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As the Arizona weather starts to heat up, make sure you're staying cool and hydrated!

MAY 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.

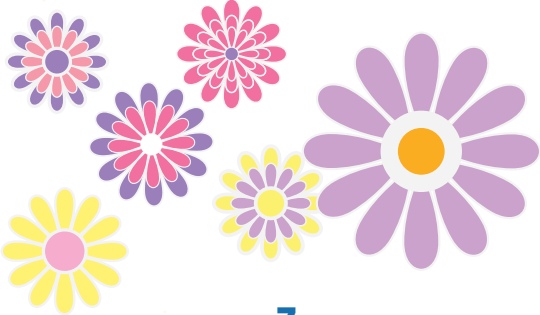
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



6

Chicken Parmesan with Normandy Blend Vegetables, Beets, a Whole Grain Roll, and Sliced Apricots

7

Salisbury Steak with Mashed Potatoes & Gravy, Green Beans & Tomatoes, a Whole Grain Roll, and Sliced Pears

8

Roasted Pork Loin** with Gravy, a Baked Potato, Broccoli, a Whole Grain Roll, and Fresh Grapes

9

Tuna Sandwich with Whole Wheat Croissant, Coleslaw, Sliced Tomatoes, and Mixed Berries

10

Chicken Nuggets with Italian Vegetables, Edamame, a Whole Grain Roll, and a Fresh Orange

13

Meatloaf with Gravy, Mashed Potatoes, Green Beans, a Whole Grain Roll, and a Granny Smith Apple

14

Spaghetti with Pork Meatballs**, Italian Vegetables, Wax Beans, a Whole Grain Roll, and Mandarin Oranges

15

Baked Cod with 4-Way Vegetables, Edamame, a Whole Grain Roll, Fruit Cup, and Chocolate Cake

16

Lemon Herb Chicken with Asparagus, Beets, a Whole Grain Roll, and a Banana

17

Hamburger on a Whole Wheat Bun, Tater Tots, Low Sodium V8 Juice, and Pineapple Chunks

20

Curry Chicken with Rice, Grilled Vegetables, Carrots, a Whole Grain Roll, and Watermelon

21

Ham Steak** with Mashed Potatoes & Gravy, Brussels Sprouts, a Whole Grain Roll, and Fresh Grapes

22

Beef and Broccoli with Rice, Snow Peas, a Whole Grain Roll, and a Fresh Pear

23

Cod Fish Tacos with a Whole Wheat Tortilla, Carrot & Cabbage Coleslaw, Spinach, Pineapple, and a Brownie

24

Broccoli & Cheese Stuffed Chicken Breast, 5-Way Vegetables, Salad, a Whole Grain Roll, and Mango Chunks

27



OFFICES CLOSED

28

Meatloaf with Gravy, Mashed Potatoes, Steamed Baby Carrots, a Whole Grain Roll, and Cinnamon Apples

29

Pork Chop** with Gravy, Roasted Yams, Normandy Blend Vegetables, a Whole Grain Breadstick, and Pineapple Chunks

30

Seasonal Chicken Salad with Whole Grain Bread, Macaroni Salad, Stewed Tomatoes, and a Tropical Fruit Cup

31

Hamburger with Lettuce & Tomatoes on a Whole Grain Bun with Roasted Red Potatoes, Fresh Fruit, and Chocolate Pudding

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NAVIGATING BENEFITS



Aging is a journey that everyone takes, but many seniors are often not aware of all the benefits and support available to them. With the cost of living increasing year after year, it is incredibly important to help people on fixed incomes. Fortunately, Aster Aging is here to provide assistance.

As part of the National Council on Aging's network of Benefits Enrollment Centers (BECs), Aster is here to help you navigate the world of benefits. Our goal is to help older adults and people with disabilities on Medicare improve their financial stability and age with independence and dignity. Our Benefits Enrollment Center can connect you with critical benefits and resources that you may have not known you qualify for, from the Supplemental Nutrition Assistance Program (SNAP) to the Low-Income Home Energy Assistance Program (LIHEAP) and much more. And the best part? This service is completely FREE OF CHARGE for East Valley residents.

Visit our website AsterAZ.org to schedule a Benefits Check-Up today!



OUTREACH & SOCIAL SERVICES

Ramoncita Cocova

480-964-9014 | socialservices@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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HOST A PET FOOD DRIVE



Hosting a pet food drive is not only a fantastic way to support seniors with the cost of pet guardianship, but it can also be a fun way to build connections with the people around you.

We supply the collection bin, posters and flyers, so you and your group can gather donations however works best for you.

You can create a competition amongst coworkers to see who can gather the most donations, or you can set a common goal that you, friends, and family can work towards.

No matter your approach, our participants and their beloved pet companions are truly grateful for your support.

