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As summer comes to a close, the lure of Arizona's beauty beckons hikers and outdoor enthusiasts.

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



5

CENTERS CLOSED



6

Beef Stir Fry with Peppers and Onions over Brown Rice, with Asian Blend Veggies, Roasted Tomatoes and a Banana

7

Meatball Submarine Sandwich** on a Whole Wheat Bun, with Fries, Green Beans, and a Gala Apple

8

Hot Corned Beef Sandwich on Whole Wheat Bread, with Chuckwagon Corn, Peas And Carrots, & fresh Strawberries

9

Baked Chicken with Gravy, Mashed Potatoes, Spinach, a Whole Wheat Roll, and Sliced Pears

12

Tuna Salad and Pea Salad, with Carrot Sticks, Grapes, a Wheat Croissant, and Birthday Cake

13

Shrimp Alfredo over Whole Wheat Pasta, with Baby Carrots, Peas, and a Tropical Fruit Cup

14

Chicken stuffed with Broccoli and Cheese, Spinach, Roasted Potatoes, a Whole Grain Roll, and Fresh Pears

15

Turkey Chili, with Corn, Cauliflower, Corn Bread, and Sliced Apples

16

Beef Burgundy over Whole Wheat Egg Noodles, with Carrots, Broccoli, and a Fruit Cocktail

19

Chicken Parmesan Sandwich on a Whole Wheat Bun, with Italian Blend Veggies, Wax Beans, and Strawberries

20

Italian Burger with Red Sauce on a Whole Wheat Bun, with Broccoli & Cauliflower, Baked Beans, and Sliced Apples

21

Sage Pork Chop**, with Zucchini, Carrots, a Whole Wheat Hot Dog Bun, and Tropical Fruit Cocktail

22

Lemon Garlic Baked Tilapia over Brown Rice Pilaf, with Peas, Spinach, and Mandarin Oranges

23

Turkey with Gravy and Mashed Potatoes, California Blend Vegetables, a Whole Wheat Roll, and Apple Sauce

26

Sloppy Joe on a Whole Wheat Bun, with Corn, Green Beans & Tomatoes, a Banana, and a Chocolate Chip Cookie

27

BBQ Chicken with Edame, Tri-Color Roasted Potatoes, a Wheat Roll, and Cinnamon Peaches

28

Egg Salad Plate and 3 Bean Salad, with Whole Grain Crackers, and Pineapple

29

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

30

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

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



JOIN IN THE FUN!

Games are one of the oldest forms of human social interaction. Throughout history people have formed friendships (and rivalries) through such activities. Plus, games are just plain fun to play!



Many people think of the perennially popular Bingo when asked about games at the Senior Centers. Bingo is a staple, yet our enjoyment of games has grown to offer so much more!

At Red Mountain, we have added a variety of card and tile games, every weekday starting at noon. Timed to begin after our weekday lunch, these sessions are designed for players of all levels to just drop-in when they are able.

“It is so wonderful to see the community created through these games,” shares Sarah Vanderpool, Red Mountain Activities Coordinator. “Competition can be fierce, but it is always fun.”

The Mesa Downtown Center also hosts a number of card games, as well as the Fall Games series from Mesa New Frontiers. In addition to these games, the Center offers Wii Bowling and Billiards, as well as a Billiards time specifically for women.

Visit our online calendar to find out more information and times for all our games, or ask at your local Senior Center. If you have an idea for a social game, please contact our Program Director.



PROGRAM OPERATIONS DIRECTOR

Scott Muller

480-964-9014 | smuller@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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RED MOUNTAIN MUSEUM SOCIAL OUTING

Sept 15 | 12:30 pm

Join a small group as we explore the Arizona Museum of Natural History. Cost is \$5.00 per person and space is very limited – RSVP today!



MESA DOWNTOWN BOOKSHELF & MYSTERY CLUBS

Wednesdays | 10:00 - 11:00 am

Join our fun and lively discussions!

