



Support your Senior Center with a membership!

Making an optional gift of \$24 or more gives you exclusive access to member parties, raffles, snacks, and other treats all year.

Thank you for supporting your local Senior Center.

[**Learn more on page 2.**](#)

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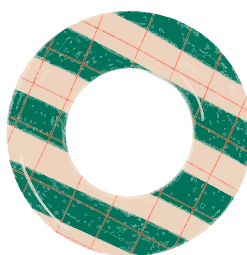
AUGUST MENU

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 \$4.00.

Items with ** contain pork or pork products. Menu items subject to change due to availability.

3 MONDAY	4 TUESDAY	5 WEDNESDAY	6 THURSDAY	7 FRIDAY
BBQ pulled pork** on a whole wheat bun with coleslaw, baked beans, and a tropical fruit cup.	Turkey with gravy, mashed potatoes, broccoli with green onions, a whole wheat roll, and peach crisp.	Shredded teriyaki beef with broccoli on a bed of brown rice, Oriental mixed veggies, and a pear.	Chicken fillet with gravy, steamed carrots and cauliflower, a whole wheat roll, fig newtons, and apple sauce.	Salisbury Steak with gravy, brown rice pilaf, yams, capri veggie blend, whole wheat roll, and fruit cocktail.
10	11	12	13	14
Veggie lasagna with 4-way vegetables, zucchini, a whole wheat breadstick, and apricots.	Meatloaf with gravy, sweet corn, yellow squash, a whole wheat roll, a graham cracker, and a banana.	Chicken stuffed w/ broccoli, spinach, roasted tomatoes, a whole wheat roll, and mango cubes,	Scrambled eggs with turkey sausage, breakfast potatoes, broccoli, country gravy over a biscuit, fig newtons and an orange.	Glazed salmon fillet over a brown rice pilaf with coleslaw, peas, fruit cocktail and a whole wheat bun.
17	18	19	20	21
Philly cheesesteak with pepper and onions on a hoagie, Tater tots, succotash, and diced peaches.	Chicken Pot Pie with a biscuit, peas, and carrots, a side of 5 way veggies, a pear, and graham crackers.	Bacon, ham**, lettuce, and tomato wrap in a whole wheat tortilla, cole slaw, and apple sauce.	Shrimp Alfredo over whole wheat pasta with cauliflower, zucchini, and a fruit cocktail.	Cheeseburger with shredded lettuce, tomato, onion, and pickles on a whole wheat bun, a side of baked beans, and an orange.
24	25	26	27	28
Oven 'Fried' chicken. mashed potatoes and gravy, butternut squash, whole wheat biscuit and diced pears.	Pork** Loin with gravy over brown rice, green beans, carrot/raisin salad, and a tropical fruit cup.	Cold tuna salad with fire-roasted corn and Brussels Sprouts, a whole wheat roll, fig newtons, and a banana.	Pot roast with gravy, grilled vegetable mix, potatoes and carrots, brown rice pilaf, and Mandarin oranges.	Roasted Turkey with gravy, peas and pearl onions, steamed carrots, a whole wheat roll, and a fruit crisp.
31				
Pork** fried rice with Asian vegetable mix, brown rice, steamed asparagus, and an orange.				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



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 2026/2027 Aster membership card

Membership fees are adjusted based on when you join. For instance, if you enroll in October, 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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OUTREACH AND SOCIAL SERVICES

Navigating aging and community resources can feel overwhelming — you don't have to do it alone.

Aster's trained Outreach and Social Services Specialists help older adults and caregivers find support, including:

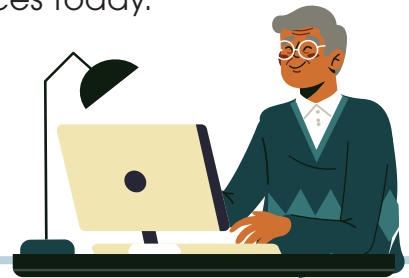
- Needs Assessments for Individuals, Families, and Caregivers
- Information & Referral to Community Resources
- Food Supplement Programs
- Benefits Checkup® and Enrollment Assistance (Including SNAP and Medicaid)
- Resource Navigation
- Education on Aging Needs and Chronic Health Conditions

Learn more by contacting our Outreach and Social Services team to schedule a free, private, and unbiased review of your individual circumstances today.

Ramoncita Cocova | Director of Social Services

Email: rcocova@asteraz.org | **Phone:** 480.634.1659

Website: www.asteraz.org/services/socialservices.html



AARP DRIVER SAFETY COURSE*

MESA DOWNTOWN SENIOR CENTER | TUESDAY, AUGUST 11 | 9:00 AM - 1:00 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: barbaraarp@gmail.com or 480-383-9187

FINANCIAL WORKSHOP Presented by Chase Bank

Enjoy a special presentation from Chase Bank on the important topic of financial wellness. As we get older, financial wellness is critical on a fixed income. Learn best practices and more.

