



September is Senior Center Month, as recognized by the National Council on Aging.

The senior center is an inclusive, engaging place where older adults thrive. From their beginnings in the 40's to their daily impact today, senior centers have evolved to meet the needs of each generation of older adults.

[Read more on page 2.](#)

IN THIS ISSUE

Lunch Menu	1
Senior Center Month	2
Neighbors Program	3
September Activities	5
Center Movies	8
Health Corner	9
Puzzle	10

SEPTEMBER 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 \$4.00.

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

1

Swedish meatballs on whole wheat pasta with a side of sweet potatoes, green beans, and sliced peaches.

WEDNESDAY

2

Shrimp scampi on whole wheat pasta with Normandy vegetables, corn, and grapes.

THURSDAY

3

Chicken filet sandwich with lettuce and tomato on a whole wheat bun, a side of mixed vegetables, and a banana.

FRIDAY

4

Pork chop** with gravy, roasted red potatoes, steamed broccoli, a whole wheat biscuit, Fig Newtons, and apple sauce.

7

CLOSED FOR LABOR DAY HOLIDAY

8

Cheese ravioli with marinara sauce, summer squash, Italian vegetables, a whole wheat breadstick, and sliced pears.

9

Chicken Cordon Bleu with whole wheat pasta, 5-way vegetable mix, mixed green salad, and a banana.

10

Pot roast with gravy, steamed broccoli, potatoes, a whole grain roll, and a mixed berry crisp.

11

Coconut chicken curry and potatoes on brown rice with cubed carrots and grapes.

14

Beefy nachos with cheese, pinto beans with onions, tomato, salsa, zucchini, and mango cubes.

15

Cold chicken pasta salad with celery, bell peppers, and onions, 3-bean-salad, and a peach crisp with granola.

16

Sweet pork** with enchilada sauce, shredded lettuce, roasted tomatoes, steamed broccoli, cilantro lime brown rice, and fruit cocktail.

17

Flatbread cheese pizza, side salad with croutons, peas and carrots, and a banana.

18

Roast beef open-face sandwich on whole wheat bread with mashed potatoes and gravy, green beans, apple sauce, and graham crackers.

21

Chicken Parmesan with marinara sauce on pasta, yellow squash, California vegetable blend, and pineapple.

22

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

23

Breaded Shrimp with cocktail sauce, Chuckwagon corn, Brussels Sprouts, brown rice pilaf, and a pear.

24

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

25

Cold Strawberry chicken salad on a bed of greens, cucumbers, red onion, 3-bean-salad, a whole wheat roll, mango cubes, and Fig Newtons.

28

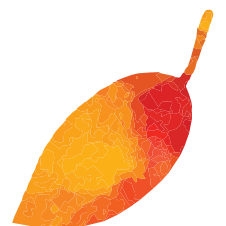
BBQ pulled pork** on a whole wheat bun with coleslaw, baked beans, and a tropical fruit cup.

29

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

30

Shredded teriyaki beef with broccoli on a bed of brown rice, Oriental mixed vegetables, and a pear.



ASTER AGING

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



NATIONAL SENIOR CENTER MONTH



September is National Senior Center Month, a time to celebrate the participants and community that make Aster's Senior Centers the special places they are.

Since the 1940s, senior centers have been gathering places for community, connection, and support — and in 1973, the Older Americans Act recognized just how important they are to helping older adults thrive.

More than 80 years later, that goal hasn't changed. At Aster's Senior Centers at Red Mountain and Mesa Downtown, the spirit of those original ambitions is alive every day: friends catching up over coffee in the café, a favorite fitness class, a hot lunch shared with familiar faces, or a new hobby picked up in one of the activity rooms.

These moments matter. A new friend, a shared meal, learning something brand-new — small things like these can make a real difference in how connected and supported someone feels day to day. For many of us, the center is an important part of our lives as we navigate the next chapter.

All month long in September, both Centers have a variety of programs available for you to try. Sign up for a new class, revisit an old favorite, or simply set an intention to visit and enjoy a book, puzzle, or conversation.

Along with over 10,000 other senior centers nationwide, we are celebrating the many ways that these institutions support older adults — through social connection, fitness and wellness activities, arts and creative programs, and essential resources that help older adults stay independent and active in the community they call home.

For anyone who hasn't visited lately — or ever — September is a great time to stop by. Check out our activity calendar, join us for lunch, or just say hello in the café. New faces are always welcome.

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



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.

- **Visual Assistance**

Support for individuals with low vision or blindness.

Volunteers are also needed to keep the program sustainable! Hours are flexible and fit to your schedule.

