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April showers bring May flowers, like these desert blossoms. If you explore nature, be sure to stay hydrated and shaded.

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.

1 MONDAY	2 TUESDAY	3 WEDNESDAY	4 THURSDAY	5 FRIDAY
Beef Stew with Green Beans, Cauliflower, a Whole Wheat Roll, and Apple Slices	Pulled Pork** on a Whole Grain Bun with Roasted Red Potatoes, Spinach, and a Peach Crisp	Chicken Stir Fry over Brown Rice with Baby Carrots, Cauliflower, and Mandarin Oranges	Shrimp Alfredo over Whole Wheat Linguini, with Italian Veggies, Brussel Sprouts, and Fresh Pear	Teriyaki Beef over Brown Rice with Corn, Edamame, and a Tropical Fruit Cup
8	9	10	11	12
Chicken Noodle Soup with Sweet Potatoes, a Wheat Roll, and Apricots	Beef Philly on a Whole Wheat Hoagie Roll, with Tater Tots, Green Peas, and Diced Mango	Herbed Tilapia with Tri Color Roasted Potatoes, Mixed Vegetables, a Whole Wheat Croissant, and Fresh Apple	Quinoa Salad with Chilled Stewed Tomatoes, 3-Bean Salad, a Wheat Roll, and Sliced Pears	Meatloaf with Gravy, Summer Squash, Carrots, a Whole Grain Roll, and Strawberries
15	16	17	18	19
Sloppy Joe on a Whole Wheat Bun, with Mixed Veggies, Spinach, and Fruit Cocktail	Tuna Salad on Whole Wheat Bread, with Pea Salad, Carrot Sticks, Pineapple, and a Cookie	Chicken Parmesan on a Whole Wheat Bun with Broccoli, Corn, and Fresh Orange	Steak Diane with Mashed Potatoes, Green Beans, a Whole Grain Roll, & Sliced Pears	Pork Chop** with Gravy, Winter Blend Vegetables, Black Bean Veggies with Carrots, a Whole Wheat Breadstick, & Sliced Apples
22	23	24	25	26
Paprika Chicken with Carrot Coins, Edamame, a Whole Wheat Croissant, and Sliced Pears	Carnitas over Mexican Brown Rice, with Pinto Beans, Stewed Tomatoes, & a Mandarin Orange	Garden Salad, with Celery Sticks, Carrot Sticks, a Whole Wheat Breadstick, Fruit Cocktail, and Birthday Cake	Cajun Tilapia with Snap Peas, Butternut Squash, a Wheat Roll, & Cinnamon Apples	Chicken Sandwich with Lettuce and Tomato on a Whole Wheat Bun, with Sweet Potatoes, and a Banana
29	30	31		
 OFFICES CLOSED	Baked BBQ Chicken with Baked Beans, Carrots, a Whole Wheat Roll, and Cinnamon Peaches	Italian Sausage** with Red Sauce on a Whole Wheat Hoagie, with French Fries, Italian Blend Veggies, & a Mandarin Orange		

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AGING UNBOUND!

May is Older Americans Month (OAM). Established in 1963, OAM is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our seniors. Additionally, the related Older Americans Act provides a solid foundation of support for our Senior Centers and Meals on Wheels programs.



This year's theme, Aging Unbound, celebrates the wide range of aging experiences and embraces the importance of enjoying independence and fulfillment by paving our own paths as we age. As well, this year marks the 60th anniversary of OAM!

Here are some ways we can all participate in Aging Unbound:

- Embrace the opportunity to change. Find a new passion, go on an adventure, and push boundaries by not letting age define your limits. Browse the variety of classes offered at our Centers to find a new hobby or learn a new skill.
- Stay engaged in your community. Everyone benefits when everyone is connected and involved. Volunteer at our Centers by sharing your knowledge, leading an activity, or helping others.
- Form relationships. As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends, and neighbors.



ASTER SENIOR CENTERS
Mesa Downtown | 480-962-5612
Red Mountain | 480-218-2221

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 MYSTERY BOOK CLUB

Wednesdays | 10:00 - 11:00 am

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



May 3
The Henna Artist
by Alka Joshi

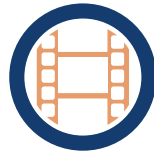
Escaping an abusive marriage, a 17-year-old makes her way to the vibrant 1950s city of Jaipur, where she becomes a confidante to the women of the upper class.

