



**September is National Hispanic Heritage month, celebrating the contributions of Hispanic Americans.**

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# SEPTEMBER MENU



## MONDAY

2

**Closed for Labor Day holiday**

## TUESDAY

3

Spaghetti and pork\*\* meatballs, Italian mixed vegetables, wax beans, a whole grain roll, and mandarin oranges.

## WEDNESDAY

4

Baked Cod, 4-way-vegetables, edamame, a whole grain roll, a fruit cup, and chocolate cake.

## THURSDAY

5

Lemon herb chicken, beets, asparagus, a whole grain roll, and a banana.

## FRIDAY

6

Hamburger on a whole wheat bun, tater tots, baby carrots, and pineapple chunks.

9

Curry chicken (not spicy), grilled vegetables, rice, a whole grain roll, and watermelon.

10

Ham\*\* steak dinner, mashed potato gravy, Brussels sprouts, a whole grain roll, and fresh grapes.

11

Beef and broccoli, snow peas, rice, a whole grain roll, and a fresh pear.

12

Cod fish tacos on a whole wheat tortilla served with salsa and sour cream, coleslaw, spinach, pineapple chunks, and a brownie.

13

Broccoli cheese stuffed chicken breast, 5-way-vegetables, salad w/ whole grain croutons, a whole grain roll, & mango chunks.

16

Tortilla encrusted Tilapia, summer squash, spinach, a whole grain roll, and sliced peaches.

17

Meatloaf with gravy, mashed potatoes, steamed baby carrots, a whole grain roll, and cinnamon apples.

18

Pork Chop\*\* with gravy, roasted yams, Normandy vegetable blend, a whole grain breadstick, & pineapple.

19

Seasonal chicken salad, macaroni salad, stewed tomatoes, whole grain bread, and a tropical fruit cup.

20

Hamburger on a whole grain bun with lettuce and tomato, roasted red potatoes, fresh fruit, and chocolate pudding.

23

Scrambled eggs and pork sausage, baby carrots, breakfast potatoes, a whole grain biscuit, and apple sauce.

24

Chicken Alfredo, sliced carrots, peas, a whole grain breadstick, pasta, and mandarin orange slices.

25

Beef taco with cheese on a whole wheat tortilla, beans de la olla, corn, diced mangos and salsa.

26

Shrimp Etouffee, 4-way-vegetables, cauliflower, basmati rice, and pineapple chunks.

27

Chicken parmesan with red sauce, Italian vegetables, Italian green beans, a whole wheat breadstick, and sliced apricots.

30

Shrimp Scampi, carrot coins, Brussels sprouts, a whole grain roll, and fresh assorted grapes.

Items with \*\*contain pork or pork products.

Menu subject to change due to availability.





# ASTER AGING

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

## EAST VALLEY SENIOR HOME SHARING PROGRAM

A partnership between

Aster Aging, Tempe Community Action Agency, and AZCEND.

As the cost of living continues to rise across the East Valley, older adults on a fixed income are often disproportionately impacted. For some, a roommate is an exciting opportunity to offset the cost of living and reduce isolation.



### Are you looking for safe, affordable housing?

The East Valley Senior Home Sharing Program helps to match older adults as roommates who can share living expenses, making housing more affordable for both.

### Do you have more space than you need?

Increasing housing costs can present a huge challenge for older adults who want to remain in their long-time homes or apartments. If you have room to spare, an older adult roommate can help you afford to stay put.

### What does the program offer?

The program offers critical measures including roommate screening, home visits, access to meals, help navigating community resources, benefits assistance, and more!

### Get in touch:

**Christina Weaver,**  
**Program Coordinator**

480-389-1284

[info@evseniorhomesharing.org](mailto:info@evseniorhomesharing.org)  
[evseniorhomesharing.org](http://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 and access services and health resources, as well as being the NCOA Benefits Enrollment Center for the East Valley.



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## ASTER NEIGHBORS PROGRAM



### SENIOR DOG SUPPORT

As costs continue to rise for many older adults on a fixed income, providing for a furry friend can become difficult. Dogs are some of our most important companions, and as they get older, their needs and expenses can change, just like ours.

In partnership with The Grey Muzzle Organization, Aster is excited to provide special support to qualifying older adults and their senior dogs!

Supports include supplemental wet and dry dog food, treats, and resources to ensure that your senior pet is happy and healthy.

If you have a dog approximately age 7 or older who could benefit from this program, contact Aster today to see if you are eligible, as income limits apply.

Interested in getting involved? With significant need in our community, there's always an opportunity to volunteer. Contact our team to learn more about qualifying for supports and volunteering.

