



**Corry Miller and her crustacian friend enjoy a luau lunch at the Mesa Downtown Senior Center.**

## IN THIS ISSUE

Lunch Menu	1
Outreach	2
Center Movies	3
Medicare Assistance	4
Volunteer Opps	4
Center Activities	5
Puzzles	10

# SEPTEMBER MENU

Lunch is served at 11:30 am. Pick-Up & Go meals are available between 11:00 am - 12:00 pm.

For next day reservations, call [480-962-5612](tel:480-962-5612) (Mesa Downtown) or [480-218-2221](tel:480-218-2221) (Red Mt).

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

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### Pick-Up & Go Meals

- For community members age 60 and up
- Daily hot meals or frozen meals for a week
- Suggested contribution of \$3.50 per meal
- Reserve by 2:00 pm the previous day

6

### CLOSED TODAY



7

- Pulled Pork Shepherd's Pie\*\*
- Mashed Potatoes
- Carrots
- Whole Wheat Roll
- Banana

8

- Orange Chicken
- Succotash
- Broccoli
- Whole Wheat Roll
- Applesauce with Cinnamon

9

- Bean & Cheese Burrito with Enchilada Sauce
- Steamed Cabbage
- Grilled Vegetables
- Butterscotch Pudding
- Grapes

10

- Cold Salad Plate Ham, Beets and Cucumber Tomato\*\*
- Whole Wheat Roll
- Tropical Fruit

13

- Hamburger with Lettuce & Tomato
- Winter Blend Vegetables
- Sweet Potato Fries
- Melon

14

- Pulled BBQ Chicken
- Coleslaw
- Baked Bean's
- Whole Wheat Bun
- Peaches

15

- Beef and Broccoli
- Asian Blend Vegetables
- Brown Fried Rice
- Whole Wheat Roll
- Orange

16

- Pork Chop Diane\*\*
- Cauliflower
- Baked Potato
- Whole Wheat Roll
- Strawberries

17

- Baked Catfish
- Asparagus
- Carrots
- Whole Wheat Sweet Roll
- Apricots

20

- Gnocchi w/ Ground Turkey & Marinara
- Zucchini
- Italian Blend Vegetables
- Whole Wheat Bread Stick
- Pears

21

- Pork Pozole Stew\*\*
- Corn
- Yellow Squash
- Whole Wheat Roll
- Pineapple

22

- Mandarin Orange Chicken Salad
- Cucumber Salad
- Beets
- Whole Wheat Crackers
- Mixed Fruit

23

- Waffle with Eggs
- Sliced Tomatoes
- Chef's Potato
- Fresh Fruit with Yogurt

24

- Fried Chicken
- Green Beans
- Yams
- Whole Wheat Sweet Roll
- Fruit Cocktail

27

- Sloppy Joe
- Garden Salad with Tomato, Carrots and Cucumber
- Potato Wedges
- Whole Wheat Roll
- Watermelon

28

- Red Rice & Beans with Chicken
- Okra
- Carrots
- Whole Wheat Roll
- Black Forrest Cake
- Plums

29

- Meatloaf with Gravy
- Peas
- Mashed Potatoes
- Whole Wheat Roll
- Grapes

30

- Tilapia with Hollandaise Sauce
- Brussel Sprouts
- Rosemary Potatoes
- Whole Wheat Roll
- Sliced Pears



# ASTER AGING

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



## YOU'VE EARNED IT

Too often, seniors are unaware of benefits and support available to them. Benefits that can help provide financial security during these turbulent times. Luckily, Aster can help.



Aster is part of the National Council on Aging's network of Benefits Enrollment Centers (BECs), helping older adults and people with disabilities on Medicare improve their financial stability.

"There are so many services and ways we can help seniors in our community," states Anne McFarland, Director of Social Services. "These are free services that exist to help and people just need to reach out to us to access them."

The Benefits Check-Up connects you with critical resources and financial supports. Through this process, you may qualify for:

- Medicare Part D Extra Help/Low-Income Subsidy (LIS)
- Medicare Savings Programs
- Medicaid / AHCCCS
- Supplemental Nutrition Assistance Program (SNAP)
- Low-Income Home Energy Assistance Program

BECs can also help you apply for other programs, such as Supplemental Security Income, State Pharmaceutical Assistance Programs, local transportation assistance, tax relief, and more.