RED MOUNTAIN EXCURSION SENIORS ON THE MOVE

May 24 | 12:00 - 3:00 pm

Learn the history of firefighting, fire safety, and the recognition of firefighters at the Hall of Flame. Space is limited -- RSVP today!

Cost is \$15 per person.



NOW SHOWING

The Mesa Downtown Center hosts **FREE** movies & popcorn starting at **12:30 pm**. RSVP online, by phone or in person to secure your seat!



May 4 | PLANE | 2023 | R

Gerard Butler, Mike Colter, Tony Goldwyn

A pilot finds himself caught in a war zone after he's forced to land his commercial aircraft during a terrible storm.



May 11 | MAYBE I DO | 2023 | PG-13

Richard Gere, Diane Keaton, Emma Roberts

Michelle and Allen invite their parents to finally meet about marriage only to find out they know one another well, leading to some misunderstanding.



May 18 | MARLOWE | 2022 | R

Liam Neeson, Diane Kruger, Jessica Lange

In late 1930s Bay City, a brooding, down on his luck detective is hired to find the ex-lover of a glamorous heiress.



May 25 | 80 FOR BRADY | 2023 | PG-13

Lily Tomlin, Jane Fonda, Rita Moreno, Sally Field

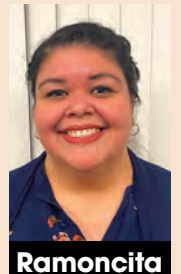
A group of friends made it their life-long mission to go to the Super Bowl and meet NFL superstar Tom Brady.



Anne

CONGRATULATIONS!

Two Aster team members have been promoted! Ramoncita Cocova is our Director of Social Services, and Anne Wurth is Neighbors Program Coordinator!



Ramoncita

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SOMETHING FOR YOU

Our Mesa Downtown & Red Mountain Senior Centers are hubs of activity, offering a variety of classes, social areas, games and more – each and every day!



“Our goal is to offer something for everyone, promoting active engagement and building friendships,” states Scott Muller, Aster’s Program Operations Director. “It’s wonderful to see all there is to do!”

Each Center serves a hot lunch each weekday, prepared on-site by our talented kitchen staff – turn to page 1 to see what’s on the menu! As well, each month we offer a variety of education programs, group excursions, dances, exercise and social activities.

Find information about activities throughout this newsletter or online at www.asteraz.org/news/calendar.html



CARING FOR YOU

Aster is proud to partner with EMPACT-SPC to offer the Caregiver Support Group at the Mesa Downtown Senior Center. This group provides an opportunity for participants to make connections with other caregivers to reduce feelings of distress or isolation. In addition, we help you learn healthy coping skills, increase awareness of community resources, improve caregiving skills, and gain a sense of empowerment.

We hope you join us for this free, open-to-all group.



CAREGIVER SUPPORT GROUP

1st and 3rd Wednesdays | 10:00 – 11:00 am

480-962-5612 | Sandra.McNally@lafrontera-empact.org

RED MOUNTAIN AFTERNOON DANCE PARTIES

Wednesdays | 1:00 - 3:00 pm

Cut a rug! Music for all this month is by the talented Dale Mortensen.

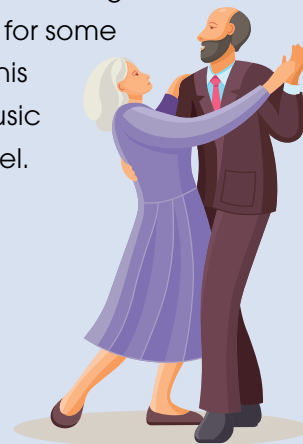


\$5 per person. Pre-register at the Red Mountain Senior Center.

MESA DOWNTOWN BALLROOM DANCE

May 9 | 1:00 pm

Slip on your dancing shoes and join us for some dancing! This month’s music is by Les Koel.



\$8 per person includes refreshments and a raffle ticket.

