



IN THIS ISSUE

Lunch Menu	1
Vaccine Support	2
Center Movies	3
Outreach	4
Volunteer!	4
Center Activities	5 & 6
Puzzles	10

Mesa Downtown participants enjoy seeing Santa surf in to our Christmas in July party.

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

- 2**
- Pineapple Pork**
 - Zucchini
 - Cole Slaw
 - Whole Wheat Roll
 - Mango

TUESDAY

- 3**
- Beans & Rice with Chicken
 - Okra
 - Carrots
 - Whole Wheat Roll
 - Black Forest Cake
 - Plum

WEDNESDAY

- 4**
- Meatloaf with Gravy
 - Peas
 - Mashed Potatoes
 - Whole Wheat Roll
 - Grapes

THURSDAY

- 5**
- Tilapia with Hollandaise
 - Brussel Sprouts
 - Rosemary Potatoes
 - Whole Wheat Roll
 - Sliced Pears

FRIDAY

- 6**
- Beef Tacos with Salsa
 - Lettuce, Tomatoes
 - Refried Beans**
 - Tortilla
 - Mandarin Oranges

9

- Sloppy Joe
- Garden Salad
- Potato Wedges
- Whole Wheat Bun
- Watermelon

10

- Chicken Salad Sandwich
- 3-Bean Salad
- Beets
- Whole Wheat Bun
- Honey Dew

11

- Shrimp Scampi
- Corn
- Roasted Potatoes
- Whole Wheat Roll
- Pineapple

12

- Stuffed Pepper
- Garden Salad
- Peas & Carrots
- Cornbread
- Pecan Pie
- Banana

13

- Ground Pork Stroganoff**
- Cauliflower
- Mixed Vegetables
- Whole Wheat Roll
- Blueberries

16

- Baked Potato w/ Cheese & Chili
- Broccoli
- Stewed Tomatoes
- Whole Wheat Roll
- Orange

17

- Honey Garlic Meatballs
- Green Beans
- Succotash
- Whole Wheat Roll
- Banana

18

- Ham Steak with Gravy**
- Coleslaw
- Mashed Potatoes
- Whole Wheat Roll
- Banana

19

- Tuna Salad Plate
- Vegetable Pasta Salad
- Carrot Sticks
- Crackers
- Peach Crisp

20

- Summer Beef Stew
- Collard Greens
- Cornbread
- Cantaloupe

23

- Balsamic Chicken
- Bean Sprouts
- Asparagus
- Whole Wheat Roll
- Grilled Apples

24

- Roasted Turkey with Gravy
- Lima Beans
- Mashed Potatoes
- Whole Wheat Roll
- Seasonal Fruit

25

- Salisbury Steak
- Spinach
- Pinto Beans**
- Whole Wheat Roll
- Fruited Gelatin

26

- Creamy Herb Chicken
- Broccoli
- Sugar Snap Peas
- Brown Rice
- Whole Wheat Roll
- Blackberries

27

- Fish Sticks
- Chef's Blend Vegetables
- Green Beans
- Whole Wheat Roll
- Orange

30

- Egg Salad Sandwich
- 3-Bean Salad
- Beets
- Croissant
- Mixed Fruit

31

- Cheese Tortellini with Marinara
- Peas & Pearl Onions
- Zucchini
- Whole Wheat Roll
- Apricots

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

ASTER AGING

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



TAKING OUR SHOT!

Aster proudly collaborated with the City of Mesa Fire and Medical Department in delivering vaccine shots through Maricopa County Public Health at the Mesa Convention Center.

When vaccinations first became available for older adults in Maricopa County, the sign-up process required on-line registration. While adults age 75+ were prioritized as an early access group, the technology created extreme barriers. Aster Outreach staff helped seniors schedule the appointments and proactively coordinated transportation to them.

Over the course of this partnership, Aster staff made over 1,500 phone calls to seniors and scheduled 456 seniors for vaccine appointments. On behalf of the older adults who benefited, Aster is sincerely grateful for the support of our community partners, our staff, and our volunteers who made the project possible.



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, as well as online programming & weekday Pick-Up & Go meals.

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

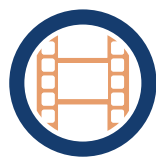
HEALTHY INFORMATION

Aster is excited to welcome you back in-person to the East Valley Healthy Living Expo!

