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Arizonans love golf and other outdoor activities. Please, be aware of the heat and sun during the summer months. Stay hydrated and limit your outdoor hours to stay safe.

JUNE 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.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



6

A Cold Plate of Egg, Beets & 3-Bean salads, with Whole Wheat Crackers, and fresh Pineapple

7

Philly Beef with Cheese Sauce on a Whole Wheat Hoagie, with French Fries, Mixed Vegetables, and Fresh Pear

8

Cheese Ravioli with Spinach, Italian Blend Vegetables, a Whole Grain Bread Stick, and Sliced Apples

9

An Italian Sausage Sandwich** on a Whole Wheat Bun, with Broccoli, 4-Way Mixed Vegetables, and a Fruit Cup

10

A Cheeseburger with Lettuce and Tomato on a Whole Wheat Bun, served with Baked Beans, and Mixed Berries

13

Tuna Salad Sandwich on Whole Grain Bread, with Celery & Carrot Sticks, Broccoli Salad, and a Mandarin Orange

14

Turkey ala King, with Sweet Potatoes, Spinach, a Whole Wheat Biscuit, Fruit Cocktail, and Birthday Cake!

15

Beefy Macaroni & Cheese, with Mixed Vegetables, Carrot Coins, a Whole Wheat Roll, and an Orange

16

Paprika Chicken over a Winter Blend of Vegetables, Zucchini, a Whole Grain Bread Stick, and Pineapple

17

A Pulled Pork Sandwich** on a Whole Wheat Bun, with Spinach, Baked Beans, and Fresh Strawberries

20

Meatloaf with Mashed Potatoes and Gravy, a side of Peas, a Whole Wheat Roll, and Mixed Berries

21

Grilled Chicken served with Roasted Tomatoes, 3-Bean Salad, a Whole Wheat Roll, and a delicious Gala Apple

22

Turkey Meatballs with Gravy, Balsamic Carrots, a Garden Salad, a Whole Grain Roll, and Mandarin Oranges

23

Steak Diane, served with Succotash, Wax Beans, a Whole Wheat Roll, and an Apple Crisp

24

Chicken Kiev with Stewed Tomatoes, Italian Green Beans, a Whole Wheat Roll, and Juicy Grapes

27

Baked Ham with Pineapple**, Yams, Edamame, a Whole Wheat Roll, and Apricots

28

Teriyaki Beef over Brown Rice, with Yellow Squash, Broccoli, Cauliflower, and Cinnamon Pears

29

Chicken Salad Sandwich with Lettuce & Tomato on Whole Wheat Bread, with Carrot Sticks, and a Banana

30

Beef Tacos filled with Lettuce, Tomato and Cheese, sides of Mexican Rice, Pinto Beans, and Fresh Strawberries, with a Cookie

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LISTENING TO YOU!

Thank You for your participation in Aster's recent survey about our Senior Centers! Below are a few highlights of the results. Please, contact your local Center if you'd like a copy of the full report.

93% reported the Centers help them develop **FRIENDSHIPS**

98% feel the Centers meets their **NEEDS**

83% feel the Centers help them maintain their **INDEPENDENCE**

88% feel the Centers help them improve their **QUALITY OF LIFE**



Main Themes On What You Said



- Welcoming and friendly atmosphere
- Great lunches and a variety of activities
- Helpful information and resources
- Caring and friendly staff

What We Are Doing As A Result



Fully Reopening



Adding Activities



Re-opening Both Kitchens Soon

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 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 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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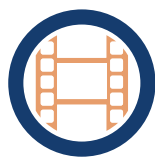
DIGITAL READINESS

You spoke and we heard you! In our recent Senior Center survey, technology classes received the highest rating of all potential new activities. So, we are very excited to present AARP's new "Digital Skills Ready at 50+" education initiative!

Through this exciting program, Aster will hold in-person classes and workshop series at the Mesa Downtown Senior Center. AARP's Senior Planet instructors will join each class virtually.

We are currently in the process of finalizing the details with the AARP Foundation, scheduling the workshops, and getting the technology for participants to use during the sessions.

