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.
FEBRUARY MENU

Lunch is served at 11:30 am. For next-day reservations: 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**
- Baked Ham w/ Pineapple**
- Cauliflower
- Stewed Tomatoes
- Whole Grain Roll
- Fruit Cocktail
Chef's Special
- Baked Cod

**TUESDAY**
- Shrimp Alfredo
- Fresh Green Beans
- Carrots
- Whole Wheat Roll
- Mixed Berries
Chef's Special
- Frito Pie

**WEDNESDAY**
- Beef Tacos w/ Lettuce, Tomato, & Cheese
- Whole Wheat Tortilla
- Refried Beans
- Fresh Banana
Chef's Choice
- Sonoran Dog

**THURSDAY**
- Zesty BBQ Chicken
- Baked Beans
- Grilled Veggie Mix
- Whole Grain Roll
- Crisp Apple
Chef's Special
- Cheeseburger

**FRIDAY**
- Salad Plate: Egg, 3-Bean, & Orange
- Sliced Beets
- Whole Grain Roll
- Sweet Blueberry Crisp
Chef's Special
- Chicken Salad Sandwich

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

Movies begin at 10:30 am!
Feb 7 M.J. Moore
Feb 10 Wichita Wayne
Feb 21 Jan's Band

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

DID YOU KNOW?
It was established in 1885 to honor President George Washington's birthday, which was actually on February 22, 1732. Presidents Day is celebrated on the third Monday in February, thanks to the 1968 Uniform Monday Holiday Act.

FEBRUARY 10
Judy 2019 | PG-13
Starring
Renée Zellweger
Finn Wittrock
Jessie Buckley
A biographical drama following the final year of Judy Garland's career and life.

FEBRUARY 24
Secret Life of Pets 2 2019 | PG
Starring
Patton Oswalt
Kevin Hart
Eric Stonestreet
Max the terrier encounters canine-intolerant cows, hostile foxes and a scary turkey when he visits the countryside.
Living Healthy & Happy

FEBRUARY 4
10:00 am - 11:00 am

Breast Cancer Awareness
Presented by Banner MD Anderson Cancer Center
Breast cancer is responsible for more than 40,000 deaths in the United States each year, along with more than 265,000 cancer diagnoses. Attend this presentation to learn about the risk factors, prevention, symptoms, early detection, and early treatment.

FEBRUARY 7, 21, & 28
10:30 am - 11:30 am

Blood Pressure Checks
Performed by A.T. Still University
In partnership with A.T. Still University, graduate students will come to the Center to perform blood pressure checks for those wishing to participate.

FEBRUARY 11
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.

FEBRUARY 19
10:30 am - 11:30 am

Balance Screening
Performed by A.T. Still University
Are you at risk for falls? Do you sometimes feel unsteady on your feet? Attend a balance screening to find out and learn about options available to you. Students and instructors from the A.T. Still School of Physical Therapy will perform a series of assessments to determine your level of balance.

Coming Next Month

Monday, March 2
12:30 pm - 3:30 pm
Enjoy mini golf at GoFtland Sunsplash! Sign up between Feb 1 - Feb 26. $8 per person. Space is limited.

Neighbors Helping Neighbors

For the last 14 years, Belva, 88, has lived on her own. She’s enjoyed her independence, spending time in her own space, doing things her own way. But when she became legally blind, Belva had to sell her car. Suddenly, she was unsure how she’d manage her trips, such as to doctor appointments and the grocery store.

Fortunately, a friend gave her the phone number to Aster Neighbors.

When Belva called, the Neighbors staff was happy to help. She had been paying people to get her to appointments. However, she was thrilled to learn a Neighbors volunteer could help her with these tasks — at no charge. “I was amazed that people would do this for nothing!” Belva shares.

Belva has now enjoyed the benefits of our Neighbors’ program for over two years. She has developed a close bond with Diane, the volunteer who regularly helps her get groceries and household supplies. Another volunteer takes her to medical appointments or the pharmacy. And she knows that if she needs help with household tasks or wants a friendly visit, she can make a quick call to Aster Neighbors and to be matched with a caring volunteer.

If you or someone you know is like Belva and are interested in learning more about the supportive in-home, volunteer-based services we offer through Aster Neighbors, please call 480-962-5502.

Aster Aging, Inc is funded in part by Arizona Agency on Aging, Region One
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
- 10:00 am Poetry & Praise (Feb 10)
- 10:00 am  Wii Bowling
- 9:00 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 (Feb 18)
- 9:00 am  Shaws of Love
- 9:30 am  Gramma Jones Line Dance

**WEDNESDAYS**
- 8:00 am  Aerobics
- 8:00 am  Walk Your Shoes Off
- 9:00 am  Tai Chi
- 12:30 pm  Movie Day

**THURSDAYS**
- 8:00 am  Aerobics
- 8:00 am  Walk Your Shoes Off
- 9:30 am  Enriching Veterans’ Lives Through Art (Feb 18)
- 9:00 am  Tai Chi
- 12:30 pm  Sing for Joy!

