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

IN THIS ISSUE

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Aster Senior Center at Mesa Downtown participants Luther Sparks and Sharon Sparks.
MARCH 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 **
- Breakfast Sandwich**
- Fresh Brownies**
- Tomato Wedges**
- Cheddar Chive Biscuit
- Fresh Apples

** TUESDAY **
- Balsamic Glazed Chicken
- Asparagus
- Dill Roasted Carrots
- Whole Grain Roll
- Apricots

** WEDNESDAY **
- Meatloaf w/ Gravy
- Festive Cauliflower
- Mashed Potatoes
- Whole Grain Roll
- Oreo Cookie
- Fruit

** THURSDAY **
- Chef Salad w/ Turkey, Ham & Egg
- Corn Salad
- Whole Grain Crackers
- Fresh Orange

** FRIDAY **
- Open Face Turkey Sandwich w/ Gravy
- Mixed vegetables
- Cranberry Yams
- Whole Grain Roll
- Sliced Peaches

** CHEF’S SPECIAL **
- CA Turkey Sandwich
- Bacon Cheeseburger
- Maccaroni & Cheese
- Grilled Chicken Sandwich
- Shrimp Alfredo
- Fresh Green Beans
- Carrots
- Whole Wheat Roll
- Mixed Berries

** CHEF’S SPECIAL **
- Turkey Stuffing
- Honey Butter Chicken Broccoli
- Sweet Potato
- Whole Grain Roll
- Mandarin Oranges

** CHEF’S SPECIAL **
- Corn Dog
- Shrimp Alfredo
- Fresh Green Beans
- Carrots
- Whole Wheat Roll
- Mixed Berries

** CHEF’S SPECIAL **
- Chicken Pasta Puttanescas

** CELEBRATION **
- Birthday Cake

** MOVIE MONDAYS **
Movies begin at 12:30 pm in the Mesquite-A room and feature FREE popcorn!

** MARCH 9 **
Ford v Ferrari
Starring
Christian Bale
Matt Damon
Jon Bernthal

** MARCH 23 **
A Beautiful Day in the Neighborhood
Starring
Tom Hanks
Matthew Rhys
Susan Kelechi Watson

** HAPPY ST. PATRICK’S DAY **

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

** 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!

** MOVIE MONDAYS **
**Living Healthy & Happy**

**MARCH 10**
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.

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**Oral Nutrition and Health**
Presented by A.T. Still University
During this presentation learn the best techniques and products to use to clean your teeth. Also, learn how nutrition plays a major part in keeping your teeth healthy. Those who attend this event will receive a free goodie bag.

**Chronic Disease Self Management Program**
**Thursdays, March 19 - April 23**
9:00 am - 11:00 am

If you have a chronic health condition this workshop is for you. Join this free, interactive workshop to learn skills and tips with the support of others living with chronic conditions. Register at the Front Desk by March 17.

**MUSEUM EXCURSION**
**Space Is Limited. $3 per person. Sign up by March 26th.**

**Monday, March 30**
12:30 pm - 3:30 pm  
Enjoy a visit to the Superstition Mountain Museum & see the artifacts, history and folklore of the Superstition Mts, Apache Junction and the surrounding region.

**STAYING SOCIALLY CONNECTED**

Social isolation is complex. You may choose to stay home, where you feel comfortable, because you feel anxious or embarrassed about your health or disabilities. Depression, anxiety, early-stage dementia, and other mental health concerns, can also increase your risk of social isolation. Additionally, if you no longer drive and have limited, or no, access to public transportation, you are more likely to face social isolation.

So, how do you spot social isolation? You may want to start by thinking about how you have changed over time. For example, are you less excited about things you once enjoyed? Do you feel distant from people or misunderstood? If you are a caregiver, does your loved one seem less excited about events they once looked forward to, such as the annual car show or regular social functions? These changes could be red flags indicating social isolation.

