OUR PROGRAMS

Since 1979, we are empowering East Valley older adults and their families to remain independent and engaged in our communities through:

### CENTER-BASED SERVICES
Mesa and Red Mountain Senior Centers are social hubs, with luncheon meals, health and wellness support, education programs, and social activities.

### MEALS ON WHEELS
Providing nutritious meals and essential wellness checks, in both short- and long-term plans, to meet your unique needs.

### IN-HOME SUPPORT
Supporting homebound neighbors with transportation, grocery shopping, well visits, respite, personal care, and housekeeping.

### SOCIAL SERVICES
Assisting to navigate and access needed services and health resources, as well as being the NCOA Benefits Enrollment Center for the East Valley.

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*Estefana Morones and Joseph Baker at the 2019 Aster Senior Center at Mesa Downtown Holiday Luncheon.*

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**IN THIS ISSUE**

- Lunch Menu 1
- Our New Name 2
- Mesa Activities 3
- Mesa Movies 5
- Red Mt Activities 7
- Red Mt Groups 8
JANUARY MENU

Lunch is served at 11:30 am. For next-day reservations: 480-962-5612 (Mesa Downtown) or 480-218-2221 (Red Mtn). Items with ** contain pork or pork products. Menu Items subject to change due to availability.

MONDAY
6 - Breakfast Sandwich w/ egg & Pork Sausage**
6 - Hash Brown Patty
6 - Tomato Wedges
6 - Cheddar Cheese Biscuit
6 - Fresh Apple
Offices Closed

TUESDAY
7 - Balsamic-Glazed Chicken
7 - Asparagus
7 - Dill Roasted Carrots
7 - Whole Grain Roll
7 - Applesauce
7 - Chef's Special - Crock Pies

WEDNESDAY
1 - Happy New Year!
1 - OFFICES CLOSED

THURSDAY
2 - Hawaiian Pork Tacos**
2 - Rainbow Vegetables
2 - Zucchini
2 - Whole Wheat Tortilla
2 - Pineapple
Chef's Special - Bacon Cheese Burger

FRIDAY
3 - Beef Stew w/ Potato, Carrot, Celery & Onion
3 - California Vegetables
3 - Corn
3 - Cornbread
3 - Fresh Strawberries
Chef's Special - Pork Riblet Sandwich

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DID YOU KNOW?
2020 is a Leap Year. This means that February will have 29 days, instead of its usual 28. What will you do with your extra day?

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6 - Breakfast Sandwich w/ egg & Pork Sausage**
6 - Hash Brown Patty
6 - Tomato Wedges
6 - Cheddar Cheese Biscuit
6 - Fresh Apple
Chef's Special - Chicken Marrana

13 - Steak Diane
13 - Cauliflower
13 - Baked Potato
13 - Whole Grain Roll
13 - Rice Pudding w/ Banana
Offices Closed

14 - Veggie Burger with Lettuce & Tomato
14 - Cheese Vegetable
14 - Potato Wedges
14 - Whole Grain Bun
14 - Applesauce
Chef's Special - Enchilada w/ Red Sauce

20 - Grilled Chicken
20 - Piccata
20 - Spinach
20 - Roasted Tumips
20 - Whole Grain Roll
20 - Mandarin Oranges
Chef's Special - Hot Dog

---

SNAPSHOT CENTER AT RED MOUNTAIN
7550 East Adobe Street • Mesa, AZ 85207 • 480-218-2221

8 Bingo!
Join Us! Have Fun! Win Big!
Social Bingo
Tuesdays
1:15 pm*  
*Sales start at 12:15 pm and end at 1:05 pm

Social Bingo
Thursdays
1:15 pm*  
*Sales start at 12:15 pm and end at 1:05 pm

---

Entertainment
Fridays at 10:30 am

Wichita Wayne
Monday, January 13 at 10:30 am

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Movie Mondays
Movies begin at 12:30 pm in the Mesquite-A Room and feature FREE popcorn!

