



The Mesa Downtown Senior Center celebrates Spring at their 2021 luncheon event.

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MAY 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).

Items with ** contain pork or pork products. Menu items subject to change due to availability.

2 MONDAY

- Baked Ham w/ Pineapple**
- Yams
- Edamame
- Whole Wheat Roll
- Apricots

3 TUESDAY

- Teriyaki Beef
- Yellow Squash
- Broccoli & Cauliflower
- Brown Rice
- Cinnamon Pears

4 WEDNESDAY

- Chicken Salad Sandwich
- Lettuce & Tomato
- Carrot Sticks
- Whole Wheat Bread
- Banana

5 THURSDAY

- Beef Tacos
- Lettuce, Tomato & Cheese
- Mexican Rice
- Pinto Beans
- Strawberries
- Cookie

6 FRIDAY

- Turkey Burger with Lettuce & Tomato on a Whole Wheat Hamburger Bun
- Carrots
- Orange

9

- Vegetable Lasagna
- Italian Blend Vegetables
- Asparagus
- Whole Wheat Roll
- Grapes
- Red Velvet Petite Cake

10

- Baked Perch with Lemon Pepper
- Rice Pilaf with Mixed Vegetable
- Cauliflower
- Whole Wheat Roll
- Cinnamon Sliced Apples

11

- Chef Salad w/ Turkey, Ham, Cheese**
- Corn Salad
- Beets
- Whole Grain Crackers
- Peach Crisp
- Fruit Cocktail

12

- Sesame Chicken
- Zucchini
- Wax Beans
- Whole Wheat Roll
- Apricots

13

- Beef Stir Fry with Peppers
- Asian Blend Vegetables
- Roasted Tomatoes
- Brown Rice
- Banana

16

- Meatball Submarine**
- Baked Fries
- Green Beans
- Whole Wheat Bun
- Apple

17

- Hot Corned Beef Sandwich
- Chuckwagon Corn
- Peas and Carrots
- Whole Wheat Bread
- Strawberries

18

- Baked Chicken with Gravy
- Mashed Potatoes
- Spinach
- Whole Wheat Roll
- Sliced Pears

19

- Cold Plate: Tuna Salad
- Pea Salad
- Carrot Sticks
- Croissant
- Grapes

20

- Shrimp Alfredo
- Whole Baby Carrots
- Sliced Tomatoes
- Whole Wheat Pasta
- Tropical Fruit Cup

23

- Stuffed Chicken w/ Broccoli & Cheese
- Spinach
- Roasted Potatoes
- Whole Wheat Roll
- Fresh Pear

24

- Turkey Chili
- Corn
- Cauliflower
- Corn Bread
- Sliced Apples

25

- Beef Burgundy
- Broccoli
- Beets
- Whole Grain Egg Noodles
- Fruit Cocktail

26

- Chicken Parmesan Sandwich
- Italian Blend Vegetables
- Wax Beans
- Whole Wheat Bun
- Strawberries

27

- Italian Burger w/ Red Sauce
- Broccoli & Cauliflower
- Baked Beans
- Whole Wheat Bun
- Orange
- Birthday Cake

30

OFFICE CLOSED



31

- Garlic Lemon Baked Tilapia
- Spinach
- Peas
- Brown Rice Pilaf
- Mandarin Oranges



ASTER AGING

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AGE YOUR WAY

Older adults play vital, positive roles in our communities – as family members, friends, mentors, volunteers, members of the workforce, and more. Just as every person is unique, so too is how they age and how they choose to do it – and there is no “right” way. That’s why the theme for Older Americans Month (OAM) 2022 is [Age My Way](#).



This theme focuses on how older adults can age in their communities, living independently for as long as possible and participating in ways they choose. While [Age My Way](#) will look different for each person, here are things everyone can consider:

- **Planning:** Think about what you will need and want in the future, from home and community-based services to activities of interest.
- **Engagement:** Remain involved and contribute to your community through work, volunteer, and/or civic participation.
- **Access:** Make home improvements, use assistive technologies, and customize supports to help you better age in place.
- **Connection:** Maintain social activities and relationships to combat social isolation and stay connected to your community.