Some ways to engage in meaningful social activities include:
- Volunteering or mentoring in your community
- Visiting your local senior or community center
- Seeking out leadership roles in a civic organization or faith community
- Signing up for a cooking, exercise, falls prevention, chronic disease management, or other class

Ultimately, tackling social isolation is about making our communities more accessible, inclusive, and caring. If you think someone in your community is at risk of social isolation, you can start by reaching out. Try asking if they would like a visit or invite them to join you on an outing.

**ST. PATRICK’S DAY FACTS**
- St. Patrick’s Day is the feast day of St. Patrick, the patron saint of Ireland.
- St. Patrick was born in 385 AD in Britain
- In Ireland, St. Patrick’s Day is a national holiday
- Shamrocks are the national flower/emblem of Ireland.
A Vibrant & Active Center!

MONDAYS
- 8:00 am Aerobics
- 8:00 am Walk Your Shoes Off
- 10:00 am Poetry & Prose (Mar 9)
- 10:00 am Wii Bowling
- 9:00 am Tai Chi
- 10:00 am Writers Guild
- 12:30 pm Loose’s Bingo

TUESDAYS
- 8:00 am Aerobics
- 8:00 am Walk Your Shoes Off
- 9:00 am Butler Law Free Legal Services (Mar 17)
- 9:30 am Shaws of Love
- 9:30 am Gramma Jones Line Dance

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

THURSDAYS
- 6:00 am Aerobics
- 8:00 am Walk Your Shoes Off
- 9:30 am Enriching Veterans’ Lives Through Art (Mar 12)
- 9:00 am Tai Chi

FRIDAYS
- 6:00 am Walk Your Shoes Off
- 9:00 am Friday Morning Writers
- 9:00 am Mild Exercise
- 9:30 am Hat’s Healing Hands
- 12:00 pm AARP Safe Driving (Mar 20)
- 1:15 pm Big Game Bingo

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

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

Group | Date(s) | Time | Facilitator(s)
--- | --- | --- | ---
Alzheimer's | 1st & 3rd Fridays | 2:00 pm (ends 3:00 pm) | Martha Burrell & Kathy Piazza
               |                     |                     | Alzheimer’s Association
Deaf | Tuesdays | 11:00 am (ends 3:30 pm) | Terry & Nyla Hostin
        |                     |                     | Community Volunteers
Grief Loss | Mondays | 4:00 pm (ends 5:30 pm) | Sandra McNally & Ann Chadwick
         |                     |                     | EMPACT
Movin’ On | Fridays | 12:30 pm (ends 2:30 pm) | Sandra McNally & Leo Achin
          |                     |                     | EMPACT
Parkinson’s | 1st Monday | 1:30 pm (ends 3:30 pm) | Kristina Watts,
             |                     |                     | Dignity Health
Survivors of Suicide | 2nd & 4th Thursdays | 6:00 pm (ends 8:00 pm) | Sandra McNally
                       |                     |                     | EMPACT
Veterans Discussion | 2nd & 4th Thursdays | 10:00 am (ends 11:00 am) | Mike Crowe
                     |                     |                     | DAV
Enriching the Lives of Veterans Through Art | 4th Thursday | 12:30 pm (ends 3:30 pm) | Loralee Stickle
                          |                     |                     | Mesa Arts League
Benefits, Medicare, and Insurance | Fridays | 10:00 am (ends 12:00 pm) | Area Agency on Aging
Wills & Trusts | 3rd Wednesday | 10:00 am (ends 11:30 am) | Community Volunteer Attorney
Peer Counseling | Mondays & Wednesdays | By appointment | Sandra McNally
                |                     | Call 480-218-2221 | EMPACT

A LITTLE BIT O’ BLARNEY PARTY
Tuesday, March 17 | 10:30 am - 11:15 am
Join us for fun with trivia, cupcakes, & Leprechaun Kisses!

