



May is National Mental Health Awareness Month. In every story, there is strength.

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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

1

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

FRIDAY

2

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

5

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

6

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

7

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

8

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

9

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

12

Sloppy Joe on a Whole Wheat Bun, Corn, Green Beans and Tomatoes, a Banana, and a Chocolate Chip Cookie.

13

Turkey with Mashed Potatoes and Gravy, a Whole Grain Roll, Green Beans, and Pineapple Chunks.

14

Shrimp Alfredo on Whole Wheat Penne Pasta, Mixed Vegetables, Broccoli, and Apple Slices.

15

Chicken with Curry Sauce on Whole Wheat Penne Pasta, Edamame, Winter Vegetable Mix, and Aprichots.

16

Vegetarian Lasagna, Normandy Vegetable Blend, Green Garden Salad, a Whole Wheat Roll, and Grapes.

19

Hamburger on a Whole Wheat Bun with Baked Beans, Steamed Cabbage, an Orange and Vanilla Pudding.

20

Chicken Summer Salad with Grapes, Pecans, and Cranberry, Marinated Vegetable Salad, Creamy Cucumber Salad, a Whole Wheat Roll, and Honeydew.

21

Beef Tacos with Tomato and Lettuce, Corn, Refried Beans, a Whole Grain Tortilla, and Peaches.

22

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

23

Chicken Caesar Wraps with Whole Wheat Tortilla, 3-Bean Salad, and Grapes.

26

CLOSED FOR MEMORIAL DAY

27

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

28

Beef and Broccoli, Edamame, Asian Veggie Mix, Brown Rice Pilaf, and Pear Slices.

29

Scrambled Eggs and Turkey Sausage, Tater Tots, a Side of Spinach, a Whole Wheat Tortilla, and Mandarin Orange Slices.

30

Penne Pasta and Beef Meatballs, Green Beans, Garden Green Salad, a Bread Stick, and Sliced Pears.

ASTER AGING

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



NAVIGATING BENEFITS

Aging is a journey that everyone experiences, but many seniors may not be fully aware of the various benefits and support options available to them as they navigate this chapter of life.

With the increasing cost of living, it can be particularly challenging for those on fixed incomes to meet their basic needs. Access to assistance and resources is crucial for maintaining a good quality of life. Fortunately, Aster is dedicated to supporting older adults and individuals with disabilities in navigating the complex world of available benefits and community resources.



As part of the National Council on Aging's network of Benefits Enrollment Centers (BECs), Aster Aging helps older adults and individuals with disabilities on Medicare connect with resources that can improve their financial stability. Many people are unaware of the benefits they may qualify for, including programs that can help with food, energy bills, and medical costs. Through our Benefits Enrollment Center, Aster Aging assists individuals in identifying and applying for programs such as the Supplemental Nutrition Assistance Program (SNAP), the Low-Income Home Energy Assistance Program (LIHEAP), and other critical resources.

These benefits can provide much-needed support, especially for individuals on a fixed income, helping to reduce financial stress and increase access to essential services. This assistance is available at no cost to East Valley residents, and our goal is to make it easier for those who are eligible to access these resources.

If you or someone you know could benefit from exploring these opportunities, you can visit AsterAZ.org to learn more and schedule a Benefits Check-Up.



OUTREACH & SOCIAL SERVICES

Ramoncita Cocova

480-634-1659 | socialservices@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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LYLE'S STORY



Lyle has always been social and passionate about food. But these days, getting out has gotten harder, and so has cooking.

Aster's Meals on Wheels program was a great solution.

Lyle reached out to Aster's Social Services department and was connected with Taylor, a Social Service Specialist, who quickly scheduled a visit to his home to assess his needs and situation. Upon learning more, Aster assisted him in applying for the Meals For You program, where he pays just \$6.60 per meal for two home-delivered meals each week.

The meals are delicious and nutritious, he notes, and he is satisfied with the variety. "I look forward to getting the menu each month," he says, "Because the variety is fantastic, it's always something interesting."

Beyond the meals, however, there's another important part of why the program benefits him.

For program participants, Meals on Wheels is so much more than a delivery, Program Manager Maria Aguero says. "It's a regular check-in to see how they are doing, what's going on in their home, and what other services they might need." For older adults and their loved ones, it is peace of mind in knowing that someone who cares is there regularly, and can identify if something is amiss.

Lyle's Meals on Wheels Monitor is Larry, a longtime member of Aster's team. "Larry is great," Lyle says. "He really cares, he checks on me to make sure I'm doing alright."

Lyle, who has been a part of the program for a year, hopes his story can inspire others to seek the resources they need to support them on the journey of growing older. "Applying for Meals On Wheels is the best thing I've done for myself in a long time."

Contact Aster Social Services to learn more about the program.



OUTREACH & SOCIAL SERVICES

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MY LIFE AS A CARTOONIST'S DAUGHTER!



Join Carefree Artist Virginia Brooks as she describes her hilarious upbringing as a cartoonist's kid in Westport, CT in the 50's and 60's. "It was an unusual upbringing. Every cartoonist I ever met was a little bit crazy. We were the kids of the Funny Families, The Blondies, The Popeyes, The Orphan Annies...and in my case, The Jackson Twins."

"My Life as a Cartoonist's Daughter" Presented by Virginia Brooks

Mesa Downtown Senior Center | Friday, May 16 | 9:30 - 10:30 am | FREE presentation, Spots Limited

RSVP: cbs@asteraz.org, 480-962-5612, or in person at the Downtown Center

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ASTER ACTIVITIES

STAY IN TOUCH WITH ASTER TO READ MORE NEWS

Website: AsterAZ.org | Social Media: [@AsterArizona](https://www.instagram.com/AsterArizona)



THANK YOU, MESA!

Astute observers may have noticed that Aster's Administrative Office had construction on the roof recently.

Thanks to the generous support of the City of Mesa, Aster was able to undergo an exterior renovation project this Spring, investing in the roof of our Administrative Offices and replacing the parking lot lights at our Senior Centers.

We are very grateful for the continued partnership from the City of Mesa, and their support of our work!



AARP DIGITAL SKILLS CLASSES

Get tech-savvy all month at Aster's Senior Centers with AARP's Digital Skills Experts!

Spots are limited, so be sure to RSVP in advance to make sure you save your spot!

Red Mountain:

May 6: Smartphones at a Glance

May 20: Video Chat

Mesa Downtown:

May 13: Introduction to AI

May 27: Chatting with AI

What:

AARP Digital Skills Classes

When:

Tuesdays from 10:00 to 11:00 am

RSVP via email:

CBS@asteraz.org

RSVP via phone:

Red Mountain: 480-218-2221

Downtown: 480-962-5612

ASTER 2025 SPRING EXPOS



ASTER SENIOR CENTERS

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



MESA DOWNTOWN EVENTS

May 5 | 10:00 am - 12:00 pm
CINCO DE MAYO

Join us for a fun celebration of Mexican culture and history at the