



**As in-person programs return,  
we have a seat waiting for you!**

**AS WE REOPEN  
PROGRAMS, YOU  
WILL FIND DETAILS  
THROUGHOUT  
THE ISSUE.**

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# JULY MENU

Meals are ready for pick-up between 11:00 am - 12:00 pm. 480-962-5612 (Mesa Downtown) or 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

### Pick-Up & Go Meals

- For community members age 60 and up
- Pick-up daily hot meals or frozen meals for a week
- Suggested contribution of \$3.50 per meal
- Reservations are required by 2:00 pm the previous day

5

**CLOSED TODAY**



6

- Cheese Tortellini with Marinara
- Peas & Pearl Onions
- Zucchini
- Whole Wheat Roll
- Apricots

7

- Parmesan Tilapia
- Grilled Artichokes
- Wax Beans
- Whole Wheat Roll
- Pineapple

8

- Pork Loin with Country Gravy\*\*
- Asparagus
- Cilantro Cauliflower Rice
- Whole Wheat Roll
- Oreo Cake
- Orange

9

- Teriyaki Beef
- Oriental Blend Vegetables
- Roasted Brussel Sprouts
- Whole Wheat Roll
- Fresh Pear

12

- Lemon Herb Chicken
- Corn on the Cob
- Roasted Potatoes
- Biscuit
- Strawberries

13

- Pulled Pork Shepard's Pie\*\*
- Carrots
- Whole Wheat Roll
- Banana

14

- Orange Chicken
- Succotash
- Brown Rice
- Whole Wheat Roll
- Applesauce

15

- Bean & Cheese Burrito with Enchilada Sauce
- Steamed Cabbage
- Grilled Vegetables
- Butterscotch Pudding

16

- Cold Salad Plate: Ham, Corn & Cucumber / Tomato\*\*
- Whole Wheat Roll
- Tropical Fruit

19

- Hamburger with Tomato & Lettuce
- Winter Blend Vegetables
- Sweet Potato Fries
- Whole Wheat Bun
- Melon

20

- Pulled BBQ Chicken
- Coleslaw
- Baked Beans
- Whole Wheat Roll
- Peaches

21

- Beef and Broccoli
- Asian Blend Vegetables
- Fried Rice
- Whole Wheat Roll
- Orange

22

- Pork Chop Diane\*\*
- Cauliflower
- Baked Potato
- Whole Wheat Roll
- Strawberries

23

- Baked Catfish
- Asparagus
- Carrots
- Whole Wheat Sweet Roll
- Apricots
- Birthday Cake

26

- Gnocchi with Ground Turkey
- Zucchini
- Italian Blend Vegetables
- Bread Stick
- Pears

27

- Pork Pozole Stew\*\*
- Corn
- Yellow Squash
- Whole Wheat Roll
- Pineapple

28

- Orange Chicken Salad
- Cucumber Salad
- Beets
- Crackers
- Mixed Fruit

29

- Waffle with Eggs
- Sliced Tomatoes
- Chef's Potato
- Yogurt with Fresh Fruit

30

- Fried Chicken
- Greens Beans
- Yams
- Whole Wheat Sweet Roll
- Fruit Cocktail

# ASTER AGING

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



## BE A GOOD NEIGHBOR

Many seniors in our community live lonely stretches without a warm smile or interaction with others. They may struggle to get to the grocery store or doctors appointments, or to have their dog walked.



Through volunteering with Aster Neighbors, you can help fill these needs, while improving a person's quality of life and your own! Neighbors matches volunteers with older and disabled adults across the East Valley. Volunteers can make regular appointments, such as weekly friendly visits, or specific episodic needs, such as transportation to a doctor's visit.

Experience the uplifting feeling of knowing you are making a difference in the lives of our senior community members. If you feel you have the compassion and smile to help others, contact Carol at [cdopudja@asteraz.org](mailto:cdopudja@asteraz.org) or 480-964-9014 today to sign up!



