



Every day, the contributions of dedicated volunteers make possible the programs and services that help older adults remain independent and engaged in our community.

Thank you for all that you do!

Read the full story on page 2.



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APRIL 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.

MONDAY

Items with **contain pork or pork products.

Menu subject to change due to availability.

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

6

Chicken parmesan on pasta with yellow squash, California vegetable blend, and pineapple.

7

Pork** meatball sub sandwich with cheese on a whole wheat roll with shredded lettuce, a side of green beans, and a peach.

8

Breaded shrimp with cocktail sauce, Chuckwagen corn, Brussel sprouts, brown rice pilaf, and a pear.

9

Meatloaf with gravy, mashed potatoes, broccoli, a whole wheat roll, apple sauce, and Graham crackers.

10

Cold strawberry chicken salad with spring mix, 3-bean salad, a whole wheat roll, mango cubes, and Fig Newtons.

13

Barbeque pulled pork** with coleslaw, baked beans, a whole wheat bun, and a tropical fruit cup.

14

Turkey and gravy with mashed potatoes, broccoli, green onions, a whole wheat roll, and a peach crisp.

15

Shredded teriyaki beef with broccoli, Oriental vegetable mix, brown rice, and a pear.

16

Chicken breast with gravy, steamed carrots and cauliflower, a whole wheat roll, apple sauce, and Fig Newtons.

17

Salsbury steak with gravy, Capri blend vegetables, brown rice pilaf, yam, and a fruit cocktail.

20

Veggie lasagna with 4-way-vegetables, zucchini, a whole wheat breadstick, and apricots.

21

Meatloaf and gravy with sweet corn, yellow squash, a whole wheat roll, Graham crackers, and mango cubes.

22

Chicken stuffed with broccoli, a side of spinach and roasted tomatoes, a whole wheat roll, and a banana.

23

Scrambled eggs, turkey sausage, breakfast potato, steamed broccoli, a whole wheat biscuit, Fig Newtons, and an orange.

24

Glazed salmon filet with coleslaw, peas, brown rice pilaf, and a fruit cocktail.

27

Philly cheesesteak with pepper and onion on a whole wheat bun, tater tots, succotash, and diced peaches.

28

Chicken pot pie with a whole wheat biscuit, steamed carrots, 5-way veggies, Graham crackers, and a pear.

29

Bacon** lettuce, and ham** wrap on a whole wheat tortilla with tomato slices, coleslaw, and apple sauce.

30

Shrimp alfredo over whole wheat linguine, cauliflower, zucchini, and a fruit cocktail.



ASTER AGING

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



THANK YOU, VOLUNTEERS!

Every day, through the hard work of Aster's volunteers, older adults in our community are safer, healthier, and living with greater purpose. Our impact in the East Valley would not be possible without them.



Volunteers impact every program and service that Aster delivers.

Volunteers deliver meals through our Meals on Wheels program, serve food to hundreds of seniors each week at our Senior Centers, and provide friendly visits and rides to important appointments through our Neighbors Program. The impact of this work goes far beyond providing a service. Aster's volunteers offer interaction, kindness, and the reassurance that seniors are not going through the journey of aging alone.

Over the last year, more than **320 volunteers** supported our organization, contributing a total of **20,000 hours of service** across our programs.

We see these efforts. We are deeply grateful. Our volunteers go above and beyond because they believe in our mission and care about the well-being of older adults in our community. We are inspired by their dedication.

Are you looking to find meaning and give back? Interested in making a difference in the lives of seniors through the donation of your time?

Across all of Aster's programs, there are many ways to get involved. You can volunteer as an individual or bring a group for a day of service. However you choose to support Aster, your time makes a difference.

Aster thanks you for helping us work toward a future where no senior in our community goes through aging alone.

Visit asteraz.org to learn more about donating your time.

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.

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MARGRET'S STORY - HOME SHARING

Margret was growing stressed. After 43 years of marriage, her husband Dave passed away, and she was navigating a new chapter. The East Mesa home that they shared for all of those years felt bigger than ever, and her fixed income from retirement savings was not keeping up with the cost of living.

After seeing an article on Aster's website, she learned about the East Valley Senior Homesharing Program. The program, she learned, connects older adults like her with a roommate, paired for fit, so that she could remain in her beloved home.