Aster’s Outreach staff is ready to help you age your way. They can help you access resources, develop care plans, find community activities, and more. Remaining involved and included in our communities for as long as possible benefits everyone.



OUTREACH & SOCIAL SERVICES

Anne McFarland

480-962-5612 | amcfarland@asteraz.org

PROGRAMS FOR YOU

We support & empower East Valley older adults and their families to remain independent & engaged in our communities through:



CENTER-BASED SERVICES

Our Centers currently provide in-person activities, education sessions, and weekday lunch.



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 homebound adults with transportation, grocery shopping, well visits, respite, personal care, and housekeeping.



SOCIAL SERVICES

Helping navigate & access services and health resources, as well as being the NCOA Benefits Enrollment Center for the East Valley.

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TIME TO GET MOVING

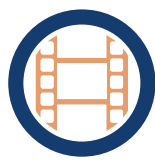
As we age, it's normal to have less stamina and agility than we enjoyed in our younger years. But getting older doesn't mean becoming a couch potato.

According to the CDC, all older adults can benefit from regular, moderate physical activity. This is true even for people with medical conditions such as arthritis, heart disease, obesity, and high blood pressure.

Regular activity can positively impact physical health as well as our mental and emotional well-being. It gives us more energy and greater self-confidence, enabling you to embrace your later years with gusto.

You can start by jogging down to the Mesa Downtown Senior Center. Our renovated Fitness Center is now open! Filled with a variety of equipment, you can craft the exercise workout that meets your unique needs.

The Fitness Center is open each weekday from 8:00 am - 3:00 pm. Start moving today!



NOW SHOWING

Our Centers host **FREE** movies & treats starting at 12:30 pm. Shows have a **limited capacity** so registration online or in person today!

MESA DOWNTOWN



May 5 | WEST SIDE STORY | 2021 | PG-13

Zachary Levi, Anna Paquin, Dennis Quaid

The story of NFL MVP and Hall of Fame quarterback Kurt Warner, who went from stocking shelves at a supermarket to an American Football star.



May 12 | EYES OF TAMMY FAYE | 2021 | PG-13

Freddie Highmore, Astrid Berges-Frisbey

Follows a genius engineering graduate who is keenly interested in the Bank of Spain's safe.



May 19 | MARRY ME | 2022 | PG-13

Owen Wilson, Rachel McAdams

While on a trip to Paris with his fiancé's family, a nostalgic screenwriter finds himself mysteriously going back to the 1920s every day at midnight.



May 26 | CYRANO | 2021 | PG-13

Daniel Craig, Rami Malek, Lea Seydoux

Now retired, James Bond helps an old CIA friend, putting him on the trail of a mysterious villain armed with dangerous new weapon. **Shown with Intermission**



May 26 | WEDDING CRASHERS | 2005 | R

Joaquin Phoenix, Reese Witherspoon

Country music legend Johnny Cash's life, from his early days on an Arkansas cotton farm to his rise to fame with Sun Records in Memphis.

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DRIVING LOVE

At age 78, Ella thinks she's a good driver. However, this year, she had a minor accident and several near misses. As well, she has noticed a few new dents on her car and doesn't remember how they got there. This caused her to wonder if she is safe behind the wheel.



Driving is a complex task that gets more so as we age. Health issues such as poor eyesight, stiff muscles, and slower reaction times can make driving dangerous -- for ourselves and for others on the road. Yet, the ability to drive - to the grocery store, church, the doctors - is critical in keeping us independent and connected to the community.

This is where the Neighbors programs helps, by keeping you safe and connected. Neighbors provides critical transportation, companionship visits, and regular check-in support.

"Transportation is key to seniors remaining independent and connected," shares Meagan Yu, Neighbors Program Coordinator. "Being able to safely make these trips is transformative. And beyond just driving seniors, the companionship and support truly help improve lives."

Our trained, caring volunteers help you to remain independent with a smile and a helping hand. Please, contact us to find out more, sign up for service or volunteer to help local seniors.