"There is a wealth of support available," shares Anne. "And best of all, it is free! Give us a call or email so we can help you today."



### OUTREACH & SOCIAL SERVICES

Anne McFarland

480-962-5612 | amcfarland@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 currently provide limited in-person activities, online programs, and weekday in-person & Pick-Up & Go lunch.



### 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 homebound 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.

# ASTER AGING

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

## MEDICARE ASSISTANCE

In Partnership with Area Agency on Aging, Aster is offering Medicare Counseling and Advocacy sessions. During these sessions, staff provide:

- Information on Medicare and Medicare Advantage Plans
- Assistance with organizing Medicare and supplemental claims information
- Assistance with Medicare appeals and problems

Each Senior Center is hosting sessions. Mesa Downtown's appointments are on the 1st and 3rd Fridays between 9:00 – 11:00 am. Red Mountain's sessions are on the 1st and 3rd Wednesdays between 9:00 – 11:00 am.

Sessions last about 30 minutes and are by appointment only – we cannot accommodate walk-ins at this time.

To make an appointment, call Mesa Downtown at [480-962-5612](tel:480-962-5612) or Red Mountain at [480-218-2221](tel:480-218-2221).



## NOW SHOWING

Each Center is hosting **FREE** movies starting at 12:30 pm. Screenings require face masks, pre-registration and have a **limited capacity**.

### MESA DOWNTOWN



**Sept 2 | THE COURIER** | 2020 | PG-13

Benedict Cumberbatch, Merab Ninidze

Cold War spy Greville Wynne and his Russian source try to put an end to the Cuban Missile Crisis.



**Sept 9 | SOUTH PACIFIC** | 2001 | NR

Glenn Close, Harry Conick Jr

During World War II, love blooms between a young nurse and a secretive Frenchman.



**Sept 16 | WILD OATS** | 2016 | PG-13

Shirley MacLaine, Jessica Lange

When a woman receives a windfall of money, she & her best friend head out for the adventure of a lifetime.



**Sept 23 | HERE TODAY** | 2021 | PG-13

Billy Crystal, Tiffany Haddish

A veteran comedy writer & a New York street singer form an unlikely yet hilarious and touching friendship.



**Sept 30 | PATCH ADAMS** | 1998 | PG-13

Robin Williams, Daniel London, Monica Potter

The true story of a man determined to become a medical doctor because he enjoys helping people.

### RED MOUNTAIN



**Sept 13 | HERE TODAY** | 2021 | PG-13

Billy Crystal, Tiffany Haddish

A veteran comedy writer & a New York street singer form an unlikely yet hilarious and touching friendship.



**Sept 20 | OCEAN'S 8** | 2018 | PG-13

Sandra Bullock, Cate Blanchett, Anne Hathaway

An all-female crew gathers to attempt an impossible heist at New York City's yearly Met Gala.

# ASTER AGING

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



## WE NEED YOU!

As we return to in-person activities and events, our need for volunteers has grown. From one day events to long-term commitments, we need your help!



Volunteers are the lifeblood of our programs. Volunteers help us fulfill our mission to support and empower older adults and their families to remain independent and engaged in our communities.

We offer a wide variety of opportunities to fit your unique skills and availability. Some of our current opportunities are:

### Meals on Wheels

Spend a weekday morning checking on seniors while delivering a nutritious meal with a smile. COVID protocols are in place, ensuring proper safety measures for drivers and recipients.

### In-Home Support

Provide companionship over the phone or a ride to a critical destination, such as the doctor, grocery store or pharmacy.

### Senior Center Services

Teach a class, share a hobby, help with activities, serve lunch or help ensure the smooth operation of the Center.

If you would like to learn more about volunteer opportunities, or would like to volunteer, please contact us today!

## POUR ON THE CREATIVITY

Break out the paints and unleash your inner Jackson Pollack! Aster is offering two painting classes this month.



**Acrylic Paint Pouring** is a fluid technique used to create art by drizzling acrylic paint onto a canvas. This technique allows

artists to apply color in puddles, pools and marble-like patterns.

**Diamond Painting** is a blending of cross-stitch and paint-by-numbers, where you apply colorful resin rhinestones to richly-pigmented canvas paintings. This creates dazzling, mosaic diamond artworks that sparkle, shimmer and shine.

