



IN THIS ISSUE

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Arizona has experienced record-setting temps this summer. Learn ways to stay safe in the heat on page 9.

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.

MONDAY



TUESDAY

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

WEDNESDAY

2 Beef Taco with Cheese on Whole Grain Tortillas, with Refried Beans, Stewed Tomatoes, and Mixed Berries

THURSDAY

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

FRIDAY

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

7

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

8

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

9

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

10

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

11

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

14

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

15

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

16

Salisbury Steak with Gravy, Corn, Capri Blend Vegetables, a Whole Wheat Roll, and a Pineapple

17

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

18

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

21

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

22

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

23

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

24

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

25

Teriyaki Beef over Brown Rice, with Corn, Edamame, & a Tropical Fruit Cup

28

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

29

Beef Philly on a Whole Wheat Hoagie Roll, with Tater Tots, Green Peas, and Diced Mango

30

Herbed Tilapia with Tri-Color Roasted Potatoes, Mixed Vegetables, a Whole Wheat Croissant, and a Fresh Apple

31

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



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VOLUNTEER REWARDS

“There is no more rewarding feeling in this world than to see the gratitude and joy you help bring to people”



Those words, from one of Aster’s volunteers, speak for so many. Volunteers in our programs make a

real difference in the lives of older adults in our community. Whether in our Senior Centers, delivering meals, or visiting in people’s homes, volunteers are the embodiment of our mission.

“Volunteers are the lifeblood of our organization, helping in every program,” states Scott Muller, Program Operations Director. “And we offer a variety of opportunities to fit your skills and availability.”

Meals on Wheels -- Spend a weekday morning delivering nutritious meals and smiles to seniors across the community.

Neighbors -- Provide companionship and rides to the doctor, grocery store, pharmacy and more!

Center-Based Services -- Teach a class, share a hobby, help with activities, serve lunch, run the cafe, or welcome guests.

“Volunteering is more than just giving of your time,” shares Brian, a member of a volunteer group. “It’s showing the people we serve that you care about them, that they matter. It’s all of us together that make this a community.”

If you are interested in volunteering with Aster, as an individual or representing a volunteer group, please reach out to us today.



VOLUNTEER WITH ASTER

www.asteraz.org/help/volunteer.html

volunteer@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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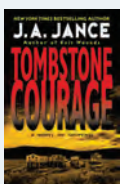


MESA DOWNTOWN

BOOKSHELF & MYSTERY CLUBS

Weds | 10:00 - 11:00 am

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



Aug 2
Tombstone Courage
by J.A. Lance

The newly elected Sheriff of Cochise County must solve a grisly double homicide that threatens to tear her sleepy desert community to pieces.



Aug 16
The Splendid and the Vile
by Erik Larson

In the face of unrelenting horror, Churchill's eloquence, courage, and perseverance bound a country, and a family, together.

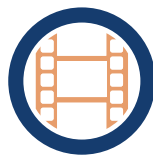


RED MOUNTAIN

COWBOY STAMPEDE

Aug 15 | 11:30 am - 1:00 pm

After a delicious lunch, slip on your boots and learn to line dance with Fran.



NOW SHOWING

Our Senior Center host **FREE** movies & popcorn starting at **12:30 pm**. RSVP online, by phone or in person to secure your seat!

MESA DOWNTOWN



Aug 3 | MIDWAY | 2019 | PG-13

Ed Skrein, Patrick Wilson, Woody Harrelson

The story of the Battle of Midway, told by the leaders and the sailors who fought it.



Aug 10 | BOOK CLUB: NEXT CHAPTER | 2023 | PG-13

Diane Keaton, Jane Fonda, Candice Bergen

Follows four best friends as they take their book club to Italy for the fun girls trip they never had.



Aug 17 | A MAN CALLED OTTO | 2022 | PG-13

Tom Hanks, Mariana Treviño, Rachel Keller

When a young family moves in nearby, a grump develops a friendship that will turn his world around.



Aug 24 | DEVOTION | 2022 | PG-13

Jonathan Majors, Glen Powell, Joe Jonas

A pair of U.S. Navy fighter pilots risk their lives during the Korean War and become celebrated wingmen.



