

Summer brings longer days, brighter skies, and other joys, but also soaring temperatures here in Arizona. This month, we explore tips on how to stay safe & healthy.

Read the full article on page 9.

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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.

MONDAY

2

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

TUESDAY

3

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

WEDNESDAY

4

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

THURSDAY

5

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

FRIDAY

6

Veggie Lasagna, Normandy Vegetables, Garden Green Salad, a Whole Wheat Roll, and Mandarin Orange Slices.

9

Open-Faced Roast Beef Sandwich on Whole Wheat Bread, Roasted Red Potatoes, Green Beans, a Banana, and Whole Wheat Fig Newtons.

10

Cheese Ravioli with Spinach, 3-Bean Salad, Sliced Beets, a Whole Grain Roll, and Pineapple Chunks.

11

Salisbury Steak, Mashed Potatoes, Normandy Vegetables, a Whole Grain Roll, and a Peach Crisp with Oatmeal Topping.

12

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

13

Chicken Parmesan, Italian Blend Vegetables, Wax Beans, Whole Wheat Penne Pasta, an Italian Breadstick, and Strawberries.

16

Veggie Lasagna, Yellow Squash, 5-Way Vegetable Mix, and Cubed Mangoes.

17

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

18

Bean and Cheese Burrito with Mexican Corn, Bell Peppers and Onions, Spanish Brown Rice, and Cubed Mangoes.

19

Meatloaf, Roasted Skin-On Potatoes, Brussels Sprouts, a Whole Grain Roll, and a Peach Crisp with Oatmeal Topping.

20

Chicken Kiev, Stewed Tomatoes, Italian Green Beans, a Whole Wheat Roll, and a Granny Smith Apple.

23

Beef Stir Fry with Rice, Bell Peppers and Onions, Asian Vegetable Blend, Roasted Tomatoes, and a Banana.

24

Chicken Taco on a Whole Wheat Tortilla, Refried Beans, Corn, and Pineapple Chunks.

25

Baked Ham** with Pineapple, Yams, Edamame, a Whole Wheat Roll, and Apricot Slices.

26

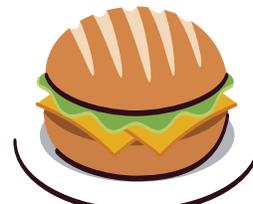
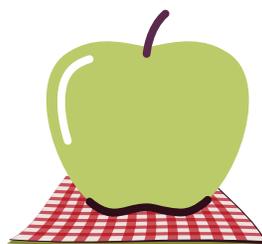
Beef Philly Cheesesteak on a Whole Wheat Hoagie, Mixed Vegetables, Potato Chips, and A Pear.

27

Tuna Salad Sandwich on Whole Grain Bread, Celery and Carrot Sticks, Broccoli Salad with Bacon Bits**, and Mandarin Orange Slices.

30

Cheese Ravioli with Spinach, Italian Vegetable Blend, Cauliflower, a Whole Grain Bread Stick, and Sliced Apples.



Items with **contain pork or pork products.

Menu subject to change due to availability.

ASTER AGING

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



BENEFITS OF A ROOMMATE

For many of us, housing is our single greatest expense. In challenging times, it can also become our greatest concern due to rising rents.

Aster has partnered with AZCEND and Tempe Community Action Agency to create a unique solution: the East Valley Senior Home Sharing Program.



Our organizations launched this program in response to the growing need for affordable housing—an issue that disproportionately affects older adults living on fixed incomes.

While home sharing isn't for everyone, the program is based on best-practice models from across the United States that pair older adults to share living space and expenses.

The process begins with a comprehensive assessment and onboarding, which includes background checks and financial verification to ensure your safety and security.

Next, we offer personalized roommate matching services to support compatibility and comfort.

After move-in, we continue to support participants through services such as problem-solving and conflict resolution.

Participants also have access to a full range of wraparound supports, including help accessing benefits, financial assistance, nutritious meals, transportation resources, and other ongoing supportive services.

To learn more and find out if home sharing might be a good fit for you, contact Christina Weaver, Program Coordinator.



