



Florentina, a participant in Aster's Neighbors Program, marked her 101st birthday alongside Julie, a volunteer who brightens her days with regular visits.

Read the full story on page 2.

## IN THIS ISSUE

Lunch Menu	1
Florentina's Story	2
Senior Center Month	3
September Activities	5
Center Movies	8
Food Safety	9
Puzzle	10

# SEPTEMBER 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

**1**  
**CLOSED FOR LABOR DAY HOLIDAY**

## TUESDAY

**2**  
Turkey with Mashed Potatoes and Gravy, a Whole Grain Roll, Green Beans, and Pineapple Chunks.

## WEDNESDAY

**3**  
Shrimp Alfredo on Whole Wheat Penne Pasta, Mixed Vegetables, Broccoli, and a Banana.

## THURSDAY

**4**  
Chicken with Curry Sauce on Whole Wheat Penne Pasta, Edamame, Winter Vegetable Mix, and Aprichots.

## FRIDAY

**5**  
Vegetarian Lasagna, Normandy Vegetable Blend, Green Garden Salad, a Whole Wheat Roll, and Grapes.

**8**  
Hamburger on a Whole Wheat Bun with Baked Beans, Steamed Cabbage, an Orange and Vanilla Pudding.

**9**  
Chicken Summer Salad with Grapes, Pecans, and Cranberry, Marinated Vegetable Salad, Creamy Cucumber Salad, a Whole Wheat Roll, and Honeydew.

**10**  
Beef Tacos with Tomato and Lettuce, Corn, Refried Beans, a Whole Grain Tortilla, and Peaches.

**11**  
Roasted Pork\*\* Loin, Cauliflower, Peas, Brown Rice Pilaf, Mixed Berries, and Whole Wheat Fig Newtons.

**12**  
Chicken Caesar Wraps with Whole Wheat Tortilla, 3-Bean Salad, and Grapes.

**15**  
Turkey with Mashed Potatoes and Gravy, Green Beans, a Whole Grain Roll, Pineapple Chunks, and Whole Wheat Fig Newtons.

**16**  
Cod Fillet, Brussels Sprouts, Chuck Wagon Corn, Brown Rice Pilaf, and Mixed Berries.

**17**  
Beef and Broccoli, Edamame, Asian Veggie Mix, Brown Rice Pilaf, and Pear Slices.

**18**  
Scrambled Eggs and Turkey Sausage, Tater Tots, a Side of Spinach, a Whole Wheat Tortilla, and Mandarin Orange Slices.

**19**  
Penne Pasta and Beef Meatballs, Green Beans, Garden Green Salad, a Bread Stick, and Sliced Pears.

**22**  
Shrimp Alfredo on Penne Pasta, Broccoli, Mixed Vegetables, and Pineapple Chunks.

**23**  
Broccoli and Cheese Stuffed Chicken Breast, Spinach, Baby Carrots, a Whole Wheat Biscuit, and an Apple.

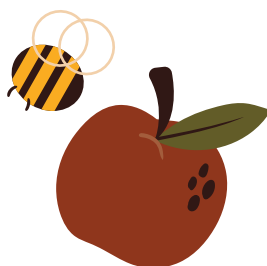
**24**  
Beef Stew, Carrots and Potatoes, Broccoli, a Whole Wheat Biscuit, and Apricot Slices.

**25**  
Barbeque Chicken Breast on a Whole Wheat Bun, Potato Wedges, 4-Way Veggie Medley, and Grapes.

**26**  
Veggie Lasagna, Normandy Vegetables, Garden Green Salad, a Whole Wheat Roll, and a Banana.

**29**  
Open-Faced Roast Beef Sandwich on Whole Wheat Bread, Roasted Red Potatoes, Green Beans, Mandarin Orange Slices, and Whole Wheat Fig Newtons.

**30**  
Cheese Ravioli with Spinach, 3-Bean Salad, Sliced Beets, a Whole Grain Roll, and Pineapple Chunks.



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



## FLORENTINA'S STORY

Florentina's story began 101 years ago, when she was born in Buenos Aires, Argentina. Today, she lives in Mesa, Arizona. Her daughter Patty lives nearby, but Florentina lives alone. She doesn't just have her daughter - she has the support of Julie, a volunteer with Aster's Neighbors Program. Julie provides friendly visits, regularly stopping by to spend quality time with Florentina.

