



Cactus flowers bloom all summer in Arizona, bringing color & joy.

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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).
The Suggested Contribution for participants age 60+ is \$3.50.

Items with ** contain pork or pork products. Menu items subject to change due to availability.

MONDAY



5
Chicken patty with country gravy, broccoli, Chef's vegetables, a whole grain biscuit, and sliced apples

12
Ham and swiss sandwich (cold), macaroni salad (corn, onions, & carrot), stewed tomatoes, a whole grain roll, and a fruit cocktail

19
Beef hot dog, yams, corn, a whole wheat bun, and apple sauce

26
Roasted pork loin** with gravy, a baked potato, broccoli, a whole grain roll, and fresh grapes

TUESDAY



6
Pork** cutlet with gravy, mashed potatoes, zucchini, a whole grain roll, breading, a fruit cocktail, and birthday cake

13
Beef stroganoff, peas and pearl onions, roasted corn, a whole grain breadstick, and a fresh banana

20
Orange chicken, Asian vegetable blend, spinach, a whole grain roll, and a fresh apple

27
Tuna sandwich on a whole wheat croissant, coleslaw, sliced tomatoes, and mixed berries

WEDNESDAY



7
Tortilla crusted Tilapia, peas, yams, a whole grain roll, breading, and sliced peaches

14
Herb roasted chicken with gravy, green beans, baby carrots, a whole grain roll, and sliced pears

21
Shrimp scampi, yellow squash, succotash, a whole grain roll, brown rice, and peaches

28
Chicken nuggets, Italian vegetables, edamame, breading, a whole grain roll, and a fresh orange

THURSDAY

1
Shrimp scampi with carrot coins, brussels sprouts, a whole grain roll, and fresh assorted grapes

8
Beef burgundy, 5-way vegetables (lima beans, carrots, green beans, corn), chef's vegetables, noodles, and an apple crisp

15
Pork cutlet with gravy, mashed potato with gravy, carrot coins, a whole grain roll, breading, and pineapple chunks

22
Chicken parmesan with a Normandy vegetable blend, beets, a whole grain roll, and sliced apricots

29
Meatloaf with gravy, mashed potatoes, green beans, a whole grain roll, and a Granny Smith apple

FRIDAY

2
Beef stew with yellow potatoes & carrots, asparagus, a whole wheat biscuit, and mixed berries

9
Barbecue chicken, cauliflower, succotash, a whole grain roll, and Mandarin orange slices

16
Veggie lasagna, beets, winter veggies, a whole wheat bread stick, and strawberries

23
Salisbury steak, mashed potatoes and gravy, green beans & tomatoes, a whole grain roll, and sliced pears

30
Spaghetti and pork** meatballs, Italian mixed veggies, wax beans, a whole grain roll, and mandarin oranges

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RED MOUNTAIN CENTER GET IN THE GAME!

Few events inspire the excitement and fervor of the Olympic Games. Across the globe, athletes from all walks of life prepare to compete, representing their country. They aspire to win a medal, bringing glory and glamor. This month, we've got our own spin on the tradition at the Red Mountain Center, and you won't want to miss it!

Aster Red Mountain Olympic Games

Monday, August 5: Brain Teasers

Show off your prowess with Brain Teasers! These physical puzzles will put your creative skills to the test.

Tuesday, August 6: Word Puzzles

The fun continues with challenging word puzzles designed to challenge and confound. Can you conquer the riddles?

Wednesday, August 7: Outdoor Games

Join us for adapted outdoor games! Sports include Cornhole, Four in a Row, and Ping Pong Dunk.

Thursday, August 8: Mystery Games

Don't miss out on the grand finale - the final game will be a surprise - you'll have to be there to find out what's in store!

The Games run from 10:30 to 11:20 am, and are followed by lunch. Participants can come for the games, or just for lunch.

RSVP before 2 pm the day before to get on the lunch list.

What: Aster Red Mtn. Olympic Games **When:** Aug. 5-8

Time: 10:30 - 11:20 am daily **Where:** 7550 East Adobe St.



MESA RED MOUNTAIN SENIOR CENTER
JOIN THE TEAM BY CALLING THE FRONT DESK.

