



Supporting the Senior Center with an optional membership not only helps keep our programs sustainable, but it also comes with a variety of exciting perks!

Learn more on page 2.

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AUGUST 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

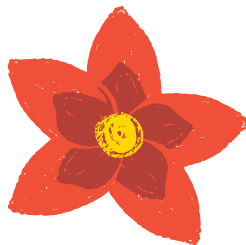
Items with **contain pork or pork products.

Menu subject to change due to availability.

TUESDAY



WEDNESDAY



THURSDAY



FRIDAY

1 Veggie Lasagna, Normandy Vegetables, Garden Green Salad, a Whole Wheat Roll, and a Banana.

4

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

5

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

6

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

7

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

8

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

11

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

12

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

13

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

14

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

15

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

18

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

19

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

20

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

21

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

22

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

25

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

26

Beefy Mac and Cheese, 4-Way Vegetable Mix, Carrot Coins, a Whole Wheat Roll, and an Orange.

27

Scrambled Eggs with Diced Bell Pepper and Onion, Turkey Sausage, Tater Tots, a Whole Wheat Tortilla, and Mandarin Oranges.

28

Grilled Chicken with Roasted Tomatoes, 3-Bean Salad, a Whole Wheat Roll, and a Mixed Fruit Cup.

29

Garlic and Lemon Baked Tilapia with Spinach, Peas, Brown Rice Pilaf, and a Banana.

ASTER AGING

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



SUPPORT YOUR CENTER WITH A MEMBERSHIP

For many of us, the Senior Center is a special place. It's where we enjoy vibrant activities across a wide range of topics, share hot, nutritious meals five days a week, and gather in the café for coffee and conversation. Most importantly, it's a space to build community and find support as we navigate this chapter of life.

Aster's Senior Centers at Red Mountain and Mesa Downtown are made possible through the generous support of government agencies, private foundations, and other funding partners. They also thrive thanks to the support of participants like you through our membership program.

This optional fee of \$24 or more per year helps sustain and grow Senior Center programs. It's a way to show your support and ensure Aster's continued impact.

As a thank-you, members who pay \$24 or more receive:

- Quarterly member appreciation coupons for items like puzzles, café snacks, DVDs, and more
- Invitations to two annual member appreciation socials
- Entry into two annual member prize drawings
- An official 2025/2026 Aster membership card with your name

Membership fees are adjusted based on when you join. For instance, if you enroll in September, you'll pay for just the final three quarters of the year.

To become a member, visit the Front Desk of the Senior Center and talk to a member of Aster's team.

For questions about Senior Center Membership, email cbs@asteraz.org or call 480-964-9014.

To our wonderful participants, thank you for being a part of our community and for considering supporting the Center through a membership.

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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ENERGY ASSISTANCE IN SUMMER MONTHS



In years past, air conditioning was known as “packaged air.” Here in the Valley of the Sun—the warmest major metropolitan area in the United States—that invention became essential. For those of us who’ve lived here, it’s no surprise: surviving the summer often means staying indoors during the hottest hours of the day, made bearable by air conditioning.

But with triple-digit temperatures come rising energy bills—a real challenge for those on fixed incomes. Older homes may also have aging or non-functioning HVAC systems, compounding the problem.

That’s where the federal Low Income Home Energy Assistance Program (LIHEAP) can help. LIHEAP offers support for utility bills, emergency energy assistance, home weatherization, and cooling-related needs.

It’s a vital program that helps individuals stay safe in their homes during extreme heat, and one of many community programs and benefits that Aster can help you navigate.

Aster is here to help you so that you can remain safe and independent. Schedule a free, unbiased, private consultation on benefits through Aster’s Outreach and Social Services department to learn more.

ASTER OUTREACH AND SOCIAL SERVICES



Ramoncita Cocova, Director of Social Services

Email: rcocova@asteraz.org

Phone: 480-634-1659

PAID ADVERTISEMENT

Discovery Point
Retirement
Community



ONE BEDROOM
Starts at

\$2,140

*Rates are subject to change

- Chef prepared meals
- Weekly Housekeeping
- Full Calendar of Activities
- Fitness Classes and Gym

- All Utilities (except phone)
- Cable TV
- Transportation
- Emergency Call System

Discovery Point
6210 E Arbor Ave
Mesa, AZ 85206
480.924.6474

**Rent includes all this and
much more! 55+ community**



GUARDIAN

**Veteran and long-term
care benefits overview
on 8/8 at 11:00AM
RSVP limited seating**

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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 examine drawings by cartoonist Dick Brooks during the “My Life as a Cartoonist’s Daughter” presentation.



Pictured above: Participants aboard the Valley Metro Train for a tour as part of Aster’s monthly excursions.



Pictured above: Portrait Painting Workshop at the Red Mountain Senior Center.



