



Volunteering offers you a chance to give back to your community while investing in yourself.

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# FEBRUARY 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

**3** Pot roast with potatoes & carrots, coleslaw, a whole grain roll, and an apple crisp with Oatmeal topping.

## TUESDAY

**4** Turkey with mashed potatoes and gravy, a whole grain roll, pineapple chunks, and whole wheat fig newtons.

## WEDNESDAY

**5** Pork\*\* chop with gravy, sliced mushrooms, winter vegetable mix, lemon-herbed quinoa, an orange, and an oatmeal cookie.

## THURSDAY

**6** Shrimp Scampi with yellow squash, 5-way vegetable mix, whole wheat penne noodles, and cubed mangoes.

## FRIDAY

**7** Beef and broccoli, edamame, Asian vegetable mix, brown rice, and pear slices.

**10**

Ham\*\* and Swiss cheese sandwich on whole wheat bread, coleslaw, French fries, and an orange.

**11**

Cod fillet with Brussel sprouts, chuck wagon corn, brown rice pilaf, and mixed berries.

**12**

Beef stew, carrots and potatoes, broccoli, a whole wheat biscuit, and aprichots.

**13**

Herb-encrusted chicken, yam, spinach, a whole grain roll, apples and cinnamon, and Graham crackers.

**14**

Pork\*\* meatballs, Italian vegetables, butternut squash, whole wheat penne noodles, and peaches.

**17**

**Closed for President's Day**

**18**

Sailsbury steak, mashed potatoes, normandy vegetables, a whole grain roll, peach crisp with Oatmeal topping.

**19**

Shrimp Alfredo, broccoli, mixed vegetables, brown rice, and pineapple.

**20**

Chicken with curry sauce, edamame, winter vegetables, whole wheat penne pasta, and aprichots.

**21**

Blackened Pork\*\*, cauliflower, peas, a whole grain roll, applesauce, and graham crackers.

**24**

Turkey, whole wheat stuffing, mashed potatoes, baby carrots, and peaches.

**25**

Scrambled eggs with diced bell pepper and onion, Pork\*\* sausage, tater tots, a whole wheat biscuit, and mandarin oranges.

**26**

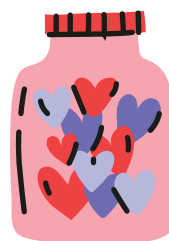
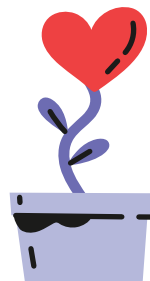
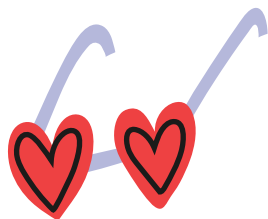
Barbeque Pork\*\* chop, baked beans, summer squash, lemon quinoa, and an apple.

**27**

Chicken tacos on a whole wheat tortilla, refried beans, Mexican corn, and a banana.

**28**

Whole wheat spaghetti and beef meatballs, green beans, garden Greek salad, a bread stick, and sliced pears.



Items with \*\*contain pork or pork products.

Menu subject to change due to availability.



# ASTER AGING

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



## VOLUNTEERING

The New Year brings a chance for a fresh start, new opportunities, and an invitation for us to try something different. One way to bring new purpose into our lives and the lives of others is to take up volunteering!

With Aster's many programs and services benefiting older adults across the East Valley, there are exciting opportunities to get involved with whatever program you are most passionate about.



### Ways You Can Get Involved:

#### Senior Centers

Staff the front desk or café; assist with administrative tasks, activities, or lunch; teach a class; share a hobby or talent.

#### Friendly Visits

Provide companionship visits or telephone calls to isolated seniors.

#### Essential Transportation

Help your senior neighbors by providing rides to the doctor, grocery store, and pharmacy.

#### Meals on Wheels

Spend a weekday morning delivering nutritious meals and smiles to seniors. All drivers receive a mileage reimbursement.

