



May is Older Americans Month, and this year's theme — "Champion Your Health" — is a reminder that taking care of yourself is one of the most powerful things you can do.

Aster is here to connect you with the resources, programs, and services that make that possible.

[Read the full story on page 2.](#)



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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

Items with ** contain pork or pork products.

Menu subject to change due to availability.

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

4

Oven 'fried' chicken, mashed potatoes and gravy, a whole wheat biscuit, and diced pears.

5

Pork** carnitas with peppers, onions, and Pinto beans on a whole wheat tortilla, and tropical fruit.

**JOIN US TO
CELEBRATE CINCO
DE MAYO!**

6

Cold tuna salad with fire roasted corn, Brussels sprouts, a whole wheat roll, fig newtons, and a Mandarin orange cup.

7

Pot roast with gravy, grilled vegetable mix, potatoes and carrots, brown rice pilaf, and a banana.

8

Roasted turkey with gravy, peas and pearl onions, steamed carrots, a whole wheat roll, and an oatmeal fruit crisp.

11

Pork** fried rice with Asian vegetable mix, steamed asparagus, and an orange.

12

Swedish meatballs on whole wheat pasta with a side of sweet potatoes, green beans, and sliced peaches.

13

Shrimp scampi on whole wheat pasta with Normandy vegetables, corn, and grapes.

14

Chicken sandwich with lettuce and tomato on a whole wheat bun, a side of mixed vegetables, and a banana.

15

Pork chop** with gravy, roasted red potatoes, steamed broccoli, a whole wheat biscuit, apple sauce, and fig newtons.

18

Honey garlic chicken on brown rice with Asian mix vegetables, edamame, cubed mangoes, and a fortune cookie.

19

Cheese ravioli with summer squash, Italian vegetables, a whole wheat breadstick, and sliced pears.

20

Chicken Cordon Bleu with whole wheat pasta, 5-way vegetable mix, a side salad, and a mixed berry oatmeal crisp.

21

Pot roast with gravy, steamed broccoli, potatoes and carrots, a whole grain roll, and a banana.

22

Coconut chicken curry and potatoes on brown rice with cubed carrots and grapes.

25

CLOSED FOR
MEMORIAL DAY

26

Cold chicken pasta salad with celery, bell peppers, and onions, 3-bean salad, and a peach crisp with granola.

27

Sweet pork** with shredded lettuce, steamed broccoli, roasted tomatoes, cilantro lime brown rice, and a fruit cocktail.

28

Flatbread cheese pizza, side salad, peas and carrots, croutons, and apple sauce.

29

Roast beef open-face sandwich on whole wheat bread with mashed potatoes and gravy, green beans, a banana, and Graham crackers.

ASTER AGING

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



CHAMPION YOUR HEALTH IN MAY

Every May, the nation comes together to celebrate Older Americans Month, a tradition dating back to the 1960s to honor the contributions of older adults and raise awareness about their needs.

Led by the Administration for Community Living (ACL), this year's observance carries the theme Champion Your Health — a call to action for older adults to take an active role in their own well-being.

The 2026 theme places prevention, wellness, and personal responsibility

at the center of healthy aging. It encourages older adults to access preventive care, make informed decisions about their health, and lean on the evidence-based tools and community resources available to them. Caregivers, too, are recognized this year for the vital role they play in supporting the health and independence of the people they love.

Aster is here to ensure that championing your health is something you should never have to do alone.

Through our Senior Centers, older adults in the East Valley have access to health and wellness programs, nutritious lunchtime meals, social activities, and the kind of meaningful connection that supports physical, mental, and emotional well-being. Our Outreach and Social Services team helps individuals and families navigate health resources, enroll in benefits, and access community health education. Our Meals on Wheels program delivers nourishing meals and a reassuring visit to seniors who need support at home.

This May, join the national conversation by prioritizing your health through healthy eating, exercise, social engagement, and more.

Reach out to Aster to learn more about how you can take advantage of our programs and services to improve your quality of life. Visit your local senior center, visit our website, or give us a call.

Get in touch: asteraz.org | 480-964-9014 | info@asteraz.org



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.

