



As the weather gets warmer, the Senior Center is a great place to spend time!

No matter what your interests are, Aster's Mesa Downtown and Red Mountain Senior Centers are a hub of activities and social life for older adults just like you.

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


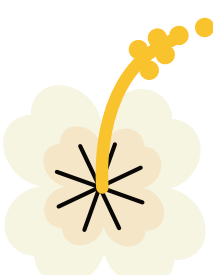
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JUNE MENU

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.

1	2	3	4	5
MONDAY Chicken Parmesan on whole wheat pasta w/ marinara sauce, yellow squash, California blend vegetables, and pineapple.	TUESDAY Pork** meatball sub on a whole wheat roll with lettuce and cheese, whole green beans, and diced peaches.	WEDNESDAY Breaded Shrimp on brown rice pilaf, chuck wagon corn, Brussels Sprouts, and a whole pear.	THURSDAY Meatloaf with gravy, mashed potatoes, broccoli, a whole wheat roll, a graham cracker, and apple sauce.	FRIDAY 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.
8 BBQ pulled pork** on a whole wheat bun with coleslaw, baked beans and a tropical fruit cup.	9 Turkey with gravy, mashed potatoes, broccoli, green onions, a whole wheat roll, and peach crisp.	10 Shredded teriyaki beef with broccoli on a bed of brown rice, oriental mixed veggies, and a pear.	11 Chicken fillet with gravy, steamed carrots and cauliflower, a whole wheat roll, a fig newton, and apple sauce.	12 Salisbury Steak with gravy. Brown rice pilaf, yams, capri veggie blend. Whole wheat roll and fruit cocktail.
15 Veggie lasagna with 4-way vegetables, zucchini, a whole wheat breadstick, and apricots.	16 Meatloaf with gravy, sweet corn, yellow squash, a whole wheat roll, a graham cracker, and a banana.	17 Chicken stuffed w/ Broccoli, Spinach, Roasted tomatoes, a whole wheat roll, mango cubes, and a graham cracker	18 Scrambled eggs with turkey sausage, breakfast potatoes, country gravy over a fresh bisuit, fig newtons and an orange.	19 Glazed salmon fillet over brown rice pilaf with coleslaw, peas, fruit cocktail and a whole wheat bun.
22 Philly cheesesteak with peppers and onions on a hoagie, tater tots, succotash, and diced peaches.	23 Chicken Pot Pie with a biscuit and peas and carrots, a side of 5 way veggies and a pear.	24 Bacon, ham**, lettuce, and tomato wrap in a whole wheat tortilla, coleslaw, and apple sauce.	25 Shrimp Alfredo over whole wheat pasta with cauliflower, zucchini, and a fruit cocktail.	26 Cheeseburger with shredded lettuce, tomato, onion, and pickles on a whole wheat bun, a side of baked beans, and an orange.
29 Oven 'Fried' chicken. Mashed potatoes, and gravy, corn, butternut squash, whole wheat biscuit and diced pears.	30 Pork** Loin with gravy over brown rice, green beans, carrot/raisin salad, and a tropical fruit cup.			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



JOIN US AT THE SENIOR CENTER THIS SUMMER

June in Arizona is a reminder of how quickly the summer heat arrives.

Before long, the outdoor walks, morning errands, and casual time spent in the neighborhood give way to the practical realities of desert living. For older adults especially, the shift indoors can be abrupt, and with it can come a quieter, more isolated routine.

Staying active and connected during the summer months takes a little more intention, but it matters just as much as it does any other time of year. Aster invites you to make our Senior Centers your home base this summer. As the temperatures climb, the Centers remain a cool, welcoming space where the day still has shape and company is never far away.

A hot lunch is served every afternoon, and the schedule around it is full: exercise and dance classes, art, live music, movies, education programs, and Bingo. There is always something on, and no particular reason is needed to show up.

The Café at each Center offers a relaxed place to sit with a snack and good conversation. Some days that is enough. Whether you come for a class, stay for lunch, or simply want somewhere comfortable to spend part of the afternoon, you are welcome.

For older adults managing fixed incomes, health needs, or the general complexity of aging, summer is also a practical moment to make sure you have what you need. Aster's Outreach Specialists are trained professionals who can help you access food assistance, utility support, Medicare benefits, Medicaid, and more, at no cost and in confidence.

Aster is here to help you move through summer well. To explore all of our programs and services, visit asteraz.org or call 480-964-9014. Our Senior Centers are located at Mesa Downtown and Red Mountain, and we look forward to seeing you.



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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SUPPORTING OUR NEIGHBORS

Aster supports older adults in many different ways- one of which is through our Neighbors Program! This volunteer-based initiative pairs a homebound older adult with a friendly volunteer to drive them to essential appointments, provide friendly visits, and more. You can make a difference by volunteering on your own schedule this summer. We spoke to Anne Wurth, Program Coordinator, to learn more.