#### Group Opportunities

Organize a donation drive; pack gift baskets; help with a Senior Center Party; or perform music. We're always open to new ideas!

#### Pet Support

Make a difference in the lives of both seniors and their furry friends each month by packing pet food at Aster's Senior Center, delivering it directly to seniors at a time that works best for you, or hosting a Pet Food Drive in your community.

Aster has volunteer opportunities for both individuals and groups. Ready to start your volunteer journey?

**Email [info@asteraz.org](mailto:info@asteraz.org) or call 480-964-9014 to learn more.**

## 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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## GLAMOUR GALA

Facilitated by Westwood High School Interact Club, Fellowship Square, and Mesa West Rotary Club

Have a heart this year for Valentine's Day and join us at the Aster Downtown Senior Center for a Golden Age Glamour Gala!

This special event is being hosted in partnership with Westwood High School's Interact volunteer club, as well as Fellowship Square and the Mesa West Rotary Club.

No date? No problem! We've got a dance, a red carpet, a Photo Booth, and Golden Age costumes like boas, pearls, and feathers to make the event fun for everyone!

The Glamour Gala is FREE to attend, but you have to RSVP by Friday, February 7th, so plan ahead.

Formal attire in honor of the Old Hollywood theme is encouraged but optional. Dress to the nines, or just dress how you feel best.

**What:** Glamour Gala : Senior Prom 2025

**Where:** Aster Downtown Senior Center - 247 N. Macdonald Street, Mesa, 85201

**When:** Wednesday, February 12, 2025

**Time:** 1:00 - 4:00 pm

**Call or email to RSVP:** info@asteraz.org, 480-964-9014

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RED MOUNTAIN

## LINE DANCING

Every Thursday

1:00 - 2:00 pm

\$5 per person.



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## ASTER ACTIVITIES

Be the first to read Aster's Newsletter and see all upcoming activities by visiting our website at [asteraz.org](http://asteraz.org). The newsletter is always available before the new month for you to read online, as well as all upcoming Senior Center activities.

### MESA DOWNTOWN SENIOR CENTER



## AARP TAX PREPARATION

**Mon, Tues, & Wed | 8:30 am - 1:30 pm | Starts Feb 3**

Get a jump on tax season! Navigating taxes can be a challenge, especially when factoring in benefits like Social Security.

Aster is partnering with AARP for free tax preparation at our Mesa Downtown Senior Center. Qualified tax specialists are available to help you prepare and file your taxes at no cost.

Beginning on February 3, sessions are by appointment only. There are limited appointments available. Please arrive at least 15 minutes prior to your scheduled appointment time to complete a personal information form provided by the AARP Foundation Tax Aide.

**What:** AARP Tax Preparation

**When:** Monday - Wednesday by appointment only

**Time:** 8:30 am - 1:30 pm

**Where:** Aster Downtown Senior Center  
247 N. Macdonald Street Mesa, 85201

**RSVP:** [info@asteraz.org](mailto:info@asteraz.org) or 480-962-5612

## AARP DIGITAL SKILLS CLASSES

Facilitated by AARP

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

Join us at both the Red Mountain Senior Center and Mesa Downtown Senior Center for FREE and informative classes on topics that impact us all in the new digital age.

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

### Red Mountain:

**February 11:** Chatting with AI  
**February 25:** Is that AI?

### Mesa Downtown:

**February 4:** Intro to Managing Your Privacy  
**February 18:** Introduction to Video Chat

### What:

AARP Digital Skills Classes

### When:

Tuesdays from 10:00 to 11:00 am

### RSVP via email:

[info@asteraz.org](mailto:info@asteraz.org)

### RSVP via phone:

**Red Mountain:**

480-218-2221

**Mesa Downtown:**

480-962-5612

### STAY IN TOUCH WITH ASTER TO READ MORE NEWS

**Website:** [AsterAZ.org](http://AsterAZ.org) | **Social Media:** @AsterArizona



# ASTER SENIOR CENTERS

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



## MESA DOWNTOWN EVENTS

**February 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.

**Wednesdays | 10:00 - 11:00 am**  
**BOOK CLUB**

**Facilitated by New Frontiers for Lifelong Learning**

Join fellow lovers of literature every Wednesday at the Mesa Downtown Senior Center for a lively discussion about books and stories.