NAVIGATING BENEFITS

Aging comes with new opportunities, but also new challenges — and for many older adults on fixed incomes, keeping up with the rising cost of living can feel overwhelming. The good news is that meaningful help is available, and Aster is here to make sure you can find and access it.

As part of the National Council on Aging's network of Benefits Enrollment Centers (BECs), Aster Aging connects older adults and individuals with disabilities on Medicare to resources that can strengthen their financial stability. Many people are surprised to learn what they may qualify for. Through our Benefits Enrollment Center, Aster helps East Valley older adults identify and apply for programs including the Supplemental Nutrition Assistance Program (SNAP), the Low-Income Home Energy Assistance Program (LIHEAP), City of Mesa Utilities Assistance, and other essential resources that can ease the cost of food, utilities, and medical care.



Our trained Outreach Specialists also provide needs assessments, resource navigation, education on chronic conditions, and personalized guidance to help individuals, families, and caregivers better understand and manage aging-related needs, identify gaps in support, and connect with other local organizations and programs that can provide additional assistance. By working directly with our team, you can gain a clearer picture of the benefits you may be entitled to and avoid missing critical resources due to complex eligibility requirements or confusing paperwork.

This service is completely free to East Valley residents. Whether you are looking for support for yourself or helping a family member explore their options, our team is ready to guide you through the process, answer questions, and connect you with the benefits you have earned and deserve. Services are confidential, and assistance is available in a supportive, accessible, and respectful environment.

Aster Outreach Specialists can also provide information and referrals for caregivers and families who want to plan for long-term care, nutrition, and health management, ensuring that older adults can maintain independence and quality of life for as long as possible.

Visit asteraz.org or contact Ramoncita Cocova, Director of Social Services, to learn more and schedule a Benefits Check-Up today.



Ramoncita Cocova, Director of Social Services: rcocova@asteraz.org | 480-634-1659

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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: Participants enjoy a fun and engaging discussion about history at the Red Mountain Senior Center as part of their monthly series.



Pictured above: A volunteer serves coffee during lunch at the Mesa Downtown Senior Center.



Pictured above: Bingo at the Mesa Downtown Senior Center, featuring fun clapping hands.



Pictured above: Daily lunch at the Red Mountain Senior Center.

ASTER SENIOR CENTERS

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



MESA DOWNTOWN EVENTS

May 5 | 10:00 - 11:30 am

CINCO DE MAYO

Join us for a celebration of Cinco De Mayo - there will be music, activities, and more!

RSVP in-person or over email to attend: CBS@asteraz.org.

May 8 | 9:30 - 11:00 am

VALLEY METRO PRESENTATION

Learn about Paratransit, Buzz, Dial-a-ride, and other options so that you can navigate this system with confidence.

Spots limited. RSVP in advance at the Senior Center to attend.

May 8 | 10:00 am - 12:15 PM

MOTHER'S DAY

Join us for a day celebrating all mothers in our community. There will be games, music, activities and more, as well as a special lunch service.

May 22 | 9:00 - 10:30 AM

MEMORIAL DAY CELEBRATION

Come celebrate and remember our loved ones and honor those that have served in our military.



Tuesdays, Wednesdays | 8:15 - 9:15 am | Mesa Downtown
MORNING MOVEMENT*

Get your day moving with indoor exercise! **\$2/person.**



Wednesdays | 1:00 - 3:00 pm | Red Mountain
RED MOUNTAIN DANCES!*

Join us for live music and lots of fun every week! **\$5/person.**



Thursdays | 1:00 - 3:00 pm | Red Mountain
LINE DANCING*

A lively, coreographed dance with live music. **\$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



Mondays | 2:00 - 3:00 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. Bring your own project to work on. **Cost: Supplies**



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.



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!



Thursdays | 9:30-10:30 am | Red Mountain
COLORING LOUNGE

Enjoy adult coloring pages and listen to relaxing instrumental jazz.

ACTIVITIES CALENDAR

Visit our online calendar at asteraz.org for more details.



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!



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.



Fridays | 9:30 - 10:30 am | Mesa Downtown
WRITER'S GUILD

Come to share, learn and spark your creative juices.



