



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

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JUNE 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.

3 MONDAY	4 TUESDAY	5 WEDNESDAY	6 THURSDAY	7 FRIDAY
Scrambled Eggs and Pork Sausage** with Breakfast Potatoes, a Whole Grain Biscuit, and Apple Sauce	Chicken Alfredo with Sliced Carrots, Peas, a Whole Grain Breadstick, and Mandarin Orange Slices	Beef Taco with Cheese, Beans de La Olla, Corn, two Whole Grain Tortillas, and Diced Mangos	Shrimp Etouffee with 4-Way Mixed Vegetables, Cauliflower, Basmati Rice, and Pineapple Chunks	Chicken Parmesan with Red Sauce, Italian Vegetables, Italian Green Beans, a Whole Wheat Breadstick, and Sliced Apricots
10	11	12	13	14
Shrimp Scampi with Carrot Coins, Brussels Sprouts, a Whole Grain Roll, and Fresh Grapes	Beef Stew with Yellow Potatoes and Carrots, Asparagus, a Whole Wheat Biscuit, and Mixed Berries	Chicken Patty with Country Gravy, Broccoli, Chef's Vegetable, a Whole Grain Biscuit, and Sliced Apples	Pork Cutlet** with Gravy, Mashed Potatoes, Zucchini, a Whole Grain Roll, a Fruit Cocktail, and Birthday Cake	Tortilla Crusted Tilapia with Peas, Yams, a Whole Grain Roll, and Sliced Peaches
17	18	19	20	21
Beef Burgundy over Noodles with 5-Way Vegetables, Chef's Vegetable, and an Apple Crisp	Barbecue Chicken with Cauliflower, Succotash, a Whole Grain Roll, and Mandarin Orange Slices	Ham and Swiss Sandwich**, Macaroni Salad, Stewed Tomatoes, and a Fruit Cocktail	Beef Stroganoff on Pasta with Peas and Pearl Onions, Roasted Corn, a Whole Grain Breadstick, and a Fresh Banana	Herb-Roasted Chicken with Gravy, Green Beans, Baby Carrots, a Whole Grain Roll, and Sliced Pears
24	25	26	27	28
Pork Cutlet** with Gravy, Mashed Potatoes, Carrot Coins, a Whole Grain Roll, and Pineapple Chunks	Veggie Lasagna with Beets, Winter Vegetables, a Whole Wheat Bread Stick, and Strawberries	Beef Hot Dog on a Whole Wheat Bun, Yams, Corn, and Applesauce	Orange Chicken with an Asian Vegetable Blend, Spinach, a Whole Grain Roll, and a Fresh Apple	Shrimp Scampi with Yellow Squash, Succotash, Brown Rice, a Whole Grain Roll, and Peaches.



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YOUR VOICE

Thank You for your participation in Aster's recent survey about our Senior Centers! Below are a few highlights of the results. Please, contact your local Center if you'd like a copy of the full report.

96% feel staff & volunteers treat them with **RESPECT**

98% feel the Centers meets their **NEEDS**

94% reported the Centers help them develop **FRIENDSHIPS**

90% feel the Centers help them improve their **QUALITY OF LIFE**



Main Themes On What You Said

- Friendly & Inviting Atmosphere
- Great healthy lunches
- Wide variety of activities to participate in
- Opportunities to socialize
- Caring and supportive staff & volunteers



What We Are Doing As A Result



Adding New Activities Based on Preferences



More Advertising and Outreach

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

AARP DIGITAL TECHNOLOGY SCHEDULE

Tuesdays | 10:00 am

Join tech experts to learn about different topics!

June 4 - Video Chat

June 11 - How to Choose a New Computer

June 18 - P2P Payments

June 25 - Gmail Tips & Tricks

AARP DIGITAL TECHNOLOGY CLASS



It's no secret that technology is involved in every aspect of modern life. Perhaps you're trying out a new telemedicine provider, a local store has asked you to use their cellphone app for exclusive deals, or even family and friends want to have more video chats with you every month. Older adults everywhere are asking for the same thing: accessible, beginner-friendly education on modern technology.

Thanks to the support from AARP, the Mesa Downtown Senior Center has been hosting digital skills classes each Tuesday led by experts from AARP. These classes cover a wide variety of topics, ranging from general topics like smartphone usage to specialized topics like how to use Gmail.

One example of an upcoming June class is "How to Choose a New Computer." If you're interested in getting back online with a modern, affordable computer, then you want to take advantage of this lecture.

04:28

Did you know you can register for Aster activities by signing up through our online calendar? Visit AsterAZ.org and start planning your month today!

