



YOU'RE INVITED:



FRIDAY, MARCH 21, 2025

8:00 - 11:30 am

Red Mountain Senior Center
7550 East Adobe Street Mesa AZ, 85207

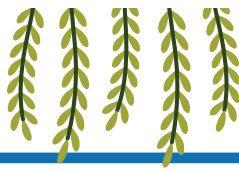
FRIDAY, MARCH 28, 2025

8:00 - 11:30 am

Mesa Downtown Senior Center
247 N. Macdonald Street Mesa AZ, 85201

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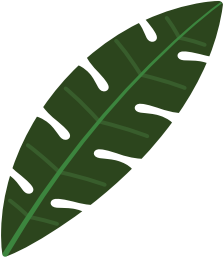
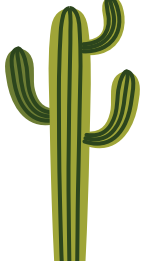
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MARCH MENU



For next day reservations (lunch is served at 11:30 am), call [480-962-5612](tel:480-962-5612) (Mesa Downtown) or [480-218-2221](tel:480-218-2221) (Red Mt).
 The Suggested Contribution for participants age 60+ is \$3.50.
 Items with ** contain pork or pork products. Menu items subject to change due to availability.

3 MONDAY	4 TUESDAY	5 WEDNESDAY	6 THURSDAY	7 FRIDAY
Shrimp Scampi on whole wheat Fettucine pasta with yellow squash, 5-way-vegetable mix, and mango cubes.	Chicken Kiev, spinach, baby carrots, whole grain roll, and an apple.	** Roasted Pork Loin, cauliflower, peas, brown rice pilaf, and mixed berries.	Tortilla-Encrusted Tilapia, Brussels sprouts, chuck wagon corn, whole grain roll, and an orange.	Hamburger on a whole wheat bun, tater tots, four-way vegetable medley, and grapes.
10 Herb-Encrusted Chicken, summer squash, Italian vegetable medley, whole wheat pasta, and sliced pears.	11 Open-Faced Roast Beef Sandwich on whole wheat bread, roasted red potatoes, green beans, Fig Newtons, and mixed berries.	12 Vegetarian Lasagna, Normandy vegetables, garden green salad, whole-wheat roll, and grapes.	13 Shrimp Alfredo, spinach, mixed vegetables, brown rice, and a banana.	14 ** Scrambled Eggs with diced bell pepper and onion mix, Pork Sausage, tater tots, a whole wheat biscuit, and a Mandarin orange.
17 Bean and cheese burrito with vegetables on a whole grain tortilla, Spanish brown rice, and mango cubes.	18 Chicken Nuggets, carrots and potatoes, broccoli, a whole grain roll, and apricot slices.	19 Meatloaf, roasted skin-on potatoes, Brussels sprouts, a whole grain roll, and a mixed berry crisp.	20 Chicken Salad, edamame, stewed tomatoes, a whole grain roll, grapes, and Graham Crackers.	21 Herb-Encrusted Tilapia, yams, winter blend vegetables, brown rice pilaf, and an apple.
24 Popcorn Chicken, mashed potatoes, corn, a whole wheat biscuit, and a banana.	25 ** Pork Cutlet, peas and onions, yams, whole wheat roll, and a tropical fruit mix.	26 Veggie Lasagna, Normandy vegetables, green garden salad, whole wheat roll, and Mandarin oranges.	27 Hamburger on a whole wheat bun, tater tots, 4-way veggie medley, and grapes.	28 Shrimp Alfredo on whole wheat pasta, Italian vegetables, carrots, and mixed fruit.
31 Pot Roast with potatoes and carrots, coleslaw, a whole grain roll, and an apple crisp with oatmeal topping.				Items with ** contain pork or pork products. Menu subject to change due to availability.



STATE TAX CREDIT

As surely as Spring brings blooming flowers, refreshing rains, and the songs of returning birds, it also heralds the arrival of tax season.

Did you know that Arizona offers a special opportunity for taxpayers? Through the Arizona Charitable Tax Credit program, you can direct your state tax dollars to support a nonprofit you care about—without any additional cost to you. This program provides a dollar-for-dollar tax credit, enabling you to make a meaningful difference in your community.



Aster is proud to serve over 7,500 older adults across the East Valley, providing vital programs and services that help seniors remain independent, active, and connected. Your contribution directly supports these efforts, ensuring that older adults in our community thrive.