1st Monday | 8:30 am | Mesa Downtown
2nd Friday | 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.



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.



1st & 3rd Tuesday | 10:00 - 11:30 am | Mesa Downtown
2nd & 4th Tuesday | 10:00 - 11:30 am | Red Mountain
MESA PUBLIC LIBRARY @ ASTER

Loan books, sign up for a library card, and more.



Tuesdays | 9:30 - 10:30 am | Mesa Downtown
ART IN ACTION

Discuss art history from all eras and parts of the world.



Thursdays | 10:00 am - 12:00 pm | Mesa Downtown
VETERAN'S ART

Presented by the Mesa Art League

Join us every Thursday to make art with fellow Veterans.

RED MOUNTAIN EVENTS



May 5 | 10:00 - 11:30 am

CINCO DE MAYO

Join us for a celebration of Cinco De Mayo - there will be music, activities, and a festive salsa tasting station!

RSVP in-person or over email to attend: CBS@asteraz.org.

May 8 | 1:00 - 3:30 pm

MOTHER'S DAY

Honor mothers with us at the Red Mountain Senior Center. There will be a special dessert, a remembrance wall, and a flower for all mothers at lunch.

May 13 | 11:30 am - 1:00 pm

MAY BIRTHDAY PARTY

Join us to celebrate the birthdays of those born in May at the Senior Center - there will be cake!

May 19 | 9:30 - 10:30 am

DISCUSSION: WOMEN'S HISTORY

Join us for a discussion of women's history. We will discuss the achievements of women across time, as well as their contributions in science, culture, and more.

Tuesdays | 10:30 am - 3:00 pm

DEAF SUPPORT GROUP

Join us every Tuesday for a weekly group to connect with others who have hearing loss to chat and find support.

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EXCURSIONS

Must be a registered participant and RSVP in advance to join.



Mesa Downtown ARIZONA BASEBALL MUSEUM

May 12 | 12:30 - 3:00 pm

The Mesa Historical Museum and the New Baseball Museum host the history of Mesa and the surrounding areas. Open since 1987, it is in a historic schoolhouse in Old Lehi.

Cost: FREE

Bus Pickup: 12:00 pm
Space Limited, 10 seats per trip
RSVP: In-Person at the Mesa Downtown Senior Center



Red Mountain GILBERT HISTORICAL MUSEUM

May 12 | 12:15 - 2:15 pm

Join us on an excursion to the Town of Gilbert's historical museum, where we will learn more about the history of our local East Valley community.

Cost: \$5

Bus Pickup: 12:00 pm
Space Limited, 10 seats per trip
RSVP: In-Person at the Red Mountain Senior Center



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



BINGO!
FOR FUN: Weds | 12:30 - 3:00 pm
MONEY: Fri | 1:00 - 3:30 pm



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 FUN
Tues & Fri | 12:30 - 2:00 pm

RED MOUNTAIN

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NOW SHOWING

Aster's Senior Centers each host FREE weekly movies starting at 12:30 pm. Free popcorn is provided at all showings!

Downtown Senior Center movies are on Thursday, and Red Mountain Senior Center movies are on Tuesday.

RSVP online, by phone/email or in person to secure your seat!



MESA DOWNTOWN (Thursdays)

May 7

Sound of Music | 1965 | G

May 14

Horse Soldiers | 1959 | NR

May 21

Field of Dreams | 1989 | PG

May 28

Captain America: The First Avenger | 2011
| PG-13



RED MOUNTAIN (Tuesdays)

May 5

Twentieth Century | 1934 | NR

May 12

The Bedford Incident | 1965 | NR

May 19

The Getaway | 1972 | PG

May 26

Oklahoma Crude | 1973 | PG



SPECIAL PRESENTATION - HEALTHY MEAL PLANNING

Special Presentation – Healthy Meal Planning | Learn how to eat healthy on a budget.