DONATING TO ASTER

Financial contributions are another great way to support your favorite Aster programs. Your contributions give our programs the flexibility to address the changing needs of our participants.

Scan this QR Code with your phone to learn more, or visit AsterAZ.org



ASTER'S PET PROGRAM



Isolated and homebound seniors across the country rely on their pets for companionship. The love and care that seniors and their pets share for each other is incredibly beneficial for both parties. Aster's Pet Program is dedicated to helping low-income East Valley seniors keep their pets healthy and in their homes by providing pet supplies to help ease the cost of pet guardianship.

So far, the program has been a big success.

"We're really excited because we continue to find new ways to partner with outside groups," said Anne Wurth, Aster's Neighbors Program Coordinator. "Groups in our community want to help provide useful resources for our participants."

One of those local groups, Brown Road Animal Clinic, is hosting a Pet Food Drive to gather food for both cats & dogs to donate to Aster Aging.

If you would like to learn more about Aster's Pet Program, you can visit our website, AsterAZ.org.



NEIGHBORS

Anne Wurth

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ASTER NEWS

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. Here are a few news highlights from our most recent eNewsletters!



VOLUNTEER APPRECIATION

Volunteers from across Aster Aging's programs gathered on April 18, 2024 for Aster's Volunteer Appreciation Event! Thank you, volunteers, for coming to the celebration!

APRIL CELLO CONCERT

Mesa Arts Center and Zuill Bailey continue to bring amazing music to the Senior Centers! These live performances coupled with classical music education are a hit with participants and staff alike. Thank you, Mesa Arts Center!



DIGITAL DOCUMENTS

Ever want to show a friend or family member information about Aster? Now, you can visit our digital bulletin board at AsterAz.org to find common Aster materials! View it on your phone or tablet to zoom in with ease.



STAY IN TOUCH WITH ASTER TO READ MORE NEWS

Visit AsterAz.org to sign up for the Weekly eNewsletter, or follow Aster on Instagram, Facebook, or Twitter.

Website: AsterAZ.org | Social Media: @AsterArizona



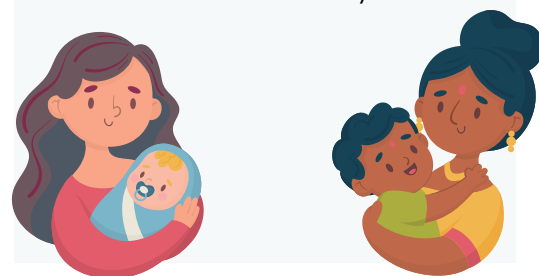
MESA DOWNTOWN



MOTHER'S DAY CELEBRATION

May 10 | 11:30 - 12:30 pm

On May 10, the congregated meal at the Mesa Downtown Center will have a special piano and guitar musical performance by Valentino & Friends! Enjoy a nutritious meal, live music, and celebrate Mother's Day!



RED MOUNTAIN



AFTERNOON DANCE PARTIES

Wednesdays | 1:00 - 3:00 pm

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

May 1 - Lee Ford

May 8 - Carla Elliot

May 15 - Dee Bonar

May 22 - Chuck Peterson

May 29 - Lee Ford



\$5 per person.

ASTER SENIOR CENTERS'

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



MESA DOWNTOWN EVENTS

Thursdays | 10:00 am

VETERANS ART

Create beautiful art facilitated by Mesa Art League.

May 6 | 8:30 am

VETERAN'S SOCIAL

Chat and enjoy coffee & donuts with fellow service members.

May 14 | 9:00 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.

SPECIAL ACTIVITY | May 31

Desert Wellness Center Activities

Staff from Desert Wellness Center will be at the Mesa Downtown Senior Center on May 31st! Come participate in fun, special activities facilitated by professionals from Desert Wellness Center and also receive free gifts!



Sign-up online for our eNews to receive news about upcoming special activities.



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!



Tuesdays | 10:30 am - 3:00 pm | Red Mountain
DEAF & HEARING-IMPAIRED SOCIAL GROUP

A weekly group for people with hearing issues to chat.



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!

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 AND LOSS SUPPORT GROUP

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



May 2 | 9:30 am

Tech Class II - iPads

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

May 6 | 1:30 pm

PARKINSON'S GROUP

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

May 7 & 21 | 9:00 am

CRAFT JEWELRY*

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

May 10 | 9:00 am

VETERAN'S SOCIAL

Enjoy coffee & donuts with friends.

Thursdays | 10:00 am

EVERYONE HAS A STORY*

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

May 23 | 9:30 am

What's Your Personality?

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

May 23 | 12:30 pm

THE MEN'S CREW

Join the guys to make new friends.