Here's how it works:

- Individuals can donate up to \$470.
- Couples filing jointly can contribute up to \$938.
- Every dollar you donate qualifies for a State Tax Refund of the same amount.

How to make your impact:

Visit our website at asteraz.org/help/donate.html to donate online.

Prefer mailing a check? Send it to:

Aster Aging
45 West University Drive, Suite A
Mesa, AZ 85201

Our QCO code is 20426. If you'd like your donation to support a specific program or service, simply include a note with your check or indicate your preference when donating online.

For detailed advice about your tax situation, consult your financial adviser. On behalf of those we serve, you for considering Aster Aging for your Tax Credit this year!

PROGRAMS FOR YOU

We support and empower East Valley older adults and their families to remain independent and engaged in our communities through:

CENTER-BASED SERVICES

Our Centers are social hubs, with lunchtime meals, education programs, and social activities.

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 isolated adults with transportation, grocery shopping, well visits, respite, personal care, and housekeeping.

SOCIAL SERVICES

Helping navigate and access services and health resources, as well as being the NCOA Benefits Enrollment Center for the East Valley.

ASTER AGING

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



Presented By:



Delivering water and power®



FRIDAY, MARCH 21, 2025

8:00 - 11:30 am

Red Mountain Senior Center

7550 East Adobe Street Mesa AZ, 85207

FRIDAY, MARCH 28, 2025

8:00 - 11:30 am

Mesa Downtown Senior Center

247 N. Macdonald Street Mesa AZ, 85201

FREE EVENT | PRIZES | GIVEAWAYS | RESOURCES

YOU'RE INVITED: MARCH EXPOS

Every year, Aster invites companies and organizations serving seniors to our Senior Centers for an exciting and informative Expo. Save the date for this year's Expos, coming up at the end of March!

This year will be our biggest Expos yet, with 50+ vendors at each Senior Center for you to talk to!

The Expos provide you with the opportunity to speak directly with businesses about products and services that benefit seniors. With health being such a broad concept, we proudly invite vendors from many different categories, including Credit Unions, Law Groups, Physical Therapy, Home Care, Music Centers, and so much more!

These events are completely FREE to attend, and do not require any signup. Stop on by from 8:00 am to 11:30 am. Both events feature exciting raffles, free prizes, music, and more.

Questions? Email development@asteraz.org or call 480-964-9014. We can't wait to see you there!



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ASTER ACTIVITIES

STAY IN TOUCH WITH ASTER TO READ MORE NEWS

Website: AsterAZ.org | Social Media: [@AsterArizona](https://www.instagram.com/AsterArizona)



Pictured Above: Stretch & Flex at the Red Mountain Senior Center.



Pictured Above: The Writer's Guild meets at the Downtown Senior Center to share books they have written.

AARP DIGITAL SKILLS CLASSES

Get tech-savvy all month at Aster's Senior Centers with AARP's Digital Skills Experts!

Spots are limited, so be sure to RSVP in advance to make sure you save your spot!

Red Mountain:

March 11: Mobile Health Apps

March 25: Telemedicine

Mesa Downtown:

March 4: Cloud Storage

March 18: Exploring and Downloading Apps

What:

AARP Digital Skills Classes

When:

Tuesdays from 10:00 to 11:00 am

RSVP via email:

CBS@asteraz.org

RSVP via phone:

Red Mountain:

480-218-2221

Mesa Downtown:

480-962-5612

PAID ADVERTISEMENT

ARE YOU SUFFERING FROM ANY OF THESE LEG SYMPTOMS?

- Varicose veins
- Swollen ankles
- Skin color change
- Spider veins
- Heaviness
- Leg cramps
- Aching / Pain
- Tired legs
- Restless legs

WE CAN HELP!
SCAN TO BOOK NOW!



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MEDICARE!**



Center for Vein Restoration



Saina Attaran
MD, MRCS, FRCS

1500 S. Dobson Rd., Suite 310
Mesa, AZ 85202

3509 S. Mercy Road, Suite 101
Gilbert, AZ 85297

800-FIX-LEGS

[f](https://www.facebook.com/centerforvein.com) [i](https://www.instagram.com/centerforvein.com) [in](https://www.linkedin.com/company/centerforvein.com) [d](https://www.youtube.com/channel/UC...) [y](https://www.youtube.com/channel/UC...)
www.centerforvein.com

ASTER SENIOR CENTERS

Activities with an * have fees and require pre-registration.