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>

NEWS LITERACY WORKSHOP Presented by News Literacy for Arizona

RED MOUNTAIN SENIOR CENTER | FRIDAY, SEPTEMBER 18 | 10:00 AM - 11:00 AM

MESA DOWNTOWN SENIOR CENTER | FRIDAY, SEPTEMBER 25 | 10:00 AM - 11:00 AM

In today's media landscape, it's getting harder to tell what is real. In this nonpartisan workshop, you will learn the importance of news literacy, the danger of disinformation, the power of algorithms on the information we consume, and the role of journalism in a democracy.

RSVP: Email: CBS@asteraz.org | Phone: 480-964-9014 | In-person: Senior Center front desk | Website: asteraz.org

FALLS PREVENTION AWARENESS WEEK

Falls Prevention Awareness Week is September 21-25. Falls are one of the most common causes of injury for older adults, but they are not inevitable. Steps like finding a good balance program, talking to your healthcare provider, reviewing medication, getting your hearing and vision checked annually, and keeping your home free of tripping hazards can help you remain safe and independent.

Visit NCOA.org for more information.

ASTER AGING

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

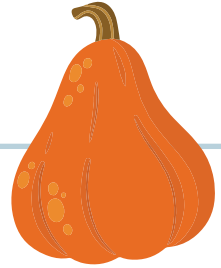


ASTER ACTIVITIES

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: A participant and volunteer play Bingo at the Mesa Downtown Senior Center.



Pictured above: Participants listen to a presentation on Fraud Awareness from Navy Federal Credit Union.



Pictured above: Participants make creative masterpieces at the Red Mountain Senior Center as part of the Artistic Whimsy class.



Pictured above: Red Mountain Senior Center participants are all smiles on an excursion to the Town of Gilbert's Historical Museum

ASTER SENIOR CENTERS

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



MESA DOWNTOWN EVENTS

To RSVP for an activity, call the Senior Center at 480-962-5612, email cbs@asteraz.org, or sign up in-person.

September 14 | 3:00 - 3:30 pm DREAMS HAVE NO AGE

A workshop with special guest Miss Teen Universe Arizona Latina 2026, this activity invites you to think about moments in your life that you are most proud of and share experiences on a special Dream Wall.

September 25 | 10:00 am - 12:00 pm SCI-FI PARTY

You are invited to an out-of-this-world party! There will be alien-themed games, a photo booth, a special dessert, and more.

September 22 | 10:00 - 11:00 am WHAT IS A DINOSAUR? Presented by the Arizona Museum of Natural History

Not all ancient animals were dinosaurs. Bust myths and learn about the amazing creatures that once roamed our planet from the experts at AZMNH!

Wednesdays | 9:00 - 10:00 am HEALTH & WELLNESS WORKSHOP

Presented by The University of Arizona

Join U of A Nursing students for an engaging and informative presentation on health and wellness topics designed for older adults. Learn practical tips, ask questions, and discover simple ways to support your health and wellbeing!



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

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



Mondays | 1:30 - 2:30 pm | Mesa Downtown Thursdays | 1:00 - 2:00 pm | Red Mountain LINE DANCING*

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



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

Learn about remarkable events through history.



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 September 2 | 10:30 - 11:30 am | Red Mountain KARAOKE

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**



Wednesdays | 9:00 - 10:00 am | Mesa Downtown HALL OF FAME

Learn about all things baseball with volunteer Art.



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 | 10:00 - 11:00 am | Mesa Downtown CHAIR YOGA*

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

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 | 8:00 am - 1:30 pm | Mesa Downtown
Fridays | 8:30 - 11:00 am | Red Mountain
ART STUDIO*
Enjoy Open Art Studio Thursdays and Portrait Painting with a live model on Fridays. **Bring your own supplies.**



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 - 10:00 am | Red Mountain
VETERANS' SOCIAL
Enjoy coffee & donuts each month with fellow veterans.



September 16 | 11:30 - 12:00 pm | Both Centers
SEPTEMBER BIRTHDAY PARTY
Come celebrate the birthdays of those born this month with cake.



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.



Tuesdays | 9:30 - 10:30 am | Mesa Downtown
ART IN ACTION
Discuss art history from all eras and parts of the world.



Thursdays | 10:00 am - 12:00 pm | Mesa Downtown
VETERAN'S ART
Presented by the Mesa Art League
Join us every Thursday to make art with fellow Veterans.



Fridays | 1:00 - 2:00 pm | Red Mountain
MOVIN' FORWARD Facilitated by EMPACT
A group for those who have already gone through a loss and wish to make new friends.



Wednesdays | 1:00 - 3:00 pm | Red Mountain
WEDNESDAY DANCE
Cut a rug every Wednesday at the Senior Center



RED MOUNTAIN EVENTS

To RSVP for an activity, call the Senior Center at 480-218-2221, email cbs@asteraz.org, or sign up in-person.

