



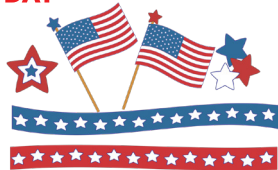

The results from our Volunteer Survey are in! Find out more inside!

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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).
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.

1 MONDAY	2 TUESDAY	3 WEDNESDAY	4 THURSDAY	5 FRIDAY
1 Chicken Parmesan with Normandy Blend Vegetables, Beets, a Whole Grain Roll, and Sliced Apricots	2 Salisbury Steak with Mashed Potatoes & Gravy, Green Beans, Tomatoes, a Whole Grain Roll, and Sliced Pears	3 Cheeseburger, Stewed Tomatoes, Macaroni & Cheese, Hamburger Bun, and Apple Pie	4 OFFICES CLOSED FOR INDEPENDENCE DAY 	5 Chicken Nuggets with Italian Vegetables, Edamame, a Whole Grain Roll, and a Fresh Orange
8 Meatloaf with Gravy, Mashed Potatoes, Green Beans, a Whole Grain Roll, and a Granny Smith Apple	9 Spaghetti with Pork Meatballs**, Italian Vegetables, Wax Beans, a Whole Grain Roll, and Mandarin Orange	10 Baked Cod with 4-Way Vegetables, Edamame, a Whole Grain Roll, Fruit Cup, and Chocolate Cake	11 Lemon Herb Chicken with Asparagus, Beets, a Whole Grain Roll, and a Banana	12 Hamburger on a Whole Wheat Bun, Tater Tots, Low Sodium V8 Juice, and Pineapple Chunks
15 Curry Chicken with Rice, Grilled Vegetables, Carrots, a Whole Grain Roll, and Watermelon	16 Ham Steak** with Mashed Potatoes & Gravy, Brussels Sprouts, a Whole Grain Roll, and Fresh Grapes	17 Beef and Broccoli with Rice, Snow Peas, a Whole Grain Roll, and a Fresh Pear	18 Cod Fish Tacos with a Whole Wheat Tortilla, Carrot & Cabbage Coleslaw, Spinach, Pineapple, and a Brownie	19 Broccoli & Cheese Stuffed Chicken Breast, 5-Way Vegetables, Salad, a Whole Grain Roll, and Mango Chunks
22 Tortilla Crusted Tilapia with Spinach, Summer Squash, a Whole Grain Roll, and Sliced Peaches	23 Meatloaf with Gravy, Mashed Potatoes, Steamed Baby Carrots, a Whole Grain Roll, and Cinnamon Apples	24 Pork Chop** with Gravy, Roasted Yams, Normandy Blend Vegetables, a Whole Grain Breadstick, and Pineapple Chunks	25 Seasonal Chicken Salad with Whole Grain Bread, Macaroni Salad, Stewed Tomatoes, and a Tropical Fruit Cup	26 Hamburger with Lettuce & Tomatoes on a Whole Grain Bun with Roasted Red Potatoes, Fresh Fruit, and Chocolate Pudding
29 Scrambled Eggs and Pork Sausage, Breakfast Potatoes, a Whole Grain Biscuit, and Apple Sauce	30 Chicken Alfredo with Sliced Carrots and Peas, a Whole Grain Breadstick, Pasta, and Mandarin Orange Slices	31 Beef Taco with Cheese, Beans de la olla, Corn, two Whole Grain Tortillas, Diced Mangos, and Salsa		

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REGISTER FOR THE NEW YEAR



July marks the beginning of Aster's new fiscal year! As a 501(c)3 organization, Aster receives funding from various Governmental and funding organizations. In return, they ask to see how well our programs are reaching the community.

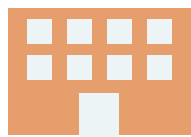
By registering at an Aster Senior Center or online at AsterAZ.org, you're helping Aster continue being a leader in providing direct services and mobilizing resources to our East Valley community. A small bit of your time helps us show the impact of our programs.

Don't wait - register today!



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

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 IT TAKES TWO!

John and Annette have been regular players in Mesa Downtown's weekly Bingo! For Cash game for a long time, and have always viewed the game as a means of building community.

The game took on an entirely new and unexpected dimension for them when they both won games in the same Bingo session in May.

John quickly won the first game of the session. He told us that they have won games before, but the opening game, "Double Action," pays well.

In dramatic fashion, Annette unexpectedly won the last game of the session, "Coverall," making both husband and wife winners of the big prize money for the session. "This was a big surprise, because she never wins," John added.

The couple used their winnings to enjoy a night on the town, going to dinner at a local Mexican restaurant.

Although they don't expect to win that big again, they are excited to continue coming to Bingo each week. "The companionship is the big thing," Annette told us, adding that the winnings were just 'added fun.'



5

YOU'RE INVITED TO JOIN US!

Bingo! For Money takes place at our Downtown Mesa Center every Friday from 1:00 pm to 3:30 pm.