Christina Weaver, Program Coordinator

East Valley Senior Home Sharing
info@evseniorhomesharing.org | 480-389-1284

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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FATHER'S DAY



Father's Day is a time to celebrate the men who raised us. It presents an opportunity to remember times and experiences that were formative to who we are today, thanks to our dads, grandfathers, and other father figures.

Father's Day was first celebrated in 1910 in Spokane, Washington. Informally celebrated for decades, it was later formalized through a Presidential Proclamation by Lyndon B. Johnson in 1966.

Today, fathers around the world celebrate the holiday with friends and family. For those whose fathers are no longer with us, the holiday presents an opportunity to remember.

Aster's community is represented by fathers, grandfathers, and even great-grandfathers - an incredible milestone that we wish to recognize. Father's Day 2025 is on Sunday, June 15th - we will be hosting celebrations at both Senior Centers on Friday, June 13th, and we hope that you can join us!

Father's Day 2025 Celebrations at Aster Senior Centers

Date: Friday, June 13, 2025

Time: 10:00 am - 12:00 pm

Where:

- Aster Downtown Senior Center, 247 N Macdonald St, Mesa, AZ 85201
- Aster Red Mountain Senior Center, 7550 E Adobe St, Mesa, AZ 85207

RSVP: CBS@asteraz.org | 480-964-9014 | In-Person at the Front Desk



Pictured above: Art Studio at the Mesa Downtown Senior Center.



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!

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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: The Mesa Downtown Senior Center's Musical Instrument Museum excursion.



Pictured above: Lunch at the Red Mountain Senior Center.

AARP DIGITAL SKILLS CLASSES

Get tech-savvy all month at Aster's Senior Centers with AARP's Digital Skills Experts!

Spots are limited, so be sure to RSVP in advance to make sure you save your spot!

Red Mountain:

June 3: Exploring and Downloading Apps

June 17: Introduction to Translation Tools

Mesa Downtown:

June 10: Is This AI?

What:

AARP Digital Skills Classes

When:

Tuesdays from 10:00 to 11:00 am

RSVP via email:

CBS@asteraz.org

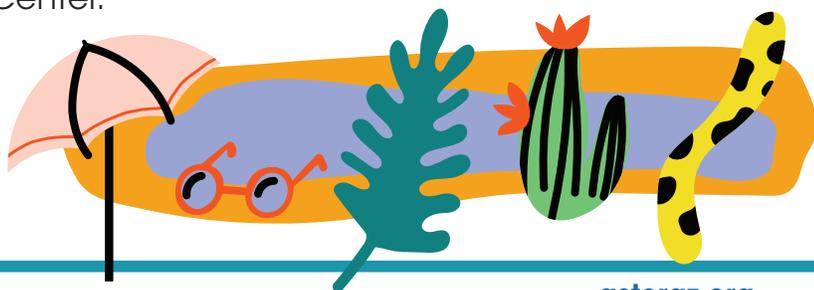
RSVP via phone:

Red Mountain: 480-218-2221

Downtown: 480-962-5612



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



ASTER SENIOR CENTERS

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



MESA DOWNTOWN EVENTS

June 12 | 11:45 am - 12:15 pm **FLAG DAY**

Join us for an informative “Lunch and Learn”. Flag Day commemorates the adoption of the American flag on June 14, 1777, by the Second Continental Congress.

June 9 | 1:00 - 2:00 pm **FELLOWSHIP SQUARE CHOIR CONCERT**

Join us for a live performance from Fellowship Square Historic Mesa’s 40 chair choir! Snacks provided, must RSVP in advance.

June 3, 17 | 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.



June 2 | 9:00 am | Mesa Downtown June 6 | 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



June 18 | 11:00 am - 1:00 pm **JUNE BIRTHDAY PARTY**

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

June 2 | 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.

June 10, 24 | 10:15 - 11:15 am **MESA PUBLIC LIBRARY**

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

June 25 | 8:00 am - 4:00 pm **CRAZY SHIRT DAY**

Wear the craziest shirt 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 MESA COMMUNITY COLLEGE PLANETARIUM

June 23 | 9:30 - 11:30 am

Mesa's very own 52-seat Planetarium is a great place for an interstellar adventure.

