



**With temperatures soaring, many celebrate Christmas in July, bringing the joy, and cooler mindset, to summer days.**

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# JULY 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.

## 3 MONDAY

Chicken Noodle Soup, with Sweet Potatoes, a Wheat Roll, and Apricots

## 4 TUESDAY



## 5 WEDNESDAY

A Brat with Sauerkraut on a Whole Wheat Hoagie Bun, with Carrot Coins, and Strawberries

## 6 THURSDAY

Chef's Salad with Chilled Stewed Tomatoes, 3-Bean Salad, a Wheat Roll, and Sliced Pears

## 7 FRIDAY

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

## 10

Sloppy Joe on a Whole Wheat Bun, with Mixed Veggies, Spinach, and Fruit Cocktail

## 11

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

## 12

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

## 13

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

## 14

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

## 17

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

## 18

Carnitas on Mexican Brown Rice, Pinto Beans, Stewed Tomatoes, and a Mandarin Orange

## 19

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

## 20

Cajun Tilapia, with Snap Peas, 5-way Vegetables, a Wheat Roll, and Cinnamon Apples

## 21

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

## 24

Hamburger with Lettuce and Tomato on a Whole Grain Bun, with Snap Peas, and a Gala Apple

## 25

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

## 26

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

## 27

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

## 28

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

## 31

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



## STAY IN THE KNOW!

Get the latest information on Aster activities when you receive our **FREE** weekly electronic newsletter! Visit our website and sign-up today!

# ASTER AGING

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## WELCOME HOME!

As the car pulls up to the senior living complex, Lydia, a spunky, energetic lady in her early 80s, emerges. She is using her social security and what is left of her savings to pay for her apartment here. Her family chips in to cover the rest. She knows it is not sustainable.



That is why she is on her way to meet Marianne - an equally spunky woman in her early 70s who recently added a studio apartment to her home. Originally, Marianne planned to rent out the studio, but when she heard about the home-sharing program, she knew it was right for her. She appreciates the thorough vetting process of the program and she is happy to help a fellow senior.

Upon meeting, it is clear that Marianne and Lydia share the same healthy sense of humor. But as with most matches, there are things to work through. Through the program, a facilitator helps mediate any challenging discussions. Ultimately, Marianne and Lydia made a connection and came to an agreement that makes each happy.

"The program was understanding of my needs and introduced me to the perfect match and a perfect fit," smiles Lydia.

The East Valley Senior Home Sharing program connects pairs of older adults to share living space and expenses. The program offers extensive pre- and post-match support, working to ensure the safety of all parties and ultimate success of the arrangement. If you think the Home Share program is for you, please contact Jana today!



### EAST VALLEY SENIOR HOME SHARING PROGRAM

Jana Milligan

480-389-1284 | [info@evseniorhomesharing.org](mailto:info@evseniorhomesharing.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 our fun and lively discussions each week, facilitated by Mesa Community College New Frontiers.



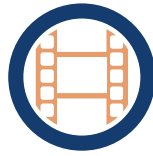
**July 12**  
**A Beautiful Blue Death**  
by Charles Finch

A Victorian gentleman lives a life of leisure until a lifelong friend asks for his help in unraveling a mystery.



**July 19**  
**Summer Island**  
by Kristin Hannah

A poignant & funny novel about a mother & daughter, the ties that bind them, the past that separates them, & the healing that comes with forgiveness.



## 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!



**July 6 | CHAMPIONS | 2023 | PG-13**

Woody Harrelson, Kaitlin Olson, Matt Cook

A former minor-league basketball coach is ordered by the court to manage a team of players with intellectual disabilities.



**July 13 | THE WAR WITH GRANDPA | 2020 | PG-13**

Robert De Niro, Christopher Walken, Uma Thurman

Upset that he has to share the room he loves with his grandfather, Peter decides to declare war in an attempt to get it back.



**July 20 | JUNGLE CRUISE | 2021 | PG-13**

Dwayne Johnson, Emily Blunt, Edgar Ramírez

A small riverboat captain takes a group of travelers through a jungle filled with dangerous animals and reptiles in search of a supernatural flower.



**July 27 | THE LOST HUSBAND | 2020 | PG-13**

Leslie Bibb, Josh Duhamel, Nora Dunn

Trying to put her life back together after her husband's death, Libby and her children move to her estranged aunt's goat farm in central Texas.



