



JOIN US:



FRIDAY, MARCH 20, 2026

8:00 - 11:30 am

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

FRIDAY, MARCH 27, 2026

8:00 - 11:30 am

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

FREE EVENT | PRIZES | GIVEAWAYS | RESOURCES

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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.

MONDAY

2

Swedish meatballs, boiled potato, broccoli, egg noodles, a whole wheat dinner roll, and peaches.

TUESDAY

3

Chicken enchilada, sweet corn, black beans, grapes, and graham crackers.

WEDNESDAY

4

Tilapia with lemon and garlic, Prince Edward vegetable blend, peas and onions, brown rice pilaf, and apple dump cake with oatmeal.

THURSDAY

5

Philly cheese steak on a whole wheat hoagie roll with green beans, broccoli, and mixed fruit.

FRIDAY

6

Chicken salad with bacon**, lettuce, tomato, cucumber, and onion, whole wheat croutons, and apple slices.

9

Beef stew with carrots and potato, broccoli, a whole wheat biscuit, and apricots.

10

Shrimp alfredo on whole wheat linguine pasta, asparagus, cauliflower, and sliced peaches.

11

Meatloaf with gravy, mashed potatoes, Italian vegetable blend, a whole wheat dinner roll, sliced pears, and graham crackers.

12

Cod fillet, French fries, Normandy vegetable blend, brown rice, and pineapple chunks.

13

Crispy chicken sandwich on a whole wheat bun with potato wedges, corn, and fruit salad.

16

Shrimp Scampi on whole wheat angel hair pasta with roasted Brussels sprouts, caprese salad, and mango chunks.

17

Chicken fajitas with bell peppers and onions, whole wheat tortillas, roasted corn and black beans, brown rice, and pineapple chunks.

18

Spaghetti and meatballs, Italian green beans, side salad, a whole wheat breadstick, and an apple crisp with oatmeal.

19

Roast turkey and gravy with mashed potatoes, broccoli, a whole wheat dinner roll, mixed fruit salad, and Fig Newtons.

20

Pork loin** with potato wedges, coleslaw, a whole wheat biscuit, and mixed berries.

23

Chicken parmesan with roasted red potatoes, green peas, a whole wheat dinner roll, and diced peaches.

24

Beef tacos on a whole wheat tortilla, Chuck Wagon corn, pinto beans, and strawberries with cream.

25

Barbeque pork** sandwich on a whole wheat bun, baked beans, yellow squash, and watermelon slices.

26

Beef lasagna, 4-way-vegetables, zucchini, whole wheat bread sticks, and a banana.

27

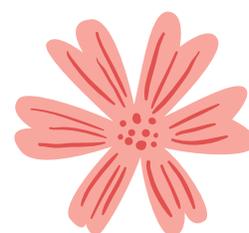
Cod fillet, Brussels sprouts, corn, brown rice, and apricot slices.

30

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

31

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



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



SUPPORT ASTER WITH YOUR CHARITABLE TAX CREDIT

The bloom of spring in Arizona signals hope and renewal - and the arrival of tax season.

This year, there is a unique opportunity to direct your state tax dollars to a cause that you care about through the Arizona Charitable Tax Credit program.

The program allows you to choose where a portion of your state tax dollars go - instead of sending that money to the state, you can redirect it to a local nonprofit like Aster, and receive the same amount back when you file your taxes.

A tax credit reduces the amount of tax you owe, dollar for dollar. If you owe Arizona state income tax, a qualifying donation can offset that bill by the full amount of your gift, up to the allowable limit.

Aster Aging is a Qualifying Charitable Organization (QCO) under this program, meaning that your donation may qualify for a state tax credit. Our QCO code is 20426.

For the 2025 tax year, individuals may claim up to \$495 and couples filing jointly up can claim up to \$987. For 2026, those limits increase to \$506 for individuals and \$1,009 for couples. Donations must be made by the tax filing deadline of April 15 in order to qualify.

Every day, Aster provides vital programs and services to thousands of older adults in our community including in home support, Meals on Wheels, outreach and social services, and senior centers that combat isolation and connect older adults to essential resources. You can direct your donation to support an Aster program that is most meaningful to you, or have us designate it to the area of greatest need.

