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**Dive into summer with Aster!**

# JULY 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



4

OFFICE CLOSED



5

Baked Perch with Lemon Pepper, Rice Pilaf and Mixed Vegetables, Cauliflower, a Whole Wheat Roll, and Cinnamon Sliced Apples

6

Chef Salad with Turkey, Ham, Cheese\*\*, a Corn Salad, Beets, Whole Grain Crackers, a Peach Crisp, and Fruit Cocktail

7

Sesame Chicken, with Zucchini, Wax Beans, a Whole Wheat Roll, and Apricots

8

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

11

Meatball Submarine\*\* on a Whole Wheat Bun, with Baked Fries, Green Beans, and an Apple

12

Hot Corned Beef Sandwich on Whole Wheat Bread, Chuckwagon Corn, Mixed Peas and Carrots, and Strawberries

13

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

14

A Cold Plate of Tuna & Pea Salads, Carrot Sticks, a Flakey Croissant, and Fresh Grapes

15

Shrimp Alfredo on Whole Wheat Pasta with Sliced Tomatoes, Whole Baby Carrots, and a Tropical Fruit Cup

18

Stuffed Chicken with Broccoli and Cheese, Spinach, Seasoned Roasted Potatoes, a Whole Wheat Roll, and a Fresh Pear

19

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

20

Beef Burgundy served on Whole Grain Egg Noodles with Broccoli, Beets, and a Fruit Cocktail

21

A Chicken Parmesan Sandwich on a Whole Wheat Bun with Italian Blend Vegetables, Wax Beans, and Strawberries, with Birthday Cake

22

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

25

Sage Pork Chop\*\*, Zucchini, Carrots, a Whole Wheat Roll, and Tropical Fruit Cocktail

26

Garlic & Lemon Tilapia over Brown Rice Pilaf, with Peas, Spinach, Mandarin Oranges, and a Cookie

27

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

28

A Sloppy Joe on a Whole Wheat Bun with Corn, Green Beans with Tomatoes, and a Banana

29

BBQ Chicken, Edamame, Roasted Potatoes, a Whole Wheat Roll, and Cinnamon Peaches

# ASTER AGING

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



## GOOD NEIGHBORS

Arizona summers are especially hot, presenting a high risk of heat-related illness to persons who are 60 and older. Going outside to the grocery store or the pharmacy becomes even more challenging.



During these months, our Neighbor's service is even more important to members of our community. Our volunteers provide essential rides to medical appointments, grocery stores, the pharmacy, and more. Additionally, we offer companionship visits with good conversation over a puzzle, game, or coffee.

Neighbors volunteers help seniors remain independent and engaged in our community. This is critical to those we serve, but is also a benefit to those who volunteer.

"There is nothing better than seeing someone light-up when I arrive," smiles Sarah, a Neighbors volunteer. "I've made so many wonderful friends. It's more than just driving someone - I know I'm doing something truly important and impactful in a life."

"As you see, it's so much more than volunteering," states Meagan Yu, Neighbors Program Coordinator. "Real friendships form. Both our clients and volunteers benefit - a true win-win!"

Are you able to give of your time to help out your Neighbors? If so, we would be honored to have you join our volunteer family! Contact Meagan to discuss today!



**ASTER NEIGHBORS**

**Meagan Yu**

480-962-5612 | myu@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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## SENIOR CENTER CAFE REOPENINGS

July | 8:00 am - 3:30 pm

We are proud to announce that the cafes at each Aster Center are reopening this month. Visit each for delicious light snacks and beverages.



Red Mountain is looking to open in early July. Downtown Mesa will be opening in late July.

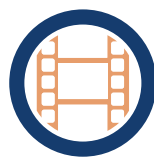
## MESA DOWNTOWN BOOKSHELF & MYSTERY CLUBS

July 13 & 27 | 10:00 - 11:00 am

Get your read on for fun and lively book discussions! July books are 'Open and Shut' by David Rosenfelt (July 13) & 'Flight Behavior' by Barbara Kingsolver (July 27).



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!



**July 7 | FATHER STU** | 2022 | R

Mark Wahlberg, Mel Gibson, Jacki Weaver

Follows the life of Father Stuart Long, a boxer-turned-priest who inspired countless people during his journey from self-destruction to redemption.



**July 14 | RETURN TO ME** | 2000 | PG

David Duchovny, Minnie Driver, Bonnie Hunt

A man who falls in love with the woman who received his wife's heart must decide which woman it is who holds his heart.