To RSVP, or if you have any questions, call the front desk at 480-962-5612 or email at info@asteraz.org

60

90



15



MESA DOWNTOWN SENIOR CENTER
RESERVE YOUR SPOT BY CALLING THE FRONT DESK.

480-962-5612 | AsterAZ.org

3

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VOLUNTEER FEEDBACK

Volunteers from Aster's programs took the time to give us feedback on Aster's volunteer program. Here are a few highlights from our Volunteer Survey!



98% of volunteers would recommend volunteering with Aster to others.

The Top 5 Reasons You Volunteer with Aster



I want to do something useful - make a difference in my community.



I like the social interactions with others.



I believe in the importance of Aster's mission and services.



I enjoy this type of work.

I want to stay active and involved.

One volunteer had this to say:

Everyone that runs the program is fantastic. Communication is beyond great. There are a lot of people out there who need help and I love that Aster is doing as much as they can to help!



READY TO START YOUR VOLUNTEER JOURNEY?

Contact an Aster Senior Center to learn more about volunteering.

Mesa Downtown Senior Center
480-962-5612 p

Red Mountain Senior Center
480-218-2221 p

Or Register Online At AsterAZ.org

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ASSISTED LIVING &
MEMORY CARE

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ASTER SENIOR CENTERS'

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



MESA DOWNTOWN EVENTS

July 3 | 12:00 pm

INDEPENDENCE DAY

We've got a day of fun & celebration planned in honor of our nation's independence! Don't miss out on music, themed activities, and a raffle.

July 10 & 24 | 10:15 - 11:30 am

BOOK CLUB

by New Frontiers for Lifelong Learning

Join us for a thoughtful discussion of literature from different genres & perspectives. This month's books: "Course of the Pharaohs by Elizabeth Peters & "Plain Truth by Jodi Picoult.

July 16 & 30 | 10:00 am

AARP DIGITAL SKILLS

Get tech-savvy with AARP's Digital Skills classes! This month's topics include Money Matters & Online Drug RX Resources.

Tuesdays | 9:30 - 10:30 am

ART APPRECIATION

Take a colorful journey into the world of art. Enjoy studying visual arts, including painting, sculpture, architecture, and other forms of visual arts.



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
TAI CHI CLASSES* - ADVANCED & BEGINNERS

Classes for beginners (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 | 12:00 - 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!



July 1 | 8:30 am | Mesa Downtown
July 12 | 9:00 am | Red Mountain
VETERAN'S 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.



July 2 & 16 | 10:00 am | Red Mountain
CRAFT JEWELRY

Join Mark as we craft beautiful jewelry! \$5 per person.



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.



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 & LOSS SUPPORT 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



July 1 | 1:30 pm

PARKINSON'S GROUP

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

July 11 | 12:00 pm

TECH CLASS - IPADS

Join us for an informative workshop on how to use an iPad.

July 9 & 23 | 10:00 - 11:00 am

AARP DIGITAL SKILLS

Get tech-savvy with AARP's Digital Skills experts!

July 11 | 12:30 pm

CARD CREATIONS*

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

July 11, 18, 25 | 10:00 am

EVERYONE HAS A STORY*

Get inspired to save your special memories for the future. \$5 initial

July 11 | 9:00 am - 11:30 am

Healthier Living Workshop

by Dignity Health

Classes designed to provide you with the tools and knowledge to be better informed and more involved in your own care. Call the Center to register: **480-218-2221**

July 25 | 12:30 pm

THE MEN'S CREW

Join the guys to make new friends.

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EXCURSIONS

RED MOUNTAIN Planetarium*

July 18 | 12:30 pm

Join us on a journey to the Red Planet! We'll discover the many challenges astronauts face and how creativity & collaboration are essential for deep space exploration. No cost for admission.

MESA DOWNTOWN Mesa Art Museum

July 25 | 12:30 pm

Mesa's award-winning Arts Center features five unique collections, spanning across time and place. There is no cost for admission.



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



SENIOR CENTERS DROP-IN AREAS



ART STUDIO

Thursdays - DT



BILLIARDS



PUZZLES & GAMES



FITNESS CENTER



LIBRARY



CAFE

RED MOUNTAIN



MAHJONG FOR BEGINNERS & ADVANCED

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



PINOCHLE

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



WHATEVER GAMES WE PLAY

Wednesdays | 12:30 - 3:00 pm



CANASTA

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



MEXICAN TRAIN DOMINOS

Thurs | 12:30 pm - 3:00 pm



BINGO! FOR PRIZES

Tuesday & Fridays | 12:30 - 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!



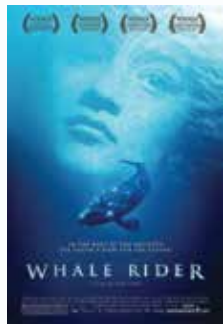
MESA DOWNTOWN



July 11 | Hot Pursuit

2015 | PG-13

Reese Witherspoon, Sofia Vergara
An uptight and by-the-book cop tries to protect the outgoing widow of a drug boss as they race through Texas pursued by crooked cops and murderous gunmen.