AsterAZ.org

@AsterArizona



MESA DOWNTOWN SENIOR CENTER

**RESERVE YOUR SPOT BY CALLING THE FRONT DESK,
REGISTERING ONLINE, OR VISITING THE CENTER**

480-962-5612 | AsterAZ.org

asteraz.org

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ASTER ACTIVITIES

Aster's eNewsletter goes out every Monday morning at 7:00am with an update on Aster happenings. Our eNewsletter is completely free and a great way to stay connected. Subscribe and learn about upcoming activities and past events!

Cellphone Help With Youth Leadership Academy

Red Mountain

June 5 - 1:00 pm to 3:00 pm

Members of the Youth Leadership Academy will be at the Red Mountain Center to help you learn how to send texts, photos, and videos from your phone - both iOS and Android devices!



Start Playing Wii Golf

**Mesa Downtown
Tuesdays - 8:00 am**

Wii Golf days are now at the Mesa Downtown Center! If you've enjoyed Wii Bowling, then you'll love playing this game with and against fellow participants.

MAY PHOTOS



SAVVY SAVING SENIORS



MOTHER'S DAY PARTY

MESA DOWNTOWN



CHAIR VOLLEYBALL

Wednesdays | 10:00 - 11:00 am

Enjoy the classic summer sport of volleyball from the comfort of a chair in our Senior Center! Chair Volleyball also uses a beach ball instead of a traditional volleyball, making this a great way to stay active for a wide variety of mobility levels.



RED MOUNTAIN



AFTERNOON DANCE PARTIES

Wednesdays | 1:00 - 3:00 pm

Come out and cut a rug every week. This month's music is:

June 5 - Carla Elliot

June 12 - Chuck Peterson

June 19 - Dee Bonar

June 26 - Dee Bonar



\$5 per person.

STAY IN TOUCH WITH ASTER TO READ MORE NEWS

Website: AsterAZ.org | Social Media: @AsterArizona



ASTER SENIOR CENTERS'

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



MESA DOWNTOWN EVENTS

Thursdays | 10:00 am

VETERAN'S ART

Create beautiful art facilitated by Mesa Art League.

June 4 & 18 | 10:00 am

MESA MOBILE PUBLIC LIBRARY

Drop by the Downtown Center lobby to check out books, CDs, and more from the Mesa Public Library! You can sign up for a MPL Library Card with a valid ID.

June 11 | 1:00 pm

ALOE PLANT GIVEAWAY

Bring a 6" to 8" pot to the center and take home a free aloe plant!

June 14 | 11:30 - 12:30 pm

FATHER'S DAY CELEBRATION

Enjoy special activities and decorations in the lunch room while enjoying music from Valentino & Friends.

June 19 | 11:30 - 12:30 pm

JUNETEENTH CELEBRATION

This Juneteenth lunch event will have jazz music, special activities, a raffle, and a Feed Your Mind presentation.



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
ADVANCED & BEGINNERS TAI CHI CLASSES*

Classes for beginner (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!



June 3 | 8:30 am | Mesa Downtown
June 14 | 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.



1st & 3rd Weds | 10:00 - 11:00 am | Red Mountain CAREGIVER SUPPORT

facilitated by EMPACT
A group for caregivers to share, learn and find support.



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



June 6 | 12:00 pm

Tech Class - iPads

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

June 3 | 1:30 pm

PARKINSON'S GROUP

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

June 4 & 18 | 9:00 am

CRAFT JEWELRY*

Join Mark as we craft beautiful jewelry for you or as a gift!
Space is limited. \$5 per person

June 13 | 12:30 pm

CARD CREATIONS*

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

Thursdays | 10:00 am

EVERYONE HAS A STORY*

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

June 27 | 10:00 am

What's Your Personality?

What kind of animal are you?
Come out and have some fun discovering more about your personality.

June 27 | 12:30 pm

THE MEN'S CREW

Join the guys to make new friends.

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EXCURSIONS

RED MOUNTAIN Chase Field*

June 20 | 11:45 am

Visit one of the most unique and impressive Major League baseball facility in the country - Chase Field. Admission is \$14.00 per person.

MESA DOWNTOWN Japanese Friendship Garden*

June 18 | 12:30 pm

Join us on a trip to the beautiful Japanese Friendship Garden in downtown Phoenix! Admission is \$10.00 per person.



