

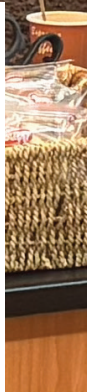


You can make a difference in the lives of older adults through volunteerism.

Assist with essential transportation, provide friendly visits, pack pet food, or help out at the Senior Center.

However you get involved, you will make an impact for those in need.

Read the full story on page 2.



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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

2

Shepard's pie with beef, mashed potatoes, peas and carrots, a whole wheat dinner roll, and strawberries.

TUESDAY

3

Honey garlic chicken with Asian vegetable mix, edamame, brown rice, and tropical fruit.

WEDNESDAY

4

Shrimp Alfredo on linguine noodles with broccoli and cauliflower, 5-way-vegetable mix, and an orange.

THURSDAY

5

Chili con carne, sauteed yellow squash, green side salad, cornbread, and mixed berries.

FRIDAY

6

Chicken pot pie with celery and carrots over a whole wheat biscuit, 4-way-vegetable mix, and pineapple chunks.

9

Salisbury steak with gravy, cubed roasted potatoes, spinach, a whole wheat biscuit, and an apple.

10

Chicken tacos on a whole wheat tortilla, refried beans, roasted corn, and Mandarin orange slices.

11

Beef Stroganoff over egg noodles, green beans, a garden side salad, and mango cubes.

12

Chicken stuffed with broccoli and cheese, cauliflower, baby carrots, a whole wheat dinner roll, Fig Newtons, and a pear.

13

Meatloaf with gravy, mashed potatoes, Normandy vegetable blend, a whole wheat dinner roll, and a peach crisp with oatmeal.

16

**CLOSED FOR
PRESIDENT'S
DAY HOLIDAY**

17

Pot roast with gravy, potatoes with carrots and celery, sweet corn, a whole wheat biscuit, and a banana.

18

Ham** and cheese hoagie with lettuce, tomatoes, and onion slices on a whole wheat roll, chopped veggie salad, and a pear.

19

Roast beef open-faced sandwich on whole wheat bread with gravy, mashed potatoes, green beans, sliced apples, and graham crackers.

20

Tuna salad sandwich on whole wheat bread with baby carrots, 3-bean salad, and Mandarin orange slices.

23

Cheeseburger on a whole wheat bun with tater tots, baked beans, and a fruit cocktail.

24

Teriyaki Chicken bowl with stir fry veggie mix and brown rice, edamame, sliced apples, and a fortune cookie.

25

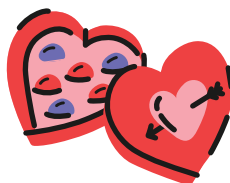
Salisbury steak with mashed potatoes, green beans, a whole wheat dinner roll, and a banana.

26

Bean and cheese burrito on a whole wheat tortilla, roasted corn, Spanish brown rice, and cubed mangoes.

27

Chicken salad with grapes, pecans, and cranberries, marinated veggie and pasta salad, a whole wheat dinner roll, 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

CONSIDER VOLUNTEERING

A new year offers an opportunity to reset, explore new possibilities, and step outside familiar routines.

One meaningful way to add purpose to your life while supporting others is through volunteering.

Aster offers a wide range of programs and services for older adults throughout the East Valley, with many engaging ways to contribute based on your interests and passions.

Ways to Get Involved:

Senior Centers

Support daily operations by assisting at the front desk or café, helping with administrative work, activities, or lunch service, teaching a class, or sharing a skill or hobby.

Friendly Visits

Offer companionship through in-person visits or regular phone calls to seniors who may be socially isolated.

Essential Transportation

Assist older adults by providing rides to medical appointments, grocery stores, or pharmacies.

Meals on Wheels

Use a weekday morning to deliver healthy meals and friendly faces to seniors. Mileage reimbursement is provided for drivers.

Group Opportunities

Coordinate a donation drive, assemble gift baskets, assist with a Senior Center celebration, or provide musical entertainment. New ideas are always welcome.

Pet Support

Support seniors and their pets by packing pet food monthly at Aster's Senior Center, delivering supplies directly to seniors on a flexible schedule, or organizing a community pet food drive.

Aster welcomes both individual and group volunteers.

Ready to begin volunteering?

Email info@asteraz.org or call 480-964-9014 to start your volunteer journey today.



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.



VALENTINE'S GLAMOUR GALA

In partnership with 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 6th, 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 2026

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

When: Wednesday, February 11, 2026

Time: 1:00 - 3:00 pm

Call or email to RSVP: CBS@asteraz.org, 480-962-5612



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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: Diamond Art at the Red Mountain Senior Center.



Pictured above: Participants enjoy lunch and friendly conversation at the Red Mountain Senior Center.



Pictured above: Participants have a 'hands on' experience decorating cookies during a special class.



Pictured above: Friends enjoy conversation, cheer, and a delicious meal during daily lunch at the Mesa Downtown Senior Center.

ASTER SENIOR CENTERS

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



MESA DOWNTOWN EVENTS

By Appointment | 8:30 am - 12:00 pm

AARP TAX ASSISTANCE

AARP is back beginning Monday, February 2nd through April 15th to provide free assistance to participants in preparing and filing their taxes. There are limited appointments available. Arrive 15 minutes early to complete a personal information form. Call 480-634-1554 or email CBS@asteraz.org for scheduling and information.

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.

Wednesdays | 12:00 - 3:00 pm

QUILTING & SEWING*

Sewing class is from 12:00 - 1:00 pm.
Quilting class is from 1:00 - 3:00 pm.
Supplies are provided.

Cost: \$25/month



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



Thursdays | 1:00 - 2:00 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. **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.



