAL

Chat and enjoy coffee & donuts with fellow service members.

**March 15 | 12:00 pm**

### St. Patrick's Day Celebration

Join your fellow participants for a themed celebration! Live music by Henry T. Fiddler starts at 11:30am.



**Mon, Wed, & Fri | 8:15 - 9:00 am | Red Mountain**  
**Stretch & Flex\***

Start your day right with indoor movement and exercise!



**Mon & Thurs | 8:30 - 11:00 am | Mesa Downtown**  
**ADV & BEGINNERS TAI CHI CLASSES\*** \$23-\$35/mth

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



**Mon & Thurs | 12:00 - 3:00 pm | Mesa Downtown**  
**DIAMOND ART**

Create amazing and dazzling art pieces.



**Mondays | 2:00 - 3:00 pm | Mesa Downtown**  
**VIRTUAL TRAVEL**

Learn about the cultures and people around the world.



**Tues & Wed | 8:15 - 9:15 am | Mesa Downtown**  
**MORNING MOVEMENT\*** \$2 per class

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



**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 | 10:00 - 11:00 am | Mesa Downtown**  
**AARP DIGITAL SKILLS CLASSES**

Learn from experts tips and tricks regarding electronics.



**Tuesdays | 10:30 am - 3:00 pm | Red Mountain**  
**DEAF & HEARING-IMPAIRED SOCIAL GROUP**

A weekly group for people with hearing issues to chat.



**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!



**Wednesdays | 9:00 - 10:00 am | Red Mountain**  
**Thursdays | 10:00 - 11:00 am | Mesa Downtown**  
**BLOOD PRESSURE SCREENINGS**

Learn your numbers to better manage your health!



**Thursdays | 1:00 - 2:00 pm | Mesa Downtown**  
**SENIOR PLAYERS**

No experience needed for this fun-loving theater group!



# ACTIVITIES CALENDAR



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



## Tuesdays | 2:00 - 3:00 pm | Mesa Downtown HISTORY CLASS

Learn about remarkable events through history.



## 1st & 3rd Weds | 9:30 - 10:30 am | Red Mountain THE GOLDEN GALS

Our female participants come together for friendship & fun.



## 1st & 3rd Weds | 10:00 - 11:00 am | Red Mountain CAREGIVER SUPPORT

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



## 2nd & 4th Weds | 9:30 - 10:30 am | Red Mountain WALKIE TALKIE/Laughing YOGa

Join us for a relaxing walk while chatting with each other.



## Wednesdays | 1:00 - 2:00 pm | Mesa Downtown GRIEF & LOSS SUPPORT

facilitated by EMPACT  
A bereavement support group for seniors.



## Thursdays | 9:45 - 10:45 am | Mesa Downtown CHAIR YOGA\* \$3 per class

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 | 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 | 10:00 - 11:00 pm | Red Mountain GRIEF AND LOSS SUPPORT GROUP

facilitated by EMPACT  
A group for people that are in beginning their grief journey.



## Fridays | 1:00 - 2:30 pm | Red Mountain MOVIN' ON

facilitated by EMPACT  
A post-bereavement social support group for seniors.

## RED MOUNTAIN EVENTS



## Thursdays | 10:00 am EVERYONE HAS A STORY\*

Get inspired to save your special memories for the future. \$5 initial

## March 4 | 1:30 pm PARKINSON'S GROUP

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

## March 5 & 19 | 9:00 am CRAFT JEWELRY\*

Join Mark as we craft beautiful jewelry for you or as a gift!  
Space is limited. \$5 per person

## March 8 | 10:00 am VETERAN'S SOCIAL

Enjoy coffee & donuts with friends.

## March 7 | 1:00 pm DRUMMING CIRCLE\*

Come enjoy the healing benefits of drumming. \$5 per person

## March 28 | 9:00 am Valley Metro Transit Presentation

Learn your options when it comes to using public transportation

## March 28 | 12:00 pm THE MEN'S CREW

Join the guys to make new friends.



# ASTER AGING



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

## MESA MOBILE LIBRARY

### Both Centers

Mesa Public Library's Mobile Library Team will be dropping by both Senior Centers this March! You'll be able to checkout books, DVDs, and audiobooks with your library card every month! If you do not currently have a Mesa Public Library library card, you'll be able to register for one with your personal ID!

**MESA DOWNTOWN**  
March 12 | 9:00 - 11:00 am  
**RED MOUNTAIN**  
March 26 | 9:00 - 11:00 am



## CENTER GAMES

Share a smile and make friends over some fun games! Drop-by or reserve your spot at [asteraz.org](http://asteraz.org)

### MESA DOWNTOWN



#### FITNESS TRAINER

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



#### PINOCHLE

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



#### WII BOWLING

Wed & Fri | 10:00 - 11:00 am



#### BINGO! FOR PRIZES

Wed | 12:30 - 3:00 pm



#### MAHJONG

Thur | 12:00 - 3:00 pm



#### JUST FOR FUN & GAMES

facilitated by New Frontiers Game Class

Thurs | 9:30 - 10:30 am



#### BINGO! FOR MONEY

Fridays | 1:00 - 3:30 pm



## SENIOR CENTERS DROP-IN AREAS



#### ART STUDIO

Thursdays - DT



#### BILLIARDS



#### PUZZLES & GAMES



#### FITNESS CENTER



#### LIBRARY



#### CAFE

### RED MOUNTAIN



#### BRIDGE & MAHJONG

Mondays | 12:00 - 3:00 pm



#### PINOCHLE

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



#### BINGO! FOR PRIZES

Tuesday & Fridays | 12:30 - 2:30 pm



#### BRIDGE & CANASTA

Wed & Fri | 12:00 - 3:00 pm



#### MEXICAN TRAIN DOMINOS

Thurs & Fri | 12:00 - 3:00 pm





# ASTER AGING



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



## NOW SHOWING

Our Senior Centers each host **FREE** movies & popcorn starting at **12:30 pm**. RSVP online, by phone or in person to secure your seat!