August 18 | Mesa Downtown Senior Center

10:00 - 11:00 am

August 25 | Red Mountain Senior Center

10:00 - 11:00 am

RSVP: Call your local Center, email CBS@asteraz.org, or sign up in-person.



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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: A volunteer from Boeing plays bingo with participants at the Mesa Downtown Senior Center.



Pictured above: Tai Chi at the Mesa Downtown Senior Center.



Pictured above: A group of talented artists paint portraits at the Red Mountain Senior Center.



Pictured above: Susan plays the piano for fellow participants during lunch at the Red Mountain Senior Center.

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.

August 5 | 9:00 - 10:00 am

SCIENCE VS HOLLYWOOD

Presented by The Arizona Museum of Natural History

Join us for an interactive presentation exploring what movies like Jurassic Park get right, what they get wrong, and how scientists study dinosaurs using real fossil evidence.

August 19 | 9:00 am - 10:00 am

HANDBAG MAKING*

Make a decorative handbag.

Cost: \$5.00/person

August 28 | 10:00 - 11:00 am

TALENT SHOW

Share your talents with others in a talent showcase!

Fridays | 9:00 - 10:30 am

SCIENCE WORKSHOP

This month's topics are all about rocks - canyons, the study of rocks, earthquakes, and more!



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

August 5 | 10:30 - 11:30 am | Red Mountain

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.



Thursdays | 8:00 am - 1:30 pm | Mesa Downtown
Fridays | 8:30 - 11:00 am | Red Mountain
ART STUDIO

Enjoy Open Art Studio Thursdays and Portrait Painting with a live model on Fridays.



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.



August 19 | 11:30 - 12:00 pm | Mesa Downtown
August 19 | 11:30 am - 1:00 pm | Red Mountain
AUGUST BIRTHDAY PARTY

Come celebrate the birthdays of those born this month with cake.



Wednesdays | 10:00 - 11:00 am | Mesa Downtown
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.



Fridays | 1:00 - 2:00 pm | Red Mountain
MOVIN' FORWARD

A group for those who have already gone through a loss and wish to make new friends.



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

Cut a rug every Wednesday at the Senior Center



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.

August 3 | 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.

August 7 | 10:30 - 11:30 am

LUAU PARTY

Join us for a fun Luau before lunch! There will be special snacks, music, activities, and more.

August 17 | 10:00 am - 12:15 pm

THE BENEFIT OF PETS

August is National Wellness Month and National Dog Month - join us for a discussion on the amazing health benefits pets bring to our lives.

August 19 | 10:30 - 11:00 am

JEWELRY MAKING

Join us to make jewelry with a fun group of friends - supplies are included.

Women's | August 6 | 10:00 - 11:00 am

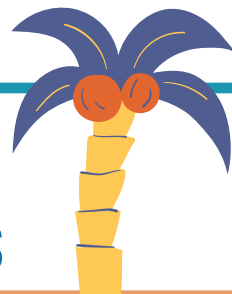
Men's | August 20 | 10:00 - 11:00 am

MEN & WOMEN'S SOCIALS

Join us once a month for Men's Social and Women's social. The Men's group will play horseshoe, and the women's group will enjoy tea and snacks.

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EXCURSIONS

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



Mesa Downtown SHOPPING @ TEMPE MARKETPLACE

August 20 | 9:00 am - 11:15 am

Join us for an excursion to Tempe Marketplace for a shopping trip.

Cost: FREE

Bus Pickup: 8:30 am
Space Limited, 10 seats per trip

RSVP: In-Person at the Mesa Downtown Senior Center



Red Mountain SEA LIFE ARIZONA AQUARIUM

August 3 | 10:00 - 11:30 am

Join us for an adventure to one of the largest aquariums in the Southwest!

Cost: \$5.80

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



FUN & GAMES

Tues & Thurs | 9:30 - 10:30 am



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
Beginner's: Mon | 1:00 - 3:00 pm



WHATEVER GAMES WE PLAY

Weds | 12:30 - 3:00 pm



CANASTA

Weds & Fri | 12:30 - 3:00 pm
Beginner's: Mon | 12:30 - 2:30 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



WII SPORTS

Thurs | 8:00 - 11:00 am

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)

August 6 | West Side Story | 2021 | PG-13

Two young people from rival street gangs fall in love despite growing tensions.

August 13 | Project Hail Mary | 2026 | PG-13

A science teacher must save the world from outer space.

August 20 | Ferris Bueller's Day Off | 1986 | PG-13

A clever teenager skips school for a day of adventures across Chicago.