Pictured above: Card games at the Mesa Downtown Senior Center.



Pictured above: Geri Fit, a fitness class for seniors, takes place at the Mesa Downtown Senior Center every Tuesday and Friday.

ASTER SENIOR CENTERS

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



MESA DOWNTOWN EVENTS

August 15 | 10:00 am - 12:00 pm

NATIONAL SENIOR CITIZENS DAY CELEBRATION

Join us for National Senior Citizens Day! There will be an old-fashioned carnival with games, ice cream, dancing, and more! RSVP in advance.

Wednesdays | 1:00 - 3:00 pm

QUILTING CLASS*

Cost: \$25/month plus supplies

Join us for an adventure in all things quilting! Instructor Clarice will teach quilters of all levels. Limited spots, Contact the Center for more information.

1st & 3rd Tuesday | 10:00 - 11:00 am

MESA PUBLIC LIBRARY

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
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.



1st Monday | 9:00 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.



RED MOUNTAIN EVENTS

August 20 | 11:00 am - 1:00 pm

AUGUST BIRTHDAY PARTY

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

August 4 | 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.

August 6 | 8:00 am - 4:00 pm

CRAZY SOCK DAY

Wear the craziest socks that you own to the Senior Center! First, second, and third prizes will be awarded to the top three best entries.

Wednesdays | 12:30 - 3:00 pm

DIAMOND ART DUCKIES*

Bedazzle rubber ducks in this fun and unique class every Wednesday!

Cost: Supplies

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EXCURSIONS

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



Mesa Downtown PENSKE RACING MUSEUM

August 18 | 12:30 - 3:30 pm

Join us to visit an amazing collection of cars, trophies, and more.

Cost: FREE

**Space Limited, RSVP by phone or in person.
480-962-5612**



Red Mountain MESA PUBLIC LIBRARY

August 14 | 12:30 - 2:30 pm

Join us on a trip to the Mesa Public library, an amazing collection of books, media, and more.

Cost: FREE

**Space Limited. RSVP by phone or in person.
480-218-2221**



Pictured above: Bingo for Prizes 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



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)



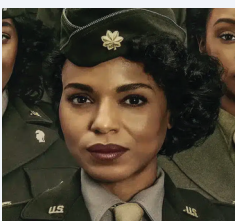
August 7
9 to 5
1980 | PG

Three creative employees find a way to turn the tables on their lying, hypocritical boss.



August 14
Yours, Mine, and Ours
1968 | PG-13

When a widowed nurse meets a widowed Navy man, sparks fly and chaos reigns.



August 21
The Six Triple Eight
2024 | PG-13

In February 1945, over 800 Black American women from the US Army were sent to England to help win the war. Based on a true story

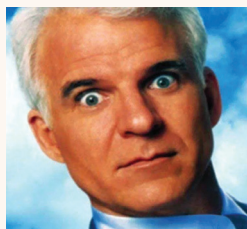


August 28
The Dutchman
2024 | PG-13

Adventurers, treasure hunters and soldiers risked their lives searching for a legendary gold mine hidden in the Superstition Mountains of southern Arizona.

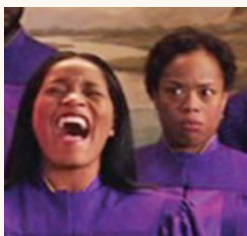


RED MOUNTAIN (Tuesdays)



August 5
Housesitter
1992 | PG-13

A quirky con artist moves into an architect's empty dream home and pretends to be his wife, turning his life upside down.



August 12
Joyful Noise
2012 | PG

Two strong-willed women lead a small-town church choir to compete in a national contest, overcoming differences and finding harmony.



August 19
Letters to Juliet
2010 | PG

A young woman discovers an unanswered love letter and sets out to reunite two long-lost lovers.



August 26
Parenthood
1989 | PG-13

A heartfelt comedy that follows the joys and challenges of an extended family as they navigate parenting, relationships, and the ups and downs of life.



SENIOR CENTER DROP-IN AREAS



ART STUDIO



BILLIARDS



PUZZLES
& GAMES



FITNESS
CENTER



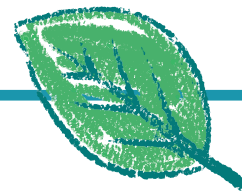
LIBRARY



CAFE

Drop-in areas are open every day Monday - Friday at both Senior Centers.

Email us at cbs@asteraz.org or call 480-964-9014 to learn more!



Three Sisters Salad

Adapted from [nutrition.gov](https://www.nutrition.gov)

This simple, colorful salad combines corn, beans, and squash—packed with fiber, protein, and essential nutrients, making it a perfect summer salad!