### CONNECT WITH OUR NEIGHBORS TEAM:



**Anne Wurth - Neighbors Program Coordinator**

Email: [awurth@asteraz.org](mailto:awurth@asteraz.org)

Phone: 480-629-5502

[asteraz.org](http://asteraz.org)

## SUPPORTS INCLUDE:



### ESSENTIAL TRANSPORTATION

Rides to the doctor, pharmacy, and grocery store.

### COMPANIONSHIP VISITS

Friendly visits with good conversation over puzzles, games or coffee.

### TELEPHONE SUPPORT

Regular calls from a kind volunteer, checking in and sharing stories.

### PET SUPPORT

Supplemental pet food and supplies for qualifying older adults' dogs and cats.

### VISUAL ASSISTANCE

Support with in-home tasks for individuals with low vision or blindness.

### SENIOR DOG SUPPORT

Specialized support for senior dogs including supplemental food, treats, and more.



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## ASTER ACTIVITIES

Aster's eNewsletter goes out every Monday at 7:00 am with an update on Aster happenings. Our eNewsletter is completely free and a great way to stay connected. Subscribe at [asteraz.org](http://asteraz.org) and learn about upcoming activities and past events!

### AARP DIGITAL SKILLS

Get tech-savvy with AARP's Digital Skills classes! Learn the ins and outs of technology with AARP's Digital Skills experts.



### DOWNTOWN CENTER

**September 10**  
10:00 am - 11:00 am  
Smartphones at a Glance  
**September 24**  
10:00 am - 11:00 am  
Using Google Maps



### RED MOUNTAIN CENTER

**September 3**  
10:00 am - 11:00 am  
Connecting to the Internet  
**September 17**  
10:00 am - 11:00 am  
Protecting your information online

### RED MOUNTAIN

## AFTERNOON DANCE PARTIES

Wednesdays | 1:00 - 3:00 pm  
Come out and cut a rug every week. \$5 per person.

**September 4** - Carla Elliott  
**September 11** - Dee Bonar  
**September 18** - Chuck Peterson  
**September 25** - Dee Bonar



STAY IN TOUCH WITH ASTER TO READ MORE NEWS

Website: [AsterAZ.org](http://AsterAZ.org) | Social Media: [@AsterArizona](https://www.instagram.com/AsterArizona)



[asteraz.org](http://asteraz.org)

### MESA DOWNTOWN



## HONORING LEGACY

**September 11**  
9:30 - 11:00 am



Presented by the USS Arizona Legacy Foundation

Join us for "Honoring Legacy: The USS Arizona and Beyond," a presentation exploring the USS Arizona Legacy Foundation, the Pearl Harbor attack, and the valor of the USS Arizona (BB-39) crew.

Learn about the Foundation's efforts to preserve naval history through education and outreach. Discover the new Virginia Class submarine, USS Arizona (SSN-803), and how the Foundation supports its crew.

This course ensures the heroic legacy of the past continues into the future.

Call 480-962-5612 to RSVP or visit [asteraz.org](http://asteraz.org)



# ASTER SENIOR CENTERS

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

## MESA DOWNTOWN EVENTS

Wednesdays | 9:00 - 10:00 am

### PAINTING FOR FUN!

Cost: Own supplies (brushes, canvas)

If you think you can't draw or paint, you'll quickly learn that you can. You'll also have fun doing it!

Thursdays | 10:00 am

### VETERAN'S ART

Enjoy learning and creating unique pieces of art with veterans and the relatives of veterans. Facilitated by the Mesa Art League.

September 3, 17 | 10:00 - 11:00 am

### MESA PUBLIC LIBRARY

Now twice a month! The Mesa Public Library comes directly to our Campus.

Talk to a librarian to learn about the programs & services the library offers.

September 23 | 10:00 am - 11:00 am

### BASEBALL FRENZY PARTY

Celebrate America's pastime...baseball! Enjoy dancing, themed games, and give aways. A special guest will pop in, too!

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

### BINGOCIZE

Facilitated by the Area Agency on Aging

Join this popular class that combines Bingo with exercises to reduce the risk of falling and improve range of motion!



Tues & Wed | 8:15 - 9:15 am | Mesa Downtown  
**MORNING MOVEMENT\***

Get your day moving with indoor exercise! \$2/person.



Mon, Wed, & Fri | 8:15 - 9:00 am | Red Mountain  
**STRETCH & FLEX**

Start your day right with indoor movement and exercise!