This Expo, held in partnership with Lovin' Life After 50, has traditionally been the largest health, wellness, and lifestyle event for East Valley seniors. Companies from across the East Valley will be on hand to provide information, answer questions, and demonstrate their services, all aimed at keeping you healthy and active.

This year's Expo, which is **FREE** to attend, will be held on November 3rd at the Mesa Convention Center. Doors open at 8:00 am. We are working closely with the City of Mesa to ensure the safety of all exhibitors and attendees. As the event nears, we will post online and communicate out the health and social protocols that will be in effect.

For more information about the Expo, or if your business would like a booth, visit us online at www.asteraz.org or email Dan at dlawler@asteraz.org.



NOW SHOWING

The magic of movies is back at our Senior Centers! Each Center is hosting **FREE** movies, detailed below. Movie screenings require face masks, pre-registration and have a **limited capacity**.

MESA DOWNTOWN

1:00 pm



Aug 5

THE HORSE WHISPERER

1998 | PG-13

Robert Redford
Kristin Scott Thomas

A trainer helps a traumatized girl and her injured horse.



Aug 12

NEWS OF THE WORLD

2020 | PG-13

Tom Hanks
Helena Zengel

A Civil War vet agrees to deliver a girl to her aunt and uncle.



Aug 19

COCOON: THE RETURN

1988 | PG

Don Ameche
Wilford Brimley

The seniors return to Earth to visit their relatives.



Aug 26

MULAN

2020 | PG-13

Liu Yifei
Donnie Yen

A girl disguises herself as a male warrior to save her father.

RED MOUNTAIN

12:30 pm



Aug 16

A LEAGUE OF THEIR OWN

1992 | PG

Tom Hanks
Geena Davis

Two sisters join the first female professional baseball league.



Aug 30

THE ITALIAN JOB

2003 | PG-13

Mark Wahlberg
Edward Norton

A team plan an elaborate gold heist against their former ally.

ASTER AGING

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



REACH OUT FOR HELP

Recently, Bri and her husband had a turn in their financial standing. Due to injuries, she lost her job, and they found themselves needing to file for AHCCCS and SNAP benefits.



"I found the process very confusing especially since my mind is clouded by pain," shared Bri. "That's when I found the staff at your organization.

Aster's Outreach Specialists are here to help you navigate and access vital social services and health resources. Our professional staff can assess your needs, help develop care plans, and perform a Benefits Checkup® along with many other services.

"Your Outreach Specialist was the answer to my prayers!" smiles Bri. "She was so personable, kind and thoughtful. She made the process so much easier for me!"

Melissa, Aster's Outreach Specialist, took the time to understand Bri's unique situation and needs. She then helped her navigate the process in filing for benefits, following-up afterwards to ensure the application was accepted. Beyond applying for AHCCCS and SNAP, Melissa recognized additional needs present for Bri and her husband, helping connect them to other community services.

"I really can't thank her or your organization enough for helping people to navigate an often times, confusing system," shares Bri. "Bless you!"



OUTREACH & SOCIAL SERVICES

Anne McFarland

480-962-5612 | amcfarland@asteraz.org

THE GOOD WORK

Make a difference in the lives of older adults in our community! As Aster progresses through our phased re-opening of in-person activities, so too are we opening volunteer opportunities.

Volunteers are critical to the success of our mission. From Meals on Wheels drivers to Senior Center reception to Neighbors transportation, volunteers are empowering seniors and improving lives.

In addition, we have a wide variety of opportunities to fit your unique skills and availability. We welcome your support, whether you can volunteer for one hour a week or forty. While we can accommodate almost any schedule, we do ask for a minimum commitment on certain positions.

Start your rewarding journey today! You can find more information online at: asteraz.org/help/volunteer.html or call Carol at 480-964-9014. We look forward to strengthening our community together!

ASTER AGING

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

MEET YOUR STAFF

Lester Rosendahl

Driver,
Meals on Wheels



Birth Month

January

Birthplace

Kemmerer, WY

Hobbies

Sports, Reading

Fun Fact

I was Student Body President of my high school

Pets

My little dog "Pritzy"

Perfect Vacation

A weekend in the fall watching the Wyoming Cowboys play football in Laramie, WY

Favorite Movies

'Lonesome Dove', 'Forrest Gump'

Favorite TV Shows

'Name That Tune', Westerns

Favorite Books

Jack Reacher Series by Lee Child

Favorite Food

Breaded Veal; Potatoes & Gravy

Favorite Dessert

Creamy Pies

Personal Motto

"Try to be good & kind to people."