**July 21 | FAMILY CAMP** | 2022 | PG

Tommy Woodard, Eddie James, Leigh-Allyn Baker

When two polar-opposite families camp together, the dads struggle to hold onto their families and marriages as they compete for the camp trophy.



**July 28 | AMBULANCE** | 2022 | R

Jake Gyllenhaal, Yahya Abdul-Meteen, Eiza Gonzalez

Michael Bay brings his trademark frantic action style to this story of two brothers who steal an ambulance after their bank heist goes awry.

## AIRBASE MUSEUM SOCIAL OUTING

July 21 | 1:00 - 3:00 pm | \$10 per person

Join us as we learn about the American military aviation history. Buses leave from the Red Mountain Center. Capacity is very limited.



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## THE DIGITAL AGE

Aster is proud to partner with AARP to bring you Digital Skills Ready@50+. This program provides the technology and digital skills training you need to navigate an increasingly digital world.



Small group sessions are being scheduled to begin this summer at Mesa Downtown Senior Center. Aster will provide iPads to use during the workshops, though participants may instead bring and use their own tablets.

Sessions topics are expected to include:

- Connecting to the Internet
- Finding Information Online
- Protecting Your Personal Information Online
- Online Shopping
- Cloud Storage
- Google Photos

These sessions aim to help older adults become knowledgeable about and comfortable with technology. Using the skills they learn, seniors can engage in the community, access resources, and better live independently as they age.

Are you interested in attending a session or two? If so, contact your local Senior Center to join the pre-registration interest list. We will notify you what dates are set for the Digital Skills Ready sessions and when registration opens for each.



### DIGITAL SKILLS READY PROGRAM

**Mesa Downtown**

480-962-5612

ccole@asteraz.org

**Red Mountain**

480-218-2221

dwest@asteraz.org

## RED MOUNTAIN AFTERNOON DANCE PARTY

**Wednesdays | 1:00 - 3:00 pm**

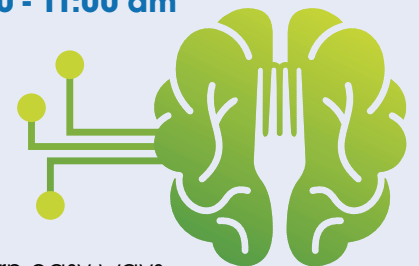
Weekly dances are back! Enjoy the oldies (July 6 & 20), country & western fun (July 13), or a groovy disco dance (July 27). You don't need to be a dance expert – you just need to have fun!



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

## DOWNTOWN MESA EAT SMART, LIVE STRONG

**July 12, 19, 26 & Aug 2**  
**9:30 - 11:00 am**



Learn easy ways to make smart food choices, the benefits of exercise, and how to ensure consistent physical activity. RSVP today!

presented by Area Agency on Aging

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## MESA DOWNTOWN EVENTS

July 1 | 11:30 am

### INDEPENDENCE DAY LUNCHEON

Enjoy a delicious lunch and celebrate the birth of our nation!

July 17, 14, 28 | 10:00 am

### VETERANS ART

Create beautiful art facilitated by Mesa Art League.

July 18 | 8:30 am

### VETERAN'S SOCIAL

Hang out and chat with your fellow service members.

July 19 | 11:45 am

### FEED YOUR MIND

Enjoy a delicious lunch with a presentation by Tri-City Cardiology.

July 21 | 11:30 am

### BIRTHDAY PARTY

Celebrate our July birthdays!



## OPEN AREAS

### FITNESS CENTER

Daily | 8:00 am - 3:00 pm

### PUZZLES & GAMES

Daily | 8:00 am - 3:00 pm



## ACTIVITIES

Activities marked with an \* have fees, are limited capacity, and require pre-registration. For more info & to RSVP, visit [asteraz.org](http://asteraz.org)



Mon, Wed, & Fri | 8:00 - 11:00 am | 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.



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.



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

A weekly group for people with hearing issues to chat.

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## ACTIVITIES (continued)



**Wednesdays | 9:30 - 11:00 am | Red Mountain**  
**BLOOD PRESSURE SCREENINGS**

Know your numbers to help prevent more serious health issues.



**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 | 8:00 am - 3:30 PM | Mesa Downtown**  
**OPEN ART STUDIO**

Drop in to flex your creative muscles during studio hours.