For Patty, Julie's contribution goes far beyond a simple home visit. "She goes above and beyond to make sure my mom has a good time when she visits, even painting her nails! She is warm and legitimate, a person that is instantly trusted."

Julie enjoyed being a part of Florentina's incredible milestone of her 101st birthday. She brought some of her own family to join the celebration. They enjoyed the special day alongside Florentina's family and friends.

Julie and Florentina look forward to celebrating many more birthdays together. "I love being a friendly visitor," says Julie. "She has so much to teach me and she is always so happy when I visit!"

For older adults like Florentina across the East Valley, Neighbors volunteers make the difference, helping seniors with the tasks that allow them to remain independent and healthy.

Neighbors volunteers support seniors with essential tasks like rides to medical appointments, the pharmacy, and grocery store. They also provide regular friendly visits for conversation over games or coffee, and friendly phone calls.

You can make a difference in the lives of seniors like Florentina this year by becoming a Neighbors volunteer and donating your time in a way that fits your schedule. Visits and rides are flexible - whatever your contribution is, it makes a difference.

**Contact Anne Wurth, Neighbors Program Coordinator, to begin your volunteer journey.**

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

**Phone:** 480-629-5502

## PROGRAMS FOR YOU

We support and empower East Valley older adults and their families to remain independent and 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.

# ASTER AGING

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

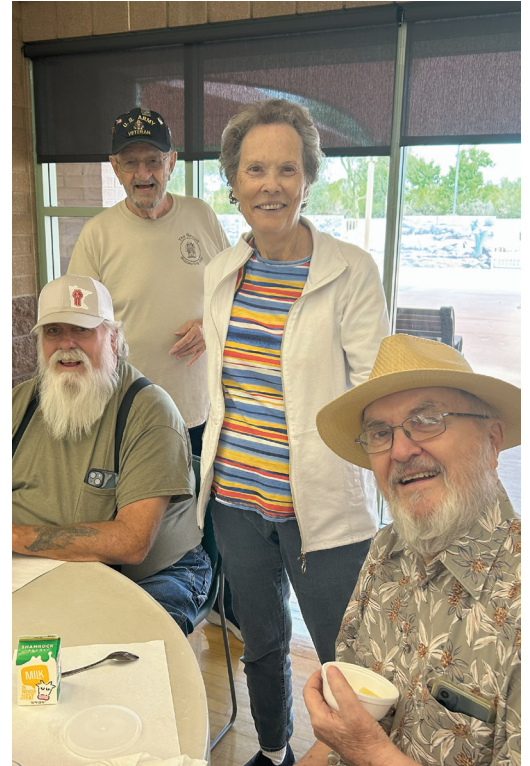
## NATIONAL SENIOR CENTER MONTH

September is National Senior Center Month, recognized by the National Council on Aging (NCOA). This year's theme is 'Powering Possibilities: Flip the Script'. Aster's Senior Centers at Mesa Downtown and Red Mountain are social hubs for thousands of older adults across our community who participate in activities, play games, exercise, and join us for a daily nutritious lunch.

Together, we are charting the course for Senior Centers to be a place where we meet the evolving needs of our older adult community, providing a space for creativity, connection, purpose, and resilience later in life.

We invite you to join us this month at your local Senior Center for whatever is most meaningful to you as we reflect on our own history of over 46 years of impact in the East Valley, as well as the impact of Senior Centers across the United States.

To learn more about the NCOA's National Senior Center Month, visit [NCOA.org](https://www.ncoa.org).



## FALLS PREVENTION Presented by A.T. Still University

**Cost:** FREE

Did you know that most falls are preventable? September 22 - 26 is Falls Prevention Awareness Week. Join us for a fun and informative session presented by Dr. Elton Bordenave of A.T. Still University on how you can incorporate exercise into your daily routine to build strength and stay safe from falls.