**FRIDAYS**
- 8:00 am  Walk Your Shoes Off
- 9:00 am  Friday Morning Writers
- 9:00 am  Mild Exercise
- 9:30 am  Hat’s Healing Hands
- 10:00 am  Song for Joy!
- 12:00 pm  AARP Safe Driving (Feb 21)
- 1:15 pm  Big Game Bingo

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

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<thead>
<tr>
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<th>Date(s)</th>
<th>Time</th>
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**Question about an activity?**
Call Us at 480-962-5612

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A Vibrant & Active Center!

MONDAYS
8:15 am Abundant Life Exercise
8:00 am Stitch & Chat
12:00 pm Mahjong
12:30 pm Movie Day (Feb 10 & 24)
12:30 pm Cribbage
12:30 pm Advance Pinochle
12:30 pm Social Pinochle
12:30 pm Food Plus Pick-Up (Feb 14)

TUESDAYS
8:15 am Stitch & Chat
10:00 am Living Healthy & Happy (Feb 8 & 15)
12:30 pm Canasta (Hand & Foot)
1:15 pm Social Bingo
5:00 pm Mesa Art League (Feb 11)

WEDNESDAYS
8:15 am Abundant Life Exercise
9:45 am Beginning Spanish
10:00 am Legal Assistance: Wills & Trusts (Feb 19)
10:30 am Just for Fun Bingo
12:30 pm Bridge
12:30 pm Canasta
12:30 pm Euchre

WEDNESDAYS (continued)
1:00 pm Afternoon Dance: Sunland Combo

THURSDAYS
8:00 am Stitch & Chat
10:05 am Blackjack with David (Feb 6 & 20)
10:00 am Veteran’s Discussion Group
12:30 pm Beginning Computers
12:30 pm Advanced Pinochle
12:30 pm Mexican Train Dominoes
12:30 pm Social Pinochle
1:15 pm Social Bingo

FRIDAYS
8:15 am Abundant Life Exercise
8:15 am Poinsettia Workshop
9:30 am Page Turners Book Club (Feb 28)
12:00 pm Benefits Assistance
12:30 pm Bridge
12:30 pm “500”
12:30 pm Movin’ On
12:30 pm Canasta
1:30 pm Line Dancing

Living Healthy & Happy

February 7, 21, & 28
10:30 am - 11:30 am

Blood Pressure Checks
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In partnership with A.T. Still University, graduate students will come to the Center to perform blood pressure checks for those wishing to participate.

February 12
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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!

February 13
8:00 am

Balance Screening

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.

February 19
10:30 am - 11:30 am

United Food Bank

COMUNITY
FOOD SHARE

Are you at risk for falls? Do you sometimes feel unsteady on your feet? Attend a balance screening to find out and learn about options available to you. Students and instructors from the A.T. Still School of Physical Therapy will perform a series of assessments to determine your level of balance.

NEED HELP GROCERY SHOPPING? HOW ABOUT A RIDE TO THE DOCTOR’S OFFICE? Neighbors can assist you with these and more! Contact us today!
Now Showing
Movies begin at 12:30 pm in the main dining hall and feature FREE popcorn!

**FEBRUARY 6**
Judy
2019 | PG-13
Starring
Renée Zellweger
Finn Wittrock
Jessie Buckley
A biographical drama following the final year of Judy Garland’s career and life.

**FEBRUARY 13**
Hobbs & Shaw
2019 | PG-13
Starring
Dwayne Johnson
Jason Statham
Idris Elba
A lawman and criminal form an unlikely alliance when a cyber-genetically enhanced villain threatens the future of humanity.

**FEBRUARY 20**
Ugly Dolls
2019 | PG
Starring
Kelly Clarkson
Nick Jonas
Janelle Monae
A group of misfit dolls seeks acceptance from the real world despite their “flaws.”

**FEBRUARY 27**
Oceans 8
2018 | PG-13
Starring
Sandra Bullock
Cate Blanchett
Anne Hathaway
A group of women plan a sophisticated heist at the annual Met Gala in New York City.

Bingo!
Join Us! Have Fun! Win Big!

**FEBRUARY 8**
Loser’s Bingo
Mondays
12:30 pm

**FEBRUARY 13**
Social Bingo
Wednesdays
1:15 pm

**FEBRUARY 20**
BIG GAME Bingo
Fridays
1:15 pm

Entertainment
Fridays at 11:00 am

Let’s Dance!
Tuesdays at 1:00 pm

**FEBRUARY 7**
Wichita Wayne

**FEBRUARY 14**
The Kitchen Band

**FEBRUARY 21**
Wichita Wayne

**FEBRUARY 4**
Manuel Dorantes

**FEBRUARY 11**
Easy Sounds

**FEBRUARY 18**
Juan Miguel Zarate

**FEBRUARY 25**
Manuel Dorantes

Tax Season Is Here!