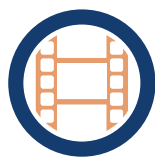
Sept 7 - 'Long Road to Mercy'
by David Baldacci

Sept 14 - 'The Great Arizona Orphan Abduction'
by Linda Gordon

Sept 21 - 'The Paris Apartment'
by Lucy Foley

Sept 28 - 'Foreign Correspondence'
by Geraldine Brooks

Facilitated by
Mesa Community College New Frontiers



NOW SHOWING

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



Sept 1 | **THE HUSTLE** | 2019 | PG-13

Anne Hathaway, Rebel Wilson, Alex Sharp

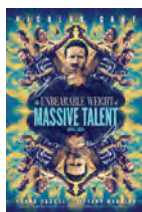
Two con women - one low rent and the other high class - team up to take down the men who have wronged them.



Sept 8 | **MURDER AT YELLOWSTONE CITY** | 2022 | NR

Gabriel Byrne, Thomas Jane, Isaiah Mustafa

A former slave arrives in Yellowstone City, Montana, looking for a place to call home. On that same day, a local prospector discovers gold - and is murdered.



Sept 15 | **THE UNBEARABLE WEIGHT OF MASSIVE TALENT** | 2022 | R

Nicolas Cage, Pedro Pascal, Tiffany Haddish

In this action-packed comedy, actor Nicolas Cage is caught between a super-fan and a CIA agent.



Sept 22 | **THE DUKE** | 2020 | R

Jim Broadbent, Helen Mirren, Heather Craney

In 1961, Kempton Bunton, a 60 year old taxi driver, steals Goya's portrait of the Duke of Wellington from the National Gallery in London.



Sept 29 | **BROKEN BRIDGES** | 2006 | PG-13

Toby Keith, Kelly Preston, Lindsey Haun

A fading country music star returns to his hometown, where he reunites with his childhood sweetheart and meets his 16-year-old daughter for the first time.

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PREVENTING FALLS

Excerpted from the National Council on Aging

Did you know that one in four older Americans falls every year? Falls are the leading cause of injuries for people aged 65+. Beyond injuries, falls can cause an older adult to become fearful or depressed, making it difficult for them to stay active. If you have an aging loved one or neighbor, helping them reduce their risk of falling helps them stay healthy and independent.



Here are steps you can take today to reduce their risk of a fall:

Enlist their support in taking simple steps to stay safe.

Ask your older loved one if they're concerned about falling or if they've already fallen in the past.

Discuss their current health conditions. Ask if they are experiencing any problems with managing their own health and encourage them to speak openly with their health care provider.

Ask about their last eye checkup. If your older loved one wears glasses, make sure they have a current prescription and they're using the glasses as advised by their eye doctor.

Talk about their medications. If they are having a hard time keeping track of medicines or is experiencing side effects, encourage them to discuss this with their doctor and pharmacist.

Learn more about reducing your risk of falls and staying safe in the Matter of Balance series presented by A.T. Still University. Sign up online or over the phone today!



MATTER OF BALANCE - 8 WEEK SERIES

Mesa Downtown | Fridays | 1:00 pm

480-962-5612 | ccole@asteraz.org

RED MOUNTAIN AFTERNOON DANCE PARTIES

Wednesdays | 1:00 - 3:00 pm

Cut a rug at our weekly dances! Each week we feature a variety of music for you to enjoy! You don't need to be an expert - you just need to have fun!



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

MESA DOWNTOWN BALLROOM DANCE

Sept 27 | 1:00 pm

Welcome Back Ballroom Dancers! Dances have returned to the Downtown Center so put on your dancing shoes and let's cut a rug!



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

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MESA DOWNTOWN EVENTS

Sept 1, 8, 22 | 10:00 am

VETERANS ART

Create beautiful art facilitated by Mesa Art League.

Sept 2 | 11:30 am

END OF SUMMER

Mark the end of summer at this Labor Day Celebration lunch.

Sept 14 | 11:45 am

FEED YOUR MIND

Enjoy lunch and learn info about Valley Metro & Paratransit.

Sept 19 | 8:30 am

VETERAN'S SOCIAL

Chat and enjoy coffee & donuts with fellow service members.

Sept 20 | 11:30 am

LUNCH & POETRY

Enjoy a delicious lunch and poetry readings by Jim Ferguson.