### MESA DOWNTOWN



#### March 7 | Dolittle

2020 | PG

Robert Downey Jr, Antonio Banderas  
A physician who can talk to animals embarks on an adventure to find a legendary island.



#### March 14 | Knives Out

2019 | PG-13

Daniel Craig, Ana de Armas  
A detective investigates the death of the patriarch of an eccentric family.



#### March 21 | Jungle Cruise

2021 | PG

Dwayne Johnson, Emily Blunt  
A small riverboat takes a group of travelers through a jungle.



#### March 28 | Going in Style

2017 | PG-13

Michael Caine, Morgan Freeman  
Three lifelong pals risk it all by knocking off the very bank that took their money.



### RED MOUNTAIN



#### March 7 | Free Guy

2021 | PG-13

Ryan Reynolds, Jodie Comer  
A bank teller named Guy becomes a hero after realizing his world is a video game.



#### March 14 | Hidden Figures

2017 | PG

Taraji P. Henson, Octavia Spencer  
The story of female African-American mathematicians who served a vital role at NASA



#### March 21 | Gravity

2013 | PG-13

Sandra Bullock, George Clooney  
Two astronauts work together to survive after an accident leaves them stranded in space.



#### March 28 | The House With a Clock In Its Walls

2018 | PG

Jack Black, Cate Blanchett  
A young orphan aids his magical uncle in locating a clocktower with immense power.

## STAY HYDRATED!

Drinking a soda during a movie is a classic tradition. However, it's important to remember that soda can't replace water! Be sure to keep a water bottle or cup of water handy next time you're watching the big screen.





## Yogurt Parfait Cups



These parfait cups are easy to make and are a fun (and healthy) little dessert to serve family, friends, or to have for yourself.

### Ingredients:

- 1 cup nonfat Greek yogurt
- 4 teaspoons honey
- 4 teaspoons chopped nuts
- Handful of berries (your choice)

### Directions:

In a small bowl combine the yogurt and honey or maple syrup. Spoon the sweetened yogurt into four small glasses, until each is half full, this will be about 2 tablespoons for each.

Add 1 teaspoon of chopped nuts the center of each glass. Then fill the glasses with the rest of the yogurt (again about 2 tablespoons per glass) and top each with a few berries.

Chill if not serving immediately.

## BE SALT SMART



Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



### READ THE LABEL

The Nutrition Facts label shows you how much sodium is in packaged foods. Choose lower sodium foods—especially if you have high blood pressure, diabetes, or kidney disease

### EAT FRUITS AND VEGGIES

Enjoy a variety of fresh and frozen fruits and vegetables. Almost all of them are naturally low in sodium. Look for canned vegetables labeled “no added salt.”

### LOOK FOR CUE WORDS

Items that are “pickled,” “brined,” or “cured” tend to be high in sodium. Include these foods in your meals sparingly

### GO EASY ON THE SAUCE

Be mindful of how much sauce, gravy, salsa, ketchup, soy sauce, marinade, or dressing you’re using. The sodium from these can add up quickly.

### SPICE IT UP

Flavor your foods with fresh or dried herbs and spices instead of salt. Pick spice blends that do not list salt or sodium on the ingredients list.

## LEARN MORE HEALTHY TIPS AND RECIPES:

[NIA.NIH.gov](http://NIA.NIH.gov) | [EatRight.org](http://EatRight.org) | [USDA.gov](http://USDA.gov)

Yogurt Parfait Cup Recipe from: [EatRight.org](http://EatRight.org)  
“Be Salt Smart” from: [nia.nih.gov](http://nia.nih.gov)





## PUZZLES

Unscramble the letters to reveal words that are green things, and then find the answers in the puzzle.

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

- OGLALIRTA \_\_\_\_\_
- PAPEL \_\_\_\_\_
- ODOACAV \_\_\_\_\_
- RECELY \_\_\_\_\_
- LORVEC \_\_\_\_\_
- MEEARDL \_\_\_\_\_
- OFRG \_\_\_\_\_
- SASGR \_\_\_\_\_
- AANGUI \_\_\_\_\_
- AEDJ \_\_\_\_\_
- AVLESE \_\_\_\_\_
- OMSS \_\_\_\_\_
- ECIPLK \_\_\_\_\_
- TLURET \_\_\_\_\_

Alligator, Apple, Avocado, Celery, Clover, Emerald, Frog, Grass, Iguana, Jade, Leaves, Moss, Pickle, Turtle

Find the two dancers that are exactly alike.

1.



2.



3.



4.



5.



6.



7.



8.



2 & 6

ANSWER

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 at [Development@asteraz.org](mailto: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 East Adobe St  
480-218-2221 p



## FOLLOW @AsterArizona



Facebook



X / Twitter



Instagram



## FRIENDS OF THE CENTER

Aster's Friends of the Center program supports the sustainability of our Senior Centers year round. Join online or in-person at our Senior Centers and start making a difference today!



## DONATE ONLINE TODAY

Your gift empowers and supports local seniors!

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