September 4 | 11:30 am - 12:30 pm
LABOR DAY PARTY
Join us for a special Labor Day party! There will be games, snacks, and a piano sing-along.

September 14 | 11:30 am - 12:30 pm
GRANDPARENTS DAY
Celebrate Grandparent's Day (actual date Sunday, September 13) with a fun party - there will be special snacks, games, and music.

September 15 | 10:30 - 11:00 am
GRAND CANYON: SYMPHONY OF STONE
Come take a virtual tour of one of the wonders of the world to learn about it's history, composition, and more!

September 29 | 9:00 am - 1:00 pm
AARP SAFE DRIVER*
Learn tips and tricks on how to navigate the road - contact your insurer to see if you qualify for a discount upon completion of the course. **Cost: \$20/AARP Member \$25/Non Member | RSVP to Barbara Skinner: barbaraarp@gmail.com, 480-383-9187**

Women's | Sept 3 | 10:00 - 11:00 am
Men's | Sept 17 | 10:00 - 11:00 am
MEN & WOMEN'S SOCIALS

Join us once a month for Men's Social and Women's Social. The Men's group will play horseshoe, and the women's group will enjoy tea and snacks.

ASTER AGING

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

EXCURSIONS

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



Mesa Downtown HALL OF FLAMES MUSEUM

September 17 | 1:00 - 3:30 pm

Learn the history of firefighting through art, artifacts, uniforms, equipment and more at this interactive museum.

Cost: \$10

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



Red Mountain TEMPE HISTORICAL MUSEUM

September 2 | 9:15 - 11:30 am

Explore the history of Tempe, first incorporated in 1892, today home to Arizona State University and much more.

Cost: FREE

Bus Pickup: 8:50 am
Space Limited, 10 seats per trip
RSVP: In-Person at the Red Mountain Senior Center



POOL TOURNAMENT

Cue up for a brand-new pool tournament at the Mesa Downtown Senior Center! There will be prizes for first, second, and third place. Must be 60 or older to play.

September 28, 2026 | 9:00 - 11:00 am
RSVP: cbs@asteraz.org | 480-962-5612



CENTER GAMES

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

MESA DOWNTOWN



FUN & GAMES

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



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
Beginner's: Mon | 1:00 - 3:00 pm



WHATEVER GAMES WE PLAY

Weds | 12:30 - 3:00 pm



CANASTA

Weds & Fri | 12:30 - 3:00 pm
Beginner's: Mon | 12:30 - 2:30 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



WII SPORTS

Thurs | 8:00 - 11:00 am

The Aster Scene is made possible in part by the support of our advertisers, which helps us keep this publication free of charge. The presence of paid advertisements does not constitute an endorsement by Aster Aging. For more information, contact development@asteraz.org.

ASTER AGING

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



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)

September 3 | Disclosure Day | 2026 | PG-13

A whistleblower races to reveal proof of alien contact to the world.

September 10 | Fire in the Sky | 1993 | PG-13

Based on a real case, a logger vanishes after seeing a strange light in the sky.

September 17 | E.T. the Extra-Terrestrial | 1982 | PG

A boy befriends a stranded alien and works to help him phone home.

September 24 | 2001: A Space Odyssey | 1968 | G

From humanity's dawn to a lunar discovery that sends a crew toward Jupiter with the sentient computer HAL 9000, this sci-fi epic spans the history of human evolution.



RED MOUNTAIN (Tuesdays)

September 1 | Disclosure Day | 2026 | PG-13

A whistleblower races to reveal proof of alien contact to the world.

September 15 | Casino Royale | 2006 | PG-13

James Bond takes on a ruthless financier in a high-stakes poker game to bankrupt a global terrorist network.

September 22 | Bucket List | 2007 | PG

Two terminally ill men set off on a road trip to check off everything on their wish list before they die.

September 29 | The Naked Gun | 2025 | PG-13

Bumbling detective Frank Drebin Jr. stumbles into a wild conspiracy while investigating a case, delivering slapstick chaos.

PAID ADVERTISEMENT

Discovery Point
RETIREMENT COMMUNITY



INDEPENDENT LIVING. *Extra Support.*

ONE BEDROOM
STARTS AT
\$2,240
PER MONTH*

*Rates are subject to change.

- ✓ Chef prepared meals
- ✓ Weekly Housekeeping
- ✓ Full Calendar of Activities
- ✓ Fitness Classes & Gym
- ✓ All Utilities (except phone)
- ✓ Cable TV
- ✓ Transportation
- ✓ Emergency Call System



SCHEDULE A TOUR
AND WE WILL SEND
YOU HOME WITH A
FREE GIFT!

