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After a long absence, BINGO! for cash prizes is finally back! Join us at the Mesa Downtown Center every Friday to play.

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).

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1 Meatloaf with Gravy, Summer Squash, Carrots, A Whole Grain Roll, and Strawberries

4



OFFICES CLOSED

5

Tuna Salad on Whole Wheat Bread with Pea Salad, Carrot Sticks, Pineapple, and a Cookie

6

Chicken Parmesan with Broccoli, Corn, Whole Wheat Bread, and a Fresh Orange

7

Steak Diane with Mashed Potatoes, Green Beans, A Whole Grain Roll, and Sliced Pears

8

Pork Chop with Gravy**, Winter Blend Vegetables, Black Bean Veggies with Carrots, a Whole Wheat Breadstick, and Sliced Apples

11

Paprika Chicken with Carrot Coins, Edamame, a Whole Wheat Croissant, and Sliced Pears

12

Carnitas** over Mexican Brown Rice with Pinto Beans, Stewed Tomatoes, and a Mandarin Orange

13

Garden Salad with Turkey, Celery and Carrot Sticks, a Whole Wheat Breadstick, Fruit Cocktail, and Birthday Cake

14

Cajun Tilapia with Snap Peas, Yellow Squash, a Wheat Roll, & Cinnamon Apples

15

Chicken Sandwich on a Whole Wheat Bun with Lettuce & Tomato, Sweet Potatoes, and a Banana

18

Hamburger with Lettuce & tomato on a Whole Grain Bun, with Pea Salad, and a Gala Apple

19

Baked BBQ Chicken with Baked Beans, Carrots, a Whole Wheat Roll, and Cinnamon Peaches

20

Italian Sausage** with Red Sauce on a Whole Wheat Hoagie, with French fries Italian Blend Veggies and a Mandarin Orange

21

Meatloaf with Brown Gravy on Mashed Potatoes, Peas, a Whole Grain Roll, and Pears

22

Baked Ham** with Pineapple Glaze, Sweet Potatoes, Edamame, a Whole Wheat Breadstick, and Apricots

25

Sesame Chicken with Mixed Veggies, Winter Blend Veggies, a Whole Grain Roll, & a Tropical Fruit Cup

26

Tortilla Crusted Tilapia over Mexican Brown Rice with Normandy Blend Veggies, Green Zucchini Squash, and Cinnamon Apples

27

Beef Taco with Cheese in Whole Grain Tortillas, with Refried Beans, Stewed Tomatoes, and Mixed Berries

28

Pork Stir Fry** over Brown Rice, with Asian Blend Veggies, Snap Peas, and Grapes

29

Chicken Salad on Whole Wheat Bread with Lettuce and Tomatoes, Carrot Sticks, & Apple Sauce

ASTER AGING

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



HIGH COST OF LIVING

As high temperatures continue baking Arizona, the impact on energy bills is acutely felt by seniors across the valley. Individuals on limited or fixed incomes face the financial strain and hard decisions to follow. If you are a senior in such circumstances, know there are benefits and support available.



Aster is part of the National Council on Aging's network of Benefits Enrollment Centers (BECs), helping older adults and people with disabilities on Medicare improve their financial stability. As a part of this network, Aster can help you identify support and navigate the application processes.

"We are here to help seniors in our community, especially in these extraordinary times," states Ramoncita Cocova, Director of Social Services. "These are free services that exist to help people."

A Benefits Check-Up connects you with critical resources and financial supports. Through this process, you may qualify for:

- Medicare Part D Extra Help/Low-Income Subsidy (LIS)
- Medicare Savings Programs
- Medicaid / AHCCCS
- Supplemental Nutrition Assistance Program (SNAP)
- Low-Income Home Energy Assistance Program

"There is a wealth of support available," shares Ramoncita. "Just give us a call so we can help you today."



OUTREACH & SOCIAL SERVICES

Ramoncita Cocova

480-964-9014 | socialservices@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 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 & access services and health resources, as well as being the NCOA Benefits Enrollment Center for the East Valley.

