



**Participants came out to Mesa Downtown and Red Mountain Senior Centers for our annual Christmas Lunch!**

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# JANUARY MENU

Lunch is served at 11:30 am. Pick-Up & Go meals are available between 11:00 am - 12:00 pm.

For next day reservations, 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.

## 3 MONDAY

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

## 4 TUESDAY

- Hawaiian Pork Tacos\*\*
- Rainbow Veggie Blend
- Spinach
- Whole Wheat Tortilla
- Banana

## 5 WEDNESDAY

- Beef Stew w/ Vegetables
- Capri Vegetables
- Cornbread
- Strawberries

## 6 THURSDAY

- Sweet and Sour Pork\*\*
- Sautéed Cabbage
- Whole Wheat Roll
- Brown Rice
- Peaches

## 7 FRIDAY

- Balsamic Glazed Chicken
- Asparagus
- Dill Roasted Carrots
- Whole Wheat Roll
- Apricots

## 10

- Chef Salad w/ Turkey, Ham, Cheese\*\*
- Corn Salad
- Whole Grain Crackers
- Fresh Orange

## 11

- Baked Salmon w/ Dill
- Green Beans
- Roasted Sunset Vegetables
- Whole Wheat Roll
- Fruit Cocktail

## 12

- Open Face Turkey Sandwich w/ Gravy
- Mixed Vegetables
- Cranberry Yams
- Whole Grain Bread
- Sliced Pears

## 13

- Sliced Steak Diane
- Cauliflower
- Baked Potato
- Whole Wheat Roll
- Banana

## 14

- Potato Crusted Cod
- Spinach
- Mixed Vegetables
- Whole Wheat Roll
- Fresh Fruit Salad

## 17

**CLOSED TODAY**



## 18

- Meatball Sub
- Garden Salad
- Green Beans
- Apple Crisp
- Applesauce

## 19

- Orange Sage Pork Chop\*\*
- Succotash
- Spinach
- Couscous
- Whole Wheat Roll
- Sliced Peaches

## 20

- Vegetable Paella
- Carrots
- Peas
- Whole Wheat Roll
- Tropical Fruit Cup
- Birthday Cake

## 21

- Grilled Chicken Piccata
- Spinach
- Roasted Turnips
- Whole Wheat Roll
- Mandarin Oranges

## 24

- Beef Philly Sandwich with Cheese Sauce
- Baked Sweet Potato Fries
- Zucchini
- Whole Wheat Bun
- Sliced Apples

## 25

- Scallop Potatoes with Ham\*\*
- Broccoli
- Whole Wheat Roll
- Fruit Cocktail

## 26

- Coconut Curry Fish
- Asparagus
- Sautéed Green Beans w/ Tomatoes
- Brown Rice
- Strawberries

## 27

- Honey Butter Chicken
- Broccoli
- Sweet Potato
- Whole Wheat Roll
- Mandarin Oranges

## 28

- Shepherd's Pie
- Roasted Tomato
- Whole Wheat Roll
- Pineapple

## 31

- Scrambled Eggs with Spinach and Mushrooms
- O'Brien Potatoes
- Whole Wheat Croissant
- Fresh Fruit Cup

### Pick-Up & Go Meals

- For community members age 60 and up
- Pick-up daily hot meals or frozen meals for a week
- Suggested contribution of \$3.50 per meal
- Reservations are required by 2:00 pm the previous day



# ASTER AGING

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



## DELIVERING HOPE

More than just a hot meal, Aster's Meals on Wheels is a lifeline to home-bound older adults. Adults like Marie and her husband Brian.



The retired couple were life-long Mesa residents, living in a small house together. They stayed close to home often as Brian was diagnosed with Alzheimer's disease. However, over the years, Brian's disease progressed, presenting more severe health and safety issues for Marie.

This past fall they made the difficult decision to sell their home and move into an assisted living facility. Brian is able to be cared for in an Alzheimer's-focused unit, while Marie lives in a separate independent living apartment in the same complex.

"I would not have been able to care for him at home without your meal deliveries," shares Marie. "They helped ensure we were eating well, and freed up prep time for me to care for Brian. And more than the meals, our driver was such a great support to us!"