Question about an activity?
Call Us at 480-962-5612
### 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
- **12:30 pm** Mahjong
- **12:30 pm** Movie Day (Mar 9 & 23)
- **12:30 pm** Cribbage
- **12:30 pm** Advance Pinochle
- **12:30 pm** Social Pinochle
- **12:30 pm** Food Plus Pick-Up (Mar 16)

#### THURSDAYS
- **8:15 am** Abundant Life Exercise
- **10:05 am** Black Jack with David (Mar 5 & 19)
- **10:00 am** Veteran’s Discussion Group (Mar 12 & 26)
- **12:30 pm** Beginning Computers
- **12:30 pm** Advanced Pinochle
- **12:30 pm** Mexican Train Dominos
- **12:30 pm** Social Pinochle
- **1:15 pm** Social Bingo

#### TUESDAYS
- **8:15 am** Stitch & Chat
- **10:00 am** Living Healthy & Happy (Mar 3, 10, & 12)
- **12:30 pm** Canasta (Hand & Foot)
- **1:15 pm** Social Bingo
- **5:00 pm** Mesa Art League (Mar 10)

#### FRIDAYS
- **8:15 am** Abundant Life Exercise
- **8:15 am** Portrait Workshop
- **9:30 am** Page Turners Book Club (Mar 27)
- **10:00 pm** Benefits Assistance
- **12:30 pm** Bridge
- **12:30 pm** “500”
- **12:30 pm** Mavin’ On
- **12:30 pm** Canasta
- **1:30 pm** Line Dancing
- **1:00 pm** Afternoon Dance: Sunland Combo

#### WEDNESDAYS
- **8:15 am** Abundant Life Exercise
- **9:45 am** Beginning Spanish
- **10:00 am** Legal Assistance: Wills & Trusts (Mar 18)
- **10:30 am** Just for Fun Bingo
- **12:30 pm** Bridge
- **12:30 pm** Canasta
- **12:30 pm** Euchre
- **1:00 pm** Afternoon Dance: Sunland Combo

### Living Healthy & Happy

#### MARCH 11
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!

#### MARCH 12
8:00 am

**UNITED FOOD BANK**

**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.

### LEPRECHAUN SHENANIGANS

Tuesday, March 17 | 10:30 am - 11:15 am

Enjoy soda bread, cupcakes, and a little luck o’ the Irish!

### Tax Season Is Here!

**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.
Now Showing

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

MARCH 5
Ford v Ferrari
2019 | PG-13
Starring
Christian Bale
Matt Damon
Jon Bernthal
Two auto designers build a vehicle for Ford and compete against Ferrari at the 1966 24-Hours of Le Mans in France.

MARCH 12
Playing with Fire
2019 | PG
Starring
John Cena
Keegan-Michael Key
John Leguizamo
A straight-laced firefighter and his team aid three siblings and quickly learn how wild and unpredictable babysitting children can be.

MARCH 19
Maleficent: Mistress of Evil
2019 | PG
Starring
Angelina Jolie
Elle Fanning
Michelle Pfeiffer
Maleficent joins forces with a seasoned warrior and a group of outcasts to battle the evil queen and her powerful army.

MARCH 26
A Beautiful Day in the Neighborhood
2019 | PG
Starring
Tom Hanks
Matthew Rhys
Susan Kelechi Watson
Profiled by a journalist, Fred Rogers chips away at the writer’s jaundiced outlook on life, forcing the reporter to face his own painful past.

Each of Our Movies Features Free Popcorn!
- Americans consume 14 billion quarts of popcorn annually
- Orville Redenbacher starting growing popping corn in 1919 when he was 12

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

Let’s Dance!
Tuesdays at 1:00 pm

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Enjoy a visit to the Superstition Mountain Museum & see the artifacts, history and folklore of the Superstition Mts, Apache Junction and the surrounding region.