What does the Neighbors program do, and why is this so important for seniors?

Our program provides what we call "in-home services" to homebound seniors. Neighbors volunteers provide what you might picture an adult child doing, if they didn't have a job and lived close by. Volunteers drive participants to routine medical appointments and the grocery store, or they provide friendly visits or phone calls. Being unable to drive is very tough here, and our volunteers help our seniors continue to age in place by getting them to important places. And no matter how a volunteer helps, they provide some companionship. We

all know loneliness is very unhealthy for seniors' wellbeing, and this program directly combats that.

How do volunteers help? Our volunteers choose how they want to help. We are flexible, and place volunteers in the role they want. Some make friendly phone calls to homebound seniors; some visit homebound seniors once a week for an hour or two; others provide rides to homebound seniors so they can get to their routine medical appointments or the grocery store.

How do they get involved? The first step is letting us know they are interested - they can give me a call, send me an email, or they can go online (asteraz.org) and fill out an interest form. Then we briefly chat on the phone, explain the program, answer any questions, and if they're interested, we set-up a one-time orientation/background check meeting.

What is a Neighbors volunteer's schedule? Great question! It's very flexible, and all up to the volunteer. If they're friendly visiting or calling, they set the exact schedule they want. They can choose the same day and time each week, or set it as they go. For driving, volunteers receive a daily email with current ride requests, and they can pick and choose which rides they want to help with. It's all in the volunteer's hands as far as how much they volunteer. It's also flexible in that we have a lot of volunteers who go away for the summer, or on trips throughout the year. It's a perfect opportunity to do while they're here in the Valley - we are happy to have any and all help when we can get it!

What do participants say about the program? They are immensely grateful. For many, it's a true lifeline - their opportunity to see the doctor or get groceries. When I enroll participants, they tell me the difficulties they have had getting places. They tell me their extended family, if local, can't take off any more work to drive them. Others tell me they don't have any family, or all their friends have passed away. Many speak of the loneliness that comes with being homebound. When they join our program, they express relief, gratitude, and hope.

If someone is interested in getting involved as a volunteer, how do they get started? Give me a call, send me an email, or they can go to asteraz.org and click Help Us and Donate Time and fill out an interest form.



Anne Wurth, Program Coordinator: awurth@asteraz.org | 480-629-5502

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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 City of Mesa's Community Services Department mobilized over 20 separate departments for a pet food drive, collecting over 800 pounds of essential supplies for cats, entirely out of pocket with no institutional budget. Thank you for making a difference!



Pictured above: A student from Westwood High School provides technology assistance to a senior as part of a special workshop.



Pictured above: Volunteers from Aster's Neighbors Program enjoy refreshments at the agency's annual Volunteer Appreciation Event.



Pictured above: Participants at the Red Mountain Senior Center enjoy a presentation on financial fraud prevention from Chase Bank.

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.

June 19 | 10:00 am - 12:15 pm

FATHER'S DAY

The dining hall will become a mini-golf course for one day in honor of all dads, grandpas, and uncles - don't miss out on the special event!

Wednesdays | 9:00 - 11:00 am

HALL OF FAME

Baseball lovers unite! Join us every Wednesday for a thoughtful discussion of all things baseball, led by participant Art.

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.



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

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



Tuesdays | 2:00 - 3:00 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 | 9:45 - 10:45 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.



June 17 | 11:30 - 12:00 pm | Mesa Downtown
June 17 | 11:30 am - 1:00 pm | Red Mountain
JUNE BIRTHDAY PARTY

Come celebrate the birthdays of those born in June 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.

June 1 | 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.

June 19 | 10:00 am - 12:15 pm FATHER'S DAY

Join us for a fun and festive celebration of Father's Day at the Red Mountain Senior Center! There will be music, activities, and a celebration of all dads.

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 MCC PLANETARIUM

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

Expand your horizons and see the stars with a trip to the Mesa Community College planetarium.

Cost: \$5

Bus Pickup: 9:30 am
Space Limited, 10 seats per trip
RSVP: In-Person at the Mesa Downtown Senior Center



Red Mountain LUNCH AND BINGO AT MESA DOWNTOWN

June 5 | 10:30 am - 3:30 pm

Join us for a fun day on the other side of town! We will be taking a trip to the Mesa Downtown Senior Center for lunch and money bingo.

Cost: FREE

Bus Pickup: 10:30 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



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)

June 4 | Seven Brides for Seven Brothers | 1954 | G

A frontier bride discovers her husband has six rowdy brothers — all desperately in need of wives.

