



IN THIS ISSUE

Lunch Menu	1
Signs of Alzheimer's	2
Senior Excursion	4
A Summer of Fun!	4
June Activities	5
Mens Health Month	8
Puzzles	10

Thank you to Santander USA for your support! Your staff volunteers bring radiant smiles and warm our hearts!

JUNE 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

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

6

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

7

Beef Taco w/ Cheese in a Whole Grain Tortilla with Refried Beans, Stewed Tomatoes, and Mixed Berries

8

Pork Stir Fry** on Brown Rice with Asian Blend Vegetables, Snap Peas, and Grapes

9

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

12

Steak Diane with Spinach, Roasted Potatoes, a Whole Grain Roll, and a Mandarin Orange

13

Herbed Pork Chop**, with Broccoli, Carrots, a Whole Wheat Breadstick, Fruit Cocktail and a Cookie

14

Chicken Broccoli w/ Cheese, Asparagus, Cauliflower, a Whole Grain Roll, and Strawberries

15

Beef Tips on Whole Wheat Egg Noodles, with Succotash, Peas & Carrots, and a Granny Smith Apple

16

Shrimp Scampi with Chuckwagon Corn, Green Beans, a Whole Grain Roll, and Red Grapes

19

Open-Faced Roast Beef with Gravy on Wheat Bread, Peas and Pearl Onions, Mashed Potatoes, and Apricots

20

Chicken Caesar Salad, with Celery & Carrot Sticks, a Whole Wheat Breadstick, and Strawberries

21

Salisbury Steak with Gravy on a bed of Whole Wheat Egg Noodles, Corn, Capri Blend Vegetables, and Pineapple

22

Herbed Chicken Breast with Grilled Vegetables, Carrot Coins, a Whole Wheat Roll, and a Banana

23

Honey Glazed Pork Loin** with Oven Brown Potatoes, Baked Beans, a Whole Grain Roll, Peaches, & Birthday Cake

26

Beef Stew with Cauliflower, Green Beans, a Whole Wheat Roll, and Apple Slices

27

Pulled Pork** with Roasted Red Potatoes, Spinach, a Whole Grain Roll and a Peach Crisp

28

Chicken Stir Fry over Brown Rice, with Cauliflower, Baby Carrots, and Mandarin Oranges

29

Shrimp Alfredo on Whole Wheat Linguine, with Italian Veggies, Brussel Sprouts, and a Fresh Pear

30

Teriyaki Beef on a bed of Brown Rice with Corn, Edamame, and a Tropical Fruit Cup

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KNOW THE SIGNS

Memory loss that disrupts daily life may be a symptom of Alzheimer's or other dementia. There are warning signs and symptoms. If you notice any of them, don't ignore them. Talk to your doctor or one of our Outreach staff today.



1 - Memory Loss That Disrupts Daily Life

One of the most common signs is forgetting recent information, important dates, or asking the same questions over and over.

2 - Challenges In Planning Or Solving Problems

Some people may have trouble following a familiar recipe or keeping track of monthly bills, taking longer on tasks than before.

3 - Difficulty Completing Familiar Tasks

People with Alzheimer's may have trouble driving to a familiar location, organizing a grocery list or remembering rules of a game.

4 - Confusion With Time Or Place

People can lose track of dates, seasons and the passage of time. Sometimes they may forget where they are or how they got there.

5 - Trouble Understanding Visual Images & Spatial Relationships

People may have difficulty with balance or trouble reading, and also have problems judging distance and determining colors.

6 - Misplacing Things And Losing The Ability To Retrace Steps

A person may put things in unusual places. They may lose things and be unable to go back over their steps to find them again.



OUTREACH / SOCIAL SERVICES

Ramoncita Cocova, Director of Social Services

480-962-5612 | 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

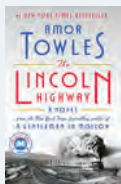
Wednesdays | 10:00 - 11:00 am

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



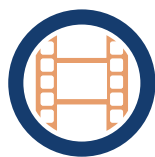
June 7
Murder on the Iditarod Trail
by Sue Henry

Top Iditarod contestants begin dying in bizarre ways.



June 21
The Lincoln Highway
by Amor Towles

Two brothers set off from their failed family farm in Nebraska and start a new life in California.



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!



June 1 | INSTANT FAMILY | 2018 | PG-13
Mark Wahlberg, Rose Byrne, Octavia Spencer
A couple find themselves in over their heads when they foster three children.



June 8 | SPIDER-MAN: NO WAY HOME | 2021 | PG-13
Tom Holland, Zendaya, Benedict Cumberbatch
When Dr. Strange's spell goes wrong, dangerous foes from other worlds appear, forcing Peter to discover what it truly means to be Spider-Man.