Both classes are September 14th from 1:00 - 3:00 pm. Paint pouring is at Red Mountain. Diamond Painting is at Mesa Downtown. The cost for each class, including all materials, is \$10 per person. Classes are only 10 people each, so sign-up today!



### INDIVIDUAL & GROUP VOLUNTEERS

**Carol Dopudja**

480-962-5612 | [cdopudja@asteraz.org](mailto:cdopudja@asteraz.org)

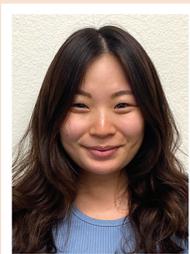
# ASTER AGING

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

## MEET YOUR STAFF

### Meagan Yu

Neighbors  
Coordinator



#### Birth Month

October

#### Birthplace

Nashville, TN

#### Hobbies

Hiking, Traveling, Cooking/Baking

#### Hidden Talent

I make great travel itineraries!

#### Perfect Vacation

Anything that involves lots of eating. One of my favorite things about traveling is finding new restaurants and exploring!

#### Favorite Movie

'My Cousin Vinny'

#### Favorite TV Shows

'Parks and Recreation'

#### Favorite Books

Joy Luck Club by Amy Tan

#### Favorite Food

Vietnamese or Chinese food

#### Favorite Dessert

Lemon Tarts and Cheesecakes!

#### Personal Motto

"Being empathic and open to new adventures will always make your life that much richer."



## ACTIVITIES

We are excited to offer a diverse range of classes, in-person, online and over the phone. Activities may have fees, are limited capacity, and require pre-registration. More Info & RSVP at [asteraz.org](http://asteraz.org)

### VIRTUAL ACTIVITIES



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

#### **MINDFULNESS AND BUILDING RESILIENCE**

Facilitated by EMPACT

Join our weekly online group that focuses on creating and maintaining a peaceful daily routine.



**Sept 2 & 16 | 1:00 - 2:30 pm**

(lines open at 1:00, calling starts at 1:30)

#### **PHONE BINGO**

Join us for telephone bingo and win prizes! Pre-registration is required to ensure you get game cards and materials to play!

### IN-PERSON ACTIVITIES



**Mon, Wed, & Fri | 8:15 - 9:00 am | Red Mountain**

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

#### **MORNING MOVEMENT**

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



**Fridays | 8:30 - 9:30 am | Mesa Downtown**

#### **MILD EXERCISE**

Stay active with easy movement during this indoor class.



**Mon & Thurs | 8:30 - 9:30 am | Mesa Downtown**

#### **ADVANCED TAI CHI**

Learn to further enhance your health, balance and strength.



**Mon & Thurs | 10:00 - 11:30 am | Mesa Downtown**

#### **TAI CHI FOR BEGINNERS**

Learn to enhance your health, balance and strength.

# ASTER AGING

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



## ACTIVITIES (continued)

### IN-PERSON ACTIVITIES



**Tuesdays | 8:00 - 9:30 am | Red Mountain**  
**Tuesdays | 9:00 - 10:00 am | Mesa Downtown**  
**STITCH & CHAT**

Enjoy good company while crafting creative pieces.



**Wednesdays | 1:00 - 2:00 pm | Mesa Downtown**  
**Fridays | 1:00 - 2:30 pm | Red Mountain**  
**MOVIN' ON / GRIEF & LOSS** facilitated by EMPACT

Discuss your grief and learn ways to cope with fellow survivors.



**Sept 3 & 11 | 12:30 pm | Mesa Downtown**  
**OLD TIME RADIO - GEORGE & GRACIE**

Enjoy some radio favorites after a delicious lunch.



**Sept 8 | 2:00 - 3:00 pm | Mesa Downtown**  
**ASTER'S BOOK CLUB**

Discuss 'The Woman in the Window' by A.J. Finn.



**Sept 8 | 12:30 pm | Mesa Downtown**  
**BEGINNING BILLIARDS CLASS**

For new players or those who haven't played lately



**Sept 9 | 8:30 - 9:30 am | Red Mountain**  
**Sept 20 | 8:30 - 9:30 am | Mesa Downtown**  
**VETERANS DONUTS & COFFEE**

Hang out and chat with your fellow service members.



**Sept 28 | 1:00 pm | Mesa Downtown**  
**MEMBERS ONLY PIE AND COFFEE SOCIAL**

Center members are invited to chat & enjoy some pie.