## IN-PERSON EVENT

Join Us At Our Mesa Downtown

## CHRISTMAS IN JULY PARTY!

July 9, 2021 | 11:30 am

Celebrate the joy of Christmas with a delicious lunch and fun entertainment. But hurry -- Seating is very limited!

RSVP to 480-962-5612



## 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 currently provide limited in-person activities, as well as online programming & weekday Pick-Up & Go meals.



### 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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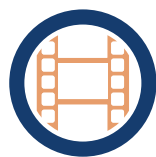
## CENTER MEMBERSHIP

Our staff teams at Mesa Downtown and Red Mountain Senior Centers are currently working on plans for the phased reopening of indoor activities. This re-opening coincides with our annual registration process.

Every year Aster confirms and updates information for our Center participants. With registration being mandatory for in-person activity participation, you can get a jump on the process now!

Beyond updating your information, you can also become a Center Member. Membership (just \$20 annually) supports the sustainability of the Center, ensuring continued activities and events year round. In addition, Members also receive special events, quarterly coupons, and more!

You can update your 2021-22 information (or become a Center Member) by calling your local Center or go online at [www.asteraz.org/services/aster-registration.html](http://www.asteraz.org/services/aster-registration.html)



## BACK TO THE MOVIES!

We are excited to bring back the magic of movies to our Centers! Each Center will host free movies, shown below. Movie screenings require face masks, pre-registration and have **limited capacity**.

### MESA DOWNTOWN

1:00 pm



July 1

#### FOOL'S GOLD

2008 | PG-13

Matthew McConaughey  
Kate Hudson



July 8

#### GUARDING TESS

1994 | PG-13

Shirley MaLaine  
Nicolas Cage



July 15

#### OPEN RANGE

2003 | R

Kevin Costner  
Annette Bening



July 22

#### THE WAR WITH GRANDPA

2020 | PG

Robert De Niro  
Uma Thurman



July 29

#### COCOON

1985 | PG-13

Don Ameche  
Jessica Tandy

### RED MOUNTAIN

12:30 pm



July 12

#### THE WAR WITH GRANDPA

2020 | PG

Robert De Niro  
Uma Thurman



July 26

#### GUARDING TESS

1994 | PG-13

Shirley MaLaine  
Nicolas Cage

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## SHARE YOUR PASSION

For many years, volunteers have been at the heart of our programs. Giving of their time and talent, we are so very grateful to these talented, inspiring, and dedicated individuals.

As our Senior Centers begin their phased reopening, we are looking to our volunteers, past, present and future, to reengage the community with new programs. Are you a grand gourmet or a DIY diva? Do you love technology or love to travel? Are you a musical maestro? Do you consider yourself a crazy crafter or a quirky quilter?

If so, we want to hear from you!

We are seeking creative volunteers at our Centers to help develop or lead monthly (or weekly) activity classes. If you have an idea, a talent to share, or just want to give of your time in some capacity, please call your local Aster Senior Center today!



### I WANT YOU



## IN-PERSON EVENT

Join Us At Our Red Mountain

## SUMMER BEACH PARTY!

July 19, 2021 | 11:30 am

Have a summer-ific blast as you enjoy a delicious lunch and fun entertainment. But hurry -- Seating is very limited!

RSVP to 480-218-2221



## SUMMER SAFETY TIPS

According to the Centers for Disease Control and Prevention, seniors are more susceptible to heat-related illnesses and injury. Here are tips to keep safe and healthy in the heat of summer:



### Stay Hydrated

Drink 8 or more glasses of water per day.



### Know the Side Effects of Medications

Some medications have sun-related side effects.



### Stay Cool

Stay in the A/C, indoors, go swimming, etc.



### Wear Light, Loose Fitting Clothing

Wear breathable and light colors that reflect the sun.



### Emergency Contacts

Keep a list of people to call in an emergency.



### Know the Weather Forecast

Plan your days according to the weather.