480-2182221 | 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

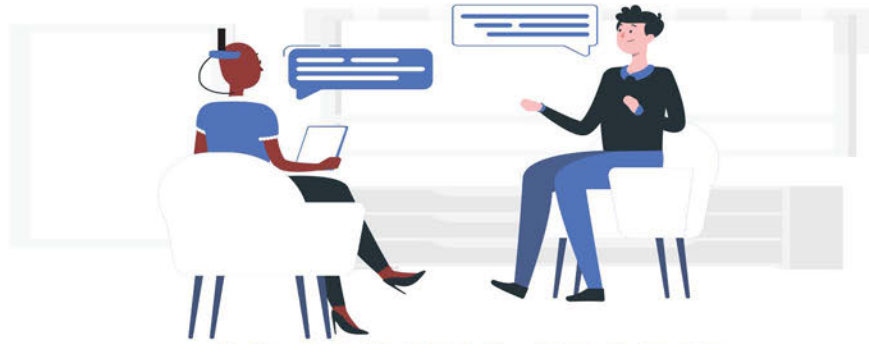
Helping navigate & access services and health resources, as well as being the NCOA Benefits Enrollment Center for the East Valley.

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BENEFITS ENROLLMENT CENTER

SUPPORTS INCLUDE:



JOANNE'S STORY

A participant in Aster's Benefits Enrollment program this year was able to find the help she needed. She called Aster Aging looking for hope and resources. This participant was in a financial bind due to the rising cost of living, and her fixed income. She was able to locate our Senior Center and schedule an appointment with a Social Service Specialist. It turned out that she could further maximize the benefits she already had, and qualify for others!

As a result of working with Aster's dedicated team, she was able to get assistance for her electricity bills, pet food, frozen meal delivery, safety modifications in her home, and a new AC unit. By maximizing the benefits available, she was able to have all of this done at no cost to her. Joanne stated that this is the most support that she has received, and that it makes her feel more grounded living independently.

This success story is a perfect example of how Aster Aging's Benefits Enrollment Center empowers seniors to remain independent and age in place in our East Valley community.

MEDICARE PART D EXTRA HELP

Prescription drug coverage for Medicare beneficiaries. Cost-sharing to help you pay for medication.

MEDICARE SAVINGS PROGRAM

Qualifying individuals can get help paying premiums for Medicare Parts A & B.

MEDICAID/AHCCCS

Providing nutritious meals and essential wellness checks, with both short and long-term plans, to meet your unique needs.

SNAP/FOOD ASSISTANCE

Nutritional assistance allowing you to directly purchase food at authorized stores, supporting healthy eating & choices.

LIHEAP (Low Income Home Energy Assistance Program)

Federal assistance helping eligible individuals cover the cost of home energy bills, energy crises, weatherization, and minor repairs.

BOOK A PRIVATE CONSULTATION WITH AN OUT-REACH SPECIALIST:



Mesa Downtown Senior Center

247 N Macdonald St
480-962-5612 p



Red Mountain Senior Center

7550 East Adobe St
480-218-2221 p



Or Register Online At AsterAZ.org

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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 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

August 13
10:00 am - 11:00 am
Saving Money with Tech

August 27
10:00 am - 11:00 am
Online Rx Drug Resources



RED MOUNTAIN CENTER

August 6
10:00 am - 11:00 am
How to Choose a New Computer

August 20
10:00 am - 11:00 am
Affordable Home Internet

RED MOUNTAIN

AFTERNOON DANCE PARTIES

Wednesdays | 1:00 - 3:00 pm

Come out and cut a rug every week. \$5 per person.

August 7 - Dee Bonar

August 14 - TBD

August 21 - Dee Bonar

August 28 - Chuck Peterson



MESA DOWNTOWN



SAVVY SAVING SENIORS

August 8 | 12:30 - 2:00 pm

Curriculum developed by the National Council on Aging & Bank of America

Learn the skills you need to be financially independent!

Topics include:

- Money Management
- Top Budget Busters
- Tricky Financial Scams
- Money-Saving Benefits

Savvy Saving Seniors is a 4-week-program, so be sure to sign up for the first session!

Ready to save like a pro?

Register online
asteraz.org



Call the Center
480-898-7306



Email
info@asteraz.org



STAY IN TOUCH WITH ASTER TO READ MORE NEWS

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



ASTER SENIOR CENTERS

Activities with an * have fees & require pre-registration.



MESA DOWNTOWN EVENTS

Wednesdays | 9:00 am - 11:30 am HEALTHIER LIVING

by Dignity Health

Begins on August 7th. Workshops to help you be your own best advocate when it comes to health decisions. Attend the first session to participate in the series. All attendees receive a FREE workbook.