June 15 | SKYSCRAPER | 2018 | PG-13
Dwayne Johnson, Neve Campbell, McKenna Roberts
A security expert must infiltrate a burning skyscraper, 225 stories above ground, when his family is trapped inside by criminals.



June 22 | THE MOUNTAIN BETWEEN US | 2017 | PG-13
Kate Winslet, Idris Elba
Stranded after a tragic plane crash, two strangers must forge a connection to survive the extreme elements of a remote snow-covered mountain.



June 29 | LEGACY PEAK | 2022 | PG
Lucas Black, Kyleigh Bakker, Roman Engel
Jason is on an adventure to win the hearts of Noelle's kids before they marry.



NEW AT MESA DOWNTOWN

Mondays | 2:00 pm
VIRTUAL TRAVEL

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

Tuesdays | 2:00 pm
WORLD HISTORY

Learn about remarkable events throughout United States history.

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SUN'S OUT! FUN'S OUT!

Summer is here and in Arizona that means finding appealing activities that also offer that most critical of benefits: air conditioning! Luckily, Aster Senior Centers are the perfect destination on these summer days for a bit of activity, creativity and fun!



Our Mesa Downtown & Red Mountain Senior Centers are fully open, offering a variety of open areas every day. Puzzles, billiards, exercise, games, art studio – there is sure to be something for you.

Beyond the social hub of open areas, we are working to expand our offering of educational and group activities. Each month, our Center's offer ongoing activities while adding new classes and one-time opportunities. Join us on a virtual trip to Europe at Mesa Downtown. Learn the ancient art of calligraphy at Red Mountain. These classes and so many more are available every month.

Looking to get out to explore Mesa and beyond? Our Senior Centers have brought back monthly excursions, visiting local museums, points of interest, and entertainment complexes. Join your fellow participants and friends to enjoy local area attractions!

At Aster's Senior Centers, there is something for everyone this summer. Check out a full list of classes and activities on our website at www.asteraz.org or just come on by any weekday. Everyone is welcome!



MESA DOWNTOWN SENIOR CENTER

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sshammons@asteraz.org

RED MOUNTAIN SENIOR CENTER

Doug West, Manager
480-218-2221
dwest@asteraz.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.

RED MOUNTAIN EXCURSION FAT CATS

June 29 | 12:00 - 3:00 pm

Fat Cats is an entertainment center that has a restaurant, movie theater, arcade, bowling, and glow in the dark mini golf. Space is limited -- RSVP today!

Cost varies based on chosen activities per person.



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MESA DOWNTOWN EVENTS

June 1, 8, 22 | 10:00 am

VETERANS ART

Create beautiful art facilitated by Mesa Art League.

June 5 | 8:30 am

VETERAN'S SOCIAL

Chat and enjoy coffee & donuts with fellow service members.

June 9 | 12:00 pm

FEED YOUR MIND

Eat & learn how to help fight Arthritis through food.

June 14 | 1:00 pm

THE FABULOUS 50'S

Join us for a romp through the decade of rock and roll.

June 15 | 10:00 am

ELDER ABUSE SIGNS

Learn about the types and signs of elder abuse and neglect.

June 15 | 11:30 am

FATHERS' DAY LUNCH

Grab a tie and enjoy lunch as we celebrate fathers!

June 30 | 1:00 pm

A MORE PERFECT UNION

Learn of the struggles of our fore-fathers in drafting the constitution.



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 | 10:00 - 11:00 am | Mesa Downtown
SMARTPHONE 101

Ask questions and learn tips and tricks for your phone.



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.



Tues (not 6/20) | 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

June 1 | 10:30 am

BEACH PARTY

Celebrate summer at the beach!

June 5 | 1:00 pm

PARKINSON'S GROUP

by Muhammad Ali Parkinson Ctr & Duet

For people living with PD & partners.

June 8 | 9:00 am

VETERAN'S SOCIAL

Enjoy coffee & donuts with friends.

June 8 | 12:30 pm

SINGING GROUP

Are you musical and like to sing?

Join our new monthly singing group!

June 8 | 12:30 pm

CARD MAKING*

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

June 15 | 12:30 pm

CALLIGRAPHY CLASS

Learn the art of calligraphy.

June 16 | 11:45 am

FEED YOUR MIND

Area Agency on Aging discusses signs of suicide, anxiety, & abuse.

June 22 | 12:00 pm

THE MEN'S CREW

Join the guys to make new friends.

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NEW AT RED MOUNTAIN

GAME CHALLENGE

Thursdays | 12:30 - 2:00 pm

Test your Scrabble and Qwirkle game skills at this weekly group. Prizes will be awarded

GRIEF & LOSS SUPPORT GROUP

Sponsored by EMPACT

Fridays | 10:00 - 11:00 am

A group for people that have just experienced a loss and are in beginning their grief journey.