**When:** Friday, September 12, 2025 | **Time:** 10:30 am - 11:00 am | **Where:** Mesa Downtown Senior Center - 247 N Macdonald St. Mesa, AZ, 85201 | **RSVP:** [cbs@asteraz.org](mailto:cbs@asteraz.org), 480-962-5612. or in-person



## SENIOR CENTER DROP-IN AREAS



**ART STUDIO**



**BILLIARDS**



**FITNESS  
CENTER**



**PUZZLES  
& GAMES**



**LIBRARY**



**CAFE**

Drop-in areas are open daily Monday - Friday at both Senior Centers.

# ASTER AGING

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



## ASTER ACTIVITIES

### STAY IN TOUCH WITH ASTER TO READ MORE NEWS

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

Email [Development@asteraz.org](mailto:Development@asteraz.org) for a chance to have your photo featured in the newsletter!



**Pictured above:** The winner of a costume contest at the Red Mountain Senior Center presents her prize.



**Pictured above:** Jack, a volunteer with Aster's Pet Program, packs food for dogs and cats at the Mesa Downtown Senior Center.



**Pictured above:** "Stitch and Chat" takes place at the Mesa Downtown Senior Center, encouraging artists to bring a project to work on in a supportive environment.



**Pictured above:** Participants play a variety of board games and card games during the Wednesday "Whatever Games We Play" timeslot.



**Pictured left:** Patty, a volunteer at the Red Mountain Senior Center, brings a smiling face and positive attitude to the front desk for all visitors.

# ASTER SENIOR CENTERS

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



## MESA DOWNTOWN EVENTS

**September 15 | 1:00 - 2:00 pm**

### PHOENIX ART MUSEUM @ ASTER

Join us for a special presentation by Phoenix Art Museum Master Docent Cathie Rubins. The topic is "Notre Dame Revisited".

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

### QUILTING CLASS\*

**Cost: \$25/month plus supplies**

Join us for an adventure in all things quilting! Instructor Clarice will teach quilters of all levels. Limited spots, Contact the Center for more information.

**September 22 | 12:30 - 1:30 pm**

### SCAM PREVENTION

**Presented by The Office of the Arizona Attorney General**

Join us for a special presentation on scam prevention and awareness. Learn warning signs for scams, how to avoid them, and what to do if you are impacted.

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

### VETERAN'S ART

**Facilitated by The Mesa Art League**

Veterans and the family of veterans are invited to join us each month for innovative and fun art classes that have a unique focus on those who served our country.



**Tuesday, Wednesday | 8:15 - 9:15 am | Mesa Downtown**  
**MORNING MOVEMENT\***

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



**Thursday | 1:00 - 3:00 pm | Red Mountain**  
**RED MOUNTAIN DANCES!\***

Join us for live music and lots of fun every week! **\$5/person.**



**Monday, Thursday | 8:30 - 11:00 am | Mesa Downtown**  
**ADVANCED & BEGINNERS TAI CHI CLASSES\***

Beginner (10:00 am) Advanced (8:30 am). **Cost varies.**



**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!



**Monday, Thursday | 12:30 - 3:00 pm | Red Mountain**  
**Mondays | 9:00 - 11:00 am | Mesa Downtown**

**DIAMOND ART\***

Create amazing and dazzling art pieces. **Cost: Supplies**



**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.



**Tuesday & Friday | 1:00 - 2:00 pm | Mesa Downtown**  
**GERI FIT Facilitated by Area Agency on Aging**

Enjoy a great workout using bands, weights, and more!



**Wednesdays | 10:00 - 11:00 am | Mesa Downtown**  
**1st Friday | 10:00 - 11:00 am | Red Mountain**

**BOOK CLUB Facilitated by New Frontiers of MCC**

Join us & discuss a shared love of reading.

# ACTIVITIES CALENDAR

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



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

Our female participants come together for friendship & fun.



## 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!



## 2nd & 4th Wednesday | 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.



## Mondays | 9:00 - 11:00 am | Mesa Downtown **CERAMICS\***

Have fun molding, painting, and sculpting ceramics!  
**Cost varies.**



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

A post-bereavement social support group for seniors.



## 1st Monday | 8:30 am | Mesa Downtown 2nd Friday | 9:00 am | Red Mountain **VETERANS' SOCIAL**

Enjoy coffee & donuts each month with fellow veterans.



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

Learn about remarkable events through history.



## RED MOUNTAIN EVENTS

### September 17 | 11:30 am - 1:00 pm **SEPTEMBER BIRTHDAY PARTY**

Join us to celebrate the birthdays of those born in September! There will be singing and birthday cake for all.