Tuesdays | 9:30 - 10:30 am ART IN ACTION

Enjoy learning and experiencing many art forms through the lens of the "Art in Action" curriculum.

Thursdays | 10:00 am VETERAN'S ART

Create beautiful art facilitated by Mesa Art League.

August 6, 13 | 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.

August 26 | 10:00 am - 11:00 am ELVIS KARAOKE

Downtown is hosting a morning of Karaoke remembering Elvis's popular hits. We've got games, a dance marathon, Elvis costume contest, and photos!



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

Get your day moving in the right direction with indoor exercise!



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-oldies 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 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!



August 5 | 8:30 am | Mesa Downtown August 9 | 9:00 am | Red Mountain VETERANS' SOCIAL

Enjoy coffee & donuts each month with fellow veterans.

ACTIVITIES CALENDAR

Visit our online calendar at asteraz.org for more details.



Tuesdays | 2:00 - 3:00 pm | Mesa Downtown 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 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 GRIEF & LOSS 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.



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.



August 22 | 12:30 - 3:00 pm | Red Mountain MEN'S CLUB

Join the guys for coffee and camaraderie!



Fridays | 10:00 - 11:00 am | Red Mountain GRIEF & LOSS SUPPORT

facilitated by EMPACT
A group for people that are 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



August 1 | 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.

August 6, 20 | 9:00 am

CRAFT JEWELRY*

Join Mark as we craft beautiful jewelry for you or as a gift! Space is limited. \$5 per person

August 8 | 12:30 pm

CARD MAKING*

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

August 27 | 10:00 - 11:00 am

MESA PUBLIC LIBRARY

The Mesa Public Library comes directly to our Campus. Talk to a librarian to learn about the programs & services the library can offer you.



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EXCURSIONS

RED MOUNTAIN MESA HISTORICAL MUSEUM

August 15 | 12:30 - 3:30 pm

Join us as we explore Mesa's history. Exhibits include "Founding Families of Lehi and Mesa", Spring Training & Cactus League History, & More. Admission is \$5 per person.

MESA DOWNTOWN ARIZONA NATURAL HISTORY MUSEUM

August 22 | 12:30 - 3:00 pm

Explore the rich natural history of Arizona with us. Fossils, ancient geology, and all of the wonders of the world that make The Copper State unique. Admission is \$13 per person.

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

Thurs | 9:30 - 10:30 am



FITNESS TRAINER

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



PINOCHLE

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



WII BOWLING *New times!*

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



BINGO! FOR PRIZES

Wed | 12:30 - 3:00 pm



BINGO! FOR MONEY

Fridays | 1:00 - 3:30 pm

RED MOUNTAIN



MAHJONG

Mondays | 9:30 am - 12 pm | 12:00 - 3:00 pm



PINOCHLE

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



WHATEVER GAMES WE PLAY

Wednesdays | 12:30 pm - 3:00 pm



CANASTA

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



MEXICAN TRAIN DOMINOS

Thursdays | 12:30 - 3:00 pm



BINGO! FOR PRIZES

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

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NOW SHOWING

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



MESA DOWNTOWN



August 1 | **42 - The Jackie Robinson Story**

2013 | PG-13

Chadwick Boseman, Harrison Ford
The inspiring story of Jackie Robinson, who broke the color barrier in Major League Baseball.

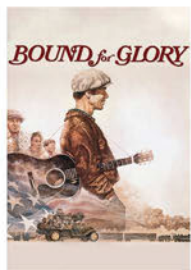
SNEAKERS



August 8 | **Sneakers**

1992 | PG-13

Robert Redford, Dan Ackroyd
Five criminals lend out their skills for honest jobs. Asked to steal a code breaker, they learn that they are onto something much bigger.

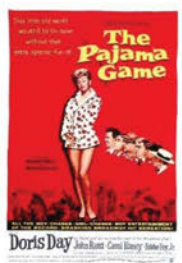


August 15 | **Bound for Glory**

1976 | PG

David Carradine, Ronny Cox

Based on the legendary true story of the life of Folk Music icon Woody Guthrie.



August 22 | **The Pajama Game**

1957 | Not Rated

Doris Day, John Raitt

The boss of an Iowa pajama factory hires superintendent Sid to help oppose the workers' demand for a seven-and-a-half-cent raise.