Aug 31 | THE CALL OF THE WILD | 2020 | PG

Harrison Ford, Omar Sy, Dan Stevens

A sled dog struggles for survival in the wilds of the Yukon.

RED MT



Aug 24 | DISTURBIA | 2007 | PG-13

Shia LaBeouf, David Morse, Sarah Roemer

A modern interpretation of 'Rear Window' finds a teen living under house arrest becomes convinced his neighbor is a serial killer.

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FUN IN THE SUN!

This summer has been filled with unique trips and fun activities. Here are just a few of the smiling faces and great memories we have created this year!



RED MOUNTAIN



AFTERNOON DANCE PARTIES

Wednesdays | 1:00 - 3:00 pm

Cut a rug to music from Dale Mortensen (Aug 2, 16 & 30), Dee Bonar (Aug 9) & Carla Elliott (Aug 23).



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

BOTH CENTERS



AZ MUSEUM OF NATURAL HISTORY EXCURSION

Aug 30 | 12:30 - 3:00 pm

Join us to explore the history of the Southwestern US. Space is limited! \$5 per person.

PAID ADVERTISEMENT



It's about time.

At ArchWell Health, we believe you should leave a doctor's appointment feeling seen, heard, and understood. That's why we go to great lengths to make sure you get more time with your provider to talk about the things that are important to you—and your long-term health. It's just one of the many ways we work to keep seniors healthy today...and for years to come.

ArchWell[™]
HEALTH

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change everything.

VISIT
[ArchWellHealth.com/LiveWell](https://www.archwellhealth.com/LiveWell)

OR CALL
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MESA DOWNTOWN EVENTS

Aug 2 & 16 | 10:00 am

CAREGIVER SUPPORT

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

Aug 3, 10, 24 | 10:00 am

VETERANS ART

Create beautiful art facilitated by Mesa Art League.

Aug 7 | 8:30 am

VETERAN'S SOCIAL

Chat and enjoy coffee & donuts with fellow service members.

Aug 10 | 12:00 pm

FEED YOUR MIND

Eat & learn to avoid mail scams.

Aug 17 | 12:30 pm

CARD MAKING*

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



NEW AT MESA DOWNTOWN

Mons & Thurs | 10:30 am

YOCHI*

Join in this exercise that uses breathing techniques & gentle movement to enhance flexibility and balance.

\$20 for 1 x week; \$35 for 2 x week



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 | 8:00 - 10:30 am | Mesa Downtown

ADVANCED & BEGINNERS TAI CHI CLASSES*

Classes for beginner (10:00 am) or seasoned students (8:30 am)



Mondays | 12:00 - 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

AARP DIGITAL SKILLS CLASSES

Learn from Google staff tips and tricks regarding electronics.



Tues (not 8/8) | 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 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!

Aug 7 | 9:30 am

FLOWER CREATION

Create tissues paper flowers to decorate the Mesa Art Center for the Dia de Muertos Festival!

Aug 7 | 1:00 pm

PARKINSON'S GROUP

by Muhammad Ali Parkinson Ctr & Duet
For people living with PD & partners.

Aug 10 | 11:30 am

WACKY TACKY LUNCH

Come to lunch in your best wacky tacky outfit & be crowned the RM Wacky Tacky Queen or King.

Aug 11 | 9:00 am

VETERAN'S SOCIAL

Enjoy coffee & donuts with friends.

Aug 17 | 12:30 pm

CARD MAKING*

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

Aug 25 | 12:00 pm

THE MEN'S CREW

Join the guys to make new friends.

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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

RED MOUNTAIN



SCRABBLE, QWIRKLE & GAMES

Thursdays | 12:00 - 3:00 pm



BRIDGE

Mondays | 12:00 - 3:00 pm



CANASTA

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



MAHJONG

Mondays | 12:00 - 3:00 pm



MEXICAN TRAIN DOMINOES

Thursdays | 12:00 - 3:00 pm



PINOCHLE

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

BINGO!