Stay tuned for more details!



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



June 2 | **DEATH ON THE NILE** | 2022 | PG-13

Kenneth Branagh, Gal Gadot, Armie Hammer

While on vacation on the Nile, Hercule Poirot must investigate the murder of a young heiress.



June 9 | **AMUNDSEN** | 2019 | NR

Pal Sverre Hagen, Katherine Waterston

The life and facts of Norwegian explorer Roald Amundsen, the first man to arrive on the South Pole.



June 16 | **NIGHTMARE ALLEY** | 2021 | R

Bradley Cooper, Cate Blanchett, Rooney Mara

A grifter and psychic medium matches wits with a psychiatrist bent on exposing him.



June 23 | **DOG** | 2022 | PG-13

Channing Tatum, Ryder McLaughlin, Aavi Haas

A former Army Ranger races down the Pacific Coast to get to a fellow soldier's funeral on time.



June 30 | **UNCHARTED** | 2022 | PG-13

Tom Holland, Mark Wahlberg, Antonio Banderas

A treasure hunter recruits a street-mart kid to help recover a fortune lost for over 500 years.

RED MT



June 16 | **NATIONAL LAMPOON'S VACATION**

1983 | R | Chevy Chase, Beverly D'Angelo

The Griswold family travels cross-country to vacation at the Walley World theme park.

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SUMMER CAREGIVING

Seniors relocating for the summer months presents unique challenges for long-distance caregivers. Here are a few things to keep in mind:



Know What You Need To Know As A Long-distance Caregiver

Learn as much as you can about your family member illness, medicines, and local resources that are available. Information can help you understand what is going on, anticipate issues, prevent crises, and assist in healthcare management. Make sure at least one family member has written permission to receive medical and financial information.

Organize Paperwork For Seniors

Put all the vital information in one place — perhaps in a notebook or in a shared, secure online document. This includes all the important information about medical care, social services, contact numbers, financial issues, and so on. Make copies for other caregivers, and keep the information up to date.

Gather A List Of Resources In The Neighborhood

Be familiar with resources available in the area your aging relative is going to stay. Searching the internet is a good way to start collecting resources. Check with a local library or senior center, the Area Agency on Aging, or the Eldercare Locator.

These tips are just the beginning. Every families needs are unique to their personal situation and plans. Contact Aster's Outreach and Social Service team for more in-depth, personalized support.



ASTER OUTREACH & SOCIAL SERVICES

Anne McFarland

480-962-5612 | amcfarland@asteraz.org

RED MOUNTAIN AFTERNOON DANCE PARTY

June 15 & 29 | 1:00 pm

Slip on your dancing shoes and enjoy a live band as we waltz, polka and move to hits from the 50's and more.

Pre-register today!

\$5 per person



SENIOR CENTER SUMMER PARTIES

June 21 | 11:00 am

Come to your local Center for a fun, summer-themed party to celebrate the First Day of Summer.

RSVP today!



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MESA DOWNTOWN EVENTS

June 6 & 20 | 8:30 am

VETERAN'S SOCIAL

Hang out and chat with your fellow service members.

June 2, 9, 23, 30 | 10:00 am

VETERANS ART

Create beautiful art facilitated by Mesa Art League.

June 14 | 11:30 am

BIRTHDAY PARTY

Celebrate our June birthdays!

June 15 | 11:30 am

FEED YOUR MIND

Enjoy a delicious lunch and learn how to stay safe presented by the Area Agency on Aging.

June 17 | 11:30 am

FATHER'S DAY LUNCHEON

Enjoy a delicious lunch and celebrate all of our fathers!



OPEN AREAS

FITNESS CENTER

Daily | 8:30 am - 3:30 pm

ART STUDIO

Thursdays | 8:00 am - 3:30 pm



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 - 10:00 am | 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 | 8:00 - 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 | 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.



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

A weekly group for people with hearing issues to chat.

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ACTIVITIES (continued)



Wednesdays | 9:30 - 10:30 am | Red Mountain **BLOOD PRESSURE SCREENINGS**

Know your numbers to help prevent more serious health issues.