**Wednesday, Feb 19 | 9:30-11:00 am**  
**DIABETES EMPOWERMENT EDUCATION WORKSHOP**

**Facilitated by Area Agency on Aging**

The Diabetes Empowerment Education Program, also known as DEEP™, is an education curriculum designed to help people with pre-diabetes, diabetes, relatives and caregivers gain a better understanding of diabetes self-care.

**Multiweek Class Series, Must RSVP in Advance - Limited Spots**



**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](http://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.



**February 3 | 9:00 am | Mesa Downtown**  
**February 14 | 9:00 am | Red Mountain**  
**VETERANS' SOCIAL**

Enjoy coffee & donuts each month with fellow veterans.



## RED MOUNTAIN EVENTS

**February 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.

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

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

**February 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.

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

Join us on the first Friday of every month to discuss a shared love of reading.



# ASTER AGING

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## EXCURSIONS

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

### RED MOUNTAIN @ DESERT BOTANICAL GARDEN

February 11 | 12:00 - 4:00 pm

The Desert Botanic Gardens boast one of the most robust collections of desert plants in the world.

Admission: FREE

### MESA DOWNTOWN @ AZ STATE CAPITOL

February 26 | 12:30 - 3:30 pm

Did you know that Phoenix is the Capital of Arizona? Join us for an informative trip to the state's Capitol Building to see the historic architecture & priceless pieces of our state's history.

Admission: FREE

## SENIOR CENTERS DROP-IN AREAS



**ART STUDIO**

Thursdays - DT



**BILLIARDS**



**PUZZLES & GAMES**



**FITNESS CENTER**



**LIBRARY**



**CAFE**



## CENTER GAMES

Share a smile and make friends over some fun games! Drop by or reserve your spot at [asteraz.org](http://asteraz.org).

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



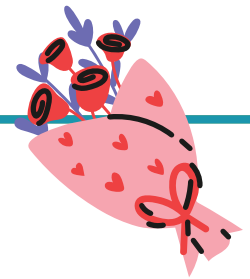
**BINGO! FOR PRIZES**

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

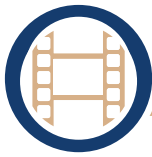
RED MOUNTAIN



# ASTER AGING



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## NOW SHOWING

Our Senior Centers each host **FREE** movies starting at **12:30 pm**. RSVP online, by phone 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)



**February 6**  
**The Flying Tigers**  
**1942 | NR**

A group of American soldiers fights to protect their base from Japanese forces during WW2.



**February 13**  
**Fly Me to the Moon**  
**2024 | PG-13**

NASA scientists clash and sparks fly in this romantic comedy.



**February 20 | Wicked**  
**2024 | PG**

Wicked, a beloved musical, arrives in theaters this year as a generational event, telling the untold story of Oz.



**February 27**  
**A Bridge of Spies**  
**2015 | PG-13**

Rudolph is charged with spying for the Soviet Union in 1957. His lawyer, formerly a government employee, must defend him before a judge.



### RED MOUNTAIN (Tuesdays)



**February 4**  
**Casablanca**  
**1942 | PG**

A nightclub owner must choose between love and resistance by helping his former lover and her husband escape.



**February 11**  
**The Old Man and the Gun**  
**2019 | PG-13**

An aging bank robber escapes prison to continue his heists and finds unexpected love.



**February 18**  
**The American Buffalo Part One**  
**2019 | PG**

A pawnshop owner schemes to steal a valuable coin but faces betrayal and chaos.



**February 25**  
**The American Buffalo Part Two**  
**2019 | PG**

A bison's role in American history is explored, from near extinction to cultural revival.