**Sept 29 | 10:00 - 11:00 Am | Mesa Downtown**  
**MAYHEM & MYSTERIES BOOK CLUB**

Facilitated by Mesa Community College New Frontiers

Discuss 'The Wailing Wind' by Tony Hillerman.



### EVENTS

#### WILD WEST ROUND-UP

**Sept 14 | 11:30 am | Dwntrwn**  
**Sept 27 | 11:30 am | Red Mtn**

Enjoy lunch with fun 50's western music and a sharp shooting game!

#### SENIOR CENTER BIRTHDAY PARTIES

**Sept 29 | 11:30 am**

Join us at either Center to celebrate our September birthdays.

#### BIG SCREEN TRIVIA

**Sept 7 & 21 | 12:30 pm**  
**Mesa Downtown**

Come for lunch, stay for a fun game of trivia!



### LUNCH

In-person lunch service, **every weekday** (excluding holidays), is back at our Senior Centers!

Lunch service begins at 11:30 am. Participation is RSVP only and **capacity is limited**. To RSVP, call your local Center today.

# ASTER AGING

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

## VETERAN INFORMATION

The month's Veteran's Coffee & Donuts group will feature a special guest! The CEO of Veteran's Alliance, Mai Shannon, will be presenting to both groups.

The presentation will provide information on VA benefits, the importance of all veteran's enrolling with the VA, and how the process works. Mai will also answer any questions from the group audience.

The Veteran's Coffee and Donuts group meeting at Red Mountain on Thursday, September 9, 8:30 - 9:30 am. The Mesa Downtown presentation will be on Monday, September 20, 8:30 - 9:30 am. RSVP for either by calling the Center or online at [asteraz.org](http://asteraz.org).



## ACTIVITY PHOTOS

We love seeing people back in-person! As you read on pages 5 and 6, our Centers are hosting more activities and events every month. Below are photos of just a few of our recent activities.



**Luau Lunch**



**Stitch & Chat**



**Mild Exercise**

## SAVE THE DATE

### Flu Shot Clinics

in partnership with Walgreens

#### Mesa Downtown

Tues | Oct 19 | 9:00 - 11:00 am

#### Red Mountain

Wed | Oct 20 | 9:00 - 11:00 am

# ASTER AGING

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



## YOM KIPPUR

Excerpted from Activity Connections

For Jewish people all over the world, Yom Kippur is a day of fasting and prayer concluding the Days of Awe that began with Rosh Hashanah.



Because it is the last chance to atone for wrongs committed throughout the year before God's judgment is sealed, Yom Kippur is considered by many to be the holiest day of the year. Yom Kippur is a spiritually uplifting experience for those who observe the holiday by making peace with those they have wronged and with God.

### PRAYER

The Yom Kippur service is the longest synagogue service of the year. It begins the night before the holiday with a unique and haunting prayer for forgiveness of vows made to God and not kept. to Jewish tradition, every Jew bears some responsibility for the actions of his fellow Jews; for this reason the confession is recited communally and everyone confesses to every sin.

### ACTS OF CHARITY

Acts of charity, whether they involve donating money to worthy causes, or volunteering to help those less fortunate, are an important part of Yom Kippur. Without kindness and charity toward others, there can be no forgiveness from God.

### FASTING

While several other fast days are observed in Judaism, Yom Kippur is the only one specifically mandated by the Torah. The Yom Kippur fast is 25 hours long. It is a complete fast, meaning no food or liquid of any kind—including water—for the entire period. When the synagogue service is over, Yom Kippur traditionally ends with a simple break-fast meal shared with friends and relatives

## REEL TALK

A few recommendations of new films opening this month.



### Shang-Chi

PG-13 | Sept 3  
Movie Theatres

Simu Liu  
Awkwafina

A man confronts his family past & its connection to the Ten Rings.



### Queenpins

R | Sept 10  
Movie Theatres

Kristen Bell  
Vince Vaughn

A pair of housewives create a \$40 million coupon scam.



### Cry Macho

PG-13 | Sept 17  
Theatres & HBO Max

Clint Eastwood  
Dwight Yoakum

A horseman takes a job to bring a man's young son, teaching him what it means to be a good man.



### Dear Evan Hansen

PG-13 | Sept 24  
Movie Theatres

Ben Platt  
Kaitlyn Dever

A shy high school senior deals with the suicide of a fellow classmate.

