



July is a time of summer fun, fireworks, and memories shared with friends.

It is also the beginning of Aster's new fiscal year, and the time for all participants to re-register.

Registration takes just minutes and helps us tell the story of our impact for our funders.

Learn more on page 2.

IN THIS ISSUE

Lunch Menu	1
New Year Registration	2
Suggested Contribution	3
July Activities	5
Center Movies	8
Health Corner	9
Puzzle	10

JULY 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 \$4.00.

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

1 Cold tuna salad with 3-bean salad and beets, a whole wheat roll, fig newtons, and a banana.

THURSDAY

2 Pot roast with gravy, grilled vegetable mix, potatoes and carrots, brown rice pilaf, and Mandarin oranges.

FRIDAY

3 **CLOSED FOR INDEPENDENCE DAY**



6

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

7

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

8

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

9

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

10

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

13

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

14

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

15

Chicken Cordon Bleu with whole wheat pasta, 5-way vegetable mix, a side salad, and a banana.

16

Pot roast with gravy, steamed broccoli, potatoes and carrots, a whole grain roll, and a mixed berry oatmeal crisp.

17

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

20

Beefy nachos with cheese, pinto beans, onions, tomatoes, zucchini, salsa, and a side of mango cubes.

21

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

22

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

23

Flatbread cheese pizza, side salad, peas and carrots, croutons, and a banana.

24

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

27

Chicken Parmesan on whole wheat pasta w/ marinara sauce, yellow squash, California blend vegetables, and pineapple.

28

Pork** meatball sub on a whole wheat roll with lettuce and cheese, whole green beans, and diced peaches.

29

Breaded Shrimp on brown rice pilaf, chuck wagon corn, Brussels Sprouts, and a whole pear.

30

Meatloaf with gravy, mashed potatoes, broccoli, a whole wheat roll, a graham cracker, and apple sauce.

31

Cold Strawberry chicken salad on a bed of greens, cucumbers, and red onion, 3 bean salad, a whole wheat roll, mango cubes, and fig newtons.

ASTER AGING

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



NEW YEAR REGISTRATION



Can you believe it's already summer? July marks the 250th anniversary of our nation, the sunniest stretch of the year, and more. It also is the beginning of Aster's new Fiscal Year!

As a 501(c)3 nonprofit organization, Aster receives funding from various governmental organizations, private foundations, and funding organizations. In return, they ask to see how well our programs are reaching the community.

By registering at an Aster Senior Center or online at asteraz.org, you are helping Aster continue to empower older adults through a full continuum of programs and services across our East Valley community. A small amount of your time to complete our annual registration form helps us show the full impact of our programs, ultimately ensuring that we can serve more people and increase our impact.

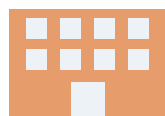
To our participants, thank you for enriching our community with your wisdom, experience, and presence.



Don't Wait - Register Today!



**Mesa Downtown
Senior Center**
247 N Macdonald St
480-962-5612 p



**Red Mountain
Senior Center**
7550 East Adobe St
480-218-2221 p



**Or Register
Online At
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.

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Congregate Meals Suggested Contribution Amount is Increasing to \$4.00 on July 1, 2026

The federal Older Americans Act, which provides fundamental guidelines and financial support for Aster Aging's programs, requires establishing opportunities for older adult participants to make voluntary and confidential contributions toward the costs of Congregate Meals offered at Aster's Mesa Downtown and Red Mountain Senior Centers. No older adult is ever denied services because of their inability to contribute the full or any amount toward Congregate Meals.

Aster's suggested contribution amount of \$3.50 for Congregate Meals was not increased for over 10 years. Regrettably, the rising price of food and other operational costs has made it necessary for Aster to increase this amount in order to ensure a continuation of the quality meals we provide. Beginning July 1, 2026, the suggested contribution amount will be \$4.00 for Congregate Meals.

We understand that rising prices are very hard for everyone. It is important to us that no one feels they can only afford to come less often because of this increase. As a suggested contribution amount, we ask that participants only give what they can. If you are able to contribute more to help cover the meal costs for those who need to contribute less, we sincerely thank you.

For any questions about this change, please contact Scott Muller, Program Operations Director at 480-219-2045 or smuller@asteraz.org.

AARP DRIVER SAFETY COURSE*

RED MOUNTAIN SENIOR CENTER | TUESDAY, JULY 28 | 8:00 AM - 12:00 PM

Defensive driving looks different today than it did in the past. Learn all the latest on driver safety - some insurance providers may offer discounts on your rates for successful completion of the class, talk to yours to see if you qualify. **Cost: \$20/AARP Members, \$25/Non-AARP Members**

RSVP to Barbara Skinner, AARP Trainer: barbaraaarp@gmail.com or 480-383-9187

INDEPENDENCE DAY

Downtown | Thursday, July 2, 2026 | 10:00 am

Red Mountain | Thursday, July 2, 2026 | 10:30 am

Join us to celebrate America's 250th at both Senior Centers. RSVP today in-person or by emailing **CBS@asteraz.org**.