## PAID ADVERTISEMENT



### Welcome to Mesa Royale Apartments

Welcome home to your own refreshing oasis in Mesa, Arizona at Mesa Royale Apartments. Near the flowing waters of the Salt River and the green spaces of the Royal Palms Golf Course, our lush, resort-style haven provides a beautiful escape within our desert environment. Fitness Center, Clubhouse, Library, Movie Theatre, Mini Golf, Activities/Events. Our vibrant 55 and better community is close to great shopping, dining, and entertainment with easy access to State Route 202.

Visit us today at Mesa Royale Apartments and find a home and a community you'll love here in Mesa, AZ!

**1 MONTH FREE!**

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APPLY AT: [WWW.MESAROYALEAPTS.COM](http://WWW.MESAROYALEAPTS.COM)



## Chocolate Tofu Pudding

Adapted from [AZHealthZone.org](http://AZHealthZone.org)

Healthy and delicious, just in time for Valentine's Day!

### Ingredients:

- 1 cup or one 8-ounce package of silken tofu
- ½ cup semi-sweet chocolate chips
- 2 tablespoons water
- 1 teaspoon vanilla
- ½ teaspoon cinnamon (optional)
- Salt, to taste

### Instructions

1. In a blender or food processor, blend tofu a few seconds at a time to start to break it up.
2. In a small microwave safe bowl, combine chocolate chips and water. Microwave for 30 seconds or until the chocolate chips start to melt. Stir the mixture until combined.
3. Add half of the chocolate mixture to the blender or food processor and blend together until combine, about 10-15 seconds.
4. Scrape down the sides of the blender or food processor and add all remaining ingredients. Blend to combined.
5. Pour pudding into a bowl or individual serving dishes and refrigerate for at least four hours.
6. Serve chilled. Add your favorite fruit, nuts, or other toppings.

## Nutrition Quiz!

Adapted from the USDA's "Older Adult Nutrition Quiz"

**Test your knowledge of health & nutrition with this quiz!**

### 1. Protein is important for older adults (ages 60 and older) because:

- A. It helps maintain muscle mass and keep bodies strong.
- B. It supports the immune system.
- C. It helps blood carry oxygen around the body.
- D. All of the above.

### 2. All of the foods below are good sources of protein except:

- A. Chicken, beef, and fish
- B. Beans, peas, and lentils
- C. Milk, yogurt, and cheese
- D. Butter, cream cheese, and sour cream

### 3. Vitamin B-12 is important because:

- A. It helps your body make red blood cells.
- B. It helps your body stay hydrated.
- C. It helps your body prevent sunburns.
- D. All of the above.

### 4. True or False? Fruits and vegetables can help older adults (ages 60 and older) stay hydrated.

- A. True
- B. False

### 5. Factors to consider when planning and preparing meals for older adults (ages 60 and older) may include:

- A. Preparing foods so that they are easy to chew and swallow.
- B. Avoiding certain foods due to allergies, disabilities, and medications.
- C. Following proper food safety procedures.
- D. All of the above.

**Answers: 1. D, 2. D, 3. A, 4. A, 5. D**

# ASTER AGING

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## PUZZLES

### FEBRUARY IQ

Frosty yet festive, there's lots to do in February! How good is your February IQ?

1. How many days are in February?
2. What is it called when February has 29 days?
3. What are the traditional colors of Mardi Gras?
4. What is the name of the groundhog who famously predicts the weather at the beginning of each February?
5. February comes from the Latin word **februa**. What does this mean?

1. 28 2. Leap Year 3. Purple, gold, and green 4. Punxsutawney Phil 5. "To cleanse"

### CANDY LAND

In the spirit of a sweet season, find the two buckets that are exactly alike.



Answers: 5 & 6

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



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Instagram



## DONATE ONLINE TODAY

Your gift empowers and supports local seniors!

[www.asteraz.org/help/donate.html](http://www.asteraz.org/help/donate.html)