DISCOVERY POINT
6210 E Arbor Ave
Mesa, AZ 85206

480.924.6474
discoverypoint@gres.com
discoverypointretirement.com

**RENT INCLUDES
ALL THIS AND
MUCH MORE!**
55+ COMMUNITY



GUARDIAN

EASY-MADE TURKEY LETTUCE WRAPS

Each lettuce leaf works as its own built-in serving size, so this dinner takes the guesswork out of how much to eat — no measuring cups required. It's a light, protein-rich meal that pairs naturally with the "fill half your plate with vegetables" approach.

Ingredients

- 8 oz sliced deli turkey (low-sodium if available)
- 1 head butter lettuce, leaves separated and washed
- 1/2 cup shredded carrots (pre-shredded bagged is fine)
- 1/4 cup canned or jarred roasted red peppers, diced
- 2 tablespoons mayonnaise
- 1 teaspoon Dijon mustard
- 1 pinch black pepper

Directions

1. Prep: Wash hands. Pat lettuce leaves dry and lay flat on a plate.
2. Mix: Stir mayonnaise, mustard, and black pepper in a small bowl.
3. Assemble: Layer one or two turkey slices onto each lettuce leaf, top with a spoonful of mayo, carrots, and red peppers.
4. Serve: Fold or roll gently and eat cold, or keep refrigerated up to 3 days for grab-and-go meals.

HOW MUCH SHOULD I EAT?

Adapted from "How Much Should I Eat? Quantity and Quality" via the National Institute on Aging (NIA), and MyPlate.gov via the U.S. Department of Agriculture (USDA).

Portion control gets treated like a willpower problem, but for older adults it's really a math problem — and the numbers change as we age. Metabolism slows with age, so many older adults need fewer calories than they did decades earlier, even while their nutrient needs stay the same or climb higher. That combination is what makes portion size worth paying attention to now in a way it may not have before.

Why does eating out trip people up more than eating at home? Restaurant portions are typically sized for calorie needs that don't match what most older adults require, and it's easy to clear a plate simply because it's in front of you. A few practical fixes help: order a smaller appetizer instead of a full entrée, split an entrée with a dining companion, or eat half at the restaurant and take the rest home for a second meal.

What about serving sizes listed on packages? A serving size, such as a cup or an ounce, is a standard unit used to compare similar foods while shopping — it is not a recommendation for how much of that food you should actually eat in one sitting. Confusing the two is one of the more common ways people underestimate what's on their plate.

Why does it matter so much to make each portion count? Because needing fewer calories doesn't mean needing fewer nutrients — it means every bite has to work harder. Choosing nutrient-dense foods across the food groups, rather than foods that are heavy on calories but light on nutrition, becomes more important as portions shrink. MyPlate's simple visual guide can help: aim to fill about half the plate with fruits and vegetables, with the remaining space split between grains and protein foods.

One easy blind spot: calories from beverages. Sugary drinks, juices, and alcohol add up quickly and are easy to forget when tallying what you've eaten in a day, so it helps to count what's in the glass along with what's on the plate.

If you're unsure how many calories or how much food is right for your age, sex, and activity level, a health care professional or registered dietitian can help translate general guidance into a plan suited to you. Small changes — a smaller plate, a split entrée, a second look at the serving size on a label — tend to add up more than any single dramatic change would.

VISIT MYPLATE.GOV FOR MORE INFORMATION



PUZZLE



SEARCHING FOR SEPTEMBER

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

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

- ASTER
- CANNING
- COLORFUL
- FARMERS
- INDEPENDENCE
- (Day, Mexico)
- LABOR DAY
- LIBRA
- NINTH
- SAPPHIRE
- SCALES (Libra)
- SCHOOL
- VIRGIN (Virgo)
- GRANDPARENTS (Day)
- HARVEST MOON
- OKTOBERFEST
- ROSH HASHANAH
- VIRGO
- YOM KIPPUR

PAID ADVERTISEMENT



THE GROVES
— SENIOR LIVING COMMUNITY —
ASSISTED AND INDEPENDENT LIVING

5848 E. University Dr., | Mesa, AZ 85205
For More Information, Please Call 480.993.5636

Our ground-level apartments give you freedom to pursue your passions while being surrounded by convenient amenities, social connections and a supportive atmosphere. Call to set up a tour today!

Independent Living Pricing

ONE BEDROOM
\$2,265

TWO BEDROOM
\$2,676

What Our Residents Can Expect:

- Low-Maintenance Living
- Housekeeping + Trash
- Most Utilities Included
- In-House Transportation
- Fitness Center + Pool
- Pet Friendly
- Community Clubhouse
- Chef-Prepared Meals
- Activities Calendar
- Church Services
- Non-Smoking Campus
- And more!

Ask us about our upcoming furnished apartments, too!





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