Cost: FREE

Space Limited, RSVP by phone or in person. 480-962-9014



Red Mountain MUSEUM OF NATURAL HISTORY

June 20 | 12:30 - 3:00 pm

Hosting over 60,000 historical artifacts, Mesa's Museum of Natural History is today one of the largest in the country.

Cost: \$5.00

Space Limited. RSVP by phone or in person. 480-218-6791



Pictured above: Participants at the Red Mountain Senior Center play card games.



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)



June 5
Larry Crown
2011 | PG-13

A middle-aged man reinvents himself by going back to college and unexpectedly finds friendship, love, and a new purpose.



June 12
Top Gun: Maverick
2022 | PG-13

Maverick returns to train a new generation for a high-stakes mission while confronting his past.



June 19
A Dog's Way Home
2019 | PG

A devoted dog embarks on a 400-mile journey across the wilderness to reunite with her beloved owner.



June 26
UP
2009 | PG

A grieving widower fulfills a lifelong dream by flying his house to South America.



RED MOUNTAIN (Tuesdays)



June 2
Steel Magnolias
1989 | PG

A close-knit group of Southern women supports each other through life's joys and tragedies.



June 9
The Great Outdoors
1988 | PG

A family vacation in the woods spirals into chaos when a grumpy brother-in-law and wild animals crash the fun.



June 16
Fried Green Tomatoes
1991 | G

A lonely housewife finds empowerment and purpose in the Depression-era South.



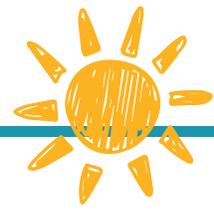
June 23
New In Town
2009 | PG

A Miami executive finds love when she's sent to restructure a small-town Minnesota factory.



June 30
Snow Dogs
2002 | G

A Miami dentist inherits a team of sled dogs in Alaska and discovers his roots—and a wilder side of life.



SUMMER SAFETY TIPS

Agua Fresca

Adapted from azhealthzone.org

Agua fresca is a refreshing, naturally flavored Mexican drink made with blended fruit, water, and sugar—perfect for staying hydrated on hot days.

Use this recipe to stay cool & make your very own this summer!

Ingredients

- 1 medium watermelon
- ½ cup sugar or to taste
- juice of 1-2 limes or lemons or to taste
- fresh mint leaves (optional)

Directions

1. Rinse fresh fruit and vegetables.
2. Cut rind off the watermelon and slice into pieces that fit your blender or food processor.
3. Blend watermelon and sugar until smooth.
4. Squeeze lemon or lime juice into the mixture and adjust to taste.
5. Add mint leaves (if using) and refrigerate for at least two hours.
6. Serve immediately or store in the refrigerator for 3-4 days.

Adapted from Weather.Gov’s “Heat Safety for You and Your Family”

These summer tips will keep you safe and healthy in the hottest months of the year.

1. Slow Down:

Avoid strenuous activities during the hottest part of the day. If you’re a senior or have health concerns, stay in the coolest available space, even if it’s outdoors in the shade.

2. Dress Lightly:

Wear loose, lightweight, light-colored clothing to reflect heat and stay comfortable.

3. Eat Light:

Opt for easy-to-digest foods like fruits and salads. Keep perishable items cool with ice packs to prevent spoilage.

4. Stay Hydrated:

Drink plenty of water, even if you’re not thirsty. Avoid alcohol and caffeine. If you’re on a fluid-restricted diet, consult your doctor.

5. Seek Air Conditioning:

Spend time in air-conditioned public places like malls or libraries if your home isn’t air-conditioned.

6. Use Fans Wisely:

Portable fans can help cool you down, but don’t direct them at yourself when it’s over 90°F as they can cause dehydration.

7. Limit Sun Exposure:

Protect your skin from sunburn and heat exhaustion by staying in the shade and taking cool showers.

Is your AC unit working? Is stretching your budget to buy all of the heat protection you need a challenge this year? Aster is here to help you. Contact Ramoncita Cocova, Director of our Social Services team, to learn more about the benefits and programs in our community that can help you live better and stay safe.