### Tuesdays | 10:30 am - 3:00 pm **DEAF SUPPORT GROUP**

A weekly group for people with hearing issues to share their experiences.

### September 1 | 1:30 - 3:30 pm **PARKINSON'S SUPPORT GROUP**

**Presented by the Muhammad Ali Parkinson's Center & DUET.** For people living with Parkinson's Disease.

### September 15 | 12:30 - 2:00 pm **OREGON TRAIL EXPERIENCE**

Join us for an immersive experience learning about the history of the Oregon Trail!

### Wednesdays | 12:30 - 3:00 pm **DIAMOND ART DUCKIES\***

Bedazzle rubber ducks in this fun and unique class every Wednesday!

**Cost: Supplies**

# ASTER AGING

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

## EXCURSIONS

**Must be a registered participant and RSVP in advance to join.**



### Mesa Downtown HALL OF FLAME MUSEUM

**September 30 | 12:30 - 3:30 pm**

Join us for a trip to The Hall of Flame, a museum dedicated to the history of firefighting.

**Cost: \$10/person**

**Space Limited, RSVP by phone or in person.  
480-962-5612**



### Red Mountain CHANDLER HISTORY MUSEUM

**September 25 | 12:15 - 2:30 pm**

Join us on a trip to the Chandler History Museum to learn about the city founded by Dr. Alexander John Chandler.

**Cost: FREE**

**Space Limited. RSVP by phone or in person.**



**Pictured above:** Bingo for Prizes at the Red Mountain Senior Center.



## CENTER GAMES

Drop by or email [CBS@asteraz.org](mailto:CBS@asteraz.org) to save your spot.

MESA DOWNTOWN



**WII SPORTS (GOLF & BOWLING)**  
**Mon - Fri | 8:00 - 11:00 am**



**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**



**MAHJONG**  
**Thurs | 12:00 - 3:30 pm**



**BINGO!**  
**PRIZES: Weds | 12:30 - 3:00 pm**  
**MONEY: Fri | 1:00 - 3:30 pm**

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**



**CHESS**  
**Thurs | 12:30 - 3:00 pm**



**BINGO! FOR PRIZES**  
**Tues & Fri | 12:30 - 2:30 pm**

The Aster Scene is made possible in part by the support of our advertisers, which helps us keep this publication free of charge. The presence of paid advertisements does not constitute an endorsement by Aster Aging. For more information, contact [development@asteraz.org](mailto:development@asteraz.org).

# ASTER AGING

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



## NOW SHOWING

**Aster's Senior Centers each host FREE weekly movies starting at 12:30 pm.**

Downtown Senior Center movies are on Thursday, and Red Mountain Senior Center movies are on Tuesday.

RSVP online, by phone/email or in person to secure your seat!



### MESA DOWNTOWN (Thursdays)

#### September 4

Twins | 1988 | PG

#### September 11

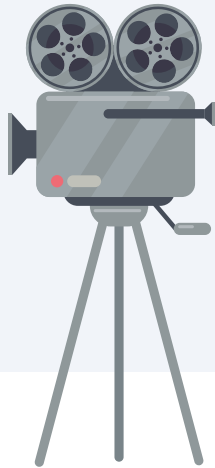
Big Miracle | 2012 | PG

#### September 18

In Harm's Way | 1965 | NR

#### September 25

Jurassic Park | 1993 | PG-13



### RED MOUNTAIN (Tuesdays)

#### September 2

The Princess Bride | 1987 | PG

#### September 9

Letters to Juliet | 2010 | G

#### September 16

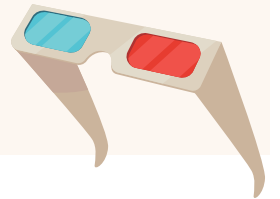
Overboard | 2018 | PG-13

#### September 23

House Sitter | 1989 | PG

#### September 30

Hope Floats | 1998 | PG-13



## PAID ADVERTISEMENT

**Discovery Point**  
Retirement  
Community



**ONE BEDROOM**  
Starts at  
**\$2,140**

\*Rates are subject to change

- Chef prepared meals
- Weekly Housekeeping
- Full Calendar of Activities
- Fitness Classes and Gym