MESA DOWNTOWN EVENTS

March 17 | 10:30 am - 12:30 pm ST PATRICK'S DAY

Join us in the Dining Hall for a morning of fun and celebration in honor of the iconic Irish holiday! There will be dancing, decorations, and more. Spots are limited, Advance RSVP is recommended. Participants must sign up for lunch and the celebration separately.

March 4, 18 | 10:00 - 11:00 am MESA PUBLIC LIBRARY

Now twice a month! The Mesa Public Library comes directly to our Center. Talk to a librarian to learn about the programs & services the library offers. This month, Mesa Public Library will also join us at the Downtown Center's March 28 Healthy Living Expo!

Thursdays | March 6, 13, & 27 | 10:00 - 11:00 am

VETERAN'S ART Facilitated by The Mesa Art League

Veterans and the family of veterans are invited to join us each month for innovative and fun art classes that have a unique focus on those who served our country.



Tues & Wed | 8:15 - 9:15 am | Mesa Downtown MORNING MOVEMENT*

Get your day moving with indoor exercise! **\$2/person.**



Mon, Wed, & Fri | 8:15 - 9:00 am | Red Mountain STRETCH & FLEX

Start your day right with indoor movement and exercise!



Mon & Thurs | 8:30 - 11:00 am | Mesa Downtown ADVANCED & BEGINNERS TAI CHI CLASSES*

Beginner (10:00 am) Advanced (8:30 am). **Cost varies.**



Mondays | 12:30 - 1:30 pm | Mesa Downtown KARAOKE MONDAY

Have fun singing golden-oldies in this judgement-free zone



Thursdays | 1:00 - 2:00 pm | Mesa Downtown SENIOR PLAYERS

No experience needed for this fun-loving theater group!



Mon & Thurs | 12:30 - 3:00 pm | Red Mountain Mondays | 9:00 - 11:00 am | Mesa Downtown DIAMOND ART*

Create amazing and dazzling art pieces. **Cost: Supplies**



Mondays | 2:00 - 3:00 pm | Mesa Downtown VIRTUAL TRAVEL

Learn about the cultures and people around the world.



Tuesdays | 8:00 am - 12:00 pm | Red Mountain Tuesdays | 9:00 - 11:00 am | Mesa Downtown STITCH & CHAT

Enjoy good company while crafting creative pieces.



Thursdays | 10:00 - 11:00 am | Mesa Downtown Wednesdays | 9:30 - 10:30 am | Red Mountain BLOOD PRESSURE SCREENINGS

Learn your numbers to better manage your health!



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!

ACTIVITIES CALENDAR

Visit our online calendar at asteraz.org for more details.



Tuesdays | 2:00 - 3:00 pm | Mesa Downtown WORLD HISTORY CLASS

Learn about remarkable events through history.



1st & 3rd Weds | 9:30 - 10:30 am | Red Mountain THE GOLDEN GALS

Our female participants come together for friendship & fun.



Thursdays | 10:00 - 11:00 am | Red Mountain EVERYONE HAS A STORY*

Save your special memories for the future. **\$5/person**



2nd & 4th Weds | 9:30 - 10:30 am | Red Mountain WALKIE TALKIE

Join us for a relaxing walk while chatting with each other.



Wednesdays | 1:00 - 2:00 pm | Mesa Downtown Fridays | 10:00 - 11:00 am | Red Mountain

GRIEF & LOSS SUPPORT Facilitated by EMPACT

A bereavement support group for seniors.



Thursdays | 9:45 - 10:45 am | Mesa Downtown CHAIR YOGA*

Calm your mind with chair yoga. **\$3/person**



Fridays | 8:30 - 11:00 am | Red Mountain PORTRAIT PAINTING WORKSHOP*

Have fun drawing portraits from live models. **\$5/person**



Fridays | 9:30 - 10:30 am | Mesa Downtown WRITER'S GUILD

Come to share, learn and spark your creative juices.



Tuesdays | 9:30 - 10:30 am | Mesa Downtown ART IN ACTION

Enjoy learning from the "Art in Action" curriculum.



Fridays | 1:00 - 2:30 pm | Red Mountain MOVIN' ON Facilitated by EMPACT

A post-bereavement social support group for seniors.



March 3 | 9:00 am | Mesa Downtown March 14 | 9:00 am | Red Mountain

VETERANS' SOCIAL

Enjoy coffee & donuts each month with fellow veterans.