Marie and Brian's situation illustrates that Meals on Wheels delivers more than just a nutritionally-balanced meal; it also delivers peace of mind and support. Our trained staff perform wellness checks at each visit, ensuring you are safe and healthy.

"I am so thankful for everyone at Meals on Wheels," smiles Marie.

Meals on Wheels offers a variety of short- and long-term plans to meet your unique needs. If you are interested in more information about Meals on Wheels, please visit our website at [asteraz.org](http://asteraz.org) or contact us at [480-962-5612](tel:480-962-5612).

## 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 and Pick-Up & Go 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.

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## TIPS FOR TAX PREPARATION

The new year is well under way and so is tax season. Here are a few tips to successfully navigate tax preparation and filing:

### Know What You're Entitled To

The tax benefits that come with being 65 or older can be easy to miss. For instance, if you do not itemize, you could get a higher than average amount of your standard senior deduction.

### Be Careful with Social Security

Figuring out the taxable amount of your Social Security benefits can be a complete nightmare. Complete the Social Security benefits worksheet.

### Beware of Scammers

Remember that the IRS and other agencies will not make unsolicited contact via phone, text, email, or any other method, to request personal information.

Aster is partnering with AARP for free tax preparation at our Mesa Downtown Center. Sessions are by appointment only, beginning January 24. To make an appointment, call [480-962-5612](tel:480-962-5612).



## 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



**Jan 6 | RESPECT | 2021 | PG-13**

Jennifer Hudson, Forest Whitaker, Marlon Wayans  
Following the rise of Aretha Franklin's career from a church choir to international superstardom.



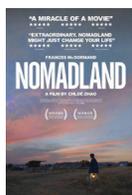
**Jan 13 | 12 MIGHTY ORPHANS | 2021 | PG-13**

Luke Wilson, Vinessa Shawe, Wayne Knight  
A HS football coach leads a team of orphans to the state championship during the Great Depression.



**Jan 20 | CRY MACHO | 2021 | PG-13**

Clint Eastwood, Dwight Yoakam, Daniel Graulau  
A washed-up horse breeder brings a man's son home, teaching him to be a good man along the way.



**Jan 27 | NOMADLAND | 2020 | R**

Frances McDormand, David Strathairn  
A woman in her sixties goes on a journey through the West, as a van-dwelling modern-day nomad.



## A NEW YEAR. A NEW YOU. VOLUNTEER!

Do you want to make a difference in our community? Aster offers a wide variety of opportunities to fit your unique skills and availability. Call us today to start your rewarding journey!

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## LOOKING BACK: 2021



January



February



March



May



May



July



September

## HEALTHY LIVING EXPO

Aster Aging is excited to welcome you back in-person to the 2021 East Valley Healthy Living Expo, held in partnership with Lovin' Life After 50!

The Expo is the premiere event for the latest health, wellness, and senior lifestyle information for East Valley seniors! Be sure to mark your calendars for January 26th from 9:00 am - 1:00 pm at the Mesa Convention Center.

"The Expo is a wonderful opportunity for area residents to browse local vendors focused on healthy aging," stated Dan Lawler, Aster Development Director. "People can take their time, ask any questions, and even relax and enjoy some local entertainment."

"It's a great morning, filled with fun, valuable information and some great surprises."

For more information about the Expo, visit us at [asteraz.org](https://asteraz.org) or call 480-964-9014.

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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 may have fees, are limited capacity, and **require pre-registration**. For more information & to RSVP, visit [asteraz.org](http://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)

### IN-PERSON ACTIVITIES (continued)



**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** (\$3 per class)

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.



**Dec 2 | 10:00 am - 12:00 pm | Mesa Downtown**

**VETERANS ART** Facilitated by Mesa Arts League

Join fellow veterans and unleash your hidden artistic talents.



**Jan 3 | 8:30 - 9:30 am | Mesa Downtown**

**Jan 13 | 8:30 - 9:30 am | Red Mountain**

**VETERANS DONUTS & COFFEE**

Hang out and chat with your fellow service members.