## BE A FRIEND OF THE CENTER

Aster's is proud to unveil the Friends of the Center. This program supports the sustainability of our Senior Centers, ensuring our continued operations. To celebrate your support, you'll get special coupons, exclusive events & more! Ask how to be a friend today!

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## SURVEY SAYS...

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.

**99%** feel staff & volunteers treat them with **RESPECT**

**96%** feel the Centers meets their **NEEDS**

**92%** reported the Centers help them develop **FRIENDSHIPS**

**91%** feel the Centers help them improve their **QUALITY OF LIFE**



## Main Themes On What You Said



- Caring and friendly staff & volunteers
- Welcoming and helpful atmosphere
- Providing opportunities to socialize
- Great lunches and a variety of activities

## What We Are Doing As A Result



Expanding the Number of Events



Adding New Activities Based on Preferences

## RED MOUNTAIN



### AFTERNOON DANCE PARTIES

**Wednesdays | 1:00 - 3:00 pm**

Cut a rug! Music for all this month is by Dale Mortensen (July 5 & 19) and Dee Doner (July 12 & 26).



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

## BOTH CENTERS



### MUSICAL INSTRUMENT MUSEUM EXCURSION

**July 12 | 12:00 - 3:00 pm**

Join us on a melodic tour of the world-famous museum. Space is limited and pre-registration is required!

This is a **FREE** event.



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## MESA DOWNTOWN EVENTS

July 3 | 8:30 am

### VETERAN'S SOCIAL

Chat and enjoy coffee & donuts with fellow service members.

July 5 & 19 | 10:00 am

### CAREGIVER SUPPORT

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

July 6, 13, 27 | 10:00 am

### VETERANS ART

Create beautiful art facilitated by Mesa Art League.

July 11 | 11:30 am

### SR HOME SHARING

Learn about housing options from our new program: East Valley Senior Home Sharing.

Begins July 13 | 9:45 am

### BINGOCIZE

Join this fun, 10-week series that combines BINGO and exercise.

July 13 | 12:00 pm

### FEED YOUR MIND

Eat & learn how to reduce the risk of Dementia.

July 20 | 12:30 pm

### CARD MAKING\*

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



## WEEKLY ACTIVITIES

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



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.



Mondays | 1:00 - 2:00 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 | 10:00 - 11:00 am | Mesa Downtown  
(no class on 7/4 or 7/18)  
**AARP DIGITAL SKILLS CLASSES**

Learn from Google staff tips and tricks regarding electronics.



Tues (not 7/11) | 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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## WEEKLY ACTIVITIES (cont)

Visit our online calendar at [asteraz.org](http://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.



**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 | 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

**Tuesdays | 9:00 am**

**BLOOD PRESSURE SCREENINGS**

Drop in and learn your numbers!

**July 3 | 12:30 pm**

**PATRIOTIC BINGO!**

A special 10-game BINGO session!

**July 3 | 1:00 pm**

**PARKINSON'S GROUP**

by Muhammad Ali Parkinson Ctr & Duet

For people living with PD & partners.

**July 13 | 9:00 am**

**VETERAN'S SOCIAL**

Enjoy coffee & donuts with friends.

**July 13 | 12:30 pm**

**CARD MAKING\***

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

**July 20 | 12:00 pm**

**THE MEN'S CREW**

Join the guys to make new friends.

**July 27 | 11:45 am**

**SR HOME SHARING**

Learn about housing options from our new program: East Valley Senior Home Sharing.

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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 and 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**



#### MEXICAN TRAIN DOMINOES

**Wednesdays | 9:00 - 11:00 am**

### RED MOUNTAIN



#### SCRABBLE, QWIRKLE & GAMES

**Thursdays | 12:30 - 2:00 pm**



#### BRIDGE

**Mon, Wed & Fri | 12:00 - 3:00 pm**



#### CANASTA

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



#### MAHJONG

**Mondays | 12:00 - 3:00 pm**



#### MEXICAN TRAIN DOMINOS

**Thursdays | 12:00 - 3:00 pm**



#### PINOCHLE

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

## BINGO!

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

#### MESA DOWNTOWN

**July 5 & 19 | 12:30 - 2:30 pm**

#### RED MOUNTAIN

**Tuesdays & Fridays | 12:30 - 2:30 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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## LEARNING TECH

Technology is ever changing. That is why Aster is so proud to partner with AARP to bring you the Digital Skills @50+ Classes. Over the past year, these classes have provided specific technology and skills training to help seniors navigate an increasingly digital world.



“The classes I have attended have been life savers,” shares Joe. “I feel more confident and safe going out on the web and finding the information I need.”