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 - 11:00 am | Red Mountain **PORTRAIT PAINTING 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.



June 6 | 1:30 - 3:30 pm | Red Mountain **PARKINSON'S GROUP** by Muhammad Ali Parkinson Ctr & Duet

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



June 8 & 22 | 10:00 - 11:00 am | Mesa Downtown **BOOKSHELF & MYSTERIES BOOK CLUBS**

Facilitated by Mesa Community College New Frontiers

June 8 - 'The Searcher' by Tana French

June 22 - 'The Paris Library' by Janet Skeslien Charles



RED MOUNTAIN EVENTS

June 2 | 8:30 am

VETERAN'S SOCIAL

Hang out and chat with your fellow service members.

June 2 | 12:30 pm

CRAFT CLASS

This month's class helps you share your joy by making greeting cards.

June 14 | 11:30 am

BIRTHDAY PARTY

Celebrate our June birthdays!

June 15 | 11:30 am

FEED YOUR MIND

Enjoy a delicious lunch and learn how to stay safe presented by the Area Agency on Aging.

June 17 | 11:45 am

FATHER'S DAY LUNCHEON

Enjoy a delicious lunch and celebrate all of our fathers!

June 23 | 12:30 pm

THE MEN'S CREW

Join the guys to make new friends.

June 30 | 12:30 pm

PAINTING CLASS

Enjoy a fun time as you paint palm trees for the summer.

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MEET YOUR STAFF

Doug West

Red Mountain
Center Manager



Birth Month

September

Birthplace

Cleveland, OH

Hobbies

Travel, photography, music,
and cultural events

Fun Fact

I studied abroad in Scotland

Pets

A cat named Honeybee

Perfect Vacation

The beach

Favorite Movie

'The Shining'

Favorite TV Shows

'Dukes of Hazard', 'The Fall Guy',
'Wonder Woman' - anything
vintage 80s era

Favorite Food

Pizza

Favorite Dessert

Cheesecake

Personal Motto

"Do the right thing even when
no one is watching."



CENTER GAMES

Share a smile and make friends over some fun games! Capacity is limited so **pre-register** today at the Center or at asteraz.org

MESA DOWNTOWN



SUMMER GAMES 2022

facilitated by New Frontiers Game Class

Tuesdays | 9:30 - 10:30 am

Mexican Train, Five Crowns, Sequence, Quiddler,
Rummikub, Skipbo and more!



WII BOWLING

Wednesdays | 10:00 - 11:00 am



BINGO

June 3 & 17 | 12:30 - 2:30 pm

RED MOUNTAIN



500, CRIBBAGE, & MAHJONG

Mondays | 12:00 - 3:00 pm

PINOCHLE

Tuesdays | 12:00 - 3:00 pm

BRIDGE, CANASTA & EUCHRE

Wednesdays | 12:00 - 3:00 pm

PINOCHLE & MEXICAN TRAIN DOMINOS

Thursdays | 12:00 - 3:00 pm

BRIDGE & CANASTA

Fridays | 12:00 - 3:00 pm



BINGO

June 3 & 17 | 12:30 - 2:30 pm



SCRABBLE FOR FUN

June 10 & 24 | 12:00 - 2:30 pm

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CELEBRATING FATHER'S

Excerpted from History.com

The nation's first Father's Day was celebrated on June 19, 1910, in the state of Washington. However, it was not until 1972 — 58 years after President Woodrow Wilson made Mother's Day official — that the day honoring fathers became a nationwide holiday in the United States.

The campaign to celebrate the nation's fathers did not meet with the same enthusiasm — perhaps because, as one florist explained, "fathers haven't the same sentimental appeal that mothers have."

On July 5, 1908, a West Virginia church sponsored the nation's first event explicitly in honor of fathers, a Sunday sermon in memory of the 362 men who had died in the previous December's explosions at the Fairmont Coal Company mines in Monongah, but it was a one-time commemoration and not an annual holiday.