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## MEET YOUR STAFF

### Mark Carrel

Driver,  
Meals on Wheels



#### Birth Month

August

#### Birthplace

Hollywood, CA

#### Hobbies

Woodworking and building things in my shop

#### Fun Fact

Have an AAS in Microsoft Networking Technology

#### Pets

2 chihuahua's

#### Perfect Vacation

Playa del Carmen; spending a week at an all-inclusive resort on the beach

#### Favorite Movies

Clint Eastwood movies, 'The Matrix'

#### Favorite TV Shows

'The Rifleman', 'Chicago Fire', and Football

#### Favorite Food

Pizza

#### Favorite Dessert

Ice Cream and cookies

#### Personal Motto

"Live simply. Give a lot. Expect little."



## VIRTUAL ACTIVITIES

We are excited to offer interactive live classes online and over the phone. Each class is **FREE** to attend, but requires pre-registration through our website: [www.asteraz.org/news/calendar.html](http://www.asteraz.org/news/calendar.html)



**Mondays | 10:00 - 11:00 am**

### **MINDFULNESS AND BUILDING RESILIENCE**

Facilitated by EMPACT

Join our weekly online group that focuses on creating and maintaining a peaceful daily routine.



**July 8 & 22 | 1:00 - 2:30 pm**

(lines open at 1:00, calling starts at 1:30)

### **PHONE BINGO**

Play your favorite game with a twist! Join us for telephone bingo and win prizes! Pre-registration is required to ensure you get the game cards and materials to play!



## IN-PERSON LUNCH!

**Wed & Fri | 11:30 am | Mesa Downtown**

**Tues & Thurs | 11:30 am | Red Mountain**

Aster is excited to announce the return of in-person lunch service at our Senior Centers. Each Center will offer in-person lunch two days per week. Participation is by RSVP only and **capacity is limited**. To RSVP, call your local Center.



## HERE FOR YOU

**Mesa Downtown  
Senior Center**

247 North Macdonald St  
480-962-5612 p  
ccole@asteraz.org

**Red Mountain  
Senior Center**

7550 East Adobe St  
480-218-2221 p  
lfort@asteraz.org

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## IN-PERSON ACTIVITIES

We are excited to offer in-person activities at our Senior Centers! Activities require face masks, pre-registration and have **limited capacity**. RSVP at [www.asteraz.org/news/calendar.html](http://www.asteraz.org/news/calendar.html)



**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!



**Fridays | 8:30 - 9:30 am | Mesa Downtown**  
**MILD EXERCISE**

Stay active with easy movement during this indoor class.



**Wednesdays | 1:00 - 2:00 pm | Mesa Downtown**  
**Fridays | 1:00 - 2:30 pm | Red Mountain**  
**MOVIN' ON / GRIEF & LOSS**

Facilitated by EMPACT

Discuss your grief and learn ways to cope with fellow survivors.



**Mon & Thurs | 8:30 - 9:30 am | Mesa Downtown**  
**TAI CHI - BEGINS JULY 12**

Learn to enhance your health, balance and strength.



**July 14 | 2:00 - 3:00 pm | Mesa Downtown**  
**ASTER'S BOOK CLUB**

Join us to discuss 'Better Late Than Never' by Jenn McKinlay.



**July 8 | 8:30 - 9:30 am | Red Mountain**  
**July 19 | 8:30 - 9:30 am | Mesa Downtown**  
**VETERANS DONUTS & COFFEE**

Hang out and chat with your fellow service members.



**July 15 | 11:30 - 12:30 am | Red Mountain**  
**July 23 | 11:30 - 12:30 am | Mesa Downtown**  
**MONTHLY BIRTHDAY PARTY**

Join us to celebrate our participants with July birthdays.

## MEET YOUR STAFF

**Susan Scolari**

Driver,  
Meals on Wheels



### Birth Month

June

### Birthplace

Buenos Aires, Argentina

### Hobbies

Decorating, writing, taking pictures, hiking, kayaking

### Hidden Talent

Volunteer to help my community

### Pets

I love animals; Helping rescues

### Favorite Movies

Old movies

### Favorite TV Show

Bobby Flay on the Food Network

### Favorite Books

'Papillion' by Henri Charriere

### Favorite Food

Italian

### Favorite Dessert

Tiramisu

### Perfect Vacation

Trekking

### Personal Motto

"Always be positive, even on a rainy day."