July 18 | Whale Rider

2002 | PG-13

Keisha Castle-Hughes, Rawiri Paratene
Only males are allowed to ascend to chieftom in a Maori tribe in New Zealand. This ancient custom is upset when the child selected to be the next chief dies at birth.



July 25 | The Bourne Supremacy

2004 | PG-13

Matt Damon, Franka Potente
When Jason Bourne is framed for a CIA operation gone awry, he is forced to resume his former life as a trained assassin to survive.



RED MOUNTAIN



July 11 | Ford v. Ferrari

2019 | PG-13

Matt Damon, Christian Bale
Carroll Shelby and driver Ken Miles battle corporate interference and the laws of physics to build a revolutionary race car for Ford in order to defeat Ferrari at the 24 Hours of Le Mans in 1966.



July 18 | A Beautiful Day in the Neighborhood

2019 | PG

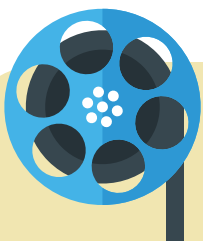
Tom Hanks, Matthew Rhys
Based on the true story of a real-life friendship between Fred Rogers and journalist Lloyd Vogel.



July 25 | Captain Marvel

2019 | PG-13

Brie Larson, Samuel L. Jackson
Carol Danvers becomes one of the universe's most powerful heroes when Earth is caught in the middle of a galactic war between two alien races.



Peanut Butter Yogurt Dip

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

Summer Snacks!

This tasty recipe is a fun summer-time snack that you can make with ingredients that you already have at home! It can be enjoyed with crackers, apple slices, celery, or your favorite mix of cut-up fruits and veggies.

Ingredients

- 1 cup low-fat Greek yogurt
- ¼ cup creamy peanut butter
- 2 teaspoons honey or maple syrup

Instructions

1. Wash hands with soap and warm water.
2. Mix yogurt, peanut butter, and honey or maple syrup together in a bowl.
3. Serve with sliced fruit or whole grain crackers.
4. Enjoy!

*Makes 6 servings, approximately 2 tablespoons each.

Outdoor Food Safety Tips

Excerpt from U.S. Food & Drug Administration, "Handling Food Safely While Eating Outdoors"



Picnic and barbecue season is here! But warm weather also presents opportunities for foodborne bacteria to thrive. Follow these tips & stay safe eating outside this summer:

FOUR SIMPLE SAFETY STEPS:

CLEAN -
Wash hands & surfaces often.

SEPARATE-
Raw meats from other foods.

COOK-
Cook to the right temperature

CHILL -
Refrigerate foods properly

Cross-Contamination -

Never reuse a plate or utensils that previously held raw meat, poultry, or seafood for serving — unless they've been washed first in hot, soapy water.

Hot Foods -

Should be kept hot, or at above 140 °F. Wrap food well in an insulated container until serving.

Cold Foods -

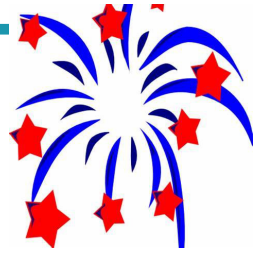
Once served, cold foods should not sit out for more than 1 hour if it's hotter than 90 °F.

LEARN MORE HEALTHY TIPS AND RECIPES:

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

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PUZZLES

Match each emoji with its meaning.

- | | | |
|--|--|--|
| 1.  | 2.  | 3.  |
| 4.  | 5.  | 6.  |
| 7.  | 8.  | 9.  |

- Celebration _____
- Money _____
- Strong _____
- Birthday _____
- Hopeful _____
- Funny _____
- Cool _____
- Thinking _____
- Sleep _____

7, B, 3, C, 4, D, 2, E, 9, F, 1, G, 5, H, 6, 1, 8

ANSWER

How **'hot'** is your knowledge of this month's July trivia?

1. Which of the following does NOT occur in July?

- A. Independence Day in the U.S.
- B. Canada Day
- C. The World Series
- D. Bastille Day

2. True or false? The Roman Senate named July in honor of Julius Caesar because it was the month of his birth.

- True
- False

3. The Running of the Bulls in Spain takes place every July. What famous author wrote about the event in the novel The Sun Also Rises?

- A. F. Scott Fitzgerald
- B. Stephen King
- C. Maya Angelou
- D. Ernest Hemingway

4. The song "Mona Lisa" topped the Billboard charts on July 15, 1950. What singer with three names recorded it?

5. Which of these zodiac signs falls in July?

- A. Leo
- B. Capricorn
- C. Gemini
- D. Scorpio



C, 2, True, 3, D, 4, Not King Cole, 5, A

ANSWER



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Your gift empowers and supports local seniors!

www.asteraz.org/help/donate.html