August 29 | **The Pursuit of Happyness**

2006 | PG-13

Will Smith, Jaden Smith

Based on the incredible true story. Chris, a homeless salesman in San Francisco, struggles to make ends meet while raising his young son.



RED MOUNTAIN



August 1 | **The Upside**

2017 | PG-13

Bryan Cranston, Kevin Hart

A paralyzed billionaire strikes up an unlikely friendship with a recently paroled convict whom he hires to take care of him.

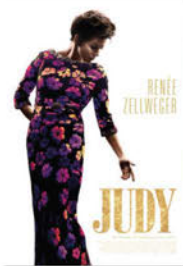


August 8 | **The Greatest Showman**

2017 | PG

Hugh Jackman, Zac Efron

A whimsical, musical, and adventurous reimagining of the life of P.T. Barnum, the great American Showman.



August 15 | **Judy**

2019 | PG-13

Renee Zellweger, Finn Wittrock

A biographical drama based on the life of legendary entertainer Judy Garland.



August 22 | **Little**

2019 | PG-13

Regina Hall, Issa Rae

After Jordan behaves rudely towards a child with a magic wand, the child wishes that Jordan was a kid again.



August 29 | **Green Book**

2018 | PG-13

Viggo Mortensen, Mahershala Ali
The story of a 1962 tour of the Deep South by African American pianist Don Shirley and Italian American bouncer Frank "Tony Lip" Vallelonga, who served as Shirley's driver and bodyguard.

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Citrus Berry Ice

Adapted from Arizona Department of Health Services - via azhealthzone.org

Cool it down!

This recipe offers a delightful blend of sweet & tangy flavors, making it the ideal treat for those who appreciate an icy escape on a hot day. This fruity dessert will help hydrate your body and give you energy.

Ingredients

- 2 ½ cups fresh strawberries
- 2 oranges, peeled and cut into sections
- 2 Tablespoons lemon juice
- 1 Tablespoon sugar
- ¼ teaspoon cinnamon

Instructions

Wash hands with warm water and soap.
Wash strawberries and peel oranges.
Cut oranges into sections.
Place all ingredients in a blender container and blend until smooth.
Pour the mixture into a shallow plastic container and place in the freezer.
Stir every 15 minutes until the mixture reaches a sherbet-like thickness.
Serve immediately.

Staying Cool When It's Hot

Excerpt from The Center for Disease Control, "Older Adults and Extreme Heat"



"It's a dry heat!"

It's no secret that Arizona's heat is serious business. Phoenix is the hottest major metropolitan area in the United States, with temperatures regularly rising above 110°F all summer.

We've got tips for you on how to stay cool & stay safe.

TIPS TO STAY SAFE IN THE HEAT:

1. Don't wait! Hydrate.

If you feel thirsty, you've waited too long to have a glass of water. Drink water proactively, before you feel thirsty.

2. Wear loose fitting clothes.

Loose, flowy, light-colored clothing is your friend in extreme heat. For example, a white long-sleeve t-shirt.

3. Take showers to cool down.

Make sure the water is nice and cool!

4. If you don't have AC, find a safe place that does.

Take "AC Breaks" at a safe place with air conditioning. Aster's Senior Centers are a great place to go for AC and activities Monday-Friday.

5. Have others check in on you, and vice versa.

Aster's Neighbors program pairs you with a volunteer for home visits and other supports.

LEARN MORE HEALTHY TIPS AND RECIPES:

NIA.NIH.gov | EatRight.org | USDA.gov



PUZZLES

Birthday Match!

Find the two birthday cakes that are exactly alike.



Answer: 1 and 8

ANSWER



Dog Days of Summer!

Match the clues to the words associated with the dog days of summer.

1. Oscillating or hand device ____
2. Place to do a backstroke ____
3. Frozen treat on a stick ____
4. Bermuda wear ____
5. Sandy area ____
6. Milkshake ingredient ____
7. "Central" indoor cooler ____
8. Hot and damp ____
9. Drink from a stand ____

- A. air conditioning
- B. shorts
- C. fan
- D. beach
- E. ice cream
- F. swimming pool
- G. humid
- H. lemonade
- I. popsicle

Answer: 1. C 2. F 3. I 4. B 5. D 6. E 7. A 8. G 9. H

ANSWER



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Sign-up for our eNews development@asteraz.org



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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

OUR MISSION

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

OUR 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