AUGUST MENU

Meals are ready for pick-up between 11:00 am - 12:00 pm. 480-962-5612 (Mesa Downtown) or 480-218-2221 (Red Mt). Items with ** contain pork or pork products. Menu items subject to change due to availability.

**MONDAY**
- BBQ Chicken
- Grilled Vegetables
- Sweet Corn Nuggets
- Whole Wheat Roll
- Watermelon

**TUESDAY**
- Bratwurst**
- Baked Beans
- Steamed Cabbage
- Whole Wheat Bun
- Vanilla Pudding
- Grapes

**WEDNESDAY**
- Tuna Salad Sandwich
- Mango
- Whole Wheat Tortilla
- Pinto Beans
- Cilantro Lime Slaw

**THURSDAY**
- Broccoli & Beef
- Strawberry Chicken Salad
- Cucumber Salad
- Corn Salad
- Whole Wheat Crackers
- Apple Sauce

**FRIDAY**
- Pork Roast w/ Gravy**
- Asparagus
- Cauliflower
- Whole Wheat Roll
- Tropical Fruit

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Pick-Up & Go Meals
- For community members age 60 and up
- Pick-up daily hot meals or frozen meals for a week
- Suggested contribution of $3.50 per meal
- Reservations are required by 2:00 pm the previous day

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ASTER AGING

CENTERS GO VIRTUAL

As we continue keeping our physical distance this summer, it is critical that we maintain our social support and connections. Aster can help connect you with online and telephone-based support services are available to you!

In addition, Aster is working to develop online programming that will help bring a selection of our Center-Based activities to you at home. Support groups, social club meetings, and even exercise are some of the options we are exploring.

To be notified of the latest online offerings, follow us on social media, subscribe to our eNewsletter, or go to our website at https://www.asteraz.org/news/calendar.html

Our teams are excited to introduce new and dynamic ways we can connect while still following physical distancing practices! And please contact your local Center if you have ideas to share!

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REGISTER YOUR VOICE

Arizona’s General Election is just around the corner! Occurring every two years, this year’s election includes U.S. President, federal, state, county, and local offices. However, just because you are a resident of voting age does not mean you can vote in the election -- you must first register to vote!

To learn more about registering to vote in Arizona, and a calendar of important upcoming election dates, visit the Secretary of State website at https://azsos.gov/elections/voting-election.html

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YOU LIKE US!

Facebook has come a long way over its history. Created to be a way for college students to network and share about their common experiences, it is now a social tool used by people of all ages and walks of life - including Aster!

Like and follow us on Facebook -- @AsterArizona -- today. On the social media platform you’ll learn about our programs, find credible stories and tips for your health, and connect with us while our Centers are closed. We are exploring more ways we can connect with you on Facebook; be sure to click the thumbs-up icon to “like” our page so you can stay up to date on what we have going on. Find us on Facebook at facebook.com/AsterArizona.