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MESA DOWNTOWN

BOOKSHELF & MYSTERY CLUBS

Weds | 10:00 - 11:00 am

Join fun and lively discussions, facilitated by Mesa Community College New Frontiers.

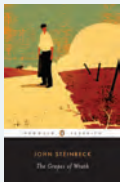


Sept 20

The Thursday Murder Club

by Richard Osman

In a quiet retirement village, four friends meet weekly to discuss unsolved crimes and fall into the middle of a murder case.



Sept 27

The Grapes of Wrath

by John Steinbeck

The Pulitzer Prize-winning epic of the Great Depression chronicles the Dust Bowl migration of the 1930s from Oklahoma to the promised land of California.

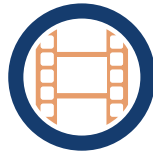


MESA DOWNTOWN

ICE CREAM SOCIAL

Sept 25 | 2:00 pm

Escape the heat with a sweet treat!



NOW SHOWING

Our Senior Centers each host **FREE** movies & popcorn starting at **12:30 pm**. RSVP online, by phone or in person to secure your seat!

MESA DOWNTOWN



Sept 7 | 8 SECONDS | 1994 | PG-13

Luke Perry, Stephen Baldwin, James Rebhorn

Chronicling the life of Lane Frost, 1987 PRCA Bull Riding World Champion, his marriage and his friendships with Tuff Hedeman and Cody Lambert.



Sept 14 | RIVER WILD | 2023 | PG-13

Adam Brody, Leighton Meester, Taran Killam

A pair of siblings who love but distrust each other embark on a white-water rafting trip with a small group of friends, one of which is dangerous.



Sept 21 | OVERBOARD | 2018 | PG-13

Eugenio Derbez, Anna Faris, Eva Longoria

After a spoiled yacht owner is thrown overboard and loses his memory, a mistreated employee convinces him he's her working-class husband.



Sept 28 | TICKET TO PARADISE | 2022 | PG-13

George Clooney, Julia Roberts, Kaitlyn Dever

A divorced couple teams up and travels to Bali to stop their daughter from making the same mistake they think they made 25 years ago.

RED MT



Sept 11 | MY BEST FRIEND'S WEDDING | 1997 | PG-13

Julia Roberts, Dermot Mulroney, Cameron Diaz

When a woman's long-time friend reveals he's engaged, she realizes she loves him herself and sets out to get him, only days before the wedding.

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JOIN THE PARTY!

You never know what you'll find at our Centers! Here are some snaps of themed lunches in August. Cowboys at Red Mountain and a luau at Mesa Downtown. What will September bring?



RED MOUNTAIN



AFTERNOON DANCE PARTIES

Wednesdays | 1:00 - 3:00 pm

Cut a rug to music from Dale Mortensen all month long!



\$5 per person. Pre-register at the Red Mountain Senior Center.

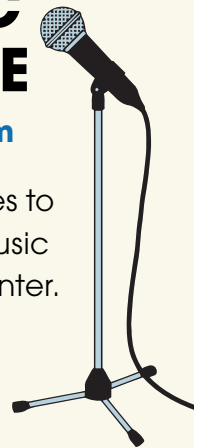
RED MOUNTAIN



OPEN MIC WITH MIKE

Sept 21 | 12:30 pm

Enjoy your 15 minutes to perform all-ages music or poetry at the Center. Come to perform, or just to listen!



PAID ADVERTISEMENT



It's about time.

At ArchWell Health, we believe you should leave a doctor's appointment feeling seen, heard, and understood. That's why we go to great lengths to make sure you get more time with your provider to talk about the things that are important to you—and your long-term health. It's just one of the many ways we work to keep seniors healthy today...and for years to come.

ArchWell[™]
HEALTH

The little things
change everything.

VISIT
[ArchWellHealth.com/LiveWell](https://www.ArchWellHealth.com/LiveWell)

OR CALL
(480) 870-7133

ASTER SENIOR CENTERS'

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



MESA DOWNTOWN EVENTS

Sept 6 & 20 | 10:00 am

CAREGIVER SUPPORT

A group for caregivers to share, learn and find support.

Sept 6 | 12:00 pm

FEED YOUR MIND

Eat & learn to avoid falls.