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JANUARY 13
Abominable 2019
Starring
Chloe Bennet
Albert Tsai
Sarah Paulson

Three teenagers must help a Yeti return to his family while avoiding a wealthy man and a zoologist who want it for their own needs.

---

JANUARY 27
The Peanut Butter Falcon 2019
Starring
Shia LaBeouf
Zack Gottsagen
Dakota Johnson

Zak runs away from his care home to make his dream of becoming a wrestler come true.

---

After Aging, Inc. is funded in part by Area Agency on Aging, Region One
Living Healthy & Happy

JANUARY 14
10:00 am - 11:00 am

Lung Cancer: Are You at Risk?
Presented by Banner MD Anderson Cancer Center

Lung cancer is the top cause of cancer in the US. The good news: if caught early you can increase the 5 year survival rate for stage 1 lung cancer to nearly 90%. In this presentation you’ll learn about the risk factors, prevention, early detection, and early treatments.

JANUARY 21
9:00 am - 11:00 am

Smartphone & Tablet Workshop
Presented by Star Kempton, Aster Activity Coordinator

Have questions about your “smart” device? Get the answers you need at this workshop! Please note that this workshop will run in two sessions, with Android topics covered from 9:00 am - 10:00 am and iPhone/iPad topics covered from 10:00 am - 11:00 am.

A Matter of Balance:
Managing Concerns About Falls
Fridays, January 17 - March 6
9:00 am - 11:00 am

This program is an evidence-based 8-week course that emphasizes practical strategies to reduce fear of falling and to increase activity levels. It will take place every Friday morning, ending on March 6. You must register for the course, which can be done at the Front Desk or by calling 480-218-2221. Presented by A.T. Still University

WELCOME TO THE 20s!
Thursday, January 23 | 10:30 am - 11:15 am

Ring in 2020 and welcome the new decade with games, trivia, and prizes.

New Name. Same Dedication.

Since our inception in 1979, we have been working to empower and support older adults and their families throughout the East Valley. Over the last 40 years we have seen this population grow at an exponential rate. During this time, we continually respond to the changing community demographics and needs, creating and adapting our services to fulfill our overarching mission and vision. To further achieve this goal, we are delighted to announce our new name: Aster Aging, Inc.

So, why Aster? The Aster flower is diverse and resilient, thriving in almost any garden, late into the season when most other blooms are fading. In this spirit, Aster Aging embraces the diversity and strength of our older population.

Additionally, our new name reflects our leadership in implementing innovative solutions to the unprecedented challenges facing seniors and their families. While our direct service provision engages individuals and families within the East Valley, our approach has applications for all older adults, regardless of where they live.

While our name is changing, our commitment to empowering and supporting East Valley older adults and their families to remain independent and engaged in our communities is unchanged. We will continue delivering innovative, effective programs and services to meet your needs. You will also see more information, resources and engagement on our website and via social media.

We look forward to continuing to serve you, our community, for many more years to come.
A Vibrant & Active Center!

Come join in on these weekly activities at the Mesa Downtown Senior Center!

**MONDAYS**
- 8:00 am Aerobics
- 8:00 am Walk Your Shoes Off
- 9:00 am Mild Exercise
- 10:00 am Poetry & Prose (Jan 13)
- 10:00 am Wil Bowling
- 10:00 am Tai Chi
- 10:00 am Writers Guild
- 12:30 pm Loser’s Bingo

**TUESDAYS**
- 8:00 am Aerobics
- 8:00 am Walk Your Shoes Off
- 9:00 am Butler Law Free Legal Services (Jan 21)
- 9:00 am Shavuot of Love
- 9:30 am Grammar & Line Dance

**WEDNESDAYS**
- 8:00 am Aerobics
- 8:00 am Walk Your Shoes Off
- 9:00 am Walk Your Shoes Off
- 9:30 am Tai Chi
- 9:30 am Hats Healing Hands
- 10:00 am Sing for Joy!
- 12:00 pm AARP Safe Driving (Jan, Feb)
- 1:15 pm Big Game Bingo