ASTER NEIGHBORS PROGRAM

Meagan Yu

480-962-5612 | myu@asteraz.org

DOWNTOWN CREATIVITY

Exercise is important, especially as we age. Beyond working out your body, you need to also exercise your mind.

Stretch those creative muscles during our Open Art Studio at the Mesa Downtown Senior Center. Drop in on **Thursdays** between **8:00 am - 3:30 pm** to find your inner inspiration.

Draw, paint, and create whatever your heart desires!

KNOCK 'EM DOWN!

WII Bowling is back at the Mesa Downtown Senior Center! Come by and knock down some pins without lugging a heavy ball or borrowing someone else's shoes.

Join us each **Wednesday** at **10:00 am** for a fun game!

Enjoy the company of fellow enthusiasts while learning a new game, or showing off your skill!

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MESA DOWNTOWN EVENTS

May 2 & 16 | 8:30 am

VETERAN'S SOCIAL

Hang out and chat with your fellow service members.

May 5 | 10:00 am

VETERANS ART

Create beautiful art facilitated by Mesa Art League.

May 5 | 11:30 am

CINCO DE MAYO

Enjoy a delicious lunch and celebrate this festive holiday!

May 6 & 20 | 12:30 pm

BINGO!

Play against your friends to win fun health & wellness prizes!

May 9 | 11:30 am

MOTHER'S DAY LUNCHEON

Enjoy a delicious lunch and celebrate all of our mothers!

May 18 | 11:30 am

FEED YOUR MIND

Enjoy a delicious lunch and a presentation by Mesa Fire Dept

May 27 | 11:30 am

BIRTHDAY PARTY

Celebrate our May birthdays!



ACTIVITIES

Activities marked with an * have fees, are limited capacity, and require pre-registration. For more info & to RSVP, visit asteraz.org



Mon, Wed, & Fri | 8:00 am - 12:00 pm | Red Mtn Daily | 10:00 am - 2:00 pm | Mesa Downtown
BILLIARDS

Enjoy billiards with your friends every day at our Center!



Mon, Wed, & Fri | 8:15 - 9:00 am | Red Mountain Tues & Wed | 8:15 - 9:15 am | Mesa Downtown*
MORNING MOVEMENT

Get your day moving in the right direction with indoor exercise!



Mon & Thurs | 8:30 - 9:30 am | Mesa Downtown
ADVANCED TAI CHI*

Learn to further enhance your health, balance and strength.



Mon & Thurs | 10:00 - 11:30 am | Mesa Downtown
TAI CHI FOR BEGINNERS*

Learn to enhance your health, balance and strength.



Mondays | 12:30 - 3:30 pm | Red Mountain
500 & MAHJONG

Enjoy some fun card games and great conversation.



Mondays | 1:00 - 2:00 pm | Mesa Downtown
JUST FOR FUN THEATER GROUP

Join this just for fun group and enjoy the art of performing.



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!



Tuesdays | 8:00 - 11:30 am | Red Mountain Tuesdays | 9:00 - 11:00 am | Mesa Downtown
STITCH & CHAT

Enjoy good company while crafting creative pieces.

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ACTIVITIES (continued)



Tuesdays | 10:30 am - 3:30 pm | Red Mountain **DEAF & HEARING-IMPAIRED SOCIAL GROUP**

A weekly group for people with hearing issues to chat.



Tuesdays | 12:30 - 3:30 pm | Red Mountain **SOCIAL AND ADVANCED PINOCHLE**

Learn or display your mastery of this classic game.



Wednesdays | 2:00 - 3:00 pm | Mesa Downtown **CAREGIVER SUPPORT**

A support group just for caregivers.



Wednesdays | 1:00 - 2:00 pm | Mesa Downtown **GRIEF & LOSS** facilitated by EMPACT

A bereavement support group for seniors.



Thursdays | 9:45 - 10:45 am | Mesa Downtown **CHAIR YOGA***

Increase your flexibility & calm your mind with chair yoga.



Fridays | 8:00 am - 12:00 pm | Red Mountain **PORTRAIT WORKSHOP**

Have fun drawing portraits from live models.



Fridays | 8:30 - 9:30 am | Mesa Downtown **MILD EXERCISE**

Stay active with easy movement during this indoor class.



