



IN THIS ISSUE

Lunch Menu	1
MLK: Life's Blueprint	3
January Movie List	4
January Activities	5
Holiday Volunteers	8
Staying Motivated	9
Puzzles	10

**Martin Luther King Day is January 15!
Read a few of Dr. King's life quotes inside!**



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).

Items with ** contain pork or pork products. Menu items subject to change due to availability.

1 MONDAY



OFFICES CLOSED

2 TUESDAY

Blackened Pork Chop** w/ Normandy Blend Vegetables, Roasted Yams, a Whole Grain Roll & Sliced Pears

3 WEDNESDAY

Beef and Broccoli on Brown Rice with Diced Carrots, Zucchini, and Apricots

4 THURSDAY

Chicken Parmesan with Edamame, Succotash, a Whole Wheat Roll, and Fruit Cocktail

5 FRIDAY

Shrimp Scampi with Italian Vegetables, Roasted Potatoes, a Whole Grain Breadstick, and Pineapple Chunks

8

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

9

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

10

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

11

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

12

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

15



OFFICES CLOSED

16

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

17

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

18

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

19

Pork Meatballs** with Asparagus, 4-Way Farm Vegetables, Brown Rice Pilaf, and Pineapple Chunks

22

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

23

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

24

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

25

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

29

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

30

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

31

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

2024



STAYING CONNECTED

Every person has a story, and the older adults in our community have a lifetime of tales to tell. As we head into 2024, Aster is more committed than ever to providing a multitude of opportunities where seniors can socialize, share their experiences, and continue to live healthy, fulfilling lives.

As you flip through the pages of this newsletter, you'll find multiple new activities at our Senior Centers, ranging from balance classes dedicated to improving physical health to educational courses teaching safe driving tips and modern computer software.

In addition to our Senior Centers, our Meals on Wheels, Neighbors, Home Care, and Outreach & Social Services programs continue providing support to help overcome the unexpected challenges of aging. Our programs are constantly evolving to keep pace with the everchanging needs of modern living.

Moving into 2024, Aster encourages you to stay connected with us through weekly e-newsletter or on social media at @AsterArizona on Instagram, Facebook, and X.

However you decide to connect with Aster in 2024, we are so grateful to be part of your journey.

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



MESA DOWNTOWN

HISTORY CLASS

Tuesdays | 2:00 pm

If you enjoy learning about history and important historical figures, check out History Class at the Mesa Downtown Senior Center!

Here are the topics for this January:

- Jan 9: Music through the Ages
- Jan 16: Ancient Rome
- Jan 23: The French Revolution
- Jan 30: Thomas Jefferson

RSVP ONLINE AT asteraz.org/news/calendar.html

SUPPORTING YOUR FURRY FRIENDS

Did you know Aster's Neighbors Program also helps keep our participants' pets happy and healthy?

Thanks to generous gifts from our supporters, the Pets Program was able to provide gift bags of pet food, snacks, and toys in December!



LIFE'S BLUEPRINT

"I want to ask you a question, and that is: What is your life's blueprint?"

Dr. Martin Luther King Jr. asked that question to the students at Barratt Junior High School on October 26, 1967.



Over the course of his speech, Dr. King offered guidance to the young students on how to create a "solid and sound blueprint" to life. His powerful words of advice have remained impactful to people of all ages and backgrounds. Here are a few quotes from Dr. King:

"Number one in your life's blueprint, should be a deep belief in your own dignity, your worth and your own somebodiness... Always feel that you have worth, and always feel that your life has ultimate significance."

"Secondly, in your life's blueprint you must have as the basic principle the determination to achieve excellence in your various fields of endeavor."

"And when you discover what you will be in your life, set out to do it as if God Almighty called you at this particular moment in history to do it."

This Martin Luther King, Jr Day, we hope you reflect on your own lives and find that you are living with the dignity and determination Dr. King believed every human deserved.

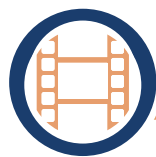
If you find yourself needing support on your journey, please reach out to us at:



OUTREACH & SOCIAL SERVICES

Ramoncita Cocova

480-964-9014 | socialservices@asteraz.org



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



Jan 4 | Daddy's Home | 2015 | PG-13

Will Ferrell, Mark Wahlberg

Brad Whitaker is a radio host trying to get his stepchildren to love him, but his plans turn upside down when their biological father, Dusty Mayron, returns.



Jan 11 | Mission Impossible: Fallout | 2018 | PG-13

Tom Cruise, Henry Cavill, Ving Rhames

Ethan Hunt and his IMF team, along with some familiar allies, race against time after a mission gone wrong.