The program features much more than a simple match. Through interviews, background checks, and ongoing access to resources, it ensured that

Margret and her new roommate, Shelley, have the tools they need to stay active, independent, and supported. "It turned out that this really worked for me," Margret states, "At this point in my life, I can't do it alone. And Shelley is a good friend. We're there for each other. And it helps me stay in my house, where I want to be."



Have Extra Space to Share?

If you find yourself with more room than you need, inviting a roommate into your home can bring companionship and the satisfaction of helping someone find a safe and welcoming place to live. Many participants find that home sharing enriches their lives far beyond their expectations.

Looking for Connection and Support?

Sharing your home with another older adult can provide more than just a roof over your head. It's an opportunity to share meals, conversations, and daily experiences, fostering a sense of community and mutual support. The program carefully matches you with another older adult to ensure compatibility, helping to create a positive living environment.

What Makes the Program Unique?

- Comprehensive roommate screenings and home visits to ensure a good fit
- Access to local resources to support well-being
- Guidance with benefits and community services

Who Can Participate?

The program is open to adults aged 60 and older who:

- Are able to live independently
- Agree to a background check
- Can cover basic living expenses like food and transportation
- Can provide proof of income (e.g., bank statements or pay stubs)

To learn more or find out if this program is right for you, **contact Christina Weaver, Program Coordinator, at info@evseniorhomesharing.org or 480-389-1284 today.**

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ASTER ACTIVITIES

STAY IN TOUCH WITH ASTER TO READ MORE NEWS

Website: AsterAZ.org | Social Media: @AsterArizona
Email Development@asteraz.org for a chance to have your photo featured in the newsletter!



Pictured above: Participants show off collage artwork as part of Artistic Whimsy, a class held at the Red Mountain Senior Center.



Pictured above: Participants exercise in Morning Movement at the Mesa Downtown Senior Center.



ASTER NEIGHBORS PROGRAM

One of the ways that Aster is here to support you is through our Neighbors Program. The program provides support that helps you remain active and independent within your own home by offering:

- **Essential Transportation**
Rides to the doctor, pharmacy, and grocery store.
- **Companionship Visits**
Friendly visits with good conversation over puzzles, games, or coffee.
- **Telephone Support**
Regular calls from a kind volunteer, checking in and sharing stories.
- **Pet Food**
Supplemental pet food and supplies for older adults' pets.
- **Visual Assistance**
Support for individuals with low vision or blindness.

Volunteers are also needed to keep the program sustainable!

Contact Anne Wurth, Neighbors Program Coordinator, for more information:

Phone: 480-629-5502

Email: awurth@asteraz.org

Website: <https://www.asteraz.org/services/neighbors.html>



ASTER SENIOR CENTERS

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



MESA DOWNTOWN EVENTS

Mondays | 1:00 - 2:00 pm

ROMANCE BOOK CLUB

NEW!

Calling all lovers of romance novels! Join us for a new weekly book club, sponsored by New Frontiers for Lifelong Learning of Mesa Community College. This month, we explore the works of Georgette Heyer.

Thursdays | 10:00 am - 12:00 pm

VETERAN'S ART

Presented by the Mesa Art League

Join us every Thursday to make art with fellow Veterans.

Wednesdays | 9:00 - 11:00 am

HALL OF FAME

Join us every Wednesday from 9:00 to 11:00 am to discuss all things baseball. This unique club is led by Downtown Senior Center participant Art.

April 29th | 2:00 pm - 3:00 pm

TECH WORKSHOP W/WESTWOOD HIGH

Students from Westwood High School's Spanish and French National Honor Society will be joining us for an informative discussion of technology, and the devices that power our lives.



Tuesdays, Wednesdays | 8:15 - 9:15 am | Mesa Downtown
MORNING MOVEMENT*

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



Wednesdays | 1:00 - 3:00 pm | Red Mountain
RED MOUNTAIN DANCES!*

Join us for live music and lots of fun every week! **\$5/person.**



Thursdays | 1:00 - 3:00 pm | Red Mountain
LINE DANCING*

A lively, coreographed dance with live music. **\$5/person.**



Monday, Thursday | 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



Mondays | 2:00 - 3:00 pm | Mesa Downtown
SENIOR PLAYERS

No experience needed for this fun-loving theater group!



Monday, Thursday | 12:30 - 3:00 pm | Red Mountain
Mondays | 9:00 - 11:00 am | Mesa Downtown
DIAMOND ART*

Create amazing and dazzling art pieces. Bring your own project to work on. **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.