Mon & Thurs | 8:30 - 11:00 am | Mesa Downtown  
**ADVANCED & BEGINNERS TAI CHI CLASSES\***

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



Mondays | 12:30 - 1:30 pm | Mesa Downtown  
**KARAOKE MONDAY**

Have fun singing golden-olies in this judgement-free zone



Thursdays | 1:00 - 2:00 pm | Mesa Downtown  
**SENIOR PLAYERS**

No experience needed for this fun-loving theater group!



Mon & Thurs | 12:30 - 3:00 pm | Red Mountain  
**DIAMOND ART**

Create amazing and dazzling art pieces.



Mondays | 2:00 - 3:00 pm | Mesa Downtown  
**VIRTUAL TRAVEL**

Learn about the cultures and people around the world.



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.



Thursdays | 10:00 - 11:00 am | Mesa Downtown  
Wednesdays | 9:00 - 10:00 am | Red Mountain  
**BLOOD PRESSURE SCREENINGS**

Learn your numbers to better manage your health!



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!



September 9 | 8:30 am | Mesa Downtown  
September 13 | 9:00 am | Red Mountain  
**VETERANS' SOCIAL**

Enjoy coffee & donuts each month with fellow veterans.



# ACTIVITIES CALENDAR

Visit our online calendar at [asteraz.org](http://asteraz.org) for more details.



**Tuesdays | 2:00 - 3:00 pm | Mesa Downtown**  
**WORLD HISTORY CLASS**

Learn about remarkable events through history.



**1st & 3rd Weds | 9:30 - 10:30 am | Red Mountain**  
**THE GOLDEN GALS**

Our female participants come together for friendship & fun.



**Thursdays | 10:00 - 11:00 am | Red Mountain**  
**EVERYONE HAS A STORY**

Save your special memories for the future. **\$5/initial**



**2nd & 4th Weds | 9:30 - 10:30 am | Red Mountain**  
**WALKIE TALKIE**

Join us for a relaxing walk while chatting with each other.



**Wednesdays | 1:00 - 2:00 pm | Mesa Downtown**  
**Fridays | 10:00 - 11:00 am | Red Mountain**  
**GRIEF & LOSS SUPPORT** Facilitated by EMPACT

A bereavement support group for seniors.



**Thursdays | 9:45 - 10:45 am | Mesa Downtown**  
**CHAIR YOGA\***

Calm your mind with chair yoga. **\$3/person**



**Fridays | 8:30 - 11:00 am | Red Mountain**  
**PORTRAIT PAINTING WORKSHOP\***

Have fun drawing portraits from live models. **\$5/person**



**Fridays | 9:30 - 10:30 am | Mesa Downtown**  
**WRITER'S GUILD**

Come to share, learn and spark your creative juices.



**September 26 | 12:30 - 1:30 pm | Red Mountain**  
**MEN'S CLUB**

Join the guys for coffee and camaraderie!



**Tuesdays | 9:30 - 10:30 am | Mesa Downtown**  
**ART IN ACTION**

Enjoy learning from the "Art In Action" curriculum.



**Fridays | 1:00 - 2:30 pm | Red Mountain**  
**MOVIN' ON** Facilitated by EMPACT

A post-bereavement social support group for seniors.

## RED MOUNTAIN EVENTS



**September 5 | 12:00 - 1:00 pm**  
**IPAD TECH CLASS**

Join us for an Informative workshop on how to use an iPad. In order for you to have the most hands-on experience, please bring your own device.

**September 10, 24 | 9:00 - 10:00 am**  
**CRAFT JEWELRY\***

Join Mark as we craft beautiful jewelry for you or as a gift!

Space is limited. **\$10 per person**

**September 12 | 12:30 - 2:00 pm**  
**CARD CREATION\***

Design beautiful, handmade greeting cards to give to your friends and family for special occasions. **\$5 per person**

**September 24 | 10:00 - 11:00 am**  
**MESA PUBLIC LIBRARY**

The Mesa Public Library comes directly to our Center. Sign up for a library card, talk to a librarian to learn about the programs & services the library can offer you, and pick up a book or a DVD while you're here!

# ASTER AGING

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## EXCURSIONS

### RED MOUNTAIN @ MUSICAL INSTRUMENT MUSEUM

September 26 | 12:00 - 3:30 pm

Join us as we explore the MIM, a museum focused on the instruments played every day by people around the world.

Admission is \$20 per person.

### MESA DOWNTOWN JAPANESE FRIENDSHIP GARDEN

September 20 | 9:00 - 11:00 am

Enjoy the lush, sculpted gardens on this unique excursion. The bus seats 12 people, so book your spot early so that you don't miss out!

