



You can escape the heat and find community this summer by visiting Aster's Senior Centers!

Visit pages 5 and 6 for ways that you can get involved this month.

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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.

MONDAY

Items with **contain pork or pork products.

Menu subject to change due to availability.

TUESDAY

1 Beefy Mac and Cheese, 4-Way Vegetable Mix, Carrot Coins, a Whole Wheat Roll, and an Orange.

WEDNESDAY

2 Scrambled Eggs with Diced Bell Pepper and Onion, Turkey Sausage, Tater Tots, a Whole Wheat Tortilla, and Mandarin Oranges.

THURSDAY

3 Grilled Chicken with Roasted Tomatoes, 3-Bean Salad, a Whole Wheat Roll, and a Mixed Fruit Cup.

FRIDAY

4 **CLOSED FOR JULY 4TH HOLIDAY**

7

Sloppy Joe on a Whole Wheat Bun, Corn, Green Beans and Tomatoes, Apple Slices, and a Chocolate Chip Cookie.

8

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

9

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

10

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

11

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

14

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

15

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

16

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

17

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

18

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

21

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

22

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

23

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

24

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

25

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

28

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

29

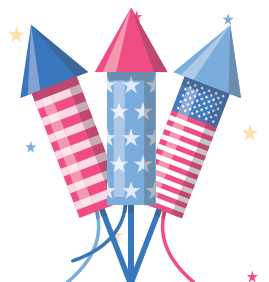
Broccoli and Cheese Stuffed Chicken Breast, Spinach, Baby Carrots, a Whole Wheat Biscuit, and an Apple.

30

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

31

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



ASTER AGING

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



NEW YEAR REGISTRATION

Can you believe it's already summer? July marks the anniversary of our nation's independence, the sunniest stretch of the year, and more. It also is the beginning of Aster's new Fiscal Year!

As a 501(c)3 nonprofit organization, Aster receives funding from various governmental organizations, private foundations, 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 are helping Aster continue to empower older adults through a full continuum of programs and services across our East Valley community. A small amount of your time to complete our annual registration form helps us show the full impact of our programs, ultimately ensuring that we can serve more people and increase our impact.

To our participants, thank you for enriching our community with your wisdom, experience, and presence.



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 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

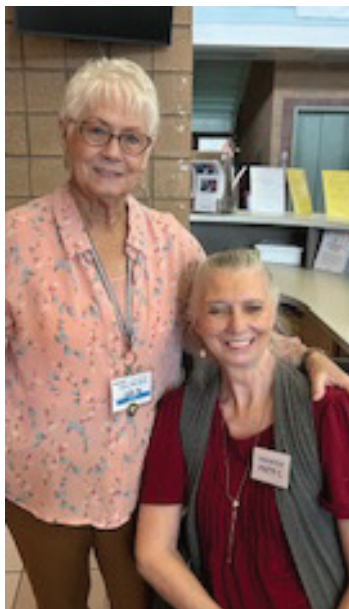
Helping navigate and access services and health resources, as well as being the NCOA Benefits Enrollment Center for the East Valley.

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VOLUNTEER AT THE SENIOR CENTER



Did you notice the smiling face at the Front Desk of the Senior Center this week? What about the person who served you coffee at the cafe? Or the person calling bingo? Or even the instructor teaching your favorite art or history class?

What do all of these people have in common? They are volunteers who donate their time to Aster to help make our Senior Centers the vibrant exciting places that they are.

Aster's Senior Centers are made possible thanks to the incredible efforts of hardworking volunteers. Did you know that just last year, over 375 volunteers contributed 20,000 hours of service across all of our Programs and Services?

You can volunteer at Aster's Senior Center in a way that most speaks to your passions! Have a hobby or interest that you would want to educate others on? You can teach a class! Interested in helping make our daily lunches possible? You can help serve food and set up the dining hall.

Here are just some of the ways that you can volunteer at your Senior Center this year:

- Answer phones and greet guests at the Front Desk
- Serve coffee and snacks at our Cafe
- Serve lunch at our daily Congregate Meal
- Call Bingo
- Teach a class on a topic that you are passionate about
- Help pack pet food for Aster's Pet Program monthly distribution
- Label the monthly newsletter for mailing across the community
- Much, much more!