Tuesday & Friday | 1:00 - 2:00 pm | Mesa Downtown
GERI FIT Facilitated by Area Agency on Aging

Enjoy a great workout using bands, weights, and more!



Thursdays | 9:30-10:30 am | Red Mountain
COLORING LOUNGE

Enjoy adult coloring pages and listen to relaxing instrumental jazz.

ACTIVITIES CALENDAR

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



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

Learn your numbers to better manage your health!



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.



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

Come to share, learn and spark your creative juices.



1st Monday | 8:30 am | Mesa Downtown
2nd Friday | 9:00 am | Red Mountain
VETERANS' SOCIAL

Enjoy coffee & donuts each month with fellow veterans.



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

Learn about remarkable events through history.



Wednesdays | 10:00 - 11:00 am | Mesa Downtown
1st Friday | 10:00 - 11:00 am | Red Mountain
BOOK CLUB Facilitated by New Frontiers of MCC

Join us & discuss a shared love of reading.



1st & 3rd Tuesday | 10:00 - 11:30 am | Mesa Downtown
2nd & 4th Tuesday | 10:00 - 11:30 am | Red Mountain
MESA PUBLIC LIBRARY @ ASTER

Loan books, sign up for a library card, and more.



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

Discuss art history from all eras and parts of the world.



Wednesdays | 12:00 - 3:00 pm | Mesa Downtown
QUILTING & SEWING*

Sewing: 12:00 - 1:00 pm | Quilting: 1:00 - 3:00 pm.
Some supplies provided. **Cost: \$25/month**



RED MOUNTAIN EVENTS

April 1 | 10:30 - 11:30 am

NEW!

KARAOKE

Karaoke is back at the Red Mountain Senior Center! Join us before lunch to sing your favorite songs.

April 6 | 1:00 - 3:30 pm

PARKINSON'S SUPPORT GROUP

In partnership with the Muhammad Ali Parkinson's Center and Duet. A support group for people living with Parkinson's Disease and their loved ones.

April 15 | 11:30 am - 1:00 pm

APRIL BIRTHDAY PARTY

Join us to celebrate the birthdays of those born in April at the Senior Center - there will be cake!

April 21 | 9:30 - 10:30 am

CULTURE AND LANGUAGE II

Join us for a thoughtful follow-up on last month's discussion about the intersection between culture and language.

Tuesdays | 10:30 am - 3:00 pm

DEAF SUPPORT GROUP

Join us every Tuesday for a weekly group to connect with others who have hearing loss to chat and find support.

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EXCURSION

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



Mesa Downtown

MESA CONTEMPORARY ART MUSEUM

April 21 | 1:00 - 3:00 pm

Mesa's Contemporary Arts Museum, housed within the Mesa Arts Center, features modern artists from across the region and world at large.

Cost: FREE

Bus Pickup: 1:00 pm
Space Limited, 10 seats per trip
RSVP: In-Person at the Mesa Downtown Senior Center



Red Mountain

ARIZONA BASEBALL MUSEUM

April 14 | 12:15 - 2:15 pm

Mesa has a brand-new museum - the Arizona Baseball Museum provides a history of baseball in the Copper State. Come see what it's all about!

Cost: \$5

Bus Pickup: 12:30 pm
Space Limited, 10 seats per trip
RSVP: In-Person at the Red Mountain Senior Center



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



BINGO!

FOR FUN: Weds | 12:30 - 3:00 pm

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

RED MOUNTAIN



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 FUN

Tues & Fri | 12:30 - 2:00 pm

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NOW SHOWING

Aster's Senior Centers each host FREE weekly movies starting at 12:30 pm. Free popcorn is provided at all showings!

Downtown Senior Center movies are on Thursday, and Red Mountain Senior Center movies are on Tuesday.

RSVP online, by phone/email or in person to secure your seat!



MESA DOWNTOWN (Thursdays)

April 2

Grease | 1978 | PG-13

April 9

War Horse | 2011 | PG-13

April 16

Pillow Talk | 1959 | NR

April 23

Herbie The Love Bug | 1969 | G

April 30

Front of the Class | 2008 | PG



RED MOUNTAIN (Tuesdays)

April 7

August Rush | 2007 | PG

April 14

Shall We Dance | 2004 | PG-13

April 21

Phenomenon | 1996 | PG

April 28

Coal Miner's Daughter | 1980 | PG



SPECIAL PRESENTATION - AVOID FRAUD & SCAMS

Chase Bank presents "Ways to Help Avoid Fraud & Scams" on protecting your financial health.