August 27 | Jaws | 1975 | PG

A great white shark terrorizes the small town of Amity Island - a cop, biologist, and shark hunter must save the day.



RED MOUNTAIN (Tuesdays)

August 4 | Glory | 1989 | PG

The inspiring true story of the first African-American regiment in the Civil War.

August 11 | Close Encounters of the Third Kind | 1977 | PG

The lives of ordinary people are transformed by encounters with UFO's in this sci-fi classic.

August 18 | Wizard of Oz | 1939 | G

Dorothy is swept away from her home in Kansas and brought to the whimsical Land of Oz in this iconic film.

August 25 | King Kong | 2005 | PG-13

A crew of adventurers goes to Skull Island, where they encounter a giant gorilla named Kong, leading to adventure, romance, and tragedy.

PAID ADVERTISEMENT

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GUARDIAN

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MEDITERRANEAN CHICKPEA SALAD

This no-cook salad is perfect for hot afternoons when cooking feels like too much. It's affordable, easy to make, and packed with plant protein, fiber, and fresh flavor to keep you full and energized.

Ingredients

- 1 can (15 oz) chickpeas, rinsed and drained
- 1 cucumber, diced
- 1 cup cherry tomatoes, halved
- 1/4 cup red onion, chopped
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 1/2 teaspoon dried oregano
- 1 pinch of salt and pepper

Directions

1. Combine: Wash hands. Mix chickpeas, cucumber, tomatoes, and red onion in a bowl.
2. Dress: Whisk olive oil, lemon juice, oregano, salt, and pepper, then toss with salad.
3. Chill and serve: Chill at least 20 minutes, serve cold.



THE TRUTH ABOUT CARBS

Adapted from "Healthy Eating As You Age: Know Your Food Groups" via the National Institute on Aging (NIA), and MyPlate.gov via the U.S. Department of Agriculture (USDA).

Carbohydrates get a bad reputation these days, but for older adults the real issue is rarely carbohydrates themselves — it is which kind you are eating, and how much fiber travels along with it.

Vegetables, fruits, grains, and dairy contain carbohydrates, and together they remain the body's main source of energy throughout life. The distinction that actually matters, especially as we age, is between whole grains and refined ones. So why does this matter more as people get older?

Refined grains have a finer texture and a longer shelf life, but the milling process strips away much of their natural fiber and nutrients, even when some of those nutrients are later added back through enrichment. Whole grains keep their fiber intact along with iron and several B vitamins, which is part of why at least half the grain foods on your plate should be whole grains rather than refined ones. What makes fiber intake so easy to overlook?

Unlike some nutritional gaps, it rarely announces itself with a clear symptom the way fatigue or weakness might, yet the Dietary Guidelines for Americans identify fiber as a nutrient that many Americans, including a large share of older adults, consistently fall short on year after year.

Fiber aids digestion, helps prevent constipation, and can help lower cholesterol, and both fruits and vegetables provide it in addition to the fiber found in whole grains and legumes. Reading the Nutrition Facts label helps here — look past claims like "low-fat," which can signal added sugar, and check instead for grams of fiber and whether a grain is labeled "whole."

Good whole-grain choices include whole wheat bread, brown rice, oats, and whole cornmeal. Beans, peas, and lentils count as both a vegetable and a fiber-rich carbohydrate source.

If constipation, high cholesterol, or blood sugar changes have become a concern, ask your doctor or a registered dietitian how much fiber and which carbohydrate sources are right for you. Small, steady shifts, like swapping white bread for whole wheat or white rice for brown, add up meaningfully without requiring you to give up carbs completely.

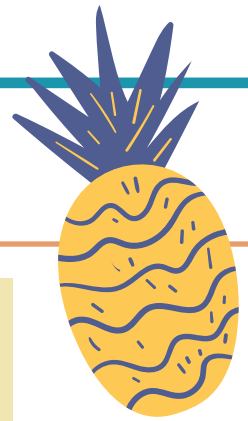
VISIT MYPLATE.GOV FOR MORE INFORMATION

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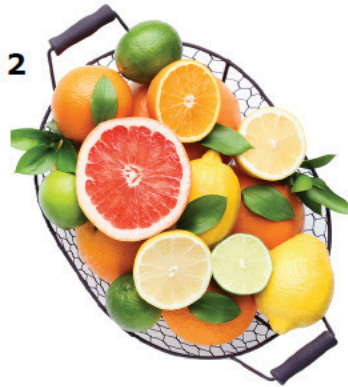


PUZZLE



CITRUS MATCHING

Find two baskets of fruit that are exactly alike.



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Answer: 2 & 8

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CONTACT

Administrative Offices

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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