Sept 11 | 8:30 am

VETERAN'S SOCIAL

Chat and enjoy coffee & donuts with fellow service members.

Sept 12 | 11:30 am

WILD WEST PARTY

Enjoy lunch & a fun cowboy party!

Sept 14 & 28 | 10:00 am

VETERANS ART

Create beautiful art facilitated by Mesa Art League.

Sept 20 | 12:00 pm

FEED YOUR MIND

Eat & learn to avoid phone scams from the Attorney General's Office.

Sept 21 | 12:30 pm

CARD MAKING*

Create your own personalized greeting cards. \$5 per person.



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 | 8:00 - 10:30 am | Mesa Downtown
ADVANCED & BEGINNERS TAI CHI CLASSES*

Classes for beginner (10:00 am) or seasoned students (8:30 am)



Mon & Thurs | 10:30 - 11:30 am | Mesa Downtown
YOCHI*

Classes for beginner (10:00 am) or seasoned students (8:30 am)



Mon & Thurs | 12:00 - 3:00 pm | Red Mountain
DIAMOND ART

Create amazing and dazzling art pieces.



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.



Mondays | 2:00 - 3:00 pm | Mesa Downtown
VIRTUAL TRAVEL

Learn about the culture, people, and geography of Europe.



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

Enjoy good company while crafting creative pieces.



Tuesdays | 9:00 - 10:00 am | Red Mountain
Thursdays | 10:00 - 11:00 am | Mesa Downtown
BLOOD PRESSURE SCREENINGS

Learn your numbers to better manage your health!



Tuesdays | 10:00 - 11:00 am | Mesa Downtown
AARP DIGITAL SKILLS CLASSES

Learn from Google staff tips and tricks regarding electronics.



Tues (not 9/12) | 10:30 am - 3:00 pm | Red Mountain
DEAF & HEARING-IMPAIRED SOCIAL GROUP

A weekly group for people with hearing issues to chat.

ACTIVITIES CALENDAR

Visit our online calendar at asteraz.org for more details.



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

Learn about remarkable events throughout US history.



1st & 3rd Weds | 9:30 - 10:30 am | Red Mountain
THE DYNAMIC DIVAS

Our female participants come together for friendship & fun.



2nd & 4th Weds | 9:30 - 10:30 am | Red Mountain
WALKIE TALKIE

Join us for a relaxing walk while chatting with each other.



Wednesdays | 1:00 - 2:00 pm | Mesa Downtown
GRIEF SUPPORT 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 | 8:30 am - 12:00 pm | 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.



Fridays, 9:45 - 10:45 am | Mesa Downtown
QIGONG

Learn gentle movement and focused breathing exercises.



Fridays | 10:00 - 11:00 pm | Red Mountain
GRIEF AND LOSS SUPPORT GROUP facilitated by EMPACT

A group for people that are in beginning their grief journey.



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

A post-bereavement social support group for seniors.

RED MOUNTAIN EVENTS



Sept 8 | 9:00 am

VIRTUAL TRAVEL

No need to pack your bags as you explore new countries with Doug!

Sept 12 | 10:00 am

LIBRARY 101

Staff from the Mesa Library will share about the online library and can sign you up for a library card.

Sept 13 | 12:30 pm

DECORATIVE BOOKMAKING

Do you love books and Magic? Join us to turn an ordinary book into a magical decorative piece. Limited to 8 individuals.

Sept 14 | 9:00 am

VETERAN'S SOCIAL

Enjoy coffee & donuts with friends.

Sept 14 | 12:30 pm

CARD MAKING*

Create your own personalized greeting cards. \$5 per person.

Sept 28 | 12:00 pm

THE MEN'S CREW

Join the guys to make new friends.

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CENTER GAMES

Share a smile and make friends over a game! All skill levels are welcome!

MESA DOWNTOWN



FUN & GAMES

facilitated by New Frontiers Game Class

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

Enjoy a variety of old & new card games!