VIRTUAL ACTIVITIES

We are excited to offer interactive live classes online and over the phone. Each class is **FREE** to attend, but requires pre-registration through our website: www.asteraz.org/news/calendar.html



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.



Aug 5 & 19 | 1:00 - 2:30 pm

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

PHONE BINGO

Play your favorite game with a twist! Join us for telephone bingo and win prizes! Pre-registration is required to ensure you get the game cards and materials to play!



IN-PERSON LUNCH!

Wed & Fri | 11:30 am | Mesa Downtown

Tues & Thurs | 11:30 am | Red Mountain

Aster is excited to announce the return of in-person lunch service at our Senior Centers. Each Center will offer in-person lunch two days per week. Participation is by RSVP only and **capacity is limited**. To RSVP, call your local Center.



HERE FOR YOU

**Mesa Downtown
Senior Center**

247 North Macdonald St
480-962-5612 p
ccole@asteraz.org

**Red Mountain
Senior Center**

7550 East Adobe St
480-218-2221 p
lfort@asteraz.org

ASTER AGING

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



IN-PERSON ACTIVITIES

Join our Senior Center in-person activities! Activities require face masks, pre-registration and have limited capacity. Some activities have a fee. More info & RSVP at asteraz.org/news/calendar.html



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!



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.



Fridays | 8:30 - 9:30 am | Mesa Downtown
MILD EXERCISE

Stay active with easy movement during this indoor class.



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.



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.



Aug 11 | 2:00 - 3:00 pm | Mesa Downtown
ASTER'S BOOK CLUB

Discuss 'Murder on the Orient Express' by Agatha Christie.



Aug 12 | 8:30 - 9:30 am | Red Mountain
Aug 2 & 16 | 8:30 - 9:30 am | Mesa Downtown
VETERANS DONUTS & COFFEE

Hang out and chat with your fellow service members.



EVENTS

MESA DOWNTOWN LUAU LUNCH

Aug 11 | 11:30 am - 12:30 pm

Enjoy a delicious lunch and fun entertainment. But RSVP today – seating is limited! Mahalo!

RED MOUNTAIN BIRTHDAY PARTY

Aug 17 | 11:30 am - 12:30 pm

Join us as we celebrate our participants with August birthdays.

MESA DOWNTOWN BIRTHDAY PARTY

Aug 25 | 11:30 am - 12:30 pm

Join us as we celebrate our participants with August birthdays.

RED MOUNTAIN LUAU LUNCH

Aug 23 | 11:30 am - 12:30 pm

Enjoy a delicious lunch and fun entertainment. But RSVP today – seating is limited! Mahalo!

ASTER AGING

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

MAXIMIZE YOUR VISIT

From the National Institute on Aging

How well you and your doctor talk with each other is one of the most important parts of getting good health care. Here are a few tips on what to say at your next doctor's appointment to get the most out of your visit.

- Share any symptoms, such as pain, a fever, lumps or bumps, unexplained weight gain or loss, or trouble sleeping.
- Give information about your medications, including any over-the-counter medicine you are taking.
- Be open and honest about your habits to help your doctor understand your conditions and make the best recommendations possible.
- Since major changes and stressors can affect your health, don't be shy about sharing them. Knowing what is going on in your life will help your doctor create the best treatment plan for you.



DISCOVER FLAGSTAFF

Excerpted from Discover Flagstaff

Discover Flagstaff's vibrant historic downtown with backdrops of beautiful mountain views and perfect summer temperatures—80 degrees is Flagstaff's average high.



Follow The Flagstaff Brewery Trail

Make your way along the Flagstaff Brewery Trail to taste for yourself why the governor designated this mountain town as Arizona's Craft Brew City. Pick up brewery trail maps and passports at the Flagstaff Visitor Center. When you collect stickers from all nine brewpubs, you can exchange your passport for a commemorative beer glass!

