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**As sun sets on the summer, did you go on vacation?
Share your story or photos with us at info@asteraz.org!**

AUGUST 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

Garlic & Lemon Tilapia served over Brown Rice Pilaf, with Peas, Spinach, Mandarin Oranges and a Cookie

2 TUESDAY

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

3 WEDNESDAY

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

4 THURSDAY

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

5 FRIDAY

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

8

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

9

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

10

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

11

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

12

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

15

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

16

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

17

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

18

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

19

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

22

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

23

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

24

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

25

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

26

Turkey Burger with Lettuce & Tomato on a Whole Wheat Hamburger Bun, a side of Carrots, and an Orange

29

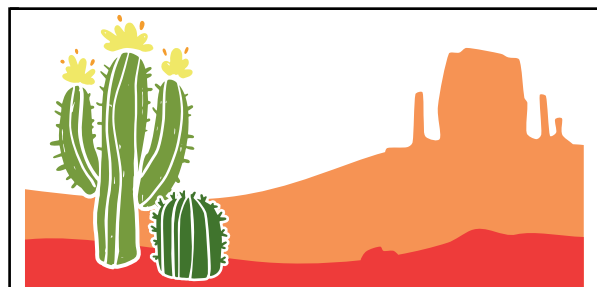
Vegetable Lasagna with Italian Blend Vegetables, Asparagus, a Whole Wheat Roll, and fresh Grapes

30

Baked Perch with Lemon Pepper served over Rice Pilaf with Mixed Vegetables, Cauliflower, a Whole Wheat Roll, and Sliced Cinnamon Apples

31

A Chef Salad with Turkey, Ham, Cheese**, Corn Salad, Beets, Whole Grain Crackers, a Peach Crisp, and Fruit Cocktail



ASTER AGING

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SUPPORTING HOPE

The cost of living is rising almost as fast as the thermostats here in Arizona. Seemingly each day, prices of every day products increase. While we all look to pinch pennies, we can only do so much.



“If I didn’t get these meals, I couldn’t afford to eat,” shares Joe, a Meals on Wheels client. “They are literally a life saver.”

Joe is not alone in this situation. Older adults all across the Valley are feeling the pressure of inflation. This disproportionately hits individuals on fixed incomes, like many of our East Valley seniors. In the challenge of stretching their dollars, food often becomes an area short-changed in order to keep the power on. Often times with negative consequences on a person’s health and well-being.

“Inflation is squeezing everyone,” shares Deborah Schaus, Aster’s Chief Executive Officer. “Food, gas and materials for meal delivery are all increasing. And everyday items for seniors in the community are more expensive. It’s a tough situation for all.”

Thankfully, Meals on Wheels continues to deliver nutritious food and wellness checks across our community. Support from the Older Americans Act, corporations and organizations creates a foundation, yet individual donations are critical to Meals on Wheels’ success. Your gift helps keep a senior healthy and safe in their home.

If you would like to support Meals on Wheels, visit our website below, send an email, or give us a call.



SUPPORT ASTER MEALS ON WHEELS

www.asteraz.org/help/donate.html

480-964-9014 | dlawler@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 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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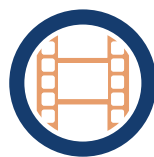
SENIOR CENTER AARP DIGITAL SKILLS CLASSES

Tuesdays | 10:00 am

We are excited to offer sessions to help seniors become comfortable with technology. This month's class topics are:

- Finding Information Online
- Protecting Your Information
- Staying Safe Online
- Smartphones
- Gmail Tips and Tricks

Enrollment is very limited. RSVP for any class at your Senior Center.



NOW SHOWING

Get out of the summer heat & enjoy the Mesa Downtown Center's Dog Days of Summer Movie Matinees! Movies start at **12:30 pm** and are **FREE** as is the freshly popped popcorn !



Aug 4 | DOWNTON ABBEY: A NEW ERA | 2022 | PG

Hugh Bonneville, Michelle Dockery, Maggie Smith

The Crawley family goes on a grand journey to the South of France to uncover the mystery of the dowager countess's newly inherited villa.



Aug 11 | THE LOST CITY | 2022 | PG-13

Sandra Bullock, Channing Tatum, Daniel Radcliffe

A reclusive romance novelist on a book tour with her cover model gets swept up in a kidnapping attempt that lands them both in a cutthroat jungle adventure.



Aug 18 | THE BATMAN | 2022 | PG-13

Robert Pattinson, Zoe Kravitz, Paul Dano

When a sadistic serial killer begins murdering key political figures in Gotham, Batman is forced to investigate the city's hidden corruption.



Aug 25 | THE BOOKSHOP | 2017 | PG

Emily Mortimer, Bill Nighy, Hunter Tremayne

England 1959. In a small East Anglian town, Florence Green decides, against polite but ruthless local opposition, to open a bookshop.