**THURSDAYS**
- 8:00 am Aerobics
- 8:00 am Walk Your Shoes Off
- 9:30 am Enriching Veterans’ Lives Through Art (Jan 9)
- 10:00 am Tai Chi
- 12:30 pm Movie Day

**FRIDAYS**
- 8:00 am Walk Your Shoes Off
- 9:00 am Friday Morning Writers
- 9:00 am Mild Exercise
- 9:30 am Hats Healing Hands
- 10:00 am Sing for Joy!
- 12:00 pm AARP Safe Driving (Jan 3 & 17)
- 1:15 pm Big Game Bingo

**WEDNESDAYS (continued)**
- 1:00 pm Grief & Loss Group
- 1:15 pm Social Bingo

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**Support Groups**

No cost to attend. No commitment to come back. Just a family of friends who care.

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<td>By appointment Call 480-218-2221</td>
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**East Valley Adult Resources is grateful to its many community partners who are in support of our mission of supporting East Valley seniors through the journey of aging. Funding Partners Include:**

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- Arizona Community Action Association / Wildfire
- Arizona Diamondbacks Foundation
- Arizona Republic - Season For Sharing
- The Board of Visitors
- City of Mesa
- City of Tempe
- Dignity Health
- Fund for Shared Insight
- Meals on Wheels America
- Mesa HoHokam Foundation
- Mesa United Way
- National Council on Aging
- SunCity Thunderbird Charities
- Town of Gilbert
- Valley of the Sun United Way
- Walmart

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(After Aging, Inc is funded in part by Area Agency on Aging, Region One)
### SENIOR CENTER AT RED MOUNTAIN
7550 East Adobe Street • Mesa, AZ 85207 • 480-218-2221

### SENIOR CENTER AT MESA DOWNTOWN
247 North Macdonald Street • Mesa, AZ 85201 • 480-962-5612

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## A Vibrant & Active Center!

Come join in on these weekly activities at the Red Mountain Senior Center!

### MONDAYS
- 8:15 am Abundant Life Exercise
- 8:00 am Stitch & Chat
- 12:00 pm Mahjong
- 12:30 pm Movie Day (Jan 13 & 27)
- 12:30 pm Cribbage
- 12:30 pm Advance Pinochle
- 12:30 pm Social Pinochle
- 12:30 pm Food Plus Pick-Up (Jan 17)

### TUESDAYS
- 8:15 am Stitch & Chat
- 9:30 am Blood Pressure Checks
- 10:00 am Living Healthy & Happy (Jan 14 & 21)
- 12:30 pm Canasta (Hand & Foot)
- 1:15 pm Social Bingo
- 5:00 pm Mesa Art League (Jan 14)

### WEDNESDAYS (continued)
- 12:30 pm Euchre
- 12:30 pm Mexican Train Dominoes
- 12:30 pm Social Pinochle
- 1:00 pm Afternoon Dance: Sundland Combo

### THURSDAYS
- 8:00 am Stitch & Chat
- 10:00 am Blackjack with David (Jan 2 & 16)
- 10:00 am Veteran’s Discussion Group
- 12:30 pm Beginning Computers
- 12:30 pm Advane Pinochle
- 1:15 pm Social Bingo

### FRIDAYS
- 8:15 am Abundant Life Exercise
- 8:15 am Portrait Workshop
- 9:30 am Book Club (Jan 24)
- 12:30 pm Bridge
- 12:30 pm “500”
- 12:30 pm Movin’ On
- 12:30 pm Canasta
- 1:30 pm Line Dancing

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### Living Healthy & Happy

#### JANUARY 15
10:00 am - 11:00 am

**Smartphone & Tablet Workshop**
Presented by Star Kempton, Aster Activity Coordinator

Do you have a smartphone or tablet but aren’t quite sure how to use it? Do you have a question or two about how to do something specific with your device? Get the help you need from a tech-savvy person!

#### JANUARY 9
8:00 am

**COMMUNITY FOOD SHARE**

In partnership with United Food Bank, we distribute a selection of quality, nutritious fresh food and pantry items. Sharing begins at 8:00 am and continues until resources are exhausted.