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

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



PINOCHLE

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



WHATEVER GAMES WE PLAY

Wednesdays | 12:30 - 3:00 pm



CANASTA

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



MEXICAN TRAIN DOMINOS

Thurs | 12:00 - 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

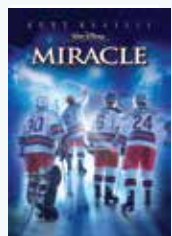


June 6 | **Catch Me If You Can**

2002 | PG-13

Leonardo DiCraprio, Tom Hanks

Barely 17 yet, Frank is a skilled forger. FBI agent Carl becomes obsessed with tracking down the con man.



June 13 | **Miracle**

2004 | PG

Kurt Russel, Noah Emmerich

The true story of Herb Brooks, the coach who led the 1980 U.S. Olympic hockey team to victory over the seemingly invincible Soviets.



June 20 | **Bagger Vance**

2000 | PG

Will Smith, Matt Damon

A down-and-out golfer attempts to recover his game and his life with help from a mystical caddie.



June 27 | **Men In Black II**

2002 | PG-13

Will Smith, Tommy Lee Jones

Agent J is sent to find Agent K and restore his memory after the re-appearance of a case from K's past.



RED MOUNTAIN



June 6 | **The Emperor's Club**

2002 | PG-13

Kevin Kline, Emile Hirsch

William Hundert is a passionate and principled Classics professor who finds his tightly-controlled world shaken by a new student.



June 13 | **North by Northwest**

1959 |

Cary Grant, Eva Marie Saint

An innocent man is pursued across the United States by agents of a mysterious organization.



June 20 | **The Dust Bowl**

2012 |

Ken Burns

A documentary about the 1930s drought of North American prairie farm land and its consequences.



June 27 | **Tootsie**

1982 | PG

Dustin Hoffman, Jessica Lange

A talented actor with a reputation for being professionally difficult, runs into romantic trouble after adopting a female persona to land a job.



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NATURALLY FLAVORED WATER

Excerpt from "Why Try Flavor Infused Water" handout by Nutrition.VA.Gov

If you regularly drink sweetened beverages, you may be less likely to choose water. Infuse your water with fruits, herbs, edible flowers and/or spices to give your drink a flavor boost that is natural, healthy, and low in calories. Making infused water is simple. Just add the ingredients to a jar or bottle of water and let it sit for a while.

Water Flavor Ideas:

Watermelon Infusion

3/4-1 cup of cubed Watermelon
2-3 sprigs of Basil

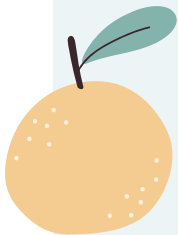
Add one cup of cubed watermelon and two sprigs of Basil to a pitcher of water. Let the water sit before straining out watermelon and basil.



Grapefruit Infusion

Grapefruit, peeled and quartered
3-4 Mint Leaves

Add grapefruit and mint leaves to a pitcher of water. Let the water sit before straining out grapefruit and mint.



Supporting Healthy Eating

Excerpt from Dietary Guidelines for Americans, 2020-2025 | Chapter 6: Older Adults



Similar to other life stages, older adults can be supported by professionals, family, and friends to achieve a healthy dietary pattern that accounts for factors such as cost, preferences, traditions, and access. Additional factors to consider when supporting healthy eating for older adults include:

- **Enjoyment of food:** Sharing meals with friends and family can help increase food enjoyment and promote adequacy of dietary intake for older adults.
- **Ability to chew or swallow foods:** Experimenting with the preparation of foods from all food groups can help identify textures that are acceptable, appealing, and enjoyable for adults who have difficulties chewing or swallowing. Good dental health is critical to overall health, as well as the ability to chew foods properly.
- **Food safety:** Practicing safe food handling procedures is of particular importance for older adults due to a decline in immune system function that accompanies age and that increases the risk of foodborne illness.

LEARN MORE HEALTHY TIPS AND RECIPES:

[NIA.NIH.gov](https://www.nia.nih.gov) | [EatRight.org](https://www.eatright.org) | [USDA.gov](https://www.usda.gov)

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PUZZLES

Find each of the items from the categories below.

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

Items in a Treasure Chest

Ocean Names

Parts of a Ship

Pirate Weapons

Cannon, Musket, Pistol, Saber, Sword; Arctic, Atlantic, Indian, Pacific; Anchor, Deck, Mast, Rudder, Stern; Coins, Gold, Jewels, Silver

ANSWER

Find the two summer memories that are exactly alike.

1.



2.



3.



4.



5.



6.



7.



8.



1 & 5

ANSWER



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FRIENDS OF THE CENTER

Aster's Friends of the Center program supports the sustainability of our Senior Centers year round. Join online or in-person at our Senior Centers and start making a difference today!



DONATE ONLINE TODAY

Your gift empowers and supports local seniors!

www.asteraz.org/help/donate.html