RED MOUNTAIN EVENTS

February 13 | 9:30 - 10:30 am

VALENTINE'S FUN

Join us the Friday before Valentine's Day for a morning of fun! Enjoy themed games, a special holiday treat, music, and more. Bring your Valentine or just come by yourself to celebrate the holiday of love. Participants are encouraged to bring their own Valentine's cards to hand out to friends.

February 18 | 11:30 am - 1:00 pm

FEBRUARY BIRTHDAY PARTY

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

February 24 | 9:30 - 10:30 am

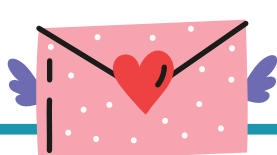
HOW LANGUAGE SHAPES OUR THOUGHTS

There are roughly 7000 languages around the world - each plays a significant role in lives of the people who speak them. Can language affect how we think and perceive the world? Join us for a fascinating lecture and discussion!

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.





EXCURSION

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



Red Mountain MCC PLANETARIUM TRIP

February 25 | 9:00 - 10:00 am

Join us for a fun and wonderful presentation about our planet and outer space at the Mesa Community College Planetarium.

Cost: FREE

Bus Pickup: 8:30 am
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!

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 FUN

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

RED MOUNTAIN



Pictured above: A festive holiday apron for art class at the Mesa Downtown Senior Center.

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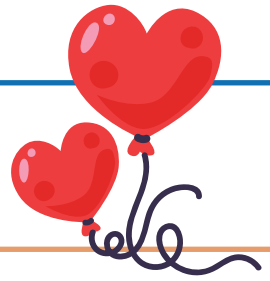


NOW SHOWING

Aster's Senior Centers each host FREE weekly movies starting at 12:30 pm.

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)

February 5

Hello, Dolly! | 1969 | G

February 12

While You Were Sleeping | 1995 | PG

February 19

Angel and the Badman | 1947 | NR

February 26

Knives Out | 2019 | PG-13



RED MOUNTAIN (Tuesdays)

February 3

Music and Lyrics | 2007 | PG

February 10

All of My Heart | 2015 | NR

February 17

How to Marry a Millionaire | 1953 | NR

February 24

In Good Company | 2004 | PG

PAID ADVERTISEMENT



MESA MARATHON

PLAN AHEAD!

MESA MARATHON WILL BE HELD ON FEBRUARY 14, 2026

Please plan your events accordingly. Visit mesamarathon.com or call **RUN-MESA (480-786-6372)** for more information on the annual event.

Race Day SAT. FEB 14, 2026

VISIT MESA
CITY LIMITLESS

mesa-az

asteraz.org

SALMON BOWL WITH QUINOA AND VEGGIES

By Michaela Solimo
Aster Aging Intern

This protein-packed bowl will support your muscles while nourishing your brain with healthy oils and antioxidants. Pair it with a light stroll after your meal for a complete body and mind experience.

Ingredients

- 1 can salmon
- ½ cup cooked quinoa
- 1 cup steamed frozen vegetables (choose your favorite blend!)
- 1 cup low-fat plain Greek yogurt
 - Dill to taste
 - Lemon juice
- ½ teaspoon minced garlic

Directions

1. Wash hands with soap and water
2. Combine Greek yogurt, dill, lemon, and garlic.
3. In a bowl, combine the salmon, quinoa, and vegetables.
4. Top with two to three tablespoons of the Greek yogurt mix.
5. Serve and enjoy!

Staying Hydrated & Healthy

By Michaela Solimo, Aster Aging Intern

As we age, our sense of thirst naturally decreases, even though our bodies still require the same amount of water to function properly. Hydration plays a critical role in regulating body temperature, supporting digestion, protecting kidney function, and maintaining healthy circulation. Drinking enough fluids also helps reduce the risk of urinary tract infections, constipation, and heat-related illness, making daily hydration an essential part of overall health as we get older.

Are you dehydrated?

When the body does not get enough fluids, the warning signs are not always obvious at first. Dry mouth or cracked lips, dark yellow urine, and constipation are common early indicators. Dehydration can also affect how you feel and think, leading to fatigue, dizziness, headaches, or confusion. In Arizona's heat, these symptoms can worsen quickly, so regular fluid intake is especially important even if you do not feel thirsty.

Tricks to stay hydrated

Here are some simple, realistic ways to maintain healthy hydration throughout the day:

- Keep a water bottle nearby so drinking becomes an easy habit
- Drink a full glass of water with every meal and snack
- Add fresh fruit or herbs to water for flavor without added sugar
- Non-caffeinated herbal teas count toward daily fluid intake
- Foods with high water content, such as melon, celery, and low-fat soups or broths, can also help support hydration

Staying consistently hydrated supports energy levels, comfort, and overall well-being at every stage of life.

ASTER AGING

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PUZZLES

Find each of the Valentine's items from the categories listed below. Disregard spaces between words.

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

Cupid-related Items

☒ ☐ ☐ ☐

"Love" Words

☐ ☐ ☐ ☐

Types of Flowers

☐ ☐ ☐ ☐

Types of Jewelry

☐ ☐ ☐ ☐

Find the two Mardi Gras masks that are exactly alike.

1.



2.



3.



4.



5.



6.



7.



8.



Fill in the grid so that all six columns down, all six rows across, & all six 2-by-3 boxes contain the letters in **SHADOW**.

A letter appears in each column or row only once.

			D		
H				S	
	A		W		D
D	W	H		A	
		S			W
			A	O	

WORD FIND: Arrow, Baby, Bow, Wings; Adoration, Devotion, Endearment, Fondness; Carnation, Lily, Rose, Tulip; Bracelet, Brooch, Earrings, Necklace

ANSWER

ANSWER

4 & 5



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CONTACT

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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