---

### Coming Next Month

**Beginning February 3rd**

**AARP Tax Preparation**
Mon-Thurs, 8:00 am - 11:30 am

Free tax preparation for seniors. Presented by AARP

---

Aster Aging, Inc is funded in part by Arizona Agency on Aging, Region One.
Now Showing
Movies begin at 12:30 pm in the main dining hall and feature FREE popcorn!

JANUARY 2
Home Alone 1990
Starring Macaulay Culkin, Joe Pesci, Daniel Stern
An 8-year-old left alone over Christmas vacation protects his home from burglars.

JANUARY 9
The Greatest Showman 2017
Starring Hugh Jackman, Michelle Williams, Zac Efron
A visionary rises from nothing to create a worldwide show business sensation.

JANUARY 16
Angry Birds 2 2019
Starring Jason Sudeikis, Josh Gad, Leslie Jones
The flightless birds and devious green pigs join forces to battle a common enemy.

JANUARY 23
The Peanut Butter Falcon 2019
Starring Shia LaBeouf, Zack Gottsagen, Dakota Johnson
Zak runs away from his care home to make his dream of becoming a wrestler come true.

JANUARY 30
Sing 2016
Starring Matthew McConaughey, Reese Witherspoon, Seth McFarlane
In a city of humanoid animals, a hustling theater impresario’s attempt to save his theater with a singing competition becomes grander than he anticipates.

8
Bingo!
Join Us! Have Fun! Win Big!

Loser’s Bingo
Mondays
12:30 pm

Social Bingo
Wednesdays
1:15 pm

BIG GAME Bingo
Fridays
1:15 pm

Entertainment
Fridays at 11:00 am
Jan 3 Happy Harpers
Jan 10 Wichita Wayne
Jan 17 Michael Elijah
Jan 24 Wichita Wayne
Jan 31 Main Street Fiddlers

Let’s Dance!
Tuesdays at 1:00 pm
Jan 7 Manuel Dorantes
Jan 14 Easy Sounds
Jan 21 Juan Miguel Zarate
Jan 28 Manuel Dorantes

The Kids Next Door
Wednesday, January 15
10:30 am
A great show. The kids will leave you whistling, humming and tapping your feet! They’ve performed at Disneyland, Magic Mountain and Knott’s Berry Farm.
Jann Wyler, New Horizon School for the Performing Arts

SPECIAL PRESENTATION
Now Showing
Movies begin at 12:30 pm in the main dining hall and feature FREE popcorn!

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- 1:15 pm Social Bingo
- 5:00 pm Mesa Art League (Jan 14)

### WEDNESDAYS (continued)
- 12:30 pm Bridge
- 1:30 pm Canasta

### THURSDAYS
- 8:00 am Stitch & Chat
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**COMMUNITY FOOD SHARE**

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- 10:00 am Tai Chi
- 10:00 am Writers Guild
- 12:30 pm Loser’s Bingo

**TUESDAYS**

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- 8:00 am Walk Your Shoes Off
- 9:00 am Butler Law Free Legal Services (Jan 21)
- 9:00 am Shawls of Love
- 9:30 am Grammarian Line Dance

**WEDNESDAYS**

- 8:00 am Aerobics
- 8:00 am Walk Your Shoes Off
- 9:30 am Hat’s Healing Hands
- 10:00 am Support Group for Caregivers
- 10:00 am Stockings for Kids (Jan 9)
- 10:00 am Blackjack w/ David (Jan 15)

**THURSDAYS**

- 8:00 am Aerobics
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- 9:30 am Enriching Veterans’ Lives Through Art (Jan 9)
- 10:00 am Tai Chi
- 12:30 pm Movie Day

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- 8:00 am Walk Your Shoes Off
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- 1:15 pm Big Game Bingo

**WEDNESDAYS (continued)**

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- 1:15 pm Social Bingo

**Support Groups**

No cost to attend. No commitment to come back. Just a family of friends who care.