**Jan 14 & 28 | 12:30 pm | Mesa Downtown**

**Jan 14 & 28 | 12:30 pm | Red Mountain**

**BINGO**

Play against your friends to win fun prizes!



## SPECIAL EVENTS

**Jan 6 | 10:00 am**

**Mesa Downtown**

**VETERANS ART**

Create beautiful art facilitated by Mesa Art League.

**Jan 6 | 12:30 pm**

**Red Mountain**

**FLETCHERS MUSIC CENTERS WINTER CONCERT**

Come out to enjoy a magical Winter Concert in the Main Hall.

**Jan 10 | 1:00 pm | Dwntrn**

**Jan 11 | 1:00 pm | Red Mt**

**ESSENTIAL OIL JEWELRY MAKING**

Craft jewelry infused with essential oils. Cost is \$5 per person.

**Jan 20 | 11:30 am**

**Both Senior Centers**

**SENIOR CENTER BIRTHDAY PARTIES**

Join us at either Center to celebrate our January birthdays.

**Jan 27 | 11:30 am**

**Mesa Downtown**

**BANNER HEALTH LUNCH N LEARN**

Join us for a meal as you learn Health and Wellness information.

## A MATTER OF BALANCE

Among older adults, falls are the leading cause of death. Each year, one third of adults will experience a fall.

Approximately half of community-dwelling older adults report a fear of falling (FOF). Older adults often believe that limiting activity will reduce the risk of falls. Instead lack of physical activity can actually increase the risk of falling. Falls are not a natural consequence of aging and most falls can be prevented.

In partnership with AT Still University, Aster is hosting A Matter of Balance, an evidence-based program focusing on multifaceted interventions designed to reduce FOF. The program is composed of eight two-hour sessions per week.

To learn more about the classes, which begin January 14 at both Centers, sign up for a Lunch N Learn session: Jan 3rd at Red Mountain; Jan 4th for Mesa Downtown.



## COVID REDUX

Excerpted from National Public Radio

Here we go again. Just in time for the holidays, Omicron is spreading quickly in the United States.

Scientists are still trying to learn more about Omicron's severity, but they already are certain of two things: it's extremely transmissible and it's causing many more breakthrough infections than the Delta variant.



The good news is, you don't have to hibernate like it's 2020. We're in a much different place than we were last winter. Even if they can't stop all infections, scientists have found that vaccines still offer good protection against severe disease. Don't panic, but do take steps to reduce your risk.

### Get A Booster ASAP

A booster will reduce your risk of catching Omicron and offer enhanced protection against severe disease. Researchers in South Africa found that two doses of the Pfizer vaccine still offer about 70% protection against severe disease.

### Mask Up Indoors in Public Places

It's time to start masking up indoors again, even if vaccinated. This is especially crucial if you are at higher risk of severe disease because of your age or underlying health conditions.

### Take Extra Precautions When You Travel

Anyone who's thinking of traveling should pause and consider both your own risk, as well as certain other practical issues about your destination. Though it's not required, it's a good idea for domestic travelers to test before flying and after arrival — especially if you are visiting someone in a high-risk group.



## FEELING YOUNGER

Excerpted from AARP

It's not uncommon for Paula Lester's jaw to drop when she spots a patient's age on the chart. The New York-based geriatrician treats plenty of people in their 90s who could easily pass for 70. She also has patients in their 70s who say they feel decades older.



When it comes to age, Lester says, "It really is just a number. It's about how you feel."

Adults who feel younger report fewer chronic conditions than those who feel older. They also take fewer medications, visit the doctor less often and are more likely to maintain a normal weight, according to data collected from a large national study on health and well-being led by the University of Wisconsin.

Asking patients how old they feel isn't common medical practice yet. One problem with posing the question, however, is that most physicians aren't equipped to "help guide people to feel the best they can," says Lester.

It's not as easy as telling patients who identify with an older subjective age to "think young," Lester says, especially if that patient is dealing with a debilitating condition. Instead, she encourages adults who feel their age or older to "think about what's important to them" and to do what makes them feel young.

"You start every day with a bucket of energy, and you have to decide how you want to use that bucket," Lester says. "Do you want to use it washing the floor and vacuuming? Or do you want to use it talking to a friend or going to play bingo or going to the movies — whatever it is."