Ingredients

- 1 cup corn kernels (fresh, frozen, or canned, drained)
- 1 cup cooked beans (black, pinto, or kidney), rinsed
- 1 cup diced squash (zucchini or yellow squash)
- 2 tablespoons chopped onion (optional)
- 2 tablespoons chopped fresh herbs (cilantro or parsley)
- 1–2 tablespoons olive oil
- 1 tablespoon lemon or lime juice
- Salt and pepper to taste

Directions

1. Wash hands with soap and water.
2. Combine corn, beans, squash, onion, and herbs in a large bowl.
3. Drizzle olive oil and lemon juice over the mixture.
4. Season with salt and pepper; toss gently to mix.
5. Serve immediately or keep chilled in the fridge for up to 2 days.

Gut Health in the Summer

Adapted from VA.Gov's "Promoting a Healthy Microbiome with Food and Probiotics"

When it's hot outside, many people notice their digestion feels slower. You might have less appetite, feel bloated more easily, or just feel like your stomach is upset. One helpful way to feel better is by taking care of the healthy bacteria that live in your gut. These bacteria help your body break down food, absorb nutrients, and support your immune system.

Feed the Good Bacteria with Fiber

The most important food for healthy gut bacteria is fiber. Fiber is found in:

- Fruits (like bananas or berries)
- Vegetables (like asparagus or carrots)
- Beans
- Whole grains (like oatmeal and brown rice)

Most people don't get enough fiber. A good tip: check the food label. Divide total carbs by fiber. If the number is under 10, it's a good choice. Under 5 is even better.

Go Easy on Red Meat

Red meat and animal fat (like bacon, sausage, and burgers) can lead to harmful byproducts in your gut. These are linked to heart problems and other health issues. You don't need to give up meat completely, but try to eat more plant-based meals during the week—especially when it's hot and heavy meals don't feel good.

Try Fermented Foods

Fermented foods naturally contain healthy bacteria called probiotics. These help balance your gut and can support digestion. Examples include:

- Yogurt with live cultures
- Kefir (a yogurt-like drink)
- Sauerkraut (look for refrigerated kinds)
- Pickles (not made with vinegar)

Look for labels that say "contains live cultures" or "active cultures."

What About Supplements?

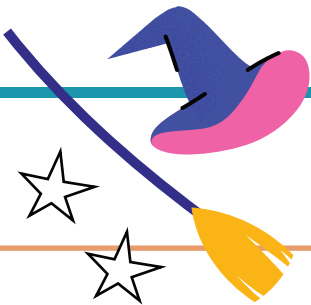
Probiotic pills are available, but quality can vary. If you choose one, look for a mix of **Lactobacillus** and **Bifidobacterium**—these are the most well-researched.

These may be especially helpful after antibiotics. Always consult your doctor before introducing a new supplement like a probiotic.

VISIT VA.GOV FOR MORE HEALTHY EATING TIPS & TRICKS



PUZZLE



Hidden Words of Oz

Each clue refers to a famous quote from The Wizard of Oz. Follow the instructions to cross off the words that match each quote. When you're done, read the remaining words to reveal a final hidden message from the Land of Oz!

Instructions:

1. Cross off all gemstones.
2. Cross off all Kansas crops.
3. Cross off all wild animals.
4. Cross off all flowers.
5. Cross off all words that rhyme with heart.



start	rose	lion	emerald
wheat	Toto	tiger	tulip
chart	corn	I've	ruby
a	sapphire	part	bear
oats	feeling	alfalfa	topaz
cheetah	poppy	We're	dahlia
garnet	cotton	giraffe	geranium
begonia	not	smart	soybeans
opal	zebra	gorilla	in
amaryllis	tart	art	barley
Kansas	diamond	elephant	hibiscus
dart	mart	amethyst	anymore

"Toto, I've a feeling we're not in Kansas anymore." ~ Dorothy Gale

1. Cross off all gemstones. (emerald, ruby, sapphire, topaz, garnet, opal, diamond, amethyst)
2. Cross off all Kansas crops. (wheat, corn, oats, alfalfa, cotton, soybeans, barley)
3. Cross off all wild animals. (lion, tiger, bear, cheetah, giraffe, zebra, gorilla, elephant)
4. Cross off all flowers. (rose, tulip, poppy, dahlia, geranium, begonia, amaryllis, hibiscus)
5. Cross off all words that rhyme with heart. (start, chart, part, smart, tart, art, dart, mart)

ANSWERS

PAID ADVERTISEMENT

We specialize in primary care for adults over 65.



Book your appointment
Locations throughout Mesa, AZ

- Annual Wellness Visits
- Specialty care coordination
- Virtual visits
- Management of chronic conditions
- Same-day appointments
- Medicare accepted at all Village Medical locations





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

480-964-9014



To unsubscribe, email **development@asteraz.org**.



CONTACT

Administrative Offices

45 W University Dr, Ste A,
480-964-9014 p

Mesa Downtown Senior Center

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