Each class aims to help seniors become knowledgeable about and comfortable with technology. Using the skills they learn, seniors can more fully engage in the community, access resources, and better live independently as they age.

Upcoming sessions topics in July, August and September include:

- How to Choose a New Computer
- Finding Information Online
- Affordable Internet
- Connecting to the Internet
- Protecting your Personal Info Online
- Staying Safe Online
- All Things Zoom
- Money Matters

To find more information about or register for a specific classes, visit our calendar at [asteraz.org](https://asteraz.org), or contact the Mesa Downtown Center.



**AARP DIGITAL SKILLS @50+**

**Tuesdays | 10:00 - 11:00 am | Mesa Downtown**

480-962-5612 | [cbsevents@asteraz.org](mailto:cbsevents@asteraz.org)

## REEL TALK

A few recommendations of new films opening this month.



### **Mission Impossible: Dead Reckoning Pt 1**

PG-13 | July 12

Tom Cruise  
Rebecca Ferguson

The IMF team must track down a dangerous new weapon.



### **Oppenheimer**

R | July 21

Cillian Murphy  
Emily Blunt

The story of Oppenheimer's role in developing the atomic bomb.



### **Barbie**

PG-13 | July 21

Margot Robbie  
Ryan Gosling

Barbie lives the perfect life until she has a full-on existential crisis.



### **Haunted Mansion**

PG-13 | July 28

Tiffany Haddish  
Owen Wilson

A single mom hires help to exorcise her newly bought mansion after discovering it has ghosts.

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**BOTH CENTERS**

## QUEEN CREEK OLIVE MILL EXCURSION

**July 20 | 12:00 - 3:00 pm**

Journey to old world Italy as we take 45-minute olive oil class with tasting! Space is limited so RSVP today!

**Cost is \$7 per person.**



## INDEPENDENCE DAY

Excerpted from the Old Farmer's Almanac

Every country in the world has July 4 on its calendar — but only the United States has the Fourth of July! It's the most popular and most widely celebrated of all the secular holidays.

The official, legal separation from England actually occurred on July 2, 1776, when the Second Continental Congress approved Virginia representative Richard Henry Lee's resolution to declare the United States a free and independent nation. But the Declaration of Independence was not finalized and signed until two days later, on July 4, 1776, the date Americans have been celebrating ever since.



Beginning in 1777, the Continental Army garrison in Bristol, Rhode Island, fired a 13-gun salute, one shot for each of the colonies, at dawn and again at dusk. In Philadelphia, home of the Continental Congress, a formal dinner was served, with speeches, parades, troop reviews and gun salutes, festive music, and fireworks.

A year later, General George Washington celebrated with his men near New Brunswick, New Jersey, by giving each a double ration of rum. And John Adams and Benjamin Franklin, ambassadors to France, enjoyed a lively dinner with fellow Americans in Paris.

Massachusetts became the first state to officially recognize July 4 as a state holiday in 1781. But nobody called it Independence Day until 1791. And it took more than 100 years before the United States Congress made it a holiday — unpaid — for federal workers. However, In 1938, Congress voted to make the Fourth of July an official paid holiday for federal employees.



**BOTH CENTERS**

## DBACKS VS CARDINALS EXCURSION

**July 26 | 11:30 am - 2:45 pm**

Join us in the bleachers as we cheer on the Diamondbacks!

**The cost is \$20 per person**

due at the time of sign-ups.

**Due to ticket purchases, we cannot issue refunds.**



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## PUZZLES

Find each of the items from the categories below.

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

### Independence Day Activities

### States That Were Among the Thirteen Colonies

### Synonyms of "Freedom"

Barbecue, Concert, Fireworks, Parade, Picnic;  
 Connecticut, Delaware, Georgia, Maryland,  
 Pennsylvania; Democracy, Emancipation,  
 Independence, Liberation, Liberty

**ANSWER**

Find the two beach items that are alike.



1 & 8

**ANSWER**



45 W University Dr, Suite A  
Mesa, AZ 85201-5831

480-964-9014

NON PROFIT  
ORGANIZATION  
U.S. POSTAGE  
**PAID**  
MESA, AZ  
PERMIT #314



Sign-up for our eNews [enews@asteraz.org](mailto:enews@asteraz.org)



## CONTACT US!

### Administrative Office

45 W University Dr, Ste A,  
480-964-9014 p

### 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](http://www.asteraz.org/help/donate.html)



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