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 • 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 For Aging • Sundt
- Thunderbird Charities • Town of Gilbert • Valley of the Sun United Way • Walmart
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- 10:00 am: Poetry & Praise (Mar 9)
- 10:00 am: Wii Bowling
- 9:00 am: Tai Chi
- 10:00 am: Writers Guild
- 12:30 pm: Loser’s Bingo

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- 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: Support Group for Caregivers
- 10:00 am: Black Jack w/ David (Mar 4 & 18)

**WEDNESDAYS (continued)**
- 1:00 pm: Griev 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 (Mar 12)
- 9:00 am: Tai Chi
- 12:30 pm: Movie Day

**FRIDAYS**
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- 9:00 am: Mild Exercise
- 9:30 am: Hat’s Healing Hands
- 10:00 am: Sing for Joy!
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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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<thead>
<tr>
<th>Group</th>
<th>Date(s)</th>
<th>Time</th>
<th>Facilitator(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alzheimer’s</td>
<td>1st &amp; 3rd Fridays</td>
<td>2:00 pm (ends 3:00 pm)</td>
<td>Martha Burrell &amp; Kathy Piazza Alzheimer’s Association</td>
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<tr>
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<td>Tuesdays</td>
<td>11:00 am (ends 3:30 pm)</td>
<td>Terry &amp; Nyla Hostin Community Volunteers</td>
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**ASTE RAGING**

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

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- St. Patrick was born in 385 AD in Britain.
- In Ireland, St. Patrick’s Day is a national holiday.
- Shamrocks are the national flower/emblem of Ireland.
MARCH MENU

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

MONDAY
- Breakfast Sandwich**
- Hash Browns
- Tomato Wedges
- Cheddar Chive Biscuit
- Fresh Apples
Chef’s Special
- Pancakes

TUESDAY
- Balsamic Glazed Chicken
- Asparagus
- Dilled Roasted Carrots
- Whole Grain Roll
- Apricots
Chef’s Special
- C.A. Turkey Sandwich

WEDNESDAY
- Meatloaf w/ Gravy
- Festive Cauliflower
- Mashed Potatoes
- Whole Grain Roll
- Oreo Cake
- Fruit
Chef’s Choice
- Hot Dog

THURSDAY
- Chef Salad w/ Turkey, Ham & Egg
- Corn Salad
- Whole Grain Crackers
- Fresh Orange
Chef’s Special
- Chicken Caesar Salad

FRIDAY
- Open Face Turkey
- Sandwich w/ Gravy
- Mixed Vegetables
- Cranberry Yams
- Whole Grain Roll
- Stewed Peas
Chef’s Special
- Philly Cheesesteak

9
- Sliced Steak Diane
- Cauliflower
- Baked Potato
- Whole Grain Roll
- Rice Pudding w/ Raisins
Chef’s Special
- Grilled Ham Steak

16
- Pork Riblets**
- Carrots & Peas
- Whole Grain Roll
- Tropical Fruit
Chef’s Special
- Turkey Slitted

23
- Honey Butter Chicken Broccoli
- Sweet Potato
- Whole Grain Roll
- Mandarin Oranges
Chef’s Special
- Corn Dog

24
- Shepherd’s Pie
- Zucchini & Squash
- Whole Grain Roll
- Peaches
- Birthday Cake

25
- Scrambled Egg w/ Mushrooms & Spinach
- O’Brien Potatoes
- Croissant
- Fresh Fruit
Chef’s Choice
- Grilled Chicken Sandwich

26
- Pork Fitters w/ Gravy**
- Garden Salad
- Roasted Red Potatoes
- Whole Grain Biscuit
- Pineapple Upside Down Cake
Chef’s Special
- Bean & Cheese Burrito

HAPPY ST. PATRICK’S DAY

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

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

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

MARCH 9
Ford v Ferrari
2015 | PG-13
Starring
Christian Bale
Matt Damon
Jon Bernthal

MARCH 23
A Beautiful Day in the Neighborhood
2019 | PG
Starring
Tom Hanks
Matthew Rhys
Susan Kelechi Watson

Two auto designers build a vehicle for Ford and compete against Ferrari at the 1966 24-Hours of Le Mans in France.

Two auto designers build a vehicle for Ford and compete against Ferrari at the 1966 24-Hours of Le Mans in France.
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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Aster Senior Center at Mesa Downtown participants Luther Sparks and Sharon Sparks.