Tuesday, April 7 | 10:00 - 11:00 am | Red Mountain Senior Center | RSVP to CBS@asteraz.org or 480-218-2221.

Tuesday, April 21 | 10:00 - 11:00 am | Mesa Downtown Senior Center | RSVP to CBS@asteraz.org or 480-962-5612.

PAID ADVERTISEMENT



Does someone you know
need utility assistance?

**SRP IS HERE
TO HELP**





DELICIOUS BERRY YOGURT PARFAIT WITH HONEY

This simple snack provides calcium, protein, and fiber to support bone health and digestion. It's easy to prepare, gentle on teeth and digestion, and perfect for a quick mid-morning or afternoon boost.

Ingredients

- 1 cup low-fat yogurt
- ½ cup rolled oats
- ½ cup fresh or frozen berries (blueberries, strawberries, or raspberries)
- 1 tablespoon chia seeds
- 1 teaspoon honey (optional)
- A pinch of cinnamon

Directions

1. Wash hands with soap and water.
2. In a small bowl, combine yogurt and rolled oats.
3. Stir in berries and chia seeds.
4. Drizzle with honey and sprinkle with cinnamon if desired.
5. Mix gently and enjoy immediately or chill for a few minutes before serving.

This easy snack supports bone and digestive health, delivers antioxidants, and requires no cooking. Enjoy!

SCAM AND FRAUD AWARENESS

Adapted from *"Senior Scam Awareness"* via FBI and Department of Justice.gov.

Financial scams targeting older Americans drain billions from retirement savings each year and inflict emotional harm on victims and their families. Criminals often single out seniors because they may have accumulated savings, own a home, and possess credit histories that make them appealing targets. These frauds occur by phone, email, social media, mail, or in person and often use sophisticated tactics designed to exploit trust and urgency.

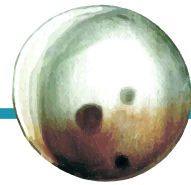
What kinds of scams are common? Scammers impersonate government agencies such as Social Security, Medicare, or the IRS to convince seniors their accounts are at risk and that they must pay fees or provide personal information. Other prevalent schemes include fake tech support alerts claiming a device is compromised, romance or confidence scams, "grandparent scams" where someone pretends to be a relative in distress, and sweepstakes or lottery scams luring victims with false winnings.

Identifying the red flags of fraud can help protect your finances. Be wary of unexpected calls or messages demanding personal details or payment, especially if they insist on secrecy or pressure you to act quickly. Legitimate agencies never demand payment by gift cards or prepaid debit cards, and do not threaten arrest for noncompliance. Avoid clicking unknown links, refuse remote access to your computer from unsolicited callers, and verify anyone claiming to represent an organization before providing information.

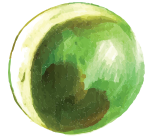
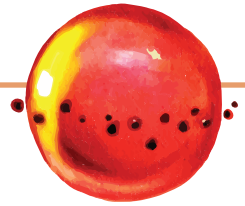
How can older adults safeguard themselves? Monitor bank and credit statements regularly for unauthorized charges, keep sensitive financial information secure, and use strong, unique passwords. Shred documents with personal data before disposal, safeguard Social Security numbers and PINs, and discuss suspicious contacts with a trusted family member or advisor. If you suspect you've been targeted or defrauded, report it to the FBI's Internet Crime Complaint Center at ic3.gov or contact local law enforcement.

Awareness and vigilance provide the best defense against scams that prey on older adults. Stay informed through official resources, exercise caution with your personal and financial details, and trust your instincts when something feels wrong.

VISIT [FBI.GOV](https://fbi.gov) OR [JUSTICE.GOV](https://justice.gov) FOR MORE INFORMATION ON PROTECTING SENIORS FROM FRAUD



PUZZLES



1. WORD SEARCH - MARBLES

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.



- AIM
- BIG
- CHALK
- CHALLENGE
- CHERRY PIT
- CIRCLE
- DIRT
- FLICK
- KITTY
- KNEEL
- KNOCK OUT
- LITTLE
- MISS
- PRACTICE
- SHOOT
- TOUCH
- TRADE
- URNS

1. APRIL QUIZ

Can you answer all of the April trivia questions?

- How many days is Passover traditionally celebrated? _____
- What element is Taurus associated with? _____
- What kind of animal did John James Audubon feature in his famous book of drawings? _____
- What is one way that you can help the earth on Earth Day? _____



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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