RED MOUNTAIN EVENTS

March 6 | 12:00 - 1:00 pm IPAD CLASS

Join a group of likeminded seniors to learn the ins and outs of tablets. Bring your own device for the best experience.

Tuesdays | 10:30 am - 3:00 pm DEAF SUPPORT GROUP

A weekly group for people with hearing issues share their experiences.

March 3 | 1:30 - 3:30 pm PARKINSON'S SUPPORT GROUP

Presented by the Muhammad Ali Parkinson's Center & DUET. For people living with PD.

March 11, 25 | 10:15 - 11:15 am MESA PUBLIC LIBRARY

The Mesa Public Library comes directly to our Center. Talk to a librarian to learn about the programs & services the library offers. They will also be at the Center's Healthy Living Expo on Friday, March 21.

March 7 | 10:00 - 11:00 am BOOK CLUB Facilitated by New Frontiers for Lifelong Learning

Join us & discuss a shared love of reading.

ASTER AGING

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

EXCURSIONS

Must be a registered participant and RSVP in advance to join.

ASTER @ THE MCC PLANETARIUM

March 27 | 12:30 - 2:30 pm

Join us on a special adventure to Mesa Community College's Planetarium for a showing of the "From Earth to the Universe" program.

Both the Aster Red Mountain Senior Center and the Mesa Downtown Senior Center are joining together for a special trip!

Each trip leaves from the Senior Center as usual. Spots are limited, RSVP in advance to save yours!

Admission: FREE

RSVP: CBS@asteraz.org | asteraz.org | 480-964-9014

SENIOR CENTERS DROP-IN AREAS



ART STUDIO



BILLIARDS



PUZZLES & GAMES



FITNESS CENTER



LIBRARY



CAFE



CENTER GAMES

Drop by or email CBS@asteraz.org to save your spot.

MESA DOWNTOWN



WII SPORTS (GOLF & BOWLING)

Mon - Fri | 8:00 - 11:00 am



FUN & GAMES

Tues & Thurs | 9:30 - 10:30 am



FITNESS TRAINER

Tues & Thurs | 10:30 am - 2:00 pm



PINOCHLE

Tues & Thurs | 12:30 - 3:00 pm



MAHJONG

Thurs | 12:00 - 3:30 pm



BINGO!

PRIZES: Weds | 12:30 - 3:00 pm

MONEY: Fri | 1:00 - 3:30 pm



MAHJONG

Mon | 9:30 - 12:00 pm | 12:30 - 3:00 pm



PINOCHLE

Tues & Thurs | 12:30 - 3:00 pm



WHATEVER GAMES WE PLAY

Weds | 12:30 - 3:00 pm



CANASTA

Weds & Fri | 12:30 - 3:00 pm



MEXICAN TRAIN DOMINOES

Thurs | 12:30 - 3:00 pm



CHESS

Thurs | 12:30 - 3:00 pm



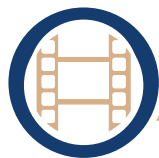
BINGO! FOR PRIZES

Tues & Fri | 12:30 - 2:30 pm

RED MOUNTAIN

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NOW SHOWING

Our Senior Centers each host **FREE** movies starting at **12:30 pm**. RSVP online, by phone/email or in person to secure your seat! Downtown Senior Center movies are on Thursday, and Red Mountain Senior Center movies are on Tuesday.



MESA DOWNTOWN (Thurs)



March 6
Barbie
2023 | PG-13

Barbie's perfect world shatters, leading her on a hilarious and heartfelt journey to the real world.



March 13
Secondhand Lions
2003 | PG

A shy boy is sent to live with his eccentric uncles, learning life's lessons through adventure and heart.



March 20
Serendipity
2001 | PG-13

Two strangers have a chance encounter and follow fate's signs.



March 27
The Intern
2015 | PG-13

A widowed retiree becomes an intern at a fashion startup, forming an unlikely friendship with its young CEO.



RED MOUNTAIN (Tuesdays)



March 4
The Founder
2016 | PG-13

A struggling salesman transforms a small fast-food restaurant into a global empire..



March 11
The Hurricane Heist
2018 | PG-13

A group of thieves plan to rob a U.S. Treasury facility during a Category 5 hurricane.



March 18
Death on the Nile
2022 | PG-13

A lavish cruise on the Nile turns deadly when a wealthy woman is murdered.



March 25
Jerry Maguire
1996 | PG-13

A sports agent experiences a moral crisis, leading him to start his own agency and rebuild his career.