Ramoncita Cocova

Director of Social Services

rcocova@asteraz.org | 480-634-1659

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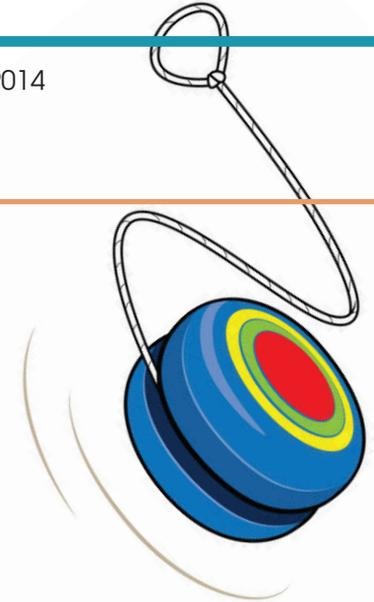
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PUZZLES

1. Fun With Yo-Yo's

The words listed below can be found vertically and horizontally.



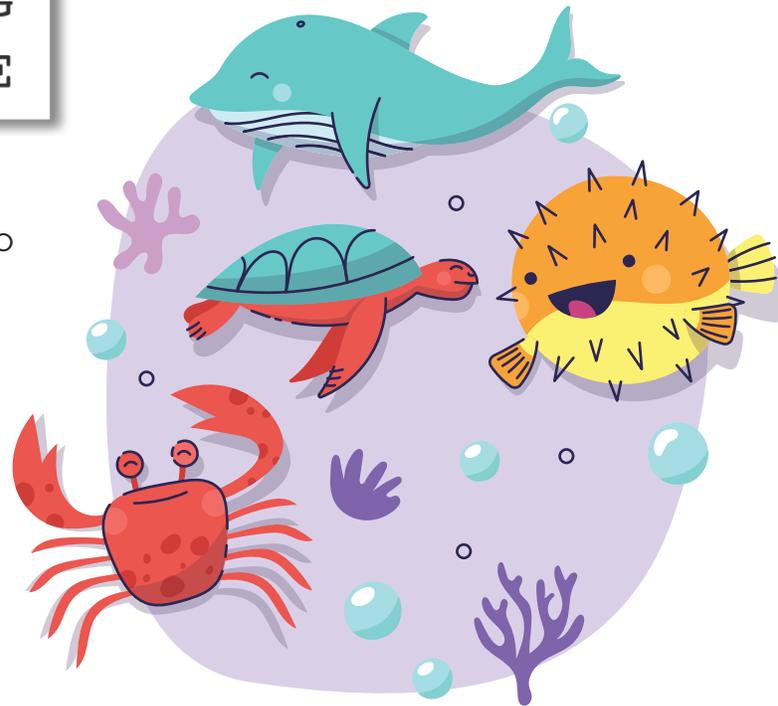
P L E F S E R P N B
S T R I N G C T X Z
L I S N T R I C K S
I C Q G F W R I S T
P D Y E G O C X H N
K S V R F O L V O D
N V E K S D E M V H
O J T H R O W X E W
T O M V Y V D N R G
R T H R E V E R S E

1. CIRCLE
2. FINGER
3. HOVER
4. REVERSE
5. SLIPKNOT
6. STRING
7. THROW
8. TRICKS
9. WOOD
10. WRIST

2. Beneath the Waves

Unscramble the letters to reveal words related to scuba diving and ocean life.

- | | |
|----------------|----------------|
| 1. TPUSOCO | 6. AFENGISHL |
| 2. LORAC FERE | 7. LUEB LMARIN |
| 3. NYEOGX NAKT | 8. SEEAEDW |
| 4. CLWFSNOIH | 9. RASSHK |
| 5. SNRKOEL | 10. SAEHEORS |



ANSWERS: 1. octopus, 2. coral reef, 3. oxygen tank, 4. clownfish, 5. snorkel, 6. angelfish, 7. blue marlin, 8. seaweed, 9. sharks, 10. seahorse



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480-962-5612 p

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