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## FREE FOOD FOR FIDO!

For many seniors, their animals are more than simply pets -- they are members of the family! More over, they provide comfort and critical companionship, especially when social isolation is magnified due to the pandemic.

Unfortunately, too often seniors struggle to provide the food and incidentals their pets require. As such, many will forgo meals or share their food with their pets, rather than give up their beloved furry family member.

Fortunately, Aster has a limited supply of food available to seniors' pets, ensuring they get the nutrition they need. If you're in need to pet food, please call your local Center today or email [amcfarland@asteraz.org](mailto:amcfarland@asteraz.org)!



## MERCI, CANADA!

Excerpted from Mental Floss

Happy Canada Day! On July 1, 1867, the nation was officially born when the Constitution Act joined three provinces into one country: Nova Scotia, New Brunswick, and the Canada province, which then split into Ontario and Quebec. However, Canada was not completely independent of England until 1982.

The holiday called Dominion Day was officially established in 1879, but it wasn't observed by many Canadians, who considered themselves to be British citizens. Dominion Day started to catch on when the 50th anniversary of the confederation rolled around in 1917. In 1946, a bill was put forth to rename Dominion Day, but arguments in the House of Commons over what to call the holiday stalled the bill.

The 100th anniversary of the nation's official creation in 1967 saw the growth of the spirit of Canadian patriotism, and Dominion Day celebrations really began to take off. Although quite a few Canadians already called the holiday Canada Day, the new name wasn't formally adopted until October of 1982.

In celebration of Canada Day, parades are held in cities, towns, and villages all over Canada. The Royal Canadian Mounted Police have an established group called the RCMP Musical Ride. These 32 officers, who are rotated after three years' service, perform equestrian drills for the public throughout Canada.

### PAID ADVERTISEMENT

**THE GOOD LIFE IN MESA IS EVEN BETTER HERE.**

**RENTS STARTING AT \$888\***

**OUTDOOR POOL, LOUNGE & BOCCE BALL  
DOG RUN, COVERED PATIO/BALCONY  
THEATER ROOM, BEAUTY SALON**



**SOLSTICE OF MESA**  
Senior Living

**1, 2 & 3  
BEDROOM  
FLOOR PLANS**

\*Age, household income, and student status limitations apply. Please call for details.

(480) 569-6410 | [SOLSTICEOFMESA.COM](http://SOLSTICEOFMESA.COM) | 307 S. HAWES ROAD | MESA, AZ 85208 |



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## CELEBRATING HISTORY

Excerpted from Activity Connections

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, gun salutes, festive music, solemn prayers, and fireworks.

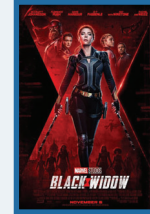
A year later, General George Washington celebrated with his men near New Brunswick, New Jersey, by giving each a double ration of rum. And John Adams and Benjamin Franklin, ambassadors to France, enjoyed a lively dinner with fellow Americans in Paris.

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. In 1938, Congress voted to make it an official paid holiday.

Parades, picnics, barbecues, music, and most of all, fireworks, make the Fourth of July a special celebration across the country. Since 1976, New York City has had the largest fireworks display, with more than 22 tons of colorful pyrotechnics exploded over the East River. And of course, fireworks on the Capitol lawn in Washington, D.C., typically attract more than a half a million people.

## REEL TALK

A few recommendations of new films opening this month.



### **Black Widow**

PG-13 | July 9  
*Theatres & Disney+*

Scarlett Johansson  
Florence Pugh

Natasha confronts her dark past, family ties, and a mysterious villain.



### **Space Jam 2**

PG | July 16  
*Theatres & HBOmax*

LeBron James  
Bugs Bunny

NBA-er LeBron James teams with the Looney Tunes to save his son.



### **Old**

PG-13 | July 23  
*Movie Theatres*

Gael García Bernal  
Eliza Scanlen

A family on a secluded beach realize they are aging rapidly.