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**Question about an activity?**

Call Star at 480-962-5612

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- City of Tempe
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- Meals on Wheels America
- Mesa HoHoKam Foundation
- Mesa United Way
- National Council on Aging
- Sundt
- Thunderbird Charities
- Town of Gilbert
- Valley of the Sun United Way
- Walmart
Living Healthy & Happy

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10:00 am - 11:00 am
Lung Cancer: Are You at Risk?
Presented by Banner MD Anderson Cancer Center

Lung cancer is the top cause of cancer in the US. The good news: if caught early you can increase the 5 year survival rate for stage 1 lung cancer to nearly 90%. In this presentation you’ll learn about the risk factors, prevention, early detection, and early treatments.

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Smartphone & Tablet Workshop
Presented by Star Kempston, Aster Activity Coordinator

Have questions about your “smart” device? Get the answers you need at this workshop! Please note that this workshop will run in two sessions, with Android topics covered from 9:00 am - 10:00 am and iPhone/iPad topics covered from 10:00 am - 11:00 am.

A Matter of Balance:
Managing Concerns About Falls
Fridays, January 17 - March 6
9:00 am - 11:00 am

This program is an evidence-based 8-week course that emphasizes practical strategies to reduce fear of falling and to increase activity levels. It will take place every Friday morning, ending on March 6. You must register for the course, which can be done at the Front Desk or by calling 480-218-2221. Presented by A.T. Still University

WELCOME TO THE 20s!
Thursday, January 23 | 10:30 am - 11:15 am

Ring in 2020 and welcome the new decade with games, trivia, and prizes.

New Name. Same Dedication.

Since our inception in 1979, we have been working to empower and support older adults and their families throughout the East Valley. Over the last 40 years we have seen this population grow at an exponential rate. During this time, we continually respond to the changing community demographics and needs, creating and adapting our services to fulfill our overarching mission and vision. To further achieve this goal, we are delighted to announce our new name: Aster Aging, Inc.

So, why Aster? The Aster flower is diverse and resilient, thriving in almost any garden, late into the season when most other blooms are fading. In this spirit, Aster Aging embraces the diversity and strength of our older population.

Additionally, our new name reflects our leadership in implementing innovative solutions to the unprecedented challenges facing seniors and their families. While our direct service provision engages individuals and families within the East Valley, our approach has applications for all older adults, regardless of where they live.

While our name is changing, our commitment to empowering and supporting East Valley older adults and their families to remain independent and engaged in our communities is unchanged. We will continue delivering innovative, effective programs and services to meet your needs. You will also see more information, resources and engagement on our website and via social media.

We look forward to continuing to serve you, our community, for many more years to come.
JANUARY MENU
Lunch is served at 11:30 am. For next-day reservations: 480-962-5612 (Mesa Downtown) or 480-218-2221 (Red Mtn.). Items with ** contain pork or pork products. Menu items subject to change due to availability.

MONDAY
**- Breakfast Sandwich w/ egg & Pork Sausage**
- Hash Brown Patty
- Tomato Wedges
- Cheezy Chive Biscuit
- Fresh Apple
Cheif’s Special
- Chicken Marsala

TUESDAY
**- Breakfast Sandwich w/ egg & Pork Sausage**
- Hash Brown Patty
- Tomato Wedges
- Cheezy Chive Biscuit
- Fresh Apple
Cheif’s Special
- Chicken Marsala

WEDNESDAY
**- Happy New Year!**
OFFICES CLOSED

THURSDAY
- Hawaiian Pork Tacos**
- Rainbow Vegetables
- Zucchini
- Whole Wheat Tortilla
- Pineapple
Cheif’s Special
- Bacon Cheese Burger

FRIDAY
- Beef Stew w/ Potato, Carol, Celery & Onion
- California Vegetables
- Carrots
- Cornbread
- Fresh Strawberries
Cheif’s Special
- Park Riblet Sandwich

DID YOU KNOW?
2020 is a Leap Year. This means that February will have 29 days. Instead of its usual 28. What will you do with your extra day?