Paint The Town

Get ready to dabble in the arts in a fun, relaxed atmosphere with Creative Spirits or Board and Brush. You don't need prior art experience to participate because local artists guide you with step-by-step painting instructions and all the supplies.

Get Your Fill: Foodie Flagstaff

Dining at one of more than 200 Flagstaff restaurants will undoubtedly bring a smile to your face. Like most vibrant college towns, Flagstaff offers almost every kind of cuisine and a flourishing craft beer scene. Locals are particularly proud of the city's burgeoning reputation as a foodie town.

Discover Free Self-guided Tours

Discover Flagstaff's self-guided walking tours. Choose the itinerary depending on your interests, and then download the easy-to-follow guide. Interested in the visual arts? Then the Public Art Walk is for you! If a family member is keen on spooky tales, then download the Haunted Tour. With the Walk this Talk tour, dial in on your smartphone for directions to ten Route 66 sites.



DOWN. SET. HIKE!

Excerpted from HistoryExtra.com

The NFL football season begins with the Hall of Fame game on August 5, 2021. Yet, how much do you know about the history of American football?



American football – also known as ‘gridiron football’, for the vertical painted yard lines that run across the rectangular pitch – originated in North American colleges in the late 19th century, evolving from the British sports of rugby and association football (soccer). Early versions of the game were brutal and chaotic, with a mix-and-match set of rules, large numbers of players per side and high injury rate.

Variations of the game were adopted by many north-eastern colleges of the era. It wasn’t until the 1880s that the game became more codified, and the man credited with managing the game’s evolution towards its modern form is Walter Camp, known as the ‘father of American football’.

The American Professional Football Association was created in 1920, today known as the National Football League (NFL). This early league saw much jostling for business, but it stabilized, becoming entrenched in American society. In the late 1950s the NFL was approached by several franchises to expand. They refused, and a rival league formed: the American Football League (AFL).

The two leagues’ struggled for supremacy, creating a ‘civil war’ within the sport. On June 8, 1966, after a series of secret meetings, the leagues announced they would merge, and the winners of the two leagues would meet in a championship game at the end of the season. Initially known as the ‘AFL-NFL World Championship’, this annual meeting would become known as the ‘Super Bowl’.

REEL TALK

A few recommendations of new films opening this month.



The Suicide Squad

R | Aug 6

Theatres & HBOmax

Idris Elba

Margot Robbie

A collection of nutty cons must stop a giant, evil alien starfish.



Free Guy

PG-13 | Aug 13

Movie Theatres

Ryan Reynolds

Jodie Comer

A bank teller discovers that he’s an NPC inside a video game.



Respect

PG-13 | Aug 13

Movie Theatres

Jennifer Hudson

Forest Whitaker

The life story of legendary R&B singer, Aretha Franklin.



Paw Patrol

G | Aug 20

Theatres & Paramount+

Tyler Perry

Dax Shepard

The pups work to stop Mayor Humdinger from turning the city into a state of chaos.

ASTER AGING

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

GET A MOVE ON

Excerpted from the National Inst on Aging

Even the best intentions to exercise can fall by the wayside when obstacles and challenges get in the way. Here are tips for overcoming barriers and fitting exercise into your routine.

- **Exercise Early in the Morning**

You're more likely to exercise if it's convenient to your day.

- **Keep it Fun and Interesting**

Do things you enjoy & try new activities to keep it exciting.

- **Use Items You Already Have**

Wear comfortable shoes for walking and use items you have, like soup cans or water bottles, for strength exercises.

- **Give Yourself a Boost**

Regular, moderate physical activity can help manage stress, reduce fatigue, and increase your stamina.



GREEK SALAD

Excerpted from AllRecipes.com

Take advantage of fresh summer vegetables with this light and tangy salad!



INGREDIENTS

- 1 head romaine lettuce (rinsed, dried and chopped)
- 1 red onion (thinly sliced)
- 1 (6 oz) can pitted black olives
- 1 green bell pepper (chopped)
- 1 red bell pepper (chopped)
- 2 large tomatoes (chopped)
- 1 cucumber (sliced)
- 1 cup crumbled feta cheese
- 6 tablespoons olive oil
- 1 teaspoon dried oregano
- 1 lemon, juiced
- ground black pepper to taste

DIRECTIONS

1. In a large salad bowl, combine the Romaine, onion, olives, bell peppers, tomatoes, cucumber and cheese.
2. Whisk together the olive oil, oregano, lemon juice and black pepper. Pour dressing over salad, toss and serve.