### **Jungle Cruise**

PG-13 | July 30  
*Theatres & Disney+*

Dwayne Johnson  
Emily Blunt

A doctor hires a wisecracking skipper to search for a tree that holds the power to heal.

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## HOT-DIGGITY-DOG

It's difficult to think of a summer food that's as iconic, tasty, and simple as the humble hotdog. Here are five helpful tips to help you make sure that your hotdogs come out perfectly cooked every time.

### Hotdogs Are Not Created Equal

Avoid cheap brands that contain more preservatives and fillers than actual meat.

### Defrost Your Hotdogs First

Being at room temperature before cooking results in a juicy and well-cooked dog.

### Keep Your Slits Small

A few tiny diagonal cuts on the body of a hotdog will give it a crispier outside without drying out.

### Moisturize Your Grill With Oil

To keep your hotdog intact, brush your grill with oil before and during the cooking process.

### Grill Over White-Hot Charcoal

Cooking your hotdogs over white-hot charcoal will ensure a tasty hotdog that was cooked evenly without losing its juices.



## SUMMER TO-DO LIST

Excerpted from Better Homes & Gardens

Because we're still living through the pandemic, this summer probably looks different than the one you dreamed about during the cold winter months. But amid changed plans and COVID guidelines, you can still have a fun summer with your family. Here are some warm weather must-dos to get you started!



- 1 Make Ice Pops
- 2 See a Drive-In Movie
- 3 Watch Fireworks
- 4 Learn to Sew
- 5 Read a Book
- 6 Go on a Hike
- 7 Grill Out
- 8 Help a Charity
- 9 Plant Vegetables
- 10 Set Up a Pool
- 11 Volunteer
- 12 Have a Picnic
- 13 Make Tie-Dye Shirts
- 14 Visit the Beach
- 15 Go Camping
- 16 Make S'mores
- 17 Go Strawberry Picking
- 18 Build a Fire Pit
- 19 Make Ice Cream
- 20 Bake a Cake
- 21 Go on a Bike Ride
- 22 Eat Corn on the Cob
- 23 Send Snail Mail
- 24 Make Lemonade

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## PUZZLES

Unscramble the letters to reveal words associated with Independence Day.

1. RUHTFO \_\_\_\_\_
2. PERADA \_\_\_\_\_
3. TARSS \_\_\_\_\_
4. IRYBTEL \_\_\_\_\_
5. PISTSER \_\_\_\_\_
6. KERSPARSL \_\_\_\_\_
7. EUBCEBRA \_\_\_\_\_
8. IKOSRWFRE \_\_\_\_\_
9. PDENECENNIED \_\_\_\_\_
10. CRITIPATO \_\_\_\_\_
11. IDUTNE TASTES \_\_\_\_\_
12. ERCAMIA \_\_\_\_\_
13. EPLILDAAPIHH \_\_\_\_\_
14. AEGNLCEILA \_\_\_\_\_
15. TICLDEANARO \_\_\_\_\_
16. N P CICI \_\_\_\_\_
17. LBECTEAER \_\_\_\_\_
18. ADHYOIL \_\_\_\_\_

Fourth, Parade, Stars, Liberty, Stripes, Sparklers, Barbecue, Fireworks, Independence, Patriotic, United States, America, Philadelphia, Allegiance, Declaration, Picnic, Celebrate, Holiday

**ANSWER**

Find the two suitcases below that are exactly alike.

1.



2.



3.



4.



5.



6.



7.



8.



2 & 8

**ANSWER**



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

480-964-9014



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



## KEEP UP TO DATE

Thank you for reading our newsletter, [The Aster Scene](#). However, to keep up-to-date on the latest news and information, consider visiting our website, signing up for email alerts, and following us on social media.



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Follow us on Instagram [@AsterArizona](#)



## HOW YOU CAN HELP

In times like these, Meals on Wheels' service is more important than ever. Our staff and volunteers provide nutritious meals and critical well visits to seniors across our community. You can ensure the continued delivery of this critical service through a donation. Any amount helps seniors stay safe and healthy!



**DONATE ONLINE TODAY**

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