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

A post-bereavement social support group for seniors.



**July 11 | 1:00 - 3:30 pm | Red Mountain**  
**PARKINSON'S GROUP** by Muhammad Ali Parkinson Ctr & Duet

A group for people living with PD and their care partners.



## RED MOUNTAIN EVENTS

**July 1 | 11:30 am**

### INDEPENDENCE DAY LUNCHEON

Enjoy a delicious lunch and celebrate the birth of our nation!

**July 14 | 8:30 am**

### VETERAN'S SOCIAL

Hang out and chat with your fellow service members.

**July 21 | 11:30 am**

### BIRTHDAY PARTY

Celebrate our June birthdays!

**July 26 | 11:45 am**

### FEED YOUR MIND

Enjoy a delicious lunch with a presentation by Tri-City Cardiology.

**July 28 | 12:30 pm**

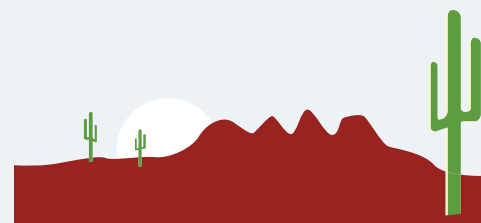
### THE MEN'S CREW

Join the guys to make new friends.

**July 28 | 12:30 pm**

### PAINTING CLASS

Enjoy a fun time as you paint a night sky in acrylics. \$3 per person.



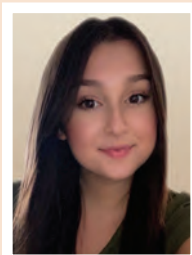
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## MEET YOUR STAFF

### Sarah Vanderpool

Red Mountain  
Activity  
Coordinator



#### Birth Month

April

#### Birthplace

Lake Forest, IL

#### Hobbies

Painting & Hiking

#### Fun Fact

I am a Licensed  
Massage Therapist

#### Pets

2 Chihuahuas

#### Perfect Vacation

Exploring the nature in Sedona

#### Favorite Movie

'The Revenant'

#### Favorite TV Shows

'The Vampire Diaries'

#### Favorite Singer

Billie Eilish

#### Favorite Food

Seafood

#### Favorite Dessert

Cheesecake

#### Personal Motto

"Life isn't about finding yourself;  
it's about creating yourself."



## CENTER GAMES

Share a smile and make friends over some fun games! Capacity is limited so **pre-register** today at the Center or at [asteraz.org](http://asteraz.org)

### MESA DOWNTOWN



#### SUMMER GAMES 2022

facilitated by New Frontiers Game Class

**Tuesdays | 9:30 - 10:30 am**

Mexican Train, Five Crowns, Sequence, Quiddler, Rummikub, Skipbo and more!



#### LADIES' BILLIARDS

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



#### WII BOWLING

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



#### BINGO

**July 8 & 22 | 12:30 - 2:30 pm**

### RED MOUNTAIN



#### 500, CRIBBAGE, EUCHRE & MAHJONG

**Mondays | 12:00 - 3:00 pm**

#### PINOCHLE

**Tuesdays | 12:00 - 3:00 pm**

#### BRIDGE & CANASTA

**Wednesdays | 12:00 - 3:00 pm**

#### PINOCHLE & MEXICAN TRAIN DOMINOS

**Thursdays | 12:00 - 3:00 pm**

#### BRIDGE & CANASTA

**Fridays | 12:00 - 3:00 pm**



#### BINGO

**July 1, 8, 15, & 29 | 12:30 - 2:30 pm**



#### BOARD GAMES

**Tuesdays | 12:00 - 3:00 pm**



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## UNCLE SAM

Excerpted from Activity Connections

Few people realize that the fictional character of Uncle Sam was patterned after a real person: Samuel Wilson, a meat-packer from Troy, New York. Originally from Massachusetts, Sam and his older brother Ebenezer established a meatpacking company. They were fortunate enough to win a contract to supply beef to the U.S. Army during the War of 1812. The brothers stamped the barrels of troop rations with the initials "U.S." to indicate that the meat was the property of the U.S. government. However, since the younger brother was known around town by his nickname "Uncle Sam," word soon began to spread among the soldiers that the meals were compliments of the young meat-packer rather than the government's war machine. Over time, the name stuck.