For many seniors, Aster's services are the difference between stability and crisis. By taking advantage of your Arizona Charitable Tax Credit, you can fulfill your tax obligation while ensuring older adults in your community receive the care and support they rely on.

Visit asteraz.org to learn more. Individual circumstances may vary, consult with your tax professional to understand the full implications of your donation.



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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Presented By:



Delivering water and power®



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YOU'RE INVITED: ASTER 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, there will be more than 50 vendors in all areas of health and wellness for you to talk to!

The Expos provide you with the opportunity to speak directly with businesses about products and services that benefit seniors. We recognize that there are many elements to overall health. To address this, we proudly include vendors from many different categories, such as Credit Unions, Law Groups, Physical Therapy, Home Care, Music Centers, and so much more!

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



ASTER AGING

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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: Having fun at the Mesa Downtown Senior Center's Friday Bingo game. Bingo for Money is played every Friday, while Bingo for Fun is played on Wednesdays.

Pictured above: A hardworking group of volunteers labels thousands of copies of Aster's newsletter for delivery across the community. Their efforts help ensure that you receive your newsletter on time!



Pictured above: Participants from the Red Mountain Senior Center enjoy a museum excursion.



Pictured above: Participants enjoy an informative history presentation at the Red Mountain 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 through April 15th to provide free assistance to participants in preparing and filing their taxes. 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.

March 17 | 12:00 - 1:00 pm
ST PATRICK'S DAY PERFORMANCE

Join us for a live fiddle performance in honor of St. Patrick's Day at the Senior Center. Henry the Fiddler will perform "A Minstrel in Our Time". Free performance, RSVP in advance.



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. **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

March 3 | 9:30 - 10:30 am

TECH TOGETHER

Join us for a brand-new monthly series called "Aster Tech Together", where we will explore technology topics to help you feel confident with your devices. This month, we will explore emails - how to use the technology, how to make your own account, and how to navigate your inbox.

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

MARCH BIRTHDAY PARTY

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

March 24 | 9:30 - 10:30 am

HOW THE STRUCTURE OF THE AMERICAN FAMILY CHANGED

This month's presentation will feature a thoughtful discussion on how and why the structure of American families has changed over the past century.

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.

ASTER AGING

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EXCURSION

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



Mesa Downtown HOHOKAM STADIUM - SPRING TRAINING

March 3 | 12:30 - 3:30 pm

Join us on an adventure to see the A's take on a team of athletes from Brazil, right here in Mesa!

Cost: \$16

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



Red Mountain MCC PLANETARIUM TRIP

March 25 | 9:00 - 10:00 am

Join us for a fun and wonderous 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!
FOR FUN: 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



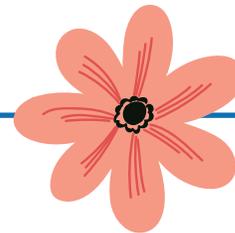
CHESS
Thurs | 12:30 - 3:00 pm



BINGO! FOR FUN
Tues & Fri | 12:30 - 2:30 pm

RED MOUNTAIN

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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)

March 5

Guy and Dolls | 1955 | NR

March 12

As Luck Would Have It | 2021 | TV-G

March 19

Some Like It Hot | 1959 | NR

March 26

Limitless | 2011 | PG-13



RED MOUNTAIN (Tuesdays)

March 3

While You Were Sleeping | 1995 | PG

March 10

50 First Dates | 2004 | PG

March 17

Kindergarten Cop | 1990 | PG

March 24

Sound of Music | 1965 | G

March 31

Dave | 1993 | PG



SPECIAL PRESENTATION - VETERINARIAN

Dr. Gene Borman, Veterinarian, presents "Tails-Tells and Ideas" about common pet problems.
Monday, March 23 | 1:00 - 2:00 pm | Mesa Downtown Senior Center | RSVP in-person or to cbs@asteraz.org

PAID ADVERTISEMENT

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and
your joy

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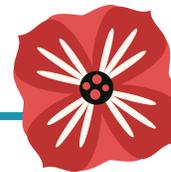
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HEART-HEALTHY RICE AND BEAN BOWL

This vibrant bowl is full of fiber, lean protein, and potassium-rich veggies to support heart health and help manage blood pressure. Enjoy it with a short walk after your meal for added cardiovascular benefit.