The next year, a Spokane, Washington, woman named Sonora Smart Dodd, one of six children raised by a widower, tried to establish an official equivalent to Mother's Day for male parents. She went to local churches, the YMCA, shopkeepers and government officials to drum up support for her idea, and she was successful: Washington State celebrated the nation's first statewide Father's Day on June 19, 1910.

Slowly, the holiday spread. In 1916, President Wilson honored the day by using telegraph signals to unfurl a flag in Spokane when he pressed a button in Washington, D.C. In 1924, President Calvin Coolidge urged state governments to observe Father's Day.

Today, the day honoring fathers is celebrated in the United States on the third Sunday of June. This year, Father's Day is on June 19.



REEL TALK

A few recommendations of new films opening this month.



The Phantom of the Open

PG-13 | June 3

Mark Rylance
Ian Porter

In 1976, a dreamer gains entry to The British Open and shoots the worst round in Open history.



Jurassic World: Dominion

PG-13 | June 10

Chris Pratt
Bryce Dallas Howard

Dinosaurs live alongside humans all over the world.



Lightyear

PG | June 17

Chris Evans
Keke Palmer

The story of Buzz Lightyear and his adventures to infinity and beyond.



Elvis

PG-13 | June 24

Austin Butler
Tom Hanks

A look at the life of the legendary rock and roll star, Elvis Presley.

FEEDING YOUR HEALTH

Excerpted from National Institute on Aging

It's never too late to start making healthy food choices. Eating right helps you maintain a healthy weight, get the nutrients you need, and lower your risk of chronic disease. Here are a few ways to make healthier choices:

- Try to eat and drink from these food groups each day: fruits, vegetables, grains, protein, and dairy. Variety is important to eating healthfully!
- Cut back on foods and beverages that are high in calories and added sugars, sodium, and saturated fats.
- Replace high-calorie snacks, like potato chips, with nutrient-dense snacks, such as carrots.
- Instead of fruit products with added sugars, try fresh fruit, like a peach.
- Understand how many calories you need, based on your level of daily activity and keeping a food diary to track your calorie intake.



UNDERGROUND RAIL

Excerpted from Activity Connections

Despite not being underground and not being a railroad, the escape routes used by runaway enslaved people was aptly named the Underground Railroad. The appropriateness of the name was rooted in the secrecy surrounding it and the network established to create a path to freedom.



The Quakers were among the first to organize aid for the enslaved people. In 1816, the African Methodist Episcopal Church was established and joined in the endeavor. Many of the enslaved people escaping through the Underground Railroad came from border states (slave states that didn't leave the Union), including Maryland, Delaware, Kentucky, Missouri, and West Virginia.

People guiding the fugitive enslaved people were known as conductors. Hiding places included churches, schoolhouses, and private homes. These places were known by a variety of terms, such as stations, depots, or safe houses. Westerly routes often went through Ohio, Indiana, and Iowa. Northerly routes went through Pennsylvania, New Jersey, New York, and the New England states.

In 1850, a second Fugitive Slave Act was passed that strengthened the previous law. This law had harsher penalties (including a six-month jail sentence, a \$1,000 fine, and even death by hanging) and allowed for extradition of enslaved people back to their owners, even if they were captured in a free state.

The exact dates the Railroad existed are not known, but it was in operation from the latter part of the 18th century until the advent of the Civil War and Emancipation Proclamation by President Lincoln in 1863. In 1865, the 13th Amendment of the Constitution of the United States abolished slavery in the United States.

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PUZZLES

Find each of the items from the categories below.

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

Compass Directions

Words Synonymous with "Strong"

Items Associated with Golf

Things You Plug In

Litter, Trash, Waste, Grass, Leaves, Plants, Trees, Cans,
 Cardboard, Bottles, Paper, Plastic, Elephant, Gorilla,
 Leopard, Panda, Rhino, Tiger

ANSWER

Find the two summer memories that are exactly alike.



1 & 5

ANSWER



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Red Mountain Senior Center

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HELP TODAY

Your gift ensures the continued delivery of our critical programs and services. Any amount helps local seniors stay safe and healthy!



DONATE ONLINE TODAY
www.asteraz.org/help/donate.html



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