Do you have an idea on how you can contribute your skills to the Senior Center and give back through volunteerism? Speak with your Senior Center Manager to learn more about beginning your volunteer journey.



Mesa Downtown Senior Center

Lisa Titmas, Center Manager
480-629-8246 | ltitmas@asteraz.org



Red Mountain Senior Center

Sherri Judd, Center Manager
480-218-6674 | sjudd@asteraz.org

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ASTER ACTIVITIES

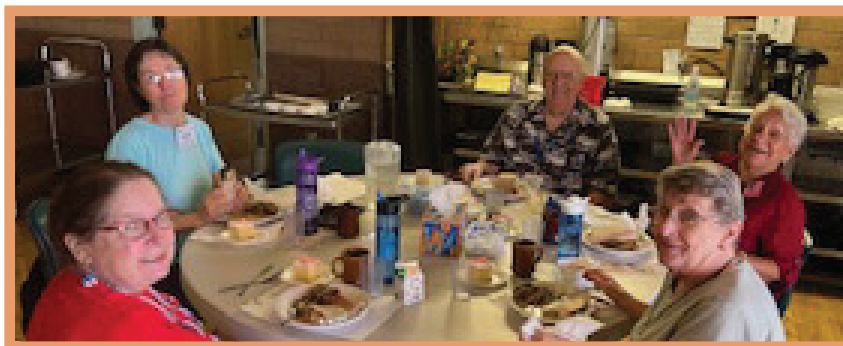
STAY IN TOUCH WITH ASTER TO READ MORE NEWS

Website: AsterAZ.org | Social Media: @AsterArizona

Email Development@asteraz.org for a chance to have your photo featured in the newsletter!



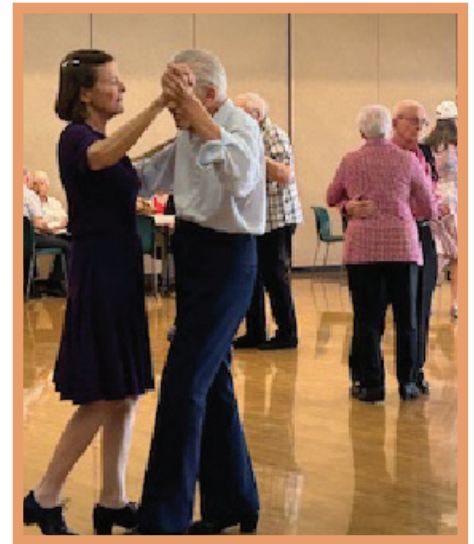
Pictured above: Participants and Volunteers have a conversation at the Red Mountain Senior Center.



Pictured above: Lunch at the Red Mountain Senior Center.



Pictured above: "Hall of Fame" Baseball Appreciation Club at the Mesa Downtown Senior Center.



Pictured above: The Red Mountain Senior Center's Wednesday Dance.



Pictured above: Pool at the Mesa Downtown Senior Center.



Pictured above: A Volunteer serves a Participant at the Mesa Downtown Senior Center Cafe.

ASTER SENIOR CENTERS

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



MESA DOWNTOWN EVENTS

July 3 | 10:30 am - 12:00 pm INDEPENDENCE DAY LUNCHEON

You're invited to celebrate July 4th at the Mesa Downtown Senior Center this year - festivities include games, dessert, music, dancing, and more! Must RSVP in advance.

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, RSVP for more info.

July 1, 15 | 10:00 - 11:00 am MESA PUBLIC LIBRARY

Now twice a month! The Mesa Public Library comes directly to our Center. Talk to a librarian to learn about the programs & services the library offers.

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.**



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

Weds - Open Dance | Thurs - Line Dance **\$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 3rd Thursday | 8:30 - 10:00 am | Red Mountain

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 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.



Tuesdays | 9:30 - 10:30 am | Mesa Downtown **ART IN ACTION**

Enjoy learning from the "Art in Action" curriculum.