Admission is \$12 per person.



## CENTER GAMES

Share a smile and make friends over some fun games! Drop by or reserve your spot at [asteraz.org](http://asteraz.org).

### MESA DOWNTOWN



#### FUN & GAMES

Tues & Thurs | 9:30 - 10:30 am



#### FITNESS TRAINER

Tues & Thurs | 10:30 am - 2:00 pm



#### PINOCHLE

Tues & Thurs | 12:30 - 3:00 pm



#### WII BOWLING

Mon & Fri | 8:00 - 11:00 am



#### BINGO! FOR PRIZES

Weds | 12:30 - 3:00 pm



#### BINGO! FOR MONEY

Fri | 1:00 - 3:30 pm



## SENIOR CENTERS DROP-IN AREAS



#### ART STUDIO

Thursdays - DT



#### BILLIARDS



#### PUZZLES & GAMES



#### FITNESS CENTER



#### LIBRARY



#### CAFE

### RED MOUNTAIN



#### MAHJONG

Mon | 9:30 - 12:00 pm | 12:30 - 3:00 pm



#### PINOCHLE

Tues & Thurs | 12:30 - 3:00 pm



#### WHATEVER GAMES WE PLAY

Weds | 12:30 - 3:00 pm



#### CANASTA

Weds & Fri | 12:30 - 3:00 pm



#### MEXICAN TRAIN DOMINOES

Thurs | 12:30 - 3:00 pm



#### BINGO! FOR PRIZES

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



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## NOW SHOWING

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



### MESA DOWNTOWN

#### September 5 | **An Ordinary Hero**

2013 | Not rated

Luvaughn Brown, Dion Diamond

The amazing true story of one white Southern woman's courage to choose her convictions and join the Civil Rights Movement.

#### September 12 | **The Man from Snowy River**

1982 | PG

Kirk Douglas, Tom Burlinson

In 1880s Australia, after young Jim Craig's father dies, he takes a job at the Harrison cattle ranch, where he is forced to become a man.

#### September 19 | **Legally Blonde**

2001 | PG-13

Reese Witherspoon, Luke Wilson

Elle Woods, a fashionable sorority queen, is dumped by her boyfriend. She decides to follow him to law school. While she is there, he figures out that there is more to her than just looks.

#### September 26 | **Night at the Museum**

2006 | PG

Ben Stiller, Robin Williams

A divorced father applies for a job as a night watchman at New York City's American Museum of Natural History. He subsequently discovers that the exhibits come to life at night, animated by a magical Egyptian artifact, the tablet of Akhmenrah.

### RED MOUNTAIN

#### September 5 | **Love Story**

1970 | PG

Alli MacGraw, Ryan O'Neal

Oliver, heir of an old money East Coast family, attends Harvard College. He meets Jenny, a working-class Radcliffe College student of classical music; they fall in love despite their differences.

#### September 12 | **Mamma Mia!**

2008 | PG-13

Meryl Streep, Pierce Brosnan

On the fictional Greek island of Kalo+kairi, bride-to-be Sophie Sheridan reveals to her bridesmaids that she has secretly invited three men to her wedding without telling her mother, Donna.

#### September 19 | **While You Were Sleeping**

1995 | PG

Sandra Bullock, Bill Pullman

Lucy Eleanor Moderatz is a lonely fare token collector for the Chicago Transit Authority. She secretly loves Peter Callaghan, a handsome commuter, though they are strangers.

#### September 26 | **Moonstruck**

1987 | PG

Cher, Nicholas Cage

A young woman, bitter after having been widowed makes a practical decision to marry a longtime friend for stability and security. But when she falls in love with her fiancé's estranged younger brother, sparks fly.



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## Spicy Tuna Salad

Adapted from Arizona Department of Health Services - via [azhealthzone.org](http://azhealthzone.org)

### Ingredients

- ½ cup tuna or 1 can tuna, drained.
- 2 tablespoons mayonnaise.
- ½-1 canned or fresh jalapeño, finely chopped.
- 2 teaspoons onion, finely chopped.
- 2 tablespoons canned or fresh tomatoes, finely chopped.

### Directions

1. Wash hands with soap and warm water.
2. If using fresh vegetables, rinse before preparing. Prepare fruit as directed above.
3. In a small bowl, combine all ingredients.
4. Serve immediately with crackers, rice cakes, or your favorite fruit or vegetables.

### Nutrition Facts

Calories, 300; Carbohydrate, 3g; Protein, 22g; Total Fat, 22g; Saturated Fat, 3.5g; Trans Fat, 0g; Cholesterol, 50mg; Fiber, 1g; Total Sugars, 2g; Sodium, 430 mg; Calcium, 28mg; Folate, 14 mcg; Iron, 2mg.