## REEL TALK

A few recommendations of new films opening this month.



### The 355

PG-13 | Jan 7  
Movie Theatres

Jessica Chastain  
Lupita Nyong'ó

A group of international female agents team on a lethal mission.

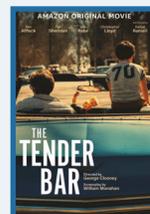


### Tragedy of MacBeth

R | Jan 14  
Theatres & Apple TV+

Denzel Washington  
Frances McDormand

A lord becomes convinced he will be the next King of Scotland.



### The Tender Bar

R | Jan 17  
Theatres & Amazon Prime

Ben Affleck  
Tye Sheridan

A boy on Long Island seeks out father figures at his uncle's bar.



### Morbius

PG-13 | Jan 28  
Movie Theatres

Jared Leto  
Michael Keaton

Things go wrong when a chemist tries to cure his blood disease.

## A HEALTHY NEW YEAR

Excerpted from [HealthyAging.org](https://www.healthyinging.org)

The American Geriatrics Society's Health in Aging Foundation recommends these New Year's resolutions for older adults to help achieve your goal of becoming and staying healthy.

### Eat Fruits and Vegetables

Eat at least five servings daily and pick less fatty meats.

### Be Active

Exercise helps control weight, build muscle, & improve balance.

### See Your Provider Regularly

Schedule an annual visit around your birthday month.

### Quit Smoking

It is never too late to quit and still reduce your health risks

### Toast with a Smaller Glass

Excessive drinking can make you feel depressed and contribute to other health problems.

### Speak Up When You Feel Down

Signs of depression are tiredness, loss of appetite, & difficulty sleeping.



## PEACE & JUSTICE

Excerpted from Activity Connections

Martin Luther King Jr. took a great deal of inspiration from Gandhi, a man who lived an ocean away but faced the same type of institutionalized racism and discrimination as Black Americans. The concept of peaceful protests and boycotts were instrumental in enacting change across America.



While in seminary school, King was first introduced to the teachings of Gandhi, and he quickly found a connection between the Hindi word satyagraha and the plea of Jesus to "love thine enemies." The direct translation of it is "holding onto truth," but Gandhi explained it to his followers that it was more of a "love force."

"I came to see for the first time that the Christian doctrine of love operating through the Gandhian method of nonviolence was one of the most potent weapons available to oppressed people in their struggle for freedom," King later wrote.

King had already been heavily influenced by the writer Henry David Thoreau. The author wrote extensively about using civil disobedience to stand up for what he believed was right. In 1864, Thoreau was just beginning his own journey into nonviolent protests.

Thoreau declared that if the government required people to participate in injustice by obeying "unjust laws," then people should "break the laws" even if they ended up in prison. "Under a government which imprisons any unjustly," he asserted, "the true place for a just man is also a prison."

King began to ruminate on the words of Thoreau and Gandhi, and together these two historic figures influenced the next steps forward in the Civil Rights Movement.

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## PUZZLES

Answer the clues and then find the answers in the puzzle.

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

- U.S. Citizen AMERICAN
- Refuse To Patronize \_\_\_\_\_
- Bravery \_\_\_\_\_
- Aspiration \_\_\_\_\_
- Sameness \_\_\_\_\_
- Emancipation \_\_\_\_\_
- Great Expectations \_\_\_\_\_
- Motivate \_\_\_\_\_
- Person In Charge \_\_\_\_\_
- Sit-in Alternative \_\_\_\_\_
- Clergyman \_\_\_\_\_
- Prestigious Prize \_\_\_\_\_
- Alabama City \_\_\_\_\_
- Public Address \_\_\_\_\_

american, boycott  
 courage, dream  
 equality, freedom  
 hope, inspire  
 leader, march  
 minister, nobel  
 self, speech

**ANSWER**

Find the two teapots that are exactly alike.



4 & 8

**ANSWER**



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Sign-up for our eNews [enews@asteraz.org](mailto:enews@asteraz.org)



## KEEP UP TO DATE

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