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

A post-bereavement social support group for seniors.



July 7 | 9:00 am | Mesa Downtown July 11 | 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

July 3 | 11:00 am - 1:00 pm **INDEPENDENCE DAY LUNCHEON**

Come celebrate America's birthday with us! There will be cake, ice cream, games, activities, and prizes.

July 16 | 11:00 am - 1:00 pm **JULY BIRTHDAY PARTY**

Join us to celebrate the birthdays of those born in July! 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.

July 7 | 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.

July 28 | 8:00 am - 4:00 pm **CRAZY HAT DAY**

Wear the craziest hat that you own to the Senior Center! First, second, and third prizes will be awarded to the top three best entries.

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EXCURSIONS

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



Mesa Downtown PHOENIX POLICE MUSEUM

July 2 | 11:45 am - 3:30 pm

Discover the rich history of Phoenix law enforcement at the Phoenix Police Museum.

Cost: \$2/person

Space Limited, RSVP by phone or in person.

480-962-9014



Red Mountain SUPERSTITION SPRINGS CENTER

July 24 | 12:30 - 3:00 pm

Join us for a relaxing afternoon walking the mall at Superstition Springs Center in Mesa.

Cost: FREE

Space Limited. RSVP by phone or in person.

480-218-6791



Pictured above: Participants at the Mesa Downtown Senior Center play dominoes.



CENTER GAMES

Drop by or email 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

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NOW SHOWING

Our Senior Centers each host **FREE** movies starting at **12:30 pm**. RSVP online, by phone/email or in person to secure your seat! Downtown Senior Center movies are on Thursday, and Red Mountain Senior Center movies are on Tuesday.



MESA DOWNTOWN (Thursdays)



July 3
A League of Their Own
1992 | PG

Sisters Dottie and Kit join the first female professional baseball league and struggle to help it succeed amid their own growing rivalry.



July 10
The Notebook
2004 | PG-13

An elderly man reads a woman with dementia the story of two young lovers.



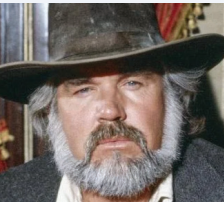
July 17
The Outsiders
1983 | PG-13

The rivalry between two gangs, the poor Greasers and the rich Socs, heats up when one gang accidentally kills a member of the other.



July 24
Tombstone
2009 | R

A lawman's plans to retire in Tombstone, Arizona, are disrupted by the kind of outlaws he was famous for eliminating.



July 31
The Gambler
1980 | NR

Kenny Rogers plays Brady Hawkes, a gambler.

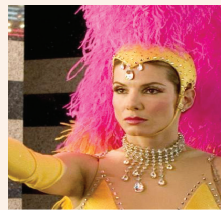


RED MOUNTAIN (Tuesdays)



July 1
Miss Congeniality
2000 | PG-13

Gracie Hart is a tomboy agent who is asked by the FBI to go undercover.



July 8
Miss Congeniality 2
2005 | PG-13

Agent Gracie Hart's cover is blown, and she now must act as spokesperson for the FBI.



July 15
Sweet Home Alabama
2002 | PG-13

A young woman must return home to Alabama to obtain a divorce from her husband.



July 22
Captain Ron
1992 | PG-13

A Chicagoan inherits an old yacht. He, his wife, daughter and son fly to a Caribbean island and hire Captain Ron to sail them on an adventure to Miami.



July 29
Sense and Sensibility
1995 | PG

Rich Mr. Dashwood dies, leaving his second wife and her three daughters poor by the rules of inheritance. The older two daughters are the title opposites.



SENIOR CENTER DROP-IN AREAS



ART STUDIO



BILLIARDS



PUZZLES
& GAMES



FITNESS
CENTER



LIBRARY



CAFE

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

Email cbs@asteraz.org or call 480-964-9014 to learn more!

Ambrosia

Adapted from myplate.gov

Ambrosia is a classic American fruit salad-style dessert, especially popular in the South and often served at holidays or potlucks.

Despite its name - ambrosia meaning “food of the gods” - it’s a humble, sweet, and creamy dish.