Jan 18 | F9: The Fast Saga | 2021 | PG-13

Vin Diesel, Michelle Rodriguez

Dom and the crew must take on an international terrorist who turns out to be Dom and Mia's estranged brother.



Jan 25 | Death on the Nile | 2022 | PG-13

Tom Bateman, Annette Bening, Kenneth Branagh

While on vacation on the Nile, Hercule Poirot must investigate the murder of a young heiress.

RED MOUNTAIN



Jan 4 | A Man Named Otto | 2022 | PG-13

Tom Hanks, Mariana Treviño

Otto is a grump who's given up on life meets his match in quick-witted Marisol, leading to a friendship that will turn his world around.



Jan 18 | Anchorman: The Legend of Ron Burgundy | 2004 | PG-13

Will Ferrell, Christina Applegate

In the 1970s, an anchorman's stint as San Diego's top-rated newsreader is challenged when an ambitious newswoman becomes his co-anchor.





ASTER SENIOR CENTERS'

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



MESA DOWNTOWN EVENTS

Mondays & Wednesdays
9:30 am

WALK WITH EASE

by Area Agency on Aging
Reduce the pain of arthritis and improve your overall health with this program from the Arthritis Foundation.

Thursdays | 10:30 am
GROUP WORKOUT

Join us & use the fitness center!

Jan 5 | 11:00 am
AARP SAFE DRIVING

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

Jan 8 | 8:30 am
VETERAN'S SOCIAL

Chat and enjoy coffee & donuts with fellow service members.

Jan 15 | 12:00 pm
FEED YOUR MIND

Enjoy lunch and learn how to identify signs of a heart attack.

Jan 4, 11 & 25 | 10:00 am
VETERANS ART

Create beautiful art facilitated by Mesa Art League.

Jan 29 | 12:00 pm
FEED YOUR MIND

Enjoy lunch and learn about foods that boost your memory.



Tues & Wed | 8:15 - 9:15 am | Mesa Downtown*
MORNING MOVEMENT

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



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
ADVANCED & BEGINNERS TAI CHI CLASSES*

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



Mondays | 1:00 - 2:00 pm | Mesa Downtown
JUST FOR FUN THEATER GROUP

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



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

Learn about the culture, people, and geography of Europe.



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.



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!



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!

ACTIVITIES CALENDAR



Visit our online calendar at asteraz.org for more details.



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

Learn about remarkable events throughout US history.



1st & 3rd Weds | 9:00 - 10:00 am | Red Mountain THE GOLDEN GALS

Our female participants come together for friendship & fun.



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

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*

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



**Mondays & Thursdays
12:00 pm - 3:00 pm**

DIAMOND ART

Create amazing and dazzling art pieces.

Jan 8 | 1:30 pm

PARKINSON'S GROUP

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

Jan 2 | 9:00 am

CRAFT JEWELRY*

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

Jan 11 | 9:00 am

VETERAN'S SOCIAL

Enjoy coffee & donuts with friends.

Jan 11 | 12:30 pm

CARD MAKING*

Create your own personalized greeting cards. \$5 per person.

Jan 16 | 9:00 am

CRAFT JEWELRY*

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

Jan 25 | 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



CENTER GAMES

Share a smile and make friends over a game! All skill levels are welcome!

MESA DOWNTOWN

FUN & GAMES

facilitated by New Frontiers
Game Class

Thur | 9:30 - 10:30 am

LADIES' BILLIARDS

Wed | 10:00 - 11:00 am

MAHJONG

Thur | 12:00 - 3:00 pm

PINOCHLE

Tue & Thur | 12:30 - 3:00 pm

WII BOWLING

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

RED MOUNTAIN

OPEN GAMES

Thur | 12:00 - 3:00 pm

CANASTA

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

MEXICAN TRAIN DOMINOES

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

BRIDGE

Mon, Wed, Fri | 12:00 - 3:00 pm

MAHJONG MONDAYS

Beginner | 9:30 - 11:45 am

Regular | 12:00 - 3:00 pm

PINOCHLE - SINGLE DECK

Thur | 12:00 - 3:00 pm

PINOCHLE - DOUBLE DECK

Tues | 12:00 - 3:00 pm

BINGO!

Come out, make friends, have fun,
and WIN at our weekly games!

BINGO! FOR PRIZES

Wed | MESA DOWNTOWN | 12:30 - 2:30 pm

Tue & Fri | RED MOUNTAIN | 12:30 - 2:30 pm

BINGO! FOR MONEY

Fridays | MESA DOWNTOWN | 12:30 - 3:30 pm



CENTER DROP-IN AREAS

Each Center has open areas for you to utilize throughout the day. Come by and enjoy!