PINOCHLE

Tues & Thurs | 12:30 - 3:00 pm



LADIES' BILLIARDS

Wednesdays | 10:00 - 11:00 am



WII BOWLING

Weds & Fri | 10:00 - 11:00 am

RED MOUNTAIN



BRIDGE

Mondays | 12:00 - 3:00 pm



CANASTA

Wed & Fri | 12:00 - 3:00 pm



MAHJONG

Mondays | 12:00 - 3:00 pm



MEXICAN TRAIN DOMINOES

Thurs & Fri | 12:00 - 3:00 pm



PINOCHLE

Tues & Thurs | 12:00 - 3:00 pm

BINGO!

Come out, make friends, have fun,
and WIN at our weekly games!

BINGO! FOR PRIZES

Weds | MESA DOWNTOWN | 12:30 - 2:30 pm

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

BINGO! FOR MONEY

Fridays | MESA DOWNTOWN | 12:30 - 3:30 pm



CENTER DROP-IN AREAS

Each Center has open areas for you to utilize throughout the day. Come by and enjoy!



ART STUDIO

Thursdays at
Mesa Downtown



BILLIARDS



CAFE



FITNESS CENTER



LIBRARY



PUZZLES & GAMES

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A RIGHT BRAIN SORT

Ongoing research suggests that creativity may be key to healthy aging. Studies have shown that participating in creative activities can lead to better health and greater longevity.



But where can you find such beneficial activities? At Aster's Senior Centers! Our Senior Centers offer a wide variety of classes and events designed to exercise your creativity. From hands-on art projects and writing classes to dance parties and gentle exercise, we have a little something for everyone.

"I can't draw worth a stitch, but I love making Diamond Art," laughed Georgia. "It's so calming and therapeutic, and before you know it, you have a beautiful piece you created!"

While both Centers offer some of the same activities, such as Card Making and Stitch N Chat, they also each offer unique opportunities. The goal of programming is variety and choice.

"These activities are as much about creating friendships and socializing as they are about the art," shared Fran Blumenthal, Red Mountain Senior Center Activity Coordinator. "It's great to see the smiles and fun everyone is having as they craft."

Check out a full list of Senior Center activities at our website's online calendar (asteraz.org). Or simply stop by the Center's front desk and chat with our staff and volunteers about what classes may fit your interests.



MESA DOWNTOWN
Anna Vallejo
Activity Coordinator
avallejo@asteraz.org

RED MOUNTAIN
Fran Blumenthal
Activity Coordinator
fblumenthal@asteraz.org

BOTH CENTERS



DBACKS VS. GIANTS GAME EXCURSION

Sept 20 | 11:30 am

Come root on our home team!
\$20 a person due at registration.

RED MOUNTAIN



WILD HORSE PASS CASINO EXCURSION

Sept 12 | 12:00 - 3:00 pm

It's senior day at the casino.
There is a shuttle to the outlets.

SEALIFE AQUARIUM EXCURSION

Sept 28 | 12:00 - 3:00 pm

See over 5,000 sea creatures.
\$10 a person due at registration.

MESA DOWNTOWN



Join us for these **FREE** concerts at the Senior Center.

HARPIST

Sept 5 | 12:00 - 1:00 pm

Music by Marty Conaghan.

PIANO

Sept 20 | 12:00 - 1:00 pm

Recital by Nancy Dinehart.

ASTER AGING

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PAID ADVERTISEMENT

one medical
seniors

Join us at an
upcoming
event!

Bring a friend,
it's open to the
community.



To learn
more, call
602.362.8117
or to **RSVP**
scan the
QR code
below.



A BIT OF THANKS...

ALPHA GAMMA DELTA FOUNDATION

We are proud to partner with the Alpha Gamma Delta Foundation to fight hunger in Mesa through our Meals on Wheels program.

This initiative will provide nutritious meals and critical wellness checks to 1,000 individuals this year.



"We are committed to being a partner on the front line with your work," Alpha Gamma Delta Foundation Executive Director Julie Waitman states, "Food insecurity is happening all around us, and we're honored to partner with Aster to fighting hunger."

Together, we are improving lives in our local communities.

MEL WORLAND

Our Aster staff extends a heartfelt thank you to Mel Worland, volunteer at the Red Mountain Senior Center.