Ingredients

- 1 cup cooked brown rice
- 1 cup cooked black beans (rinsed if canned)
- 1 cup steamed mixed vegetables (broccoli, bell pepper, carrots)
 - ½ cup diced tomatoes
 - ¼ cup low-fat shredded cheese (optional)
- 2 tablespoons chopped fresh cilantro
 - Juice of ½ lime
 - ½ teaspoon olive oil
- Garlic powder and black pepper to taste

Directions

1. Wash hands with soap and water.
2. In a large bowl, combine cooked brown rice, black beans, steamed mixed vegetables, and diced tomatoes.
3. Drizzle with lime juice and olive oil.
4. Sprinkle with garlic powder, black pepper, and chopped cilantro.
5. If using, add low-fat shredded cheese on top.
6. Mix gently and serve.

SUPPORTING A HEART HEALTHY DIET

Adapted from “NIH-supported DASH diet named “Best Heart-Healthy Diet” and “Best Diet for High Blood Pressure” in 2025” via [NHLBI.NIH.GOV](https://www.nhlbi.nih.gov).

A heart-healthy diet plays an important role in managing blood pressure and supporting overall cardiovascular health. Eating patterns that emphasize vegetables, fruits, whole grains, lean proteins and healthy fats help maintain healthy circulation and can reduce the risk of heart attack and stroke.

Choosing nutrient-rich foods supports stable blood pressure, healthier cholesterol levels, and better energy throughout the day.

Evidence shows that following a heart-healthy eating plan such as the **Dietary Approaches to Stop Hypertension (DASH) diet**, which is low in sodium and rich in potassium, calcium, magnesium, fiber and lean protein, helps lower high blood pressure and reduces cardiovascular risk.

How does diet affect your heart?

What you eat directly influences your blood pressure and heart health. Diets high in sodium can contribute to elevated blood pressure, especially in adults over age 50. Limiting sodium reduces pressure on blood vessel walls and lowers cardiovascular risk. Potassium-rich foods help counteract the effects of sodium and support healthy blood pressure. Increasing whole fruits, vegetables, low-fat dairy, lean meats, nuts and whole grains provides nutrients that protect your heart and blood vessels. Keeping sodium below 2,300 milligrams a day and focusing on potassium-rich choices are key components of a heart-healthy eating pattern endorsed by federal health agencies.

Heart-healthy eating tips

- Choose fresh vegetables and fruits at every meal
- Replace refined grains with whole grains such as brown rice, oats and whole-grain bread
- Select lean protein sources like fish, skinless poultry, beans, lentils and low-fat dairy
- Limit foods high in sodium by reading labels and avoiding processed foods
- Season foods with herbs, spices or citrus instead of salt
- Include sources of healthy fats such as olive oil, nuts and seeds

Eating in this way supports healthy blood pressure levels, better energy, and long-term cardiovascular health for older adults.

VISIT [NIH.GOV](https://www.nih.gov) FOR MORE HEALTH TIPS & TRICKS

ASTER AGING

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PUZZLES

1. "SOW" COOL

A "sow" (pronounced S-AU) is a pig.
Use the clues to find words that rhyme with sow.

1. Grass grazer; milk producer _____
2. Farming tool _____
3. Forehead feature _____
4. Then and _____
5. Comic book sound; explosion sound _____
6. Wedding promise _____
7. Informal word for food _____
8. Where art _____?
9. Reaction to great fireworks _____



1. "THING" CATEGORIES

Fill in the boxes with words or terms that begin with each of the letters in THING. Add your own category in the last row.

	T	H	I	N	G
Nouns					
Sci Fi	Terminator				
Words that end with "T"			it		
Fictional Characters					
Jobs					
Your choice!					

ANSWER: cow, plow, brow, now, pow, vow, chow, thou, wow



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CONTACT

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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.



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