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MESA DOWNTOWN EVENTS

May 1 | 8:30 am

VETERAN'S SOCIAL

Chat and enjoy coffee & donuts with fellow service members.

May 4, 11, 25 | 10:00 am

VETERANS ART

Create beautiful art facilitated by Mesa Art League.

May 5 | 11:30 am

CINCO DE MAYO

Enjoy lunch and celebrate this festive holiday at the Center!

May 10 | 12:00 pm

PIANO RECITAL

Classic music by Nancy Dinehart

May 15 | 11:30 am

MOTHER'S DAY TEA

Put on your hats, gloves & pearls as we celebrate mothers! Bring your cup and we'll provide the tea, treats and fun!

May 23 | 1:00 pm

PLANT A SUCCULENT

Bring a container & we'll provide plants, soil and instructions. FREE!

May 23 | 11:45 pm

FEED YOUR MIND

Eat lunch & learn 5 edible plants for your Arizona Garden



ACTIVITIES

Activities with an * have fees & require pre-registration. Visit our online calendar at asteraz.org for more details.



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 - 11:30 am | Mesa Downtown
ADVANCED & BEGINNERS TAI CHI CLASSES*

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



Mondays | 12:30 - 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.



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 - 10:30 am | Red Mountain
BLOOD PRESSURE SCREENINGS

Know your numbers to help prevent more serious health issues.



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

Ask questions and learn tips and tricks for your phone.



Tuesdays | 10:30 am - 3:00 pm | Red Mountain
DEAF & HEARING-IMPAIRED SOCIAL GROUP

A weekly group for people with hearing issues to chat.



Tuesdays | 1:00 - 2:00 pm | Mesa Downtown
THE ART OF POETRY WITH JIM FERGUSON

Bring poetry you like to read and discuss.

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ACTIVITIES (continued)



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!



1st & 3rd Weds | 10:00 - 11:00 am | Mesa Downtown

CAREGIVER SUPPORT

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



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.



1st & 3rd Thurs | 2:00 - 3:00 pm | Mesa Downtown

WRITING CAFE

All levels are welcome as we explore & inspire your writing!



Fridays | 8:30 am - 12:00 pm | 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 | 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 | 1:00 - 2:30 pm | Red Mountain

MOVIN' ON facilitated by EMPACT

A post-bereavement social support group for seniors.



RED MOUNTAIN EVENTS

May 1 | 11:45 am

FEED YOUR MIND

Eat & learn the art of calligraphy.

May 1 | 12:30 pm

PARKINSON'S GROUP

by Muhammad Ali Parkinson Ctr & Duet

For people living with PD & partners.

May 5 | 10:30 am

CINCO DE MAYO

Celebrate they day with snacks, games, music and door prizes.

May 11 | 9:00 am

VETERAN'S SOCIAL

Enjoy coffee & donuts with friends.

May 11 | 12:30 pm

CARD MAKING*

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

May 12 | 10:30 am

MOTHER'S DAY LUNCH

Celebrate with music, food, snacks, games and a special prize.

May 18 | 12:00 pm

THE MEN'S CREW

Join the guys to make new friends.

May 22 | 12:00 pm

ICE CREAM SOCIAL

Enjoy a refreshing treat after lunch.

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RED MOUNTAIN QWIRKLE CHALLENGE

May 25 | 12:30 - 2:00 pm

Test your game skills with a twist on Rummikub and Scrabble. Qwirkle is played with 108 tiles, each painted with one of six shapes in one of six colors. Enjoy this fun, quixotic game! Prizes will be available.



CENTER GAMES

Share a smile and make friends over some fun games! Drop-by or reserve your spot at asteraz.org

MESA DOWNTOWN



FUN & GAMES

facilitated by New Frontiers Game Class

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

Five Crowns, Sequence, Rummikub, Skipbo and more!