Ingredients

- 1 can (20 ounces) pineapple chunks in juice, drained
- 1 1/3 cups canned mandarin orange, drained
- 1 medium banana, peeled and sliced
- 1 1/2 cups seedless grapes
- 3/4 cup miniature marshmallows
- 1/3 cup flaked coconut
- 1 cup (8 ounces) low-fat vanilla yogurt

Directions

1. Wash hands with soap and water.
2. Drain pineapple and oranges. Use juice as beverage.
3. Combine fruit with marshmallows and coconut.
4. Fold in yogurt.
5. Chill.
6. Serve.

PREVENTING DEHYDRATION

Adapted from Nutrition.VA.Gov’s “Preventing Dehydration in Older Adults”

Staying hydrated is always a challenge here in the desert, but the soaring summer temperatures can make it even harder. These tips and tricks can help you stay healthy and feel better this year.

What should I drink?

At least half of what you drink should be water.

Choose water instead of sugary drinks. This can be tap water or unsweetened, bottled, or sparkling water.

Need more flavor? Add berries or slices of lime, lemon, or cucumber to water.

Good choices of fluid are:

- Water or calorie-free flavored water
- Fruit or vegetable juices
- Milk
- Decaffeinated or herbal teas
- Low sodium broth or soups



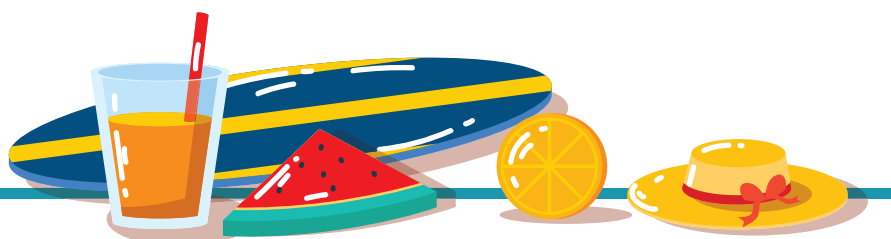
Poor choices are:

- Canned soups, which can be a hidden source of salt
- Soft drinks and sports drinks high in sugar
- Caffeinated drinks such as coffee, tea, and hot chocolate
- Alcohol

Simple ways to drink more:

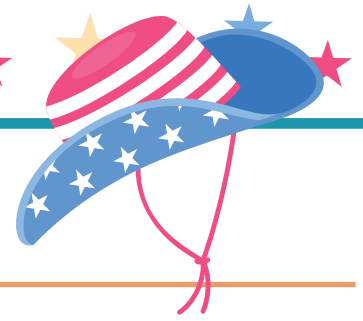
- Use large, easy to hold cups
- Leave a glass of fluid at your bedside or sitting area
- Choose a variety of fluids based on what you like
- Drink fluids during and between meals

VISIT [NUTRITION.VA.GOV](https://nutrition.va.gov) FOR MORE HEALTH TIPS





PUZZLES



Unscramble the letters to reveal words associated with Independence Day.

1. RUHTFO _____
2. PERADA _____
3. TARSS _____
4. IRYBTLE _____
5. PISTSER _____
6. KERSPARSL _____
7. EUBCEBRA _____
8. IKOSRWFRE _____
9. PDENECENNIED _____
10. CRITIPATO _____
11. IDUTNE TASTES _____
12. ERCAMIA _____
13. EPLILDAAPIHH _____
14. AEGNLCEILA _____
15. TICLDEANARO _____
16. N P CICI _____
17. LBECTEAER _____
18. ADHYOIL _____

Fourth, Parade, Stars, Liberty, Sparklers, Barbecue, Fireworks, Independence, Patriotic, United States, America, Philadelphia, Allegiance, Declaration, Picnic, Celebrate, Holiday

ANSWER

Find the two suitcases below that are exactly alike.

1.



2.



3.



4.



5.



6.



7.



8.



ANSWER

2 & 8



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

480-964-9014



To unsubscribe, email **development@asteraz.org**.



CONTACT

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Mesa Downtown Senior Center

247 N Macdonald St,
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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