Mel is an avid crocheter, having been at the craft for over 40 years. Recently, she has been creating these lovely animals, making about ten a week! She donates these to the Center as well as a few other local charities.

Thank you for giving of your time and talent Mel!



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PUZZLES

Find each of the items from the categories below. Words will be found vertically, horizontally, diagonally, forward, and backward.

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

Food Manufacturing Companies

Jobs that Start with "A"

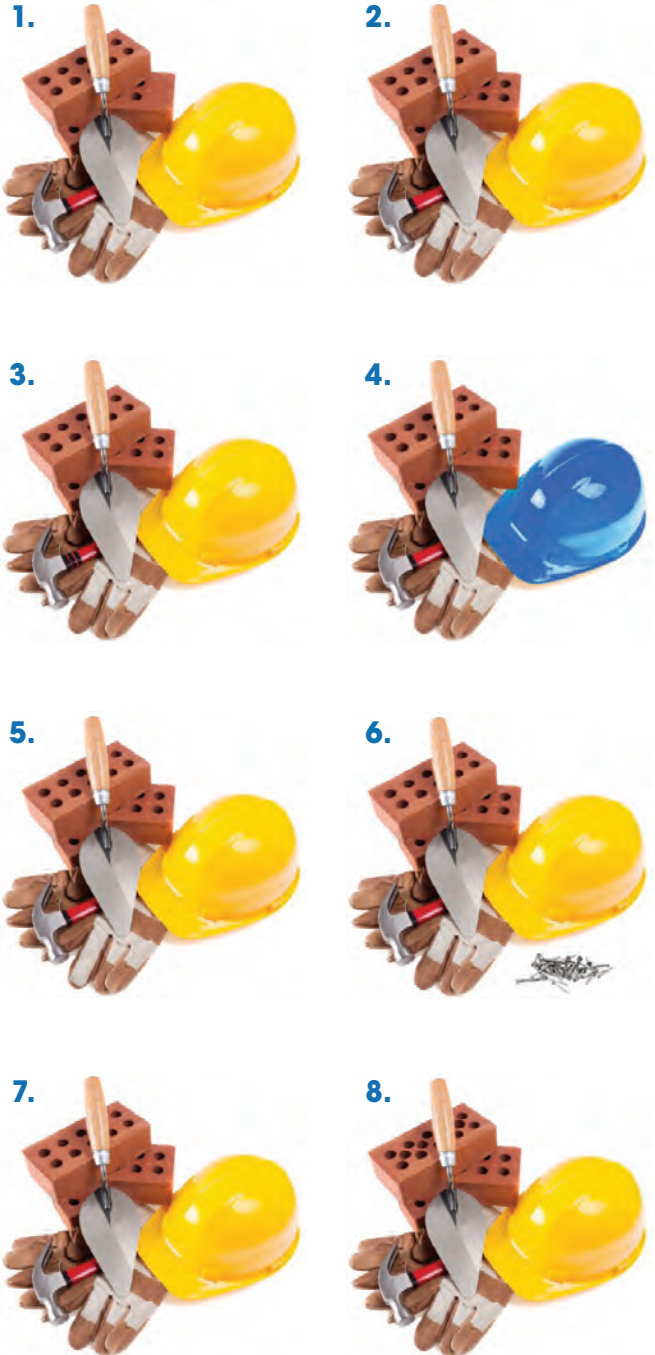
Things Associated with a firefighter

Things in an Office

Kraft, Kellogg, Post, Dole
 Accountant, Actor, Architect, Arborist
 Helmet, Hose, Hydrant, Ladder
 Computer, Stapler, Phone, Printer

ANSWER

Find the two groups that are exactly alike.



2 & 7

ANSWER



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Red Mountain Senior Center

7550 East Adobe St
480-218-2221 p



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FRIENDS OF THE CENTER

Aster's Friends of the Center program supports the sustainability of our Senior Centers year round. Join online or in-person at our Senior Centers and start making a difference today!



DONATE ONLINE TODAY

Your gift empowers and supports local seniors!

www.asteraz.org/help/donate.html