Fridays | 1:00 - 2:30 pm | Red Mountain **MOVIN' ON** facilitated by EMPACT

A post-bereavement social support group for seniors.



May 11 | 10:00 - 11:00 am | Mesa Downtown **BOOKSHELF & MYSTERIES BOOK CLUBS**

Facilitated by Mesa Community College New Frontiers

Join us to discuss 'At the Water's Edge by' Sara Gruen.



RED MOUNTAIN EVENTS

May 2 | 1:30 pm

PARKINSON GROUP

by Muhammad Ali Parkinson Ctr & Duet

A group for people living with PD and their care partners.

May 5 | 8:00 am

VETERAN'S SOCIAL

Hang out and chat with your fellow service members.

May 5 | 11:30 am

CINCO DE MAYO

Wear your green, red, and white and enjoy music & door prizes.

May 6 & 20 | 12:30 pm

BINGO!

Play against your friends to win fun health & wellness prizes!

May 9 | 11:30 am

MOTHER'S DAY LUNCHEON

Come for lunch, door prizes, & flowers for the mothers. Wear purple, white, or pink clothing.

May 19 | 12:00 pm

THE MEN'S CREW

Join the guys to make new friends.

May 27 | 11:30 am

BIRTHDAY PARTY

Celebrate our May birthdays!

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HELPFUL SCREENINGS

High blood pressure is a major health problem that is common in older adults. It increases your risk of serious health issues, including heart disease, eye problems, and stroke.

High blood pressure often has no signs or symptoms, but routine checks of your blood pressure will help detect increasing levels.

So stop by our Red Mountain Senior Center for a free Blood Pressure Screening. Drop in any **Wednesday from 9:30 - 10:30 am.**

Know your number and take control of your health today!



KEEPING IT PURE

Excerpted from Activity Connection

Today, carnations are often worn (or given) for Mother's Day. Why? Anna Jarvis, who championed the establishment of national Mother's Day, loved the carnation. She supplied them to local parishioners on Mother's Day.



The colors of the carnation carry special meaning. A colored carnation (red or pink) means that a person's mother is living. A white carnation indicates that a person's mother is deceased.

Jarvis and the florist industry ended up disagreeing over the selling of flowers for Mother's Day. An industry publication, *Florists' Review*, encouraged readers to "exploit the holiday" to sell more flowers. In a press release criticizing the floral industry, Jarvis said, "What will you do to route charlatans, bandits, pirates, racketeers, kidnappers, and other termites that would undermine with their greed one of the finest, noblest, and truest movements and celebrations?" When Jarvis disrupted a meeting of the American War Mothers in the 1930s, protesting their sale of white carnations for Mother's Day, she was removed by the police.

In the 1930s, the U.S. Postal Service announced a Mother's Day stamp with the image of Whistler's Mother and a vase of white carnations. Jarvis responded by campaigning against the stamp. She persuaded President Roosevelt to remove the words "Mother's Day" but not the white carnations.

Over the years, the greeting card and the floral industries capitalized on Mother's Day. At the end of her life, Anna Jarvis became disenchanted with the commercialism of the holiday and often spoke out against it. In her later years, she lost all of her property, her eyesight, and her health. Friends collectively paid for her fees to a sanitarium, where she died a pauper.

CONTACT US

Mesa Downtown Senior Center

247 North Macdonald St
480-962-5612 p

Red Mountain Senior Center

7550 East Adobe St
480-218-2221 p



MEMORIAL DAY

Excerpted from Activity Connections

In the years after the Civil War, Decoration Day became more and more popular, although people found themselves preferring to call the date “Memorial Day.” By the 1900s, Memorial Day ceremonies were being held in every state. States individually designated May 30 as the holiday’s date, and the military adopted regulations for proper observance.



For many years, Memorial Day was limited to mourning those who had died in the Civil War. However, when World War I ended, the day was expanded to honor all who died in any American war. With each war thereafter, the public commitment to Memorial Day increased, and in 1971, the day was made into a national holiday by an act of Congress. The date was changed slightly, so that it would always fall on the last Monday in May.