Makes 1 serving, about ½ cup

## Mastering Food Portions

Adapted from The National Institute on Health, "Healthy Eating As You Age".

Portioning food is one of the most important parts of ensuring that we are getting all of the nutrition that we need each day. Use this guide to learn what each recommended daily food group amount really looks like in your pantry at home.

### 1/2 Cup of Vegetables:



1 cup of uncooked spinach, 6 baby carrots, or 1/2 cup of broccoli florets.

### 1/2 Cup of Fruit:



1 small piece of fruit, such as a 2-inch peach or plum, 1/4 cup of dried fruit, or 1/2 cup of 100% orange juice.

### 1 Ounce of a Protein Food:



1/2 ounce of nuts, 1 tablespoon of peanut butter, or 1/2 cup of split pea, lentil, or other bean soups.

**LEARN MORE HEALTHY TIPS AND RECIPES:**

[NIA.NIH.gov](http://NIA.NIH.gov) | [EatRight.org](http://EatRight.org) | [USDA.gov](http://USDA.gov)



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## PUZZLES

### Rhyming pairs

The clues below describe two and three syllable rhymes. For example, for "hilarious rabbit", the rhyme would be "funny bunny". Can you guess the rhyming pairs?

1. Small violin

---

2. Law-abiding bird

---

3. Funny flower

---

4. Delicious worm candy

---

5. Idle flower

---

6. Where POTUS lives

---

7. A talk about drumming

---

8. Successful detective

---

9. Useful authoritative warning

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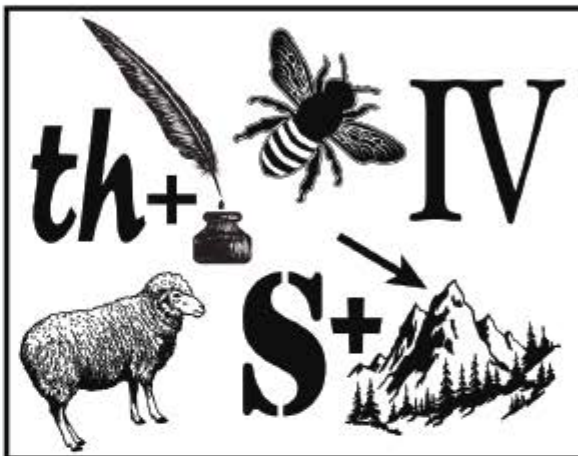
Answers: 1. Little Fiddle 2. Legal Eagle 3. Silly Lily  
4. Yummy Gummy 5. Lazy Daisy 6. President's Residence  
7. Percussion Discussion 8. Effective Detective  
9. Instructive Injunctive

ANSWER

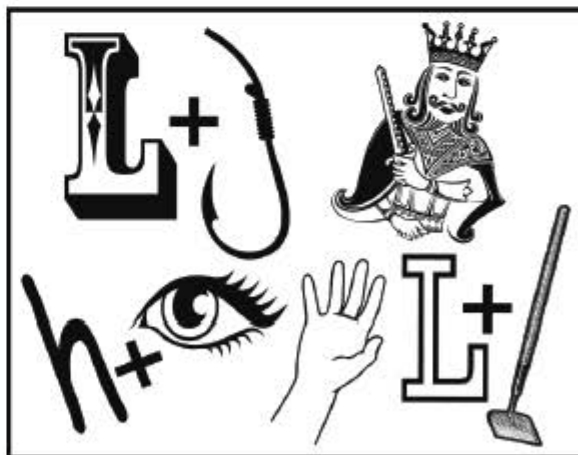
### Decode this!

Each of these images contains a hidden message. Use the clues to decode them!

1.



2.



Answer: 1. "Think before you speak"  
2. "Looking high and low"

ANSWER





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



## CONTACT

### Administrative Offices

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

### Mesa Downtown Senior Center

247 N Macdonald St,  
480-962-5612 p

### Red Mountain Senior Center

7550 E Adobe St,  
480-218-2221 p

### ASTER'S MISSION

Our mission is to empower and support East Valley older adults to remain independent and engaged in our communities.

### ASTER'S VISION

Our vision is for Aster Aging to be a leader in providing direct services and mobilizing resources that support the changing needs of our older adult population.



## FOLLOW @AsterArizona



Facebook



X / Twitter



Instagram



## DONATE ONLINE TODAY

Your gift empowers and supports local seniors!

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