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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: Having fun and making lasting memories at the Mesa Downtown Senior Center.



Pictured above: Bingo for Fun at the Red Mountain Senior Center.



Pictured above: Participants enjoy lunch, coffee, and friendly conversation at the Red Mountain Senior Center.



Pictured above: Enjoying festivities at a Veteran's event hosted at the Mesa Downtown Senior Center last month.

ASTER SENIOR CENTERS

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



MESA DOWNTOWN EVENTS

To RSVP for an activity, call the Senior Center at 480-962-5612, email cbs@asteraz.org, or sign up in-person.

July 14 | 10:00 - 11:00 am FINANCIAL WORKSHOP

Presented by Navy Federal Credit Union

Join us for a special presentation from Navy Federal Credit Union, titled "What You Can Do Now for a Bright Financial Future".

July 14 & 28 | 10:00 - 11:00 am FREE HAIRCUTS

Limited spots available. Come get a free haircut from a volunteer hair stylist. Sign up in advance to book an appointment.

Thursdays | 8:00 am - 1:30 pm OPEN ART STUDIO

Join us to paint and listen to music every Thursday with a group of likeminded individuals! Bring your own project and supplies.

Fridays | 9:00 - 10:30 am SCIENCE WORKSHOP

Join us for a fun, hands-on science experiment every Friday! This month's topics are Magic Milk, Will It Sink or Float, Balloon Blow Up, and Play-Dough.



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

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



Mondays | 1:30 - 2:30 pm | Mesa Downtown Thursdays | 1:00 - 2:00 pm | Red Mountain

LINE DANCING*

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



Tuesdays | 2:00 - 3:00 pm | Mesa Downtown WORLD HISTORY CLASS

Learn about remarkable events through history.



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

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 | 10:00 - 11:00 am | Mesa Downtown CHAIR YOGA*

Calm your mind with chair yoga. **\$3/person**

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.



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 - 10:00 am | Red Mountain
VETERANS' SOCIAL

Enjoy coffee & donuts each month with fellow veterans.



July 22 | 11:30 - 12:00 pm | Mesa Downtown
July 15 | 11:30 am - 1:00 pm | Red Mountain
JULY BIRTHDAY PARTY

Come celebrate the birthdays of those born in July with cake.



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.



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.



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

Enjoy adult coloring pages and listen to relaxing instrumental jazz.



Wednesdays | 1:00 - 3:00 pm | Red Mountain
WEDNESDAY DANCE

Cut a rug every Wednesday at the Senior Center, dancing to a variety of music from all eras.



RED MOUNTAIN EVENTS

To RSVP for an activity, call the Senior Center at 480-218-2221, email cbs@asteraz.org, or sign up in-person.

July 6 | 1:00 - 3:30 pm

PARKINSON'S SUPPORT GROUP

Presented by the Muhammad Ali Parkinson's Center and DUET

For people living with Parkinson's Disease and their loved ones.

July 9 | 10:00 am - 12:15 pm

CARD CREATION*

Cost: \$5/person. Create beautiful custom greeting cards for your friends and family.

July 14 | 9:30 - 10:30 am

TRAVEL LOG

Virtually travel to San Francisco with us, learning the unique history of this historic city.

July 20 | 10:30 - 11:00 am

HOLIDAY TRADITIONS

Learn about the history of fireworks, BBQ, and all things July - enjoy samples of food associated with the month!

July 21 | 10:00 - 11:00 am

FINANCIAL WORKSHOP

Presented by Navy Federal Credit Union

Join us for a special presentation from Navy Federal Credit Union, titled "What You Can Do Now for a Bright Financial Future".

ASTER AGING

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

EXCURSIONS

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



Mesa Downtown ARIZONA MUSEUM OF NATURAL HISTORY

July 21 | 1:00 - 3:00 pm

Join us on a journey of discovery, learning about the ancient world beneath our feet in Arizona.

Cost: \$13

Bus Pickup: 12:30 pm
Space Limited, 10 seats per trip
RSVP: In-Person at the Mesa Downtown Senior Center



Red Mountain GILBERT HISTORY MUSEUM

July 8 | 9:15 - 11:30 am

Learn about the history of the Town of Gilbert and the surrounding area, gaining a lens into our community's shared story.

