



## GETTING READY FOR THE FUTURE

While we all stay safe at home and our Senior Centers are temporarily closed, some exciting work has been happening at Mesa Downtown. The City of Mesa, in partnership with G&G Contracting, are working to bring you a brand new Center when we re-open.

“We are working hard each day to prepare for the future,” shares Carolyn Chavez, Senior Center Manager. “The city and contractors have gone above and beyond for our community. I can’t wait to share what we’ve worked on with everyone.”

As these before and after photos show, the contractors have renovated most of the facility, with new lighting, flooring and paint. They also completely rebuilt portions of the kitchen, installed new air conditioning / heating throughout the facility, and updated infrastructure throughout.

“The Center looks beautiful,” smiles Sandi Pulec, Mesa Downtown Program Assistant “I am excited to welcome back our seniors, and for them to see this gorgeous facility when we re-open!”

**Kitchen Progress with Carolyn**



**Mesa Downtown Main Entrance, Before and After**



# MAY MENU

Meals are ready for pick-up between 11:00 am - 12:00 pm. 480-962-5612 (Mesa Downtown) or 480-218-2221 (Red Mt).

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

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### 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

- 4**
- Ground Pork Spaghetti\*\*
  - Brussel Sprouts
  - Vegetable Blend
  - Whole Wheat Bread
  - Key Lime Pie
  - Apple

- 5**
- Summer Beef Stew
  - Garden Salad
  - Cauliflower
  - Whole Wheat Roll
  - Fruit Cocktail

- 6**
- Chicken Caesar Wrap
  - Three-Bean Salad
  - Grapes

- 7**
- Cabbage Rolls
  - Carrots
  - Spinach
  - Whole Wheat Roll
  - Strawberries

- 8**
- Cheese Tortellini with Pesto
  - Chef's Veggie Blend
  - Peas
  - Birthday Cake
  - Pineapple

- 11**
- Turkey Tetrazzini
  - Mixed Vegetables
  - Grilled Artichoke
  - Whole Wheat Roll
  - Watermelon

- 12**
- Scrambled Eggs w/ Onions & Spinach
  - Sliced Tomatoes
  - Diced Potatoes
  - Biscuit
  - Plum

- 13**
- Pork Marsala\*\*
  - Butternut Squash
  - Green Beans
  - Whole Wheat Bun
  - Cranberry Applesauce

- 14**
- Pineapple Chicken
  - Peas and Carrots
  - Asparagus
  - Whole Wheat Roll
  - Sliced Pears

- 15**
- Sloppy Joe
  - Fire Roasted Corn
  - Zucchini
  - Whole Wheat Roll
  - Orange

- 18**
- Falafel Pita
  - Malibu Vegetable Blend
  - Green beans
  - Banana

- 19**
- Salisbury Steak
  - Yams
  - Succotash
  - Whole Wheat Roll
  - Orange

- 20**
- Bruschetta Chicken
  - Sugar Snap Peas
  - Brown Rice
  - Whole Wheat Bread
  - Banana Pudding
  - Peaches

- 21**
- Turkey Swedish Meatballs
  - Brussel Sprouts
  - Mixed Vegetables
  - Whole Wheat Roll
  - Cantaloupe

- 22**
- Chicken Cobb Salad
  - 3-Bean Salad
  - Tabbouleh
  - Whole Wheat Cracker
  - Sliced Peaches

**25**

Closed in Observance of Memorial Day



- 26**
- Trout w/ Garlic Butter
  - Garden Salad
  - Orzo w/ Tomato and Basil
  - Whole Wheat Roll
  - Sliced Peaches

- 27**
- Pulled Pork Sandwich\*\*
  - Coleslaw
  - Green Beans
  - Whole Wheat Bun
  - Pecan Pie
  - Banana

- 28**
- Tuscan Chicken w/ Spinach & Tomatoes
  - Broccoli
  - Whole Wheat Roll
  - Fruit Cocktail

- 29**
- Egg Salad Plate
  - Italian Vegetable Pasta Salad
  - Beets
  - Whole Wheat Cracker
  - Sliced Apples

# ASTER AGING

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



## OUR PROGRAMS ARE HERE FOR YOU

As state and city stay-at-home orders continue, Aster Aging is adapting to ensure our services are meeting the basic needs of older adults in our communities. Keeping you safe, as well as our staff and volunteers, is our top priority during this uncertain period. Contact us today at 480-964-9014.



### SENIOR CENTERS

We are temporarily transitioning from weekday congregate lunches served at our Centers to packaged "Pick-Up & Go Meals". Additionally, Senior Center group activities are on hold.



### MEALS ON WHEELS

Offers hot, nutritious weekday and frozen weekend meals for homebound older and disabled adults, coupled with wellness checks. Subsidized and fee-based options available.



### IN-HOME SUPPORT

Neighbors provides companionship and transport to medical appts, grocers, or pharmacies. Home Care offers respite, housekeeping and personal care through certified aides.



### Outreach / Social Services

Our staff are available to help you navigate and access needed social services, food, benefits, and health resources during these uncertain times.



## BINGO 2.0!

Missing out on your favorite weekly Bingo games at our two Senior Centers? You are in luck! Now you can play and compete with friends -- all from the safety of your own home! Each of our Centers offers a weekly "Bingo" game. Complete designated tasks to make a Bingo and get entered into a prize drawing each week!

Contact Mesa Downtown (480-962-5612) or Red Mountain (480-218-2221) for more information.



## MEALS TO-GO

Just because the Senior Center is temporarily closed doesn't mean you have to miss your regular meals. Aster is offering packaged "Pick-Up & Go Meals", where you can get a hot meal daily or up to a full week (seven days total) of frozen meals. Reservations are required by 2:00 PM the day prior to pick up.

Contact Mesa Downtown (480-962-5612) or Red Mountain (480-218-2221) for more information.



45 W University Dr, Suite A  
Mesa, AZ 85201-5831

480-964-9014

address service requested



## KEEP UP TO DATE

Thank you for reading our newsletter, [The Aster Scene](#). However, to keep up-to-date on the latest news and information, consider visiting our website, signing up for email alerts, and following us on social media.



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



## 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)