PINOCHLE

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



LADIES' BILLIARDS

Wednesdays | 10:00 - 11:00 am



WII BOWLING

Wednesdays | 10:00 - 11:00 am



MAHJONG

Wednesdays | 12:00 - 3:00 pm



BINGO! FOR PRIZES

May 5 & 19 | 12:30 - 2:30 pm

RED MOUNTAIN



BRIDGE & MAHJONG

Mondays | 12:00 - 3:00 pm

PINOCHLE

Tuesdays | 12:00 - 3:00 pm

BRIDGE & CANASTA

Wednesdays | 12:00 - 3:00 pm

MEXICAN TRAIN DOMINOS, PINOCHLE & RUMMY

Thursdays | 12:00 - 3:00 pm

BRIDGE & CANASTA

Fridays | 12:00 - 3:00 pm



BINGO! FOR PRIZES

Tuesday & Fridays | 12:30 - 2:30 pm



SENIOR CENTERS DROP-IN AREAS



ART STUDIO

Thursdays - DT



BILLIARDS



PUZZLES & GAMES



FITNESS CENTER



LIBRARY



CAFE

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THANK YOU, RON!

Last month saw the well-deserved retirement of our beloved 92-years young Meals on Wheels Driver, Ron. In honor of his 14-years of service, let's learn about this dedicated and caring individual.



How long did you drive for Meals on Wheels?

14 years

Where were you born?

Born in Laurens, IA. I moved to AZ in 1990 to be near my daughter.

What do you love about driving for Meals on Wheels?

Meals on Wheels is a fun job. It is a joy to be able to work serving people. Visiting and talking with the individuals is just as important as the actual meal.

Do you have a special memory or two?

I would deliver to a lady in her late 90's, who was ALWAYS home. I went one day to deliver, and she wasn't home. I continued on my route, and saw her trying to cross a very busy street, because she wanted to go to the bank. She was standing in the road, afraid to move because of traffic. I was able to escort her to the bank, and then back home to have her meal she would have missed.

Another time. a husband was taking care of his sick wife, and was very sad that she was so ill. I'd come in everyday, and spend a moment with her. She died after a few months, leaving the husband very sad. He fell ill shortly after her passing, and was then signed up to receive MOW. He was elated that I was his monitor.



MEALS ON WHEELS

Jamie Bethune, Meals On Wheels Manager

480-962-5612 | mow@asteraz.org

REEL TALK

A few recommendations of new films opening this month.



Guardians of the Galaxy Vol 3

PG-13 | May 5

Chris Pratt
Zoe Saldana

The team defends the universe from a fanatical perfectionist.



Book Club: The Next Chapter

PG-13 | May 12

Jane Fonda
Diane Keaton

Four best friends take their book club to Italy for a fun girls trip.

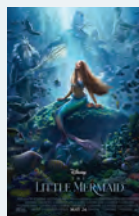


Master Gardener

R | May 19

Joel Edgerton
Sigourney Weaver

A horticulturist hides a deep secret while tending an estate.



The Little Mermaid

PG | May 26

Halle Bailey
Jonah Hauer-King

A mermaid makes a deal with a witch to explore the world above.

OLDER AMERICANS MONTH EASY WAYS YOU CAN HELP

May is Older Americans Month, a time we honor & support older individuals in our communities. Here are some easy ways you can help seniors this month

Pass Along This Newsletter

Aster's Scene newsletter is filled with useful information and resources. Pass it along, helping us reach someone new.

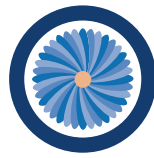
Connect to Meals on Wheels

Meals on Wheels provides more than just a nutritious meal. It also provides essential wellness checks, ensuring seniors are safe and socially connected at home.

Give Our Phone Number

All it takes is one call. Our main number ([480-964-9014](tel:480-964-9014)) connects seniors to our range of programs. From Social Services, to Meals on Wheels, to Neighbors and so much more!

Thank you for all of your help supporting local seniors in our community. Together, we can ensure that no one person faces the journey of aging alone.



SPRINGING FORTH

Excerpted from Activity Connections

May Day is a bountiful, beautiful tradition that's celebrated on the first of May each year. Essentially a spring festival, May Day honors the return of life, flowers, fertility, growth, and the longer, warmer days of summer soon to come.



The timing of the holiday is about halfway between the spring equinox and the summer solstice. In the ancient Celtic calendar, this was called a cross-quarter day and was intended as a celebration of the height of spring and the beginning of summer.

In the United States, May Day is less frequently celebrated than in Europe. Many May Day traditions were brought to the Americas with the settlers, particularly the English. However, Puritans did not condone the celebrations, and May Day fell out of favor.