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EXCURSIONS

RED MOUNTAIN Hall of Flame*

May 23 | 12:30 - 3:45 pm

See the many pieces of firefighting equipment that George Getz started collecting back in 1955.
Admission is \$15.00 per person.

Mesa Downtown Mesa Historical Museum*

May 21 | 12:30 pm

Join your fellow participants in learning about the regional heritage of Mesa and Arizona's East Valley.
Admission is \$5.00 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



JUST FOR FUN & GAMES

facilitated by New Frontiers Game Class

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

Wed & Fri | 10:00 - 11:00 am



MAHJONG

Thur | 12:00 - 3:00 pm



BINGO! FOR PRIZES

Wed | 12:30 - 3:00 pm



BINGO! FOR MONEY

Fridays | 1:00 - 3:30 pm

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



SENIOR CENTERS DROP-IN AREAS



ART STUDIO

Thursdays - DT



BILLIARDS



PUZZLES & GAMES



FITNESS CENTER



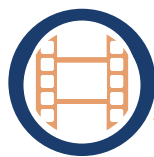
LIBRARY



CAFE

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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



May 2 | **The Bodyguard**

1992 | R

Kevin Costner, Whitney Houston

A former Secret Service agent takes on the job of bodyguard to an R&B singer, whose lifestyle is most unlike a President's.



May 9 | **Les Misérables**

2012 | PG-13

Hugh Jackman, Anne Hathaway

In 19th-century France, Jean Valjean agrees to care for a factory worker's daughter.



May 16 | **The Perfect Storm**

2000 | PG

George Clooney, Mark Wahlberg

An unusually intense storm pattern catches some commercial fishermen unaware and puts them in mortal danger.



May 23 | **High Voltage**

2018 | PG-13

David Arquette, Allie Gonino

After a lightning strike kills the lead singer of a band, she is resurrected with electrifying special abilities.



May 30 | **The Others**

2001 | PG-13

Nicole Kidman

Immediately following the end of the Second World War, a woman who lives with her two children becomes convinced that the home is haunted.



RED MOUNTAIN



May 2 | **Father of the Bride**

1950 |

Spencer Tracy, Elizabeth Taylor

The father of a young woman deals with the emotional and financial pain of her getting married.



May 9 | **Beyond Reasonable Doubt**

1956 |

Dana Andrews, Joan Fontaine

A novelist aided by his future father-in-law conspires to frame himself for murder.



May 16 | **Pirates of the Caribbean: Dead Men Tell No Tales**

2017 | PG-13

Johnny Depp, Geoffrey Rush

Captain Jack Sparrow is pursued by old rival Captain Salazar and a crew of deadly ghosts.



May 23 | **New York: A Documentary**

1999 | Not Rated

David Ogden Stiers

Exploration of New York City's rich history as a complex and dynamic city.



May 30 | **Into the Woods**

2014 | PG

Anna Kendrick, Chris Pine

A witch tasks a childless baker and his wife with procuring magical items from classic fairy tales.

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BEATING THE AZ HEAT

Excerpted from NIH

Older people can have a tough time dealing with heat and humidity. The temperature inside or outside does not have to reach 100°F (38°C) to put you at risk for a heat-related illness.

Headache, confusion, dizziness, or nausea could be a sign of a heat-related illness. Go to the doctor or an emergency room to find out if you need treatment.

To keep heat-related illnesses from becoming a dangerous heat stroke, remember to:



DRINK LIQUIDS



LIMIT CAFFEINE & ALCOHOL



WEAR LIGHT-COLOR, LOOSE FITTING CLOTHES



EXERCISE INDOORS

Light, low-calorie, organic labeling: What do these mean?

Excerpted from National Institute on Aging



Sometimes, food and beverage packaging includes terms that may try to convince the consumer the food is healthy. To help avoid confusion, the FDA sets specific rules for what food manufacturers can call “light,” “low,” “reduced,” “free,” and other terms. This type of labeling may have little to do with how nutritious the food is. Here are some examples and what they mean:

• Light

Light products are processed to reduce either calories or fat. This may sound healthy, but some “light” products are simply watered down.

• Low-fat, low-calorie, low-carb

These foods have a legal limit to how many calories, grams of fat, or carbohydrates (carbs) they can contain per serving. However, if a serving size is very small, you may end up eating multiple servings in one sitting.

• Multigrain

This sounds healthy but only means that a product contains more than one type of grain.

• Organic

Products declared organic must be produced without conventional pesticides, synthetic fertilizers, biotechnology, or ionizing radiation. Organic animals must be fed organic feed and not be injected with hormones or antibiotics.

If you’re unsure about an ingredient or label description, visit the FDA website to learn more.

LEARN MORE HEALTHY TIPS AND RECIPES:

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

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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



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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