Sept 23 | 11:30 am

JUST A FUN LUNCH

Enjoy a delicious lunch with a show by The Just for Fun Players.

Sept 30 | 12:30 pm

AFTERNOON CONCERT

Come hear Valentino Tramutolo.



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 am - 3:00 pm | 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.



Mondays | 1:00 - 2:00 pm | Mesa Downtown TECHNOLOGY FOR BEGINNERS (starting Sept 19)

Learn to use technologies and have your questions answered.



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.

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ACTIVITIES (continued)



Tuesdays | 9:00 - 11:00 am | Red Mountain
BLOOD PRESSURE SCREENINGS

Know your numbers to help prevent more serious health issues.



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

A weekly group for people with hearing issues to chat.



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 | 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

Sept 1 | 12:30 - 2:00 pm

CARD MAKING*

Create your own personalized greeting cards. \$3 per person.

Sept 2 | 11:30 am

END OF SUMMER

Mark the end of summer at this Labor Day Celebration lunch.

Sept 8 | 8:30 am

VETERAN'S SOCIAL

Chat and enjoy coffee & donuts with fellow service members.

Sept 12 & 26 | 12:30 - 3:00 pm

DIAMOND ART*

Have fun creating bejeweled mosaic artwork. \$5 per person.

Sept 12 | 1:00 pm

PARKINSON'S GROUP

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

Sept 22 | 11:45 am

FEED YOUR MIND

Enjoy lunch and learn info about Valley Metro & Paratransit.

Sept 22 | 1:00 pm

THE MEN'S CREW

Join the guys to make new friends.

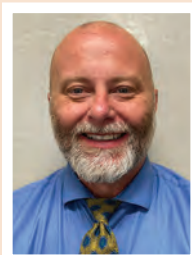
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MEET YOUR STAFF

Scott Muller

Program
Operations
Director



Birth Month

October

Birthplace

Grand Island, NE

Hobbies

Playing the guitar and
anything automotive

Fun Fact

I raced around Kansas
Speedway at over 140 MPH

Perfect Vacation

Hawaii or Seattle

Favorite Holiday

Halloween

Favorite Book

'Moby Dick'

Favorite Movie

'The Batman' and 'Jaws'

Favorite Band

Nirvana

Favorite Food

Ethiopian

Favorite Dessert

Coffee Ice cream

Personal Motto

"It is what it is."



CENTER GAMES

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

MESA DOWNTOWN



FALL GAMES (starting Sept 22)

facilitated by New Frontiers Game Class

Thursdays | 9:30 - 10:30 am

Five Crowns, Sequence, Rummikub, Skipbo and more!



FUN & GAMES

Tuesdays | 9:30 - 10:30 am



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

Sept 9 & 23 | 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

MEXICAN TRAIN DOMINOS & PINOCHLE

Thursdays | 12:00 - 3:00 pm

BRIDGE & CANASTA

Fridays | 12:00 - 3:00 pm



BINGO

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

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SOCIAL ISOLATION

Excerpted from engAGED

Did you know that remaining socially engaged and connected can improve your quality of life? It's also associated with better mental and physical health. According to psychologist Julianne Holt-Lunstad of Brigham Young University, "being connected to others socially is widely considered a fundamental human need — crucial to both well-being and survival."



As we get older we experience significant changes like retirement, moving to a new area, or the loss of a loved one that can impact our ability to stay connected. These events can result in a loss of connection which can cause you to become isolated or feel lonely, or both — and a lack of connection can also impact caregivers.

The COVID-19 pandemic intensified feelings of loneliness and isolation for us all, further demonstrating the importance of staying connected to others and our communities. Fortunately, Aster's Senior Centers have a variety of activities in which you can participate, to stay connected and active in our community.

Our website (asteraz.org) lists information on Center activities on our online calendar. There you can read about and sign up for classes and programs that interest you. You can also drop by a Center and just enjoy lunch and the daily open areas.

For more information or questions, please reach out to the Center closest to you. We look forward to seeing you soon!