Cost: \$5

Bus Pickup: 9:15 am
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

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

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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)

July 2 | Oklahoma! | 1955 | G

A farm girl navigates competing suitors as a territorial community approaches statehood.

July 9 | McLintock! | 1963 | G

A cattle baron's domestic and political disputes escalate when his estranged wife returns.

July 16 | Big Jake | 1971 | PG-13

A rancher is pulled into a prolonged rescue effort after his grandson is kidnapped.

July 23 | The Apple Dumpling Gang | 1975 | G

A gambler becomes the reluctant guardian of three orphaned children and gets drawn into a loosely organized criminal pursuit.

July 30 | Cowboys & Aliens | 2011 | PG-13

A frontier town responds to an unexplained alien attack that forces uneasy coordination between residents and outlaws.



RED MOUNTAIN (Tuesdays)

July 7 | Midnight | 1939 | NR

An American socialite in Paris becomes entangled in a fabricated identity scheme to escape financial trouble.

July 14 | Vertigo | 1958 | PG

A former detective develops an obsessive fixation on a woman he has been hired to follow.

July 21 | Gigi | 1958 | G

A young Parisian girl is gradually shaped into a society companion within a rigid upper-class system of expectations.

July 28 | The Philadelphia Story | 1940 | NR

A high-society divorce becomes a public spectacle as multiple suitors re-enter a recently dissolved marriage.

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you home with a
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COOL, SUMMER SOUP: GAZPACHO

This cool, creamy soup is perfect for June mornings in Arizona before stepping out into the summer heat. It's affordable, easy to make, and packed with hydration, fiber, and fresh flavor to help you start your day feeling your best.

Ingredients

- 1 can (15 oz) diced tomatoes, chilled
- 1 cucumber, peeled and chopped
- 1 cup low-sodium vegetable juice (such as V8)
- 1 tablespoon olive oil
- 1 tablespoon red wine vinegar
- 1 teaspoon garlic powder
- 1 pinch of salt and pepper

Directions

1. Blend: Wash hands. Blend tomatoes, cucumber, and vegetable juice until smooth.
2. Season: Stir in olive oil, vinegar, garlic powder, salt, and pepper.
3. Chill and serve: Chill at least 30 minutes, serve cold.



VITAMIN B12: WHY YOU NEED IT

Adapted from "Vitamins and Minerals for Older Adults" and "Dietary Supplements for Older Adults" via the National Institute on Aging (NIA), and "Vitamin B12" via the NIH Office of Dietary Supplements (ODS).

Vitamin B12 is among the most commonly underconsumed nutrients for older adults — and unlike many nutritional shortfalls, the reason often has less to do with what is on your plate than with how your body processes what you eat.

The gap between consuming B12 and actually absorbing it widens quietly with age, making this one of the few nutritional concerns where eating the right foods may not be sufficient on its own.

Why does this happen more often as we get older? The stomach lining naturally changes with age, and for some people those changes reduce the production of stomach acid needed to release B12 from food proteins — a condition called atrophic gastritis that affects an estimated 8 to 9 percent of adults 65 and older.

Certain commonly prescribed medications, including proton pump inhibitors used for acid reflux, can have a similar effect.

What makes this particularly easy to miss? Because the body stores B12 in the liver, it can take years for a deficiency to develop and even longer for symptoms to become noticeable — and those symptoms, when they do appear, can look like other things associated with aging: fatigue, memory changes, or numbness in the hands and feet. The recommended daily amount of B12 for adults is 2.4 micrograms, and the daily value used on food labels is the same.

Natural food sources include meat, fish, poultry, eggs, and dairy. But for older adults with reduced stomach acid, the form of B12 in fortified foods and supplements — called crystalline B12 — may actually be better absorbed than the B12 bound to protein in whole foods, because it does not depend on stomach acid to be released.

Fortified breakfast cereals and nutritional yeast are among the most practical sources of this form. If you take medication for acid reflux, or if fatigue or cognitive changes have become a concern, ask your doctor or health care provider whether checking your B12 status makes sense.

A simple blood test can identify a deficiency, and addressing it early is far easier than treating the consequences of one that has gone undetected for years.

VISIT [ODS.NIH.GOV](https://ods.nih.gov) FOR MORE INFORMATION



PUZZLE

Searching for July

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

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

Word Bank

- OUTDOORS
- PATRIOTIC
- REUNIONS
- RUBY
- TOUR DE FRANCE
- VACATION
- HOT DOGS
- ICE CREAM
- INDEPENDENCE (Day)
- LARKSPUR
- LEO
- LION (Leo)
- BASTILLE (Day)
- BUCK MOON
- CANADA (Day)
- CANCER
- CRAB (Cancer)
- HIKING

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CONTACT

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247 N Macdonald St,
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