Beginning February 3rd
AARP Tax Preparation
Mon-Thurs, 8:00 am -11:30 am
Free tax preparation. Bring a copy of last year’s taxes, your W2s, and any charitable receipts. Presented by AARP

Mini Golf Excursion
Space is limited to first come basis. Sign up today!

Monday, February 24
12:30 pm - 3:30 pm
Enjoy an afternoon of mini golf with fellow members!
Cost is $8 per person. Limit of 12 participants.

DID YOU KNOW?
Since 1968, AARP’s volunteer-based program has helped nearly 50 million taxpayers file their taxes.
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Join Us! Have Fun! Win Big!

Loser’s Bingo
Mondays
12:30 pm

Social Bingo
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BIG GAME Bingo
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### Senior Center at Red Mountain
7550 East Adobe Street • Mesa, AZ 85207 • 480-218-2221

### A Vibrant & Active Center!
Come join in on these weekly activities at the Red Mountain Senior Center!

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- 8:15 am Abundant Life Exercise
- 8:00 am Stitch & Chat
- 12:00 pm Mahjong
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#### TUESDAYS
- 8:15 am Stitch & Chat
- 10:00 am Living Healthy & Happy (Feb 4 & 11)
- 12:30 pm Canasta (Hand & Foot)
- 1:15 pm Social Bingo
- 5:00 pm Mesa Art League (Feb 11)

#### WEDNESDAYS
- 8:15 am Abundant Life Exercise
- 9:45 am Beginning Spanish
- 10:00 am Legal Assistance: Wills & Trusts (Feb 19)
- 10:30 am Just for Fun Bingo
- 12:30 pm Bridge
- 12:30 pm Canasta
- 12:30 pm Euchre

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

### Living Healthy & Happy

#### FEBRUARY 7, 21, & 28
10:30 am - 11:30 am

**Blood Pressure Checks**
Performed by A.T. Still University

In partnership with A.T. Still University, graduate students will come to the Center to perform blood pressure checks for those wishing to participate.

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10:00 am - 11:00 am

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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!

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8:00 am

**United Food Bank Food Share**

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Are you at risk for falls? Do you sometimes feel unsteady on your feet? Attend a balance screening to find out and learn about options available to you. Students and instructors from the A.T. Still School of Physical Therapy will perform a series of assessments to determine your level of balance.

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**Question about an activity?**
Call Us at 480-218-2221
### MONDAYS
- 8:00 am Aerobics
- 8:00 am Walk Your Shoes Off
- 10:00 am Poetry & Prose (Feb 10)
- 10:00 am Wii Bowling
- 9:00 am Tai Chi
- 10:00 am Writers Guild
- 12:30 pm Lazer's Bingo

### TUESDAYS
- 8:00 am Aerobics
- 8:00 am Walk Your Shoes Off
- 9:00 am Butler Law Free Legal Services (Feb 18)
- 9:00 am Shaws of Love
- 9:30 am Grammar Jones Line Dance

### WEDNESDAYS
- 8:00 am Aerobics
- 8:00 am Walk Your Shoes Off
- 9:30 am Enriching Veterans’ Lives Through Art (Feb 18)
- 9:00 am Tai Chi
- 12:30 pm Movie Day
- 1:00 pm Grief and Loss Group
- 1:15 pm Social Bingo

### THURSDAYS
- 8:00 am Aerobics
- 8:00 am Walk Your Shoes Off
- 9:30 am Enriching Veterans’ Lives Through Art (Feb 18)
- 9:00 am Tai Chi
- 12:30 pm Sing for Joy!
- 12:00 pm AARP Safe Driving (Feb 21)
- 1:15 pm Big Game Bingo

### 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 Stockings for Kids (Feb 12)
- 10:00 am Blackjack w/ David (Feb 5 & 19)

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

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<td>11:00 am (ends 3:30 pm)</td>
<td>Terry &amp; Nyla Hostin, Community Volunteers</td>
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<td>Grief Loss</td>
<td>Mondays</td>
<td>4:00 pm (ends 5:30 pm)</td>
<td>Sandra McNally &amp; Ann Chadwick, EMPACT</td>
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<td>Mike Crowe, DAV</td>
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<td>Enriching the Lives of</td>
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<td>12:30 pm (ends 2:30 pm)</td>
<td>Loralee Stickel, Mesa Arts League</td>
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### Aster Aging
Aster Aging 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:
- Area Agency on Aging - Region One
- 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 Holbrook Foundation
- Mesa United Way
- National Council for Aging
- SunDown Thunderbird Charities
- Town of Gilbert
- Valley of the Sun United Way
- Walmart