1 - Balsamic-Glazed Chicken
- Asparagus
- Dill Roasted Carrots
- Whole Grain Roll
- Applesauce
Cheif’s Special
- Crab Cakes

2 - Meatloaf w/ Gravy
- Multi-Color Cauliflower
- Mashed Potatoes
- Whole Grain Roll
- Craisins
Cheif’s Special
- Macaroni & Cheese

3 - Chef’s Salad w/ Turkey and Ham
- Corn Salad
- Whole Grain Crackers
- Banana
- Fruit
Cheif’s Special
- Shrimp Alfredo

4 - Meatball Sub w/ Cheese
- Garden Salad
- Green Beans
- Whole Grain Bun
- Fruit Crisp
Cheif’s Special
- Fish Sticks

5 - Cold Salad Plate: Turkey, 3-Sprout, and Potato
- Whole Grain Crackers
- Applesauce
Cheif’s Special
- 12/2 Turkey Sandwich & Tomato Soup

6 - Grilled Chicken
- Piccata
- Spinach
- Roasted Tumsip
- Whole Grain Roll
- Mandarin Oranges
Cheif’s Special
- Hot Dog

7 - Spaghetti w/ Meatball
- Bologna Vegetables
- Zucchini
- Whole Wheat Bread Stick
- Sliced Apples
Cheif’s Special
- Chicken & Veg Stir Fry

8 - Pork Fettuccine w/ Gravy**
- Garden Salad
- Roasted Red Potatoes
- Whole Grain Biscuit
- Pineapple
Cheif’s Special
- French Dip Sandwich

9 - Lasagna
- garden salad
- Whole Grain Roll
- Zucchini
- Whole wheat bread
Cheif’s Special
- Turkey Swiss Sandwich

10 - Open Face Turkey Sandwich w/ Gravy
- Mixed Vegetables
- Cranberry Yams
- Whole Grain Roll
- Fresh Orange
Cheif’s Special
- Philly Cheese Steak

11 - Chicken Stroganoff
- Brussel Sprouts
- Winter Vegetables Blend
- Whole Grain Roll
- Mixed Fruit
Cheif’s Special
- Buttermilk Biscuit

12 - Meatball Sub w/ Cheese
- Garden Salad
- Green Beans
- Whole Grain Bun
- Fruit Crisp
Cheif’s Special
- Fish Sticks

13 - Orange Sage Pork Chop**
- Succotash
- Spinach & Couscous
- Whole Wheat Roll
- Sliced Peaches
Cheif’s Special
- Tomato Soup & Grilled Cheese

14 - Chicken Stroganoff
- Brussel Sprouts
- Winter Vegetables Blend
- Whole Grain Roll
- Mixed Fruit
Cheif’s Special
- Buttermilk Biscuit

15 - Spaghetti w/ Meatball
- Bologna Vegetables
- Zucchini
- Whole Wheat Bread Stick
- Sliced Apples
Cheif’s Special
- Chicken & Veg Stir Fry

16 - Cold Salad Plate: Turkey, 3-Sprout, and Potato
- Whole Grain Crackers
- Applesauce
Cheif’s Special
- 12/2 Turkey Sandwich & Tomato Soup

17 - Polish Sausage
- Garden Salad
- Roasted Red Potatoes
- Whole Grain Biscuit
- Pineapple
Cheif’s Special
- Turkish Cheese Steak

18 - Beef Stew w/ Potato, Carol, Celery & Onion
- California Vegetables
- Carrots
- Cornbread
- Fresh Strawberries
Cheif’s Special
- Park Riblet Sandwich

19 - Balsamic-Glazed Chicken
- Asparagus
- Dill Roasted Carrots
- Whole Grain Roll
- Applesauce
Cheif’s Special
- Crab Cakes

20 - Meatloaf w/ Gravy
- Multi-Color Cauliflower
- Mashed Potatoes
- Whole Grain Roll
- Craisins
Cheif’s Special
- Macaroni & Cheese