In 2000, “The National Moment of Remembrance Act” was passed, which essentially was a way to create a network that would coordinate and encourage all Americans to pause, wherever they may be, for a full minute at 3 p.m. on Memorial Day. It is during this moment of reflection that citizens are encouraged to remember and honor those who have died in service.

During that moment, you may wish to reflect on a tribute written over 24 centuries ago. Ancient Athenian Pericles wrote: “Not only are they commemorated by columns and inscriptions, but there dwells also an unwritten memorial of them, graven not on stone but in the hearts of men.”

While modern Memorial Day has its own American uniqueness, its origins of public mourning are universal and provide us a way to honor our dead and process our grief with joy and thankfulness.

REEL TALK

A few recommendations of new films opening this month.



Doctor Strange & the Multiverse of Madness

PG-13 | May 5

Benedict Cumberbatch
Elizabeth Olsen

Dr. Strange tries to keep the multiverse from destroying all reality.



Firestarter

R | May 13

Zac Efron
Kurtwood Smith

A young girl has the power to set things on fire with her mind.



Downton Abbey: A New Era

PG | May 20

Maggie Smith
Michelle Dockery

The King and Queen of Great Britain visit the Crawley family.



Top Gun: Maverick

PG-13 | May 27

Tom Cruise
Miles Teller

Pete Mitchell is back, pushing the envelope and teaching a new class of naval fighter pilots.

CUCUMBER SPICE

Enjoy this refreshing, tangy snack on a warm Spring day!

Ingredients

- 1 cucumber
- 1 teaspoon chili powder
- 1 lime

Directions

1. Wash hands with soap and warm water. Wash cucumber and lime before preparing.
2. Trim the ends of the cucumber and discard. Then slice into $\frac{1}{4}$ " slices. Slice the lime in half.
3. Spread the cucumber slices evenly between two plates. Sprinkle the chili powder over each plate. Squeeze each lime half over the cucumber slices.
4. Serve immediately and enjoy!



CINCO DE MAYO QUIZ

Excerpted from Activity Connections

How much do you know about Cinco de Mayo? See how many of these fun questions you can answer!

Is Cinco de Mayo a federal holiday in Mexico? It is not. However, the state of Puebla hosts a battle reenactment, parade, and fireworks.

What is the official dish of Cinco de Mayo? Mole poblano. Mole is a rich-tasting sauce made from chocolate, chili pepper, & spices.

What year was Cinco de Mayo recognized as a national holiday in the U.S.? 2005. Congress issued a resolution and then President Bush made a proclamation of the day's celebrated status.

What type of music originated in Jalisco, Mexico? Mariachi. In the 19th century, mariachi musicians would travel as modern-day troubadours, singing songs about revolutionary heroes and enemies, as well as bringing news from town to town.

What is "baile folklórico"? A traditional Mexican folk dance. The dance dates to the 1810 War of Independence and is characterized by colorful traditional clothing and mariachi music.

How many U.S. residents have Mexican heritage? Per the 2020 U.S. Census, more than 52 million people are of Mexican descent.

What are the colors of the Mexican flag? The colors of Mexico's flag are green, white, and red. Green stands for hope and independence, white signifies purity and religion, and red symbolizes Spain and union.



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PUZZLES

The following words are hidden in the puzzle in oddly shaped patterns. Move from letter to letter vertically, horizontally, backward, or forward to spell the words. The patches of letters do not overlap, and all of the letters in the puzzle are used in a word.

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

Find the two lanterns that are exactly alike.



~~ANTHEM~~

CEMETERY

FALLEN

FLAGS

FLOWERS

FREEDOM

HONOR

MAY

MEMORIAL

PATRIOT

PEACE

SACRIFICE

SALUTE

SERVICE

SOLDIER

TAPS

4 & 8

ANSWER



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HOW YOU CAN HELP

In times like these, Meals on Wheels' service is more important than ever. Our staff and volunteers provide nutritious meals and critical well visits to seniors across our community. You can ensure the continued delivery of this critical service through a donation. Any amount helps seniors stay safe and healthy!



DONATE ONLINE TODAY

www.asteraz.org/help/donate.html