Question about an activity? Call Us at 480-962-5612
**SENIOR CENTER AT RED MOUNTAIN**
7550 East Adobe Street • Mesa, AZ 85207 • 480-218-2221

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**Living Healthy & Happy**

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**FEbruary 4**
10:00 am - 11:00 am

*Breast Cancer Awareness*

Presented by Banner MD Anderson Cancer Center

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*Balance Screening*

Performed by A.T. Still University

Are you at risk for falls? Do you sometimes feel unsteady on your feet? Attend a balance screening to find out and learn about options available to you. Students and instructors from the A.T. Still School of Physical Therapy will perform a series of assessments to determine your level of balance.

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**Coming Next Month**

Monday, March 2
12:30 pm - 3:30 pm

Enjoy mini golf at Golfland Sunsplash! Sign up between Feb 1 - Feb 26. $8 per person. Space is limited.

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

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**NEIGHBORS HELPING NEIGHBORS**

For the last 14 years, Belva, 88, has lived on her own. She’s enjoyed her independence, spending time in her own space, doing things her own way. But when she became legally blind, Belva had to sell her car. Suddenly, she was unsure how she’d manage her trips, such as to doctor appointments and the grocery store.

Fortunately, a friend gave her the phone number to Aster Neighbors.

When Belva called, the Neighbors staff was happy to help. She had been paying people to get her to appointments. However, she was thrilled to learn a Neighbors volunteer could help her with these tasks — all at no charge. “I was amazed that people would do this for nothing!” Belva shares.

Belva has now enjoyed the benefits of our Neighbors’ program for over two years. She has developed a close bond with Diane, the volunteer who regularly helps her get groceries and household supplies. Another volunteer takes her to medical appointments or the pharmacy. And she knows that if she needs help with household tasks or wants a friendly visit, she can make a quick call to Aster Neighbors and to be matched with a caring volunteer.

If you or someone you know is like Belva and are interested in learning more about the supportive in-home, volunteer-based services we offer through Aster Neighbors, please call 480-962-5502.

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**ASTER 2020 Spring Healthy Living Expo**

**FRIDAY, FEBRUARY 28, 2020**

Red Mountain Senior Center • 7550 E Adobe Street • 8:00 am - 12:00 pm

Join us at our 2020 Spring Healthy Living Expo, where dozens of exhibitors will showcase a variety of informational and interactive displays targeted to seniors and their families.

This event is FREE and open to all. We hope you’ll make plans to attend!
FEBRUARY 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
- Baked Ham w/ Pineapple**
- Cauliflower
- Stewed Tomatoes
- Whole Grain Roll
- Fruit Cocktail
Chef’s Special: Baked Coq

TUESDAY
- Shrimp Alfredo
- Fresh Green Beans
- Carrots
- Whole Wheat Roll
- Mixed Berries
Chef’s Special: Tater Pie

WEDNESDAY
- Beef Tacos w/Lettuce, Tomato, & Cheese
- Whole Wheat Tortilla
- Refried Beans
- Fresh Banana
Chef’s Choice: Sonoran Dog

THURSDAY
- Zesty BBQ Chicken
- Baked Beans
- Grilled Veggie Mix
- Whole Wheat Roll
- Crisp Apple
Chef’s Special: Cheeseburger

FRIDAY
- Salad Plate: Egg, 3-Bean, & Orange
- Sliced Beets
- Whole Grain Roll
- Sweet Blueberry Crisp
Chef’s Special: Chicken Salad Sandwich

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

Entertainment
The fun begins at 10:30 am!
Feb 7 M.J. Moore
Feb 10 Wichita Wayne
Feb 21 Jan’s Band

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

FEBRUARY 10
Judy 2019 | PG-13
Starring: Renée Zellweger
Finn Wittrock
Jessie Buckley
A biographical drama following the final year of Judy Garland’s career and life.

FEBRUARY 24
Secret Life of Pets 2 2019 | PG
Starring: Patton Oswalt
Kevin Hart
Eric Stonestreet
Max the terrier encounters canine-intolerant cows, hostile foxes and a scary turkey when he visits the countryside.

DID YOU KNOW?
It was established in 1885 to honor President George Washington’s birthday, which was actually on February 22, 1732. Presidents Day is celebrated on the third Monday in February, thanks to the 1968 Uniform Monday Holiday Act.
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.

Visit us online at www.asteraz.org
Like us on Facebook @AsterArizona

February 2020
A Monthly Guide to Our Services
Volume 14, Issue 2

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Red Mt Groups

Stefania Sach & Fran Sandoval, working at the Cafe at the Aster Aging Senior Center at Mesa Red Mountain