- All Utilities (except phone)
- Cable TV
- Transportation
- Emergency Call System

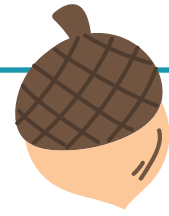
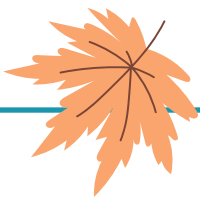
**Discovery Point**  
6210 E Arbor Ave  
Mesa, AZ 85206  
**480.924.6474**

**Rent includes all this and  
much more! 55+ community**



**GUARDIAN**

**Schedule a  
tour for a  
FREE PIE!**



## Butternut Squash & Sweet Potato Soup

by Micaela Solimo

This hearty soup is the perfect companion for the first temperature drops of the year.

### Ingredients

- 1 bag frozen chopped onions
- 2 bags frozen butternut squash
- 2 bags frozen sweet potatoes
- 4 cups low-sodium chicken bone broth
  - ¼ teaspoon salt
  - 1 pinch nutmeg
- Black pepper to taste

### Directions

1. Wash hands with soap and water.
2. Combine all ingredients in a slow cooker.
3. Cook on low for 6 to 8 hours or high for 3 to 4 hours.
4. When finished, mash the vegetables in the soup with a potato masher. Be careful, as the contents will be hot!
5. Serve and enjoy!

**Note:** You can also make this recipe on the stovetop by combining all ingredients in a large pot, bringing to a boil and letting simmer for 20 to 25 minutes.

## FOOD SAFETY TIPS

Each year, 1 in 6 Americans gets food poisoning, but older adults face a higher risk of serious illness. Aging weakens the immune system, slows organ function, and adds complications from chronic conditions or medications. A few simple habits can greatly reduce your risk.

### What Causes Foodborne Illness?

Harmful bacteria like E. coli, Salmonella, and Campylobacter are often found in:

- Undercooked meat, poultry, or seafood
- Unpasteurized milk, juice, or soft cheeses
- Raw fruits and vegetables
- Raw sprouts or untreated water

These pathogens can lead to hospitalization or worse for older adults.

### Know the Dates - When in Doubt, Throw It Out

- **Sell By:** Buy before this date; still safe after.
- **Use By / Best If Used By:** Reflects best flavor or quality - not safety.

No matter what the label says, food left out too long can be dangerous. If something seems off, toss it.

### Foods to Avoid

- Unpasteurized milk or cheeses (like Brie or queso fresco)
- Undercooked meat, poultry, eggs, or seafood
- Raw sprouts, cold deli meats, or pâtés unless heated thoroughly
- Unwashed produce

### Four Simple Safety Steps

- **Clean:** Wash hands, utensils, and surfaces with warm, soapy water.
- **Separate:** Keep raw meat away from ready-to-eat foods in your cart and fridge.
- **Cook:** Use a food thermometer to ensure safe temperatures.
- **Chill:** Refrigerate leftovers quickly and never leave food out for more than two hours.

**Learn more at [FoodSafety.gov](https://www.foodsafety.gov)**



# ASTER AGING

45 W University Drive | Mesa, AZ 85201 | 480-964-9014



## PUZZLE

### Line Dancing

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Think you can find them all before the music stops?

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

ANGLE  
 BACKWARD  
 BOOT  
 CLAP  
 DANCE  
 FORWARD  
 HITCH  
 HOP  
 HUSTLE  
 KICK  
 LEFT  
 PARTNER  
 PIVOT  
 RIGHT  
 SCUFF  
 SLIDE  
 STOMP  
 TURN

## PAID ADVERTISEMENT

We specialize in primary care for adults over 65.



Book your appointment  
Locations throughout Mesa, AZ

- Annual Wellness Visits
- Specialty care coordination
- Virtual visits
- Management of chronic conditions
- Same-day appointments
- Medicare accepted at all Village Medical locations





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

480-964-9014



To unsubscribe, email **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.



## BE THE FIRST TO KNOW

Read the newsletter early every month by receiving it in your email inbox or reading it right on our website!

Email **development@asteraz.org** to learn more.



## DONATE ONLINE TODAY

Your gift empowers and supports local seniors!

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