MESA DOWNTOWN BOOKSHELF & MYSTERY CLUBS

Aug 10 & 24 | 10:00 - 11:00 am

Get your read on for fun and lively book discussions! August books are (8/10) 'Billy Summers' by Stephen King, and (8/24) 'Sunflower Sisters' by Martha Hall Kelly.



Facilitated by
Mesa Community College New Frontiers



**All
of Us**
RESEARCH PROGRAM

A session about caring for your physical and mental well-being.

AUGUST 30 | 11:30 am - 12:30 pm | RED MOUNTAIN

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A SNAPSHOT OF FUN

What a summer we have had so far! Here are some of the smiling faces and great memories we have created at our Centers.



RED MOUNTAIN AFTERNOON DANCE PARTIES

Wednesdays | 1:00 - 3:00 pm

Cut a rug at our weekly dances! Enjoy some rock n roll (Aug 3), and a variety of dancin' to the oldies (Aug 10, 17, 24, 31). You don't need to be a dance expert – you just need to have fun!



Registered participants only. Pre-register at the Center! **\$5 per person**

SENIOR CENTERS VOLUNTEER!

Looking for a rewarding way to spend your time? Volunteer! We welcome individuals to join our team, helping at our Centers. Assist with events, welcome participants, monitor open areas and more. Inquire at your local Center.



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MESA DOWNTOWN EVENTS

Aug 1 & 15 | 8:30 am

VETERAN'S SOCIAL

Chat and enjoy coffee & donuts with fellow service members.

Aug 4, 11, 25 | 10:00 am

VETERANS ART

Create beautiful art facilitated by Mesa Art League.

Aug 9 | 11:30 am

BIRTHDAY PARTY

Celebrate our August birthdays!

Aug 12 | 11:30 am

LUAU LUNCH

Enjoy a delicious lunch and a festive tropical celebration!

Aug 16 | 11:45 am

FEED YOUR MIND

Enjoy a delicious lunch and learn about nutritious snacking.



OPEN AREAS

FITNESS CENTER

Daily | 8:00 am - 3:00 pm

PUZZLES & GAMES

Daily | 8:00 am - 3:00 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 - 11:00 am | Red Mtn Daily | 10:00 am - 3:00 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 | 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 am - 12:00 pm | 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 - 11:00 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 SUPPORT facilitated by EMPACT

A bereavement support group for seniors.



Thursdays | 8:00 am - 3:30 pm | Mesa Downtown
OPEN ART STUDIO

Drop in to flex your creative muscles during studio hours.



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 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 | 12:00 - 3:00 pm | Red Mountain
COLORING BOOK SOCIAL

Bring your books & crayons and make friends while coloring.



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

A post-bereavement social support group for seniors.



RED MOUNTAIN EVENTS

Aug 1 | 1:00 pm

PARKINSON'S GROUP

by Muhammad Ali Parkinson Ctr & Duet
A group for people living with PD and their care partners.

Aug 4 | 12:30 - 2:30 pm

CARD MAKING

Create your own personalized greeting cards.

Aug 8 & 22 | 12:30 - 3:00 pm

DIAMOND ART

Have fun creating sparkling bejeweled mosaic artwork.

Aug 9 | 11:30 am

BIRTHDAY PARTY

Celebrate our August birthdays!

Aug 11 | 8:30 am

VETERAN'S SOCIAL

Chat and enjoy coffee & donuts with fellow service members.

Aug 11 | 11:45 am

FEED YOUR MIND

Enjoy lunch and learn about the Senior Center, volunteering, and how to improve your quality of life.

Aug 25 | 12:30 pm

THE MEN'S CREW

Join the guys to make new friends.

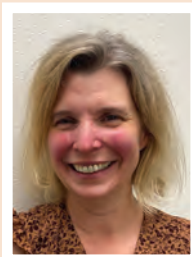
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MEET YOUR STAFF

Stephanie Hartman

Mesa Downtown
Activity
Coordinator



Birth Month

November

Birthplace

Pennsylvania

Hobbies

Cooking & Hiking

Perfect Vacation

Seeing Italy

Favorite Holiday

Christmas

Favorite Movie

'Sixteen Candles'

Favorite TV Shows

'Friends'

Favorite Singer

Harry Connick Jr

Favorite Food

Italian

Favorite Dessert

Blueberry Crumb Pie

What Makes Your Day Better?

Doing something nice for
someone else

Personal Motto

"One day at a time."