SENIOR CENTERS DROP-IN AREAS



ART STUDIO

Thursdays - DT



BILLIARDS



PUZZLES & GAMES



FITNESS CENTER



LIBRARY



CAFE



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

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



MAHJONG

Wednesdays | 12:00 - 3:00 pm



BINGO! FOR PRIZES

June 2 & 16 | 12:30 - 2:30 pm

RED MOUNTAIN



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

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MEN'S HEALTH MONTH

Excerpted from Johns Hopkins University

June is Men's Health Month. This is a time to make healthy lifestyle choices such as getting regular screenings, eating healthy, and exercising. According to the Centers for Disease Control and Prevention, men die, on average, five years earlier than women. This is why it is so important for men to take an active role in their health.



Speak openly with your primary care provider and don't wait until you are sick to schedule a visit. An annual appointment will allow you to discuss any new symptoms or concerns. It's also a perfect time to get your prostate, cholesterol, and blood pressure checked.

Get a move on for your health! Physical exercise is important to staying healthy, helping you maintain bone and muscle strength, reduce the risk of heart disease, and relieve stress. Adults should focus on moderate to intense physical activity approximately 30 minutes a day 5 times a week.

Aster Senior Centers are here to help you meet your active goals! The Mesa Downtown Center features a fully equipped exercise room while the Red Mountain Center partners with the city of Mesa to provide access to facilities.

Come down any weekday to start your healthy journey!



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REEL TALK

A few recommendations of new films opening this month.

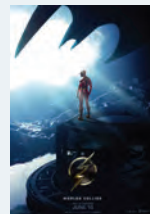


Spider-Man: Across The Spider-Verse

PG-13 | June 2

Shameik Moore
Hailee Steinfeld

A team of Spider-People fight to protect the Multiverse.



The Flash

PG-13 | June 16

Ezra Miller
Michael Keaton

The Flash must deal with the consequences of changing his past.



Asteroid City

PG-13 | June 23

Jason Schwartzman
Tom Hanks

The Junior Stargazer convention is spectacularly disrupted.



Indiana Jones & the Dial of Destiny

PG-13 | June 30

Harrison Ford
Mads Mikkelsen

Indy goes on one last adventure to stop an ex-Nazi scientist from obtaining a powerful artifact.

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PAID ADVERTISEMENT



Join us at an upcoming event!

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

To learn more, call **602.598.5746** or to **RSVP** scan the **QR code** below.



FATHERS DAY

Excerpted from the Old Farmer's Almanac

With America's history, you might think that a holiday recognizing men would be perfectly acceptable. After all, men dominated American society in the early 20th century.



Men viewed the idea of Father's Day as similar to Mother's Day, which was popular with florists. As one historian writes, they "scoffed at the holiday's sentimental attempts to domesticate manliness with flowers and gift-giving, or they derided the proliferation of such holidays as a commercial gimmick to sell more products—often paid for by the father himself."

In 1909, Sonora Smart Dodd of Spokane, Washington, was inspired by the idea of Mother's Day. Her father, William Jackson Smart, a farmer and Civil War vet, was a single parent who raised Sonora and her five brothers, after his wife Ellen died giving birth to their youngest child in 1898. While attending a Mother's Day church service in 1909, Sonora, then 27 years old, came up with the idea.

Within a few months, Sonora had convinced the Spokane Ministerial Association and the YMCA to set aside a Sunday in June to celebrate fathers. She proposed June 5, her father's birthday, but the ministers chose the third Sunday in June. On June 19, 1910, the first Father's Day events commenced: Sonora gave presents to handicapped fathers, boys from the YMCA decorated their lapels with roses, and the city's ministers devoted their homilies to fatherhood.

The widely publicized events struck a chord that reached all the way to Washington, D.C., and Sonora's celebration put the idea on the path to becoming a national holiday. Under President Richard Nixon, in 1972, Congress passed an act officially making Father's Day a national holiday. (Six years later, Sonora died at age 96.)

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PUZZLES

Find each of the items from the categories below.

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

Colors on the United States Flag

Words That Rhyme with "Grand"

Things You See in a Parade

US States

Blue, Red, White; Bland, Hand, Land, Sand
 Balloon, Clown, Costume, Float, Horse
 Delaware, Florida, Georgia, Montana, Oklahoma

ANSWER

Match each type of doughnut to its name.



- | | |
|---------------------------|--------------------------|
| A. _____ Boston Cream | G. _____ Tiger Stripe |
| B. _____ Jelly | H. _____ Glazed |
| C. _____ Apple Fritter | I. _____ Powdered Sugar |
| D. _____ Sprinkled | J. _____ Old-Fashioned |
| E. _____ Glazed Chocolate | K. _____ Toasted Coconut |
| F. _____ Doughnut Holes | L. _____ French Cruller |

A-2, B-11, C-1, D-7, E-10, F-6, G-4, H-12, I-8, J-10, K-5, L-3

ANSWER



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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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