ART STUDIO

Thursdays at
Mesa Downtown



BILLIARDS



CAFE



FITNESS CENTER



LIBRARY



PUZZLES & GAMES



HOLIDAY VOLUNTEERS

Our holiday luncheons, gift wrapping, and gift delivery to our homebound participants wouldn't be possible without the support of caring volunteers!



Mesa Rotary Club



Mesa Rotary Club



Neighbors Volunteers



ASTER SENIOR CENTERS PLANETARIUM EXCURSION

Jan 18 | 12:30 pm

RSVP AT MESA DOWNTOWN OR RED MOUNTAIN

RED MOUNTAIN



AFTERNOON DANCE PARTIES

Wednesdays | 1:00 - 3:00 pm

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

- Jan 3 - Dee Bonar
- Jan 10 - Carla Elliott
- Jan 17 - Soft Tones
- Jan 24 - Dale Mortensen
- Jan 31 - Dale Mortensen



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

RED MOUNTAIN



LINE DANCING

Jan 8, 22, and 29 | 10:30 am

Scoot your boots to the Center & have a grand ol' time kicking up dust as we dance together!





BOTH CENTERS

A MATTER OF BALANCE

hosted by A.T. Still University

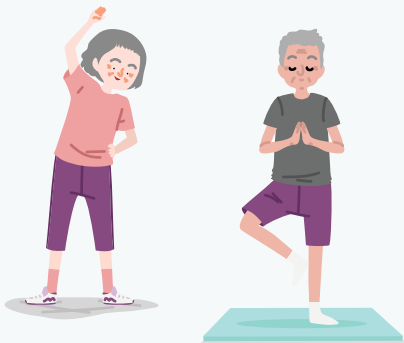
A Matter of Balance is returning to both Senior Centers! An eight-week program led by students and faculty from A.T. Still University, A Matter of Balance emphasizes practical strategies to manage falls and fall risks. Sign up today to join this award-winning program!

Red Mountain

STARTS JANUARY 19
9:30 am - 11:30 am

Mesa Downtown

STARTS JANUARY 19
1:00 pm - 3:00 pm



Staying Motivated to Exercise: Tips for Older Adults

Excerpted from the National Institute on Aging

Physical activity is a great way for older adults to gain substantial health benefits and maintain independence. Try to make exercise a priority. Remember that being active is one of the most important things you can do each day to maintain and improve health. Try these tips to help you stay motivated to exercise.

1. Find simple ways to make exercise fun and enjoyable

The key to sticking with exercise is to make it interesting and enjoyable. Do all four types of exercise — endurance, strength, balance, and flexibility. The variety helps keep things interesting!

2. Find ways to fit exercise into your day

You are more likely to exercise if it's a convenient part of your day. Combine physical activity with a task that's already part of your day, such as walking the dog or doing household chores.

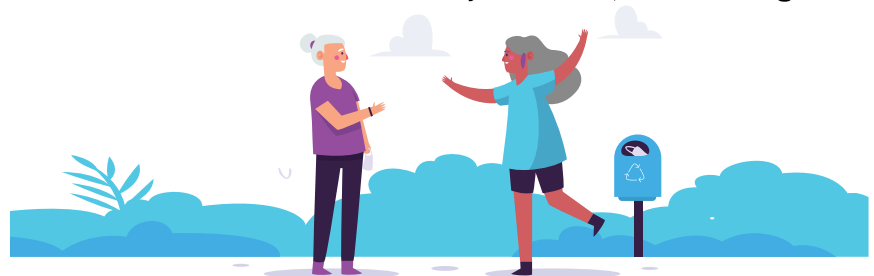
3. Make exercise a social activity

Many people agree that an "exercise buddy" keeps them going. Try a dance class — salsa, tango, square dancing — it's up to you.

4. Keep track of your exercise progress

The best way to stay motivated is to measure and celebrate your successes.

For further information on how to stay motivated, visit nia.nih.gov





PUZZLES

Start the year by taking a trip through the past! Each clue is a newspaper headline from US history. Use your historical knowledge and write down the decade the headline appeared in!

- Beatlemania Sweeps U.S. _____
- Men Walk on Moon _____
- Reagan, Gorbachev Meet _____
- Nixon Goes to China _____
- U.S. Women Get Vote _____
- Berlin Wall Built _____
- Prohibition Ends At Last! _____
- International Space Station Opens _____
- Ike Wins in Landslide _____
- Kennedy Wins _____
- Cold War Ends _____



Find the two sweaters that are exactly alike.



1960s, 1960s, 1980s, 1970s, 1920s, 1960s, 1930s, 2000s, 1950s, 1960s, 1990s

ANSWERS

4 & 8

ANSWER