21 - Chef’s Salad w/ Turkey and Ham
- Corn Salad
- Whole Grain Crackers
- Banana
- Fruit
Cheif’s Special
- Shrimp Alfredo

22 - Meatball Sub w/ Cheese
- Garden Salad
- Green Beans
- Whole Grain Bun
- Fruit Crisp
Cheif’s Special
- Fish Sticks

23 - Cold Salad Plate: Turkey, 3-Sprout, and Potato
- Whole Grain Crackers
- Applesauce
Cheif’s Special
- 12/2 Turkey Sandwich & Tomato Soup

24 - Greek Style Realchick w/ Pasta, Olives, Cucumber
- Steamed Cabbage
- Rosemary Potatoes
- Whole Grain Roll
- Fresh Fruit
Cheif’s Special
- Turkish Cheese Steak

25 - Meatball Sub w/ Cheese
- Garden Salad
- Green Beans
- Whole Grain Bun
- Fruit Crisp
Cheif’s Special
- Fish Sticks

26 - Cold Salad Plate: Turkey, 3-Sprout, and Potato
- Whole Grain Crackers
- Applesauce
Cheif’s Special
- 12/2 Turkey Sandwich & Tomato Soup

27 - Honey Butter Chicken
- Broccoli
- Sweet Potato
- Whole Grain Roll
- Mandarin Oranges
Cheif’s Special
- Eggplant Parmesan

28 - Sheppard’s Pie
- Yellow & Green Zucchini
- Whole Grain Roll
- Peaches
- Birthday Cake
Cheif’s Special
- Pizza Burger

29 - Scrambled Egg w/ Mushroom & Spinach
- O’Bien Potatoes
- Croissant
- Fresh Fruit
Cheif’s Special
- French Dip Sandwich

30 - Pork Fettuccine w/ Gravy**
- Garden Salad
- Roasted Red Potatoes
- Whole Grain Biscuit
- Pineapple
Cheif’s Special
- Turkish Cheese Steak

31 - Lasagna
- garden salad
- Whole Grain Roll
- Zucchini
- Whole wheat bread
Cheif’s Special
- Turkey Swiss Sandwich

SIXER CENTER AT RED MOUNTAIN
7550 East Adobe Street • Mesa, AZ 85207 • 480-218-2221

8 Bingo!
Join Us! Have Fun! Win Big!
Social Bingo
Tuesdays
1:15 pm*
*sales start at 12:15 pm and end at 1:05 pm

Just for Fun Bingo
Wednesdays
10:45 am

Social Bingo
Thursdays
1:15 pm*
*sales start at 12:15 pm and end at 1:05 pm

Entertainment
Fridays at 10:30 am

Wichita Wayne
Monday, January 13 at 10:30 am

Movie Mondays
Movies begin at 12:30 pm in the Mesquite-A room and feature FREE popcorn!

JANUARY 13
Abominable 2019
Starring
Chloe Bennet
Albeit Tsai
Sarah Paulson

JANUARY 27
The Peanut Butter Falcon 2019
Starring
Shia LaBeouf
Zack Gotsagen
Dakota Johnson

Three teenagers must help a Yeti return to his family while avoiding a wealthy man and a zoologist who want it for their own needs.

Zak runs away from his care home to make his dream of becoming a wrestler come true.
OUR PROGRAMS
Since 1979, we are empowering East Valley older adults and their families to remain independent and engaged in our communities through:

CENTER-BASED SERVICES
Mesa and Red Mountain Senior Centers are social hubs, with lunchtime meals, health and wellness support, education programs, and social activities.

MEALS ON WHEELS
Providing nutritious meals and essential wellness checks, in both short- and long-term plans, to meet your unique needs.

IN-HOME SUPPORT
Supporting homebound neighbors with transportation, grocery shopping, well visits, respite, personal care, and housekeeping.

SOCIAL SERVICES
Assisting to navigate and access needed services and health resources, as well as being the NCOA Benefits Enrollment Center for the East Valley.

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