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

BINGO! FOR PRIZES

Weds | MESA DOWNTOWN | 12:30 - 2:30 pm

Tues & Fri | RED MOUNTAIN | 12:30 - 2:30 pm

BINGO! FOR MONEY

Fridays | MESA DOWNTOWN | 1:00 - 3:30 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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SUPPORTING OUR PETS

As you approach Fran's house, you can hear the high-pitched barks emanating from inside. As you get closer you see George, hopping at the front door, tail wagging, eager to greet you. George, a 10-year-old Beagle mix, is more than just a pet. He is Fran's family.



"People with pets know the support and companionship they provide is invaluable," shares Anne Wurth, Neighbors Program Coordinator. "They are someone to talk to, someone to care for, and someone to listen. They are our children."

Like two-legged children, caring for a pet can be costly, especially in our current economic environment. That's where the Neighbors Pet Program can help. The program provides supplemental pet food and supplies to help local seniors care for their pets.

"Neighbors has been a lifesaver," sighs Fran as she pets George who is dozing in her lap. "My fixed income doesn't go as far as it did even a year ago. The food they provide has saved us."

"Studies show that pets provide valuable and important health benefits for seniors," states Anne. "Through the program, we are helping seniors remain active and independent in their homes."

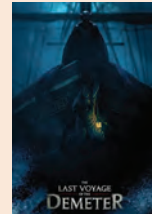
The Neighbors Pet Program is here to help you. Please, contact us if you are a senior struggling to provide for yourself and your pets, or if you'd like to donate pet supplies, pet food or money.



NEIGHBORS PET PROGRAM
Anne Wurth, Program Coordinator
480-962-5612 | awurth@asteraz.org

REEL TALK

A few recommendations of new films opening this month.



The Last Voyage of the Demeter

R | Aug 11

Javier Botet
Bragi Schut

The crew of a Dracula's boat are mysteriously picked off one by one.



Strays

R | Aug 18

Jamie Foxx
Will Ferrell

Abandoned dogs team up to get revenge on their former owners.



White Bird

PG-13 | Aug 25

Marc Forster
Gillian Anderson

A young Jewish girl in Nazi-occupied France is hidden away by a boy and his family.



Retribution

PG-13 | Aug 25

Liam Neeson

A Wall Street exec discovers a bomb has been planted in his car.

PAID ADVERTISEMENT

one medical
seniors

Join us at an
upcoming
event!

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



To learn
more, call
602.362.8117
or to **RSVP**
scan the
QR code
below.



STAY SAFE IN THE HEAT

Excerpted from VNA Health Group

Seniors are at a higher risk for dehydration and other heat-related illnesses. Be sure to follow these six tips for keeping safe in the summer sun.



Stay Hydrated

It is especially important for those over 65 to drink eight glasses of water each day. Seniors have a harder time knowing when they're dehydrated, so it's important to push fluids throughout the day.

Keep Cool with Breathable Fabrics

Choose breathable fabrics like cotton to regulate your body temperature. Layering is also smart because it's easy to adjust to the temperature throughout the day.

Protect the Skin and Eyes

Sunburn can occur in just 15 minutes and can take days or weeks to heal. Seniors should apply sunscreen before heading outdoors, as well as UVA/UVB sunglasses and a wide-brimmed hat.

Limit Strenuous Activities

Be mindful about what you can and can't do. If you're feeling thirsty or tired, you might already be dehydrated. Choose low-stress activities like swimming, stretching or walking.

Know the Signs of Heat Exhaustion and Heat Stroke

Heat-related illnesses can develop suddenly or over a period of time. You may feel muscle cramps, fatigue, thirst and sweating.

Take Frequent Breaks

Moving into a cool, air conditioned space is the best option, but if you don't have this available, sit in the shade. Give yourself time to rest and hydrate so that you don't overwork your body.

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PUZZLES

Find each of the items from the categories below. Words will be found vertically, horizontally, diagonally, forward, and backward.

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

Desert Plants

Synonyms of "Hot"

Deserts

Snakes

Agave, Cactus, Tumbleweed, Yucca
 Fiery, Scorching, Searing, Torrid
 Arabian, Gobi, Mojave, Sahara, Syrian
 Adder, Cobra, Diamondback, Sidewinder, Viper

ANSWER

Find the two iced teas that are alike.

1.



2.



3.



4.



5.



6.



7.



8.



3 & 7

ANSWER



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CONTACT US!

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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



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