June 11 | Beach Party | 1963 | PG

Frankie and Dolores bicker on the beach while an anthropologist secretly studies their "mating habits."

June 18 | Clambake | 1967 | G

A Texas oil heir trades places with a water-ski instructor to find out if anyone will love him for himself.

June 25 | Beach Blanket Bingo | 1965 | PG

Skydiving, a kidnapped pop star, and a love-sick pal who falls for a mermaid — just another day at the beach.



RED MOUNTAIN (Tuesdays)

June 2 | Midway | 1976 | PG

Navy codebreakers set a trap for the Japanese fleet in the battle that changed World War II.

June 9 | The Greening of Whiney Brown | 1911 | NR

A spoiled city girl loses everything and finds herself on her family's rural farm.

June 16 | Breakfast for Two | 1937 | NR

A wisecracking Texas heiress buys a playboy's failing company and refuses to leave until he falls in love with her.

June 23 | A Place to Grow | 1995 | NR

A country singer returns home after his brother's suspicious death and must decide whether to sell the family farm.

June 30 | Second String | 2002 | NR

When bad oysters sideline the entire Buffalo Bills starting offense, a former quarterback gets his unlikely second chance.

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GUARDIAN

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



CUCUMBER MINT AGUA FRESCA

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

Ingredients

- 1 cucumber, peeled and sliced
- 4 cups cold water
- 10 fresh mint leaves
- 2 limes, juiced
- 1 tablespoon honey or agave (optional)
- 1 pinch of salt

Directions

1. Blend: Wash hands. Blend 1 cucumber, peeled and sliced, 4 cups cold water, and 10 fresh mint leaves until smooth.
2. Strain and season: Strain into a pitcher. Stir in 2 limes, juiced, 1 tablespoon honey or agave (optional), and 1 pinch of salt.
3. Chill and serve: Chill at least 30 minutes, serve over ice.
4. Enjoy!

MUSCLE LOSS AND AGE

Adapted from "Healthy Eating As You Age: Know Your Food Groups" and "Healthy Meal Planning: Tips for Older Adults" via the National Institute on Aging (NIA) and the National Institutes of Health (NIH).

Muscle loss among older adults is a widespread nutritional concern that affects far more people than most realize — and its progression is quiet enough that many older adults are well into the process before noticing any meaningful change in strength or function.

The decline can begin as early as the fifth decade of life and accelerates with age, making consistent dietary attention one of the most practical tools available for slowing it down. Why are older adults at greater nutritional risk for muscle loss? Age-related physiological changes — including a reduced ability to synthesize muscle protein from food and a natural decline in appetite — mean that older adults may be falling short of what their bodies need to maintain lean mass even when they feel they are eating adequately.

Barriers to consuming protein-rich foods in older adults include reductions in taste and smell, dentition, dexterity, and changes in living situation — all of which compound the problem quietly. What is the difference between muscle loss from aging and simply being less active? The two are related but distinct.

Age-associated muscle decline — sometimes called sarcopenia — can occur independent of activity level, and its consequences extend well beyond physical appearance: reduced strength, slower recovery from illness, increased fall risk, and loss of independent function. Yet it frequently goes unrecognized because its early signs develop gradually and are easy to attribute to simply getting older. Improving protein intake doesn't require dramatic changes.

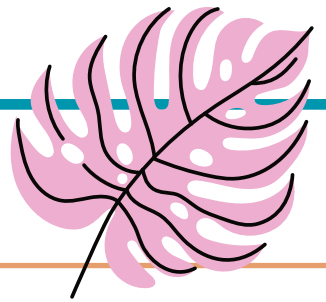
Older adults can get protein from seafood, eggs, beans, nuts, seeds, and soy products, in addition to lean meats and poultry — and protein from plant sources tends to be lower in saturated fat, contains no cholesterol, and provides fiber and other health-promoting nutrients. Adding seafood, dairy, or fortified soy products along with beans, peas, and lentils to meals throughout the day can help maintain muscle over time.

Spreading protein intake across meals, rather than concentrating it in one sitting, supports the body's ability to use it effectively.

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

ASTER AGING

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PUZZLE

Match each type of doughnut to its name.

1.



2.



3.



4.



5.



6.



7.



8.



9.



10.



11.



12.



- A. _____ Boston Cream
- B. _____ Jelly
- C. _____ Apple Fritter
- D. _____ Sprinkled
- E. _____ Glazed Chocolate
- F. _____ Doughnut Holes
- G. _____ Tiger Stripe
- H. _____ Glazed
- I. _____ Powdered Sugar
- J. _____ Old-Fashioned
- K. _____ Toasted Coconut
- L. _____ French Cruller

A-2, B-11, C-1, D-7, E-10, F-6, G-4, H-12, I-8, J-10, K-5, L-3

ANSWER

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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.



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