In the late 19th century, May Day festivities experienced a resurgence in the United States as a celebration of spring. These celebrations were (and still are) particularly popular on college and school campuses and included maypoles, plays, concerts, dancing, and music. The making of floral baskets also became popular, including the tradition of secretly leaving them on a neighbor's doorstep as a gesture of friendship and joy.

May Day baskets are made by folding a sheet of colored paper into a cone, securing the cone with tape or staples, and then filling the basket with wildflowers. After placing the basket at the recipient's door, the giver either rings the doorbell, knocks, or yells "May basket!" and then runs away before the door is opened.

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PUZZLES

Words are hidden in the puzzle in odd patterns. Move from letter to letter vertically, horizontally, backward, or forward to spell the words. Patches of letters do not overlap, and all letters are used.

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

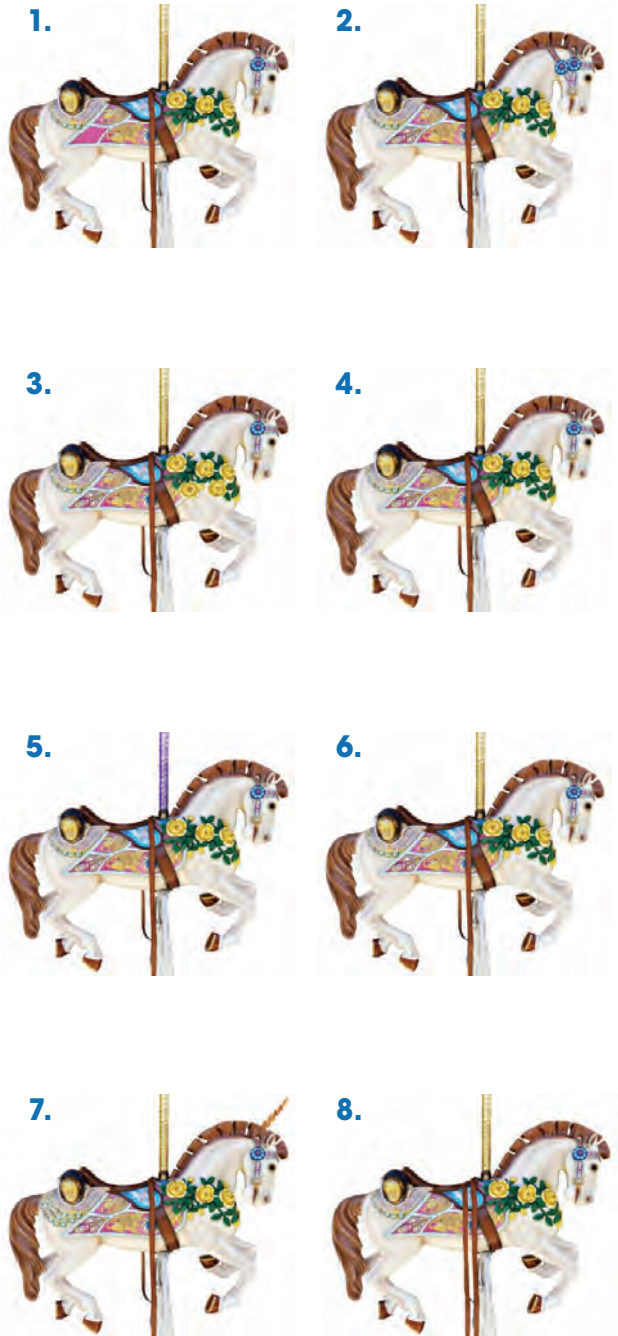
ANTHEM
CEMETERY
FALLEN
FLAGS
FLOWERS
FREEDOM
HONOR
MAY

MEMORIAL
PATRIOT
PEACE
SACRIFICE
SALUTE
SERVICE
SOLDIER
TAPS

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

ANSWER

Find the two horses that are exactly alike.



4 & 6

ANSWER



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CONTACT US!

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Mesa Downtown Senior Center

247 North Macdonald St
480-962-5612 p

Red Mountain Senior Center

7550 East Adobe St
480-218-2221 p



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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