PAID ADVERTISEMENT

In-Home Senior Care, Family Owned & Operated.
We are preferred by 2 out of every 3 families in Mesa.
Why? We specialize in Dementia, Stroke, Diabetes,
Rehab, Bath Visits, 1 Hour Wellness Checks & Live In Care.
More? How about Meal Prep, Range of Motion Therapy, and all
levels of Memory Care. WEBSITE: LEADINGEDGESENIORCARE.COM

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CONSULTATION





“New” Green Bean Sauté

Adapted from
azhealthzone.org

Ingredients

- 1 tablespoon olive oil (or oil of your choice)
- 2 cloves fresh garlic, finely chopped
- 2 cups fresh green beans, whole or chopped, removing the ends
- Salt and pepper, to taste
- Juice of ½ a lemon (about 1-1 ½ tablespoons)

Directions

1. Wash hands with soap and warm water. Rinse any fresh vegetables before preparing.
2. In a large skillet, over medium heat, add oil.
3. Once oil is hot, add garlic and cook for about 30 seconds or until garlic is light brown.
4. Add green beans, salt, and pepper. Cook and occasionally stir for about 5 minutes or until green beans are bright green and fork tender.
5. Turn off the heat and add lemon juice.
6. Serve immediately or cool and store in the refrigerator for three to four days.

Eat Healthier by Meal Planning

Adapted from the USDA’s “Meal Planning” Tip Sheet

Eating well is essential at every stage of life, but it becomes even more important as we get older.

A balanced diet rich in fruits, vegetables, grains, protein, and dairy or fortified soy alternatives supports overall health.

Some days, with appointments, activities, and other commitments lined up, it’s hard to plan a delicious and nutritious meal in advance.

However, planning ahead can help you save money, eat healthier, and feel better. With a little bit of additional planning at the beginning of the week, you can save time and energy and make your meals easy, relaxing, and predictable.

Here’s how to plan nutritious meals with ease:

- **Start with What You Have** - Check your pantry, fridge, and freezer before planning. Use ingredients on hand and note expiration dates.
- **Map Out Your Week** - Plan meals, snacks, and drinks in advance to stay on track.
- **Find Balance** - Include all five food groups daily and check labels for added sugars, saturated fat, and sodium.
- **Plan for Your Schedule** - Prepare meals in advance, especially on less busy days, to simplify hectic weekdays.
- **Shop Smart** - Make a list based on your meal plan and avoid unnecessary purchases.
- **Enjoy Leftovers** - Cook extra to save time and reduce food waste. Freeze portions for later convenience.

A little planning makes healthy eating easier, more affordable, and stress-free!

VISIT [USDA.GOV](https://www.usda.gov) FOR MORE HEALTHY EATING TIPS



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45 W University Drive | Mesa, AZ 85201 | 480-964-9014



PUZZLES

Unscramble each set of letters to form a St. Patrick's day themed word. Then unscramble the marked letters to answer the riddle below.

1. I H I R S

2. H A C S M K O R

3. P E H L A E C U R N

4. Y N B L A R E

What was the leprechaun's favorite cereal?

Find each of the grocery items from the categories listed below.

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

- Fruits
- Vegetables
- Dairy
- Meats

RIDDLE: Irish, Shamrock, Leprechaun, Blarney, "Lucky Charms"
 WORD FIND: Apple, Apricot, Banana, Cantaloupe, Strawberry, Arugula, Broccoli, Cabbage, Eggplant, Spinach, Cheese, Cream, Milk, Yogurt, Beef, Chicken, Turkey, Venison

PAID ADVERTISEMENT

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Mesa | Apache Junction | Queen Creek | Scottsdale



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

480-964-9014



To unsubscribe, email development@asteraz.org.



CONTACT

Administrative Offices

45 W University Dr, Ste A,
480-964-9014 p

Mesa Downtown Senior Center

247 N Macdonald St,
480-962-5612 p

Red Mountain Senior Center

7550 E Adobe St,
480-218-2221 p

ASTER'S MISSION

Our mission is to empower and support East Valley older adults to remain independent and engaged in our communities.

ASTER'S VISION

Our vision is for Aster Aging to be a leader in providing direct services and mobilizing resources that support the changing needs of our older adult population.



BE THE FIRST TO KNOW

Read the newsletter early every month by receiving it in your email inbox or reading it right on our website!

Email development@asteraz.org to learn more.



DONATE ONLINE TODAY

Your gift empowers and supports local seniors!

www.asteraz.org/help/donate.html