MESA DOWNTOWN

480-964-9014

ccole@asteraz.org

RED MOUNTAIN

480-218-2221

dwest@asteraz.org

REEL TALK

A few recommendations of new films opening this month.

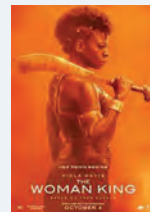


Honk for Jesus, Save Your Soul

R | Sept 2

Regina Hall
Sterling K. Brown

After a scandal, a Southern Baptist Mega Church couple rebuild.

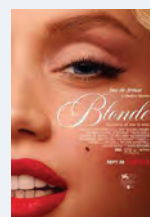


The Woman King

PG-13 | Sept 16

Viola Davis
Lashana Lynch

A historic epic inspired by true events in the Kingdom of Dahomey.



Blonde

NC-17 | Sept 23

Netflix Release

Ana de Armas
Bobby Cannavale

A fictionalized chronicle of the inner life of Marilyn Monroe.



Don't Worry Darling

R | Sept 23

Harry Styles
Florence Pugh

A 1950s couple in a Utopian community suspect it may be hiding disturbing secrets.

HEALTHY AGING TIPS

Excerpted from NIH

As a caregiver, you may worry about the health of older family members or other loved ones as they age. The good news is that adopting and maintaining a few key behaviors can help older adults live longer, healthier lives — and it's never too late to start!

Consider these tips to boost healthy habits:

- **Promote Physical Activity**

Exercise can help reduce levels of stress and anxiety, improve balance and lower risk of falls, enhance sleep, and reduce feelings of depression.

- **Encourage Healthy Eating**

Having a healthy diet can support muscles & strengthen bones, which can help with balance and independence.

- **Schedule Regular Check-Ups With A Doctor**

Staying on top of doctor visits may help reduce risk factors for disease such as high blood pressure and cholesterol levels.



PB CRUNCH BALLS

Excerpted from Arizona Dept of Health Services

These No-Bake Peanut Butter Crunch Balls are a perfect snack for the fall, or anytime! Easy to make, without heating up the oven, they provide a tasty kick with minimal effort!

INGREDIENTS

- ¾ Cup Golden Raisins
- ½ Cup Smooth Peanut Butter
- 2 Tablespoons Brown Sugar (Packed)
- 1 Teaspoon Ground Cinnamon
- 1 Teaspoon Ground Ginger
- 1 Cup Puffed Rice Cereal
- ¼ Cup Chopped Unsalted Pretzels
- ½ Cup Unsweetened Coconut



DIRECTIONS

1. Wash hands with warm water and soap.
2. Add raisins to a food processor fitted. Pulse raisins until thoroughly chopped and a ball forms. If you do not have a food processor, chop finely by hand with a sharp knife.
3. Add peanut butter, brown sugar, cinnamon, ginger, puffed rice cereal and pretzels to food processor. Pulse for about 1 minute or until the mixture is finely ground.
4. Measure out 1 tablespoon of the mixture and roll into a ball with your hands. Sprinkle with coconut. Repeat process with remaining ingredients and place on a serving plate.
5. Cook's Note: Transfer balls to a plastic airtight container to prevent them from drying out.

NUTRITION FACTS (PER SERVING)

Calories, 90; Carbohydrate, 13 g; Protein, 2 g; Total Fat, 3.5 g; Saturated Fat, 0 g; Trans Fat, 0 g; Cholesterol, 0 mg; Fiber, 1 g; Total Sugars, 7 g; Sodium, 35 mg; Calcium, 8 mg; Folate, 1.4 mcg; Iron, 0.3 mg; Calories from Fat, 35%

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PUZZLES

Find each of the items from the categories below.

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

Words for Grandfather

Words for Grandmother

Sweet Treats

Types of Flowers

Gramps, Grandpa, Papa, Pappy; Gram, Grandma, Meemaw, Nana; Brownie, Cake, Chocolate, Cobbler, Pie; Carnation, Daisy, Liliac, Peony, Rose

ANSWER

Find the two chests that are exactly alike.

1.



2.



3.



4.



5.



6.



7.



8.



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



KEEP UPDATED



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