NUTRITION FACTS

Makes 6 servings

Per Serving: 265 calories; protein 6g; carbohydrates 14.1g; fat 22.4g; cholesterol 22.3mg; sodium 537.8mg.

DID YOU KNOW ?

When you become a Member of our Senior Centers, you not only not get exclusive benefits, but you also support our programs and services. **JOIN TODAY**

ASTER AGING

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



PUZZLES

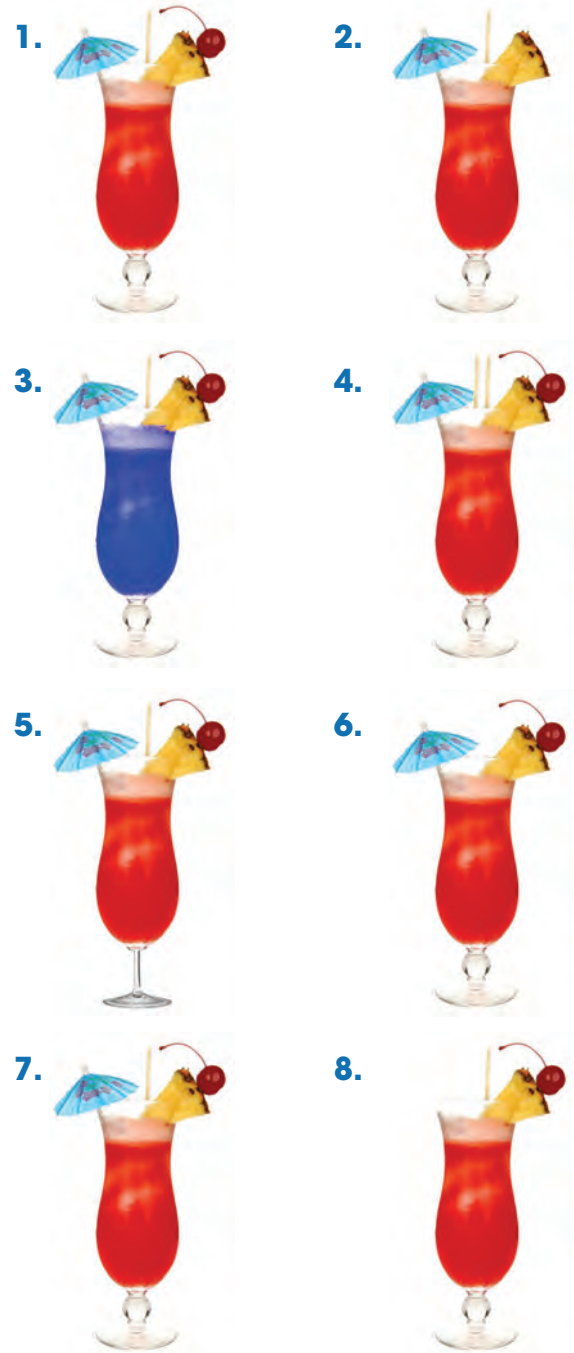
Unscramble the letters to reveal words associated with a State Fair.

1. ABNOSLLO _____
2. MAESG _____
3. ATHELPNE AER _____
4. SREHSO _____
5. LEDNOAME _____
6. SREFRI EWLEH _____
7. KTTIEC _____
8. ITNICEXG _____
9. NROC GDSO _____
10. IEZPRS _____
11. BRSBTAI _____
12. CNTTOO YDACN _____
13. OSTGA _____
14. NCORPOP _____
15. LAREFF _____
16. TACTLE _____
17. BXIEITH _____
18. VROUNSIE _____

Balloons, Games, Elephant Ear, Horses, Lemonade, Ferris Wheel, Ticket, Exciting, Corn Dogs, Prizes, Rabbits, Cotton Candy, Goats, Popcorn, Raffle, Cattle, Exhibit, Souvenir

ANSWER

Find the two cocktails below that are exactly alike.



1 & 2

ANSWER



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

480-964-9014

NON PROFIT
ORGANIZATION
U.S. POSTAGE
PAID
MESA, AZ
PERMIT #314



Sign-up for our eNews 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



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