Tuesday, May 5 | 9:30 – 10:30 am | Red Mountain Senior Center

RSVP by email to CBS@asteraz.org or by calling the Senior Center at 480-218-2221

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Community



ONE BEDROOM

Starts at

\$2,240

*Rates are subject to change

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- Fitness Classes and Gym

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- Cable TV
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much more! 55+ community**

GUARDIAN

**Schedule a tour
and we will send
you home with a
FREE GIFT!**



BANANA PEANUT BUTTER OATMEAL

This warm, satisfying breakfast is perfect for May mornings in Arizona before the heat of the day sets in. It's affordable, easy to make, and packed with potassium, fiber, and natural energy to help you start your day feeling your best.

Ingredients

- 1 cup old-fashioned oats
- 2 cups water or low-fat milk
- 1 banana, sliced
- 1 tablespoon peanut butter
- 1 teaspoon honey (optional)
- 1 pinch of cinnamon

Directions

1. Start the oats: Wash hands with soap and water. Bring 2 cups water or low-fat milk to a gentle boil, stir in 1 cup old-fashioned oats, and reduce to low heat.
2. Simmer: Stir occasionally until oats are soft and creamy.
3. Serve: Spoon into bowls. Top with 1 banana, sliced, 1 tablespoon peanut butter, 1 teaspoon honey (optional), and 1 pinch of cinnamon. Serve warm.



REDUCING DEHYDRATION

Adapted from "Hot Weather Safety for Older Adults" and "Eating Well As You Get Older" via the National Institute on Aging (NIA) and the National Institutes of Health (NIH).

Dehydration among older adults is a widespread nutritional concern that affects far more people than most realize — and in Arizona, where temperatures begin climbing in March, the risk arrives earlier in the year than it does almost anywhere else in the country.

Research shows that dehydration occurs in up to 28% of older adults, and the consequences reach well beyond feeling thirsty.

Why are older adults at greater nutritional risk for dehydration? Age-related physiological changes — including a blunted sense of thirst and reduced ability of the kidneys to concentrate urine — mean that older adults may be significantly dehydrated before they feel any urge to drink.

Certain medications, including common diuretics, compound the problem further. Even mild dehydration — as little as 2% fluid loss — can affect memory, mood, concentration, and reaction time.

What is the difference between dehydration and simply not drinking enough? Chronic low-intake dehydration and acute dehydration are related but distinct.

Low-intake dehydration is a common and often chronic condition in older adults, associated with poorer cognitive performance, reduced quality of life, worsened illness recovery, and increased hospital admissions — yet it frequently goes unrecognized because its early signs are subtle and easy to attribute to other causes.

Improving hydration doesn't require dramatic changes. Foods with high water content — including watermelon, cucumbers, celery, spinach, and strawberries, all of which are more than 90% water — can significantly contribute to daily fluid needs and are often easier to incorporate than tracking ounces of water.

A diet low in sodium and processed foods also supports better fluid balance. And spring in Arizona is the ideal time to build these habits — before the more demanding months ahead.

VISIT [NIA.NIH.GOV](https://www.nia.nih.gov) FOR MORE INFORMATION

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PUZZLES

1. SLOW AND STEADY

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.

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

ANCHORED
 BALANCED
 EASY
 FIRM
 FIXED
 GENTLE
 LEISURELY
 MEASURED
 MODERATE
 MOORED
 PLODDING
 RELAXED
 ROOTED
 SAFE
 SECURE
 SEDATE
 STABLE
 UNHURRIED

2. MAY QUIZ

Can you answer all of the May trivia questions?

1. In early May, there is a festival in Cocullo, Italy, in honor of the patron Saint Dominic. Which animal do they honor him with?
2. True or false? Katharine Hepburn was born on May 12, 1907, and stars in many films, including Funny Face.
3. Who was born on May 15, 1856, and wrote the children's classic The Wonderful Wizard of Oz?
4. True or false? The full moon in May is called the flower moon.
5. Aunt May is the adoptive mother of Spider-Man's alter ego in the Spider-Man comic book series. What is the name of Spider-Man's alter ego?

ANSWERS: 1, Snakes; 2, False — Katharine Hepburn was born on May 12, 1907, but Funny Face stars Audrey Hepburn, not Katharine; 3, L. Frank Baum; 4, True; 5, Peter Parker.



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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!

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