CENTER GAMES

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

MESA DOWNTOWN



SUMMER GAMES 2022

facilitated by New Frontiers Game Class

Tuesdays | 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



BINGO

Aug 5 & 19 | 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

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

Fridays | 12:30 - 2:30 pm



BOARD GAMES

Scrabble or Bring your own Board Games

Tuesdays | 12:00 - 3:00 pm

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HEALTHY PLATES

Excerpted from NCOA

When it comes to eating healthy, summer makes it simple. From beets to bell peppers, carrots to corn, salad greens to zucchini squash — and so much more — the fields and gardens are bursting with nutritious produce. And, because it's all in season, everything you make with it tastes delicious without a lot of fuss.



"Nearly everyone appreciates the fresh flavors of summer," said Dorothea Vafiadis, director of health partnerships and strategic engagements at NCOA. "This is great news, because there's an abundance of ingredients at your fingertips right now to make good-for-you meals that don't require hours in the kitchen."

Before you stack your barbecue skewers, though, it helps to know exactly which foods make up a balanced, healthy meal. Bertha Hurd, administrative nutritionist with the Los Angeles Department on Aging, advised dividing your plate into three sections.

"Half of your plate should be fruits and vegetables, and they should be colorful," Bertha said. Then, you should split the remaining half equally between proteins (like lean meat, fish, and beans) and whole grains (like wheat, oats, and brown rice).

One other thing to keep in mind: food spoilage can happen much more easily in the summer. And, because older adults can be susceptible to food-borne illnesses, it's important to know how to properly prepare, handle, and store food. Among other things: always wash your hands; keep raw meat separate from other foods; promptly refrigerating leftovers; check expiration dates.

Now that you know how to prioritize food safety, it's time to try your hand in the summer kitchen!

REEL TALK

A few recommendations of new films opening this month.



Bullet Train

R | Aug 5

Brad Pitt
Joey King

Five assassins aboard a train find out they have a common job.



Thirteen Lives

PG-13 | Aug 5

Joel Edgerton
Viggo Mortensen

The real-life rescue of a youth soccer team trapped in a cave.



Mack & Rita

PG-13 | Aug 12

Diane Keaton
Wendie Malick

A wild weekend leads to a writer waking up as her 70-year-old self.



Three Thousand Years of Longing

R | Aug 31

Tilda Swinton
Idris Elba

A lonely scholar discovers a Djinn who offers her three wishes in exchange for his freedom.

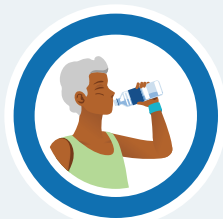
BEATING THE AZ HEAT

Excerpted from NIH

Older people can have a tough time dealing with heat and humidity. The temperature inside or outside does not have to reach 100°F (38°C) to put you at risk for a heat-related illness.

Headache, confusion, dizziness, or nausea could be a sign of a heat-related illness. Go to the doctor or an emergency room to find out if you need treatment.

To keep heat-related illnesses from becoming a dangerous heat stroke, remember to:



DRINK LIQUIDS



LIMIT CAFFEINE & ALCOHOL



WEAR LIGHT-COLOR, LOOSE FITTING CLOTHES



EXERCISE INDOORS



STAY SAFE ONLINE

Excerpted from AARP

Stop me if this sounds familiar: You sit down at your computer to get some work done, but it takes you three-quarters of an hour just to delete all the junk mail clogging up your inbox. You're not alone.



Nearly 85 percent of all emails are spam, according to a recent study. It's a miracle we get anything done.

But these messages can be more than a mere annoyance. Sure, manually reading and deleting unsolicited offers can seriously eat away at your time, but the emails can also do damage if they contain a phishing attempt, spyware or a virus.

Regardless of the scenario, you've had enough. You want to unsubscribe or block emails and texts, but are not sure how. If you know the email is legit — perhaps from a clothing store whose newsletters you signed up for, only to regret it after getting 20 emails in as many days — an Unsubscribe button should be at the bottom of the email. Click or tap it, and that should do the trick.

As well, whether it's emails or texts, you can simply block someone from reaching you. The exact steps to do this may vary a little based on the program you use for mail or text messages and what device you're on. When in doubt, Google the name of your program or device and "how to block."

An additional step for protection is to create a free email address that's different from your personal or professional email address. You can use this address to sign up for newsletters, contests and such. It's easy to set up an account with Gmail or Yahoo! or another free email provider to segregate those marketing-type messages from your other inboxes.

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PUZZLES

Find each of the items from the categories below.

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

Items in a Treasure Chest

Ocean Names

Parts of a Ship

Pirate Weapons

Find the two suncatchers that are exactly alike.

1.



2.



3.



4.



5.



6.



7.



8.



Cannon, Musket, Pistol, Saber, Sword; Arctic, Atlantic, Indian, Pacific; Anchor, Deck, Mast, Rudder, Stern; Coins, Gold, Jewels, Silver

ANSWER

ANSWER

2 & 7



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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



KEEP UPDATED



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