## A PARADE OF LABOR

Excerpted from Activity Connections

During the late 1800s, at the height of the Industrial Revolution in the United States, the average American worked at least 12 hours a day, seven days a week to survive. Unsafe working conditions were the order of the day. Labor unions, although still in their infancy, were becoming stronger, more vocal, and more violent. Unions were organizing strikes and rallies in protest of long hours and poor working conditions in an effort to compel employers to negotiate.

One of these rallies was destined to become the first Labor Day parade. On September 5, 1882, the Central Labor Union in New York City held a “workingmen’s holiday.” It began with a parade that included 10,000 people—all taking the day off without pay—and ended with a huge picnic in Wendel’s Elm Park, the largest park in New York City at that time. The afternoon had speeches from union leadership and live music provided by the Jewelers’ Union. Newspapers called it “a day of the people.”



## GRANDPARENTS' DAY

Excerpted from Activity Connections

In 1969, a young boy wanted the nation to share his love and appreciation for his grandparents. Nine-year-old Russell Capper decided to take his dream straight to the top and wrote to the president, Richard Nixon. He asked if there could be a special day just for the celebration of grandparents and for it to be recognized as a national holiday.



Around the same time that Capper wrote his letter, Marian McQuade, a member of the West Virginia Commission on Aging, began her work on the same mission. During a community event that she was helping to organize for people over 80 years of age, she learned there were many seniors who lived without contact from their families. Deeply affected, she fought to change the idea that people become less useful or worthy with age.

Beyond celebrating biological grandparents, McQuade also urged young people to “adopt” seniors in the community to be their honorary grandparents. She thought this would build a stronger community, as people could learn from and support each other. For these same reasons, McQuade sought to have seniors recognized with a national holiday.

McQuade began her quest by campaigning across the state, seeking support for a statewide Grandparents Day. In 1973, her work paid off, and West Virginia became the first state to honor grandparents with a special day. Not stopping there, she pushed for other states to support for a National day.

In 1978, President Carter signed a resolution declaring the Sunday after Labor Day was National Grandparents Day, a day to “honor... the strength, information, and guidance older people can offer.”

# ASTER AGING

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



## PUZZLES

Find the word that can be an ending to the first word listed and can be the beginning to the second word.

- rain \_\_\_\_\_ room      coat \_\_\_\_\_
- mother \_\_\_\_\_ scape      \_\_\_\_\_
- desk \_\_\_\_\_ soil      \_\_\_\_\_
- book \_\_\_\_\_ down      \_\_\_\_\_
- rat \_\_\_\_\_ door      \_\_\_\_\_
- paint \_\_\_\_\_ fire      \_\_\_\_\_
- sandal \_\_\_\_\_ stove      \_\_\_\_\_
- tree \_\_\_\_\_ keeping      \_\_\_\_\_
- mouth \_\_\_\_\_ cloth      \_\_\_\_\_
- paper \_\_\_\_\_ board      \_\_\_\_\_
- side \_\_\_\_\_ ladder      \_\_\_\_\_
- latch \_\_\_\_\_ hole      \_\_\_\_\_
- quarter \_\_\_\_\_ swing      \_\_\_\_\_
- door \_\_\_\_\_ boy      \_\_\_\_\_
- clock \_\_\_\_\_ crack      \_\_\_\_\_
- whirl \_\_\_\_\_ pipe      \_\_\_\_\_

coat, land, top, mark, trap, brush, wood, house  
wash, clip, step, key, back, bell, wise, wind

**ANSWER**

Find the two lamps below that are exactly alike.



3 & 5

**ANSWER**



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

480-964-9014



Sign-up for our eNews [enews@asteraz.org](mailto:enews@asteraz.org)



## KEEP UP TO DATE

Thank you for reading our newsletter, [The Aster Scene](#). However, to keep up-to-date on the latest news and information, consider visiting our website, signing up for email alerts, and following us on social media.



Visit us online at [www.asteraz.org](http://www.asteraz.org)



Follow us on Facebook [@AsterArizona](#)



Follow us on Twitter [@AsterArizona](#)



Follow us on Instagram [@AsterArizona](#)



## HOW YOU CAN HELP

In times like these, Meals on Wheels' service is more important than ever. Our staff and volunteers provide nutritious meals and critical well visits to seniors across our community. You can ensure the continued delivery of this critical service through a donation. Any amount helps seniors stay safe and healthy!



**DONATE ONLINE TODAY**

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