The first known literary reference to Uncle Sam appeared in the 1816 book *The Adventures of Uncle Sam in 'Search After His Lost Honor'*, written by James K. Paulding under the pen name Frederick Augustus Fidfaddy. The book provided a satirical view of the policies leading up to the War of 1812. References to Uncle Sam cast the government in a negative light given the anti-war sentiment prevalent in the northern states. By the time the link between Samuel Wilson and the mythical figure "Uncle Sam" was first reported in the press in the May 12, 1830, edition of the *New York Gazette*, the term had shed its negative connotations and became a unifying symbol of the United States.

Wilson enjoyed a prosperous life after the War of 1812. After a deterioration of his health in the 1840s, he succumbed to cholera on July 31, 1854, at the age of 87. On September 15, 1961, the United States Congress officially named him the progenitor of America's National Symbol of Uncle Sam.

## REEL TALK

A few recommendations of new films opening this month.

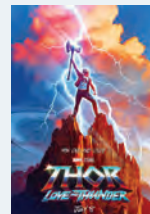


### Minions: The Rise of Gru

PG | July 1

Steve Carell  
Michelle Yeoh

A 12 year old works to become the world's greatest supervillain.

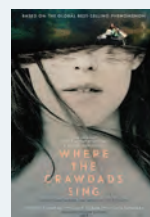


### Thor: Love & Thunder

PG-13 | July 8

Chris Hemsworth  
Natalie Portman

Thor enlists his ex-girlfriend to help fight Gorr the God Butcher.

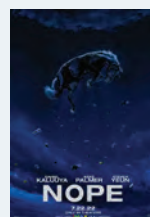


### Where the Crawdads Sing

PG-13 | July 15

Daisy Edgar-Jones  
Joe Chrest

A woman who raised herself in the marshes of the deep South becomes a suspect in a murder.



### Nope

PG-13 | July 22

Keke Palmer  
Daniel Kaluuya

Residents of a lonely gulch in CA bear witness to a chilling discovery.

## STAY SAFE IN THE HEAT

Excerpted from CDC

High temperatures kill hundreds of people every year. Take measures to stay cool, remain hydrated, and keep informed.

Personal factors like age, obesity, dehydration, heart disease, mental illness, and poor circulation all can play a role in whether a person can cool off enough in very hot weather. People 65+ are at highest risk for heat-related illness.

People at greatest risk for heat-related illness can take the following protective actions to prevent illness or death:

- Stay in air-conditioned buildings as much as you can
- Don't rely on a fan as your main cooling device
- Drink more water and don't wait until you're thirsty to drink
- Check on neighbors and have someone check on you
- Don't use the stove or oven to cook — it makes you hotter



## THERAPY FOR THE BODY

Excerpted from NCOA

"Healthy aging" and "aging well" are used quite often, but people outside the aging services or health care sectors rarely understand the full meaning of these phrases. Physical Therapists (PT) help support the health and independence of America's older adults.



In the past, physical therapy was perceived as a reactionary profession; most people believe physical therapists only work with people after they were injured. This misconception overlooks much of the value physical therapists offer the older adult community to keep them safe and independent.

Physical therapists are highly trained health care professionals, with an expertise in movement and exercise. Their skills and knowledge base are essential when dealing with the complexities of aging. Physical therapy training includes assessment, prescription, and progression, all with appropriate monitoring. All these skills can be utilized for older adults before injury happens.

Fitness at any age is made up of five key aspects: flexibility, strength, endurance, posture, and balance. Extensive studies have provided norms for each of these categories. By using these guidelines to determine what is normal for older adults of similar age and gender physical therapists can explain how a patient's circumstances compare with their peers'.

When areas of concern are identified, a PT can prescribe individualized exercises to strengthen key muscles, improve balance and flexibility, and increase your overall wellbeing. It is a great idea to include PTs in your list of options and resources for aging well. The knowledge and expertise they provide can make it easier for you to stay healthy and independent.

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## PUZZLES

Find each of the items from the categories below.

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

### Independence Day activities

### States that are part of the Thirteen Colonies

### Synonyms of "freedom"

Barbecue, Concert, Fireworks, Parade, Picnic, Connecticut, Delaware, Georgia, Maryland, Pennsylvania; Democracy, Emancipation, Independence, Liberation, Liberty

**ANSWER**

Find the two summer memories that are exactly alike.



3 & 5

**ANSWER**



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## CONTACT US!

### Administrative Office

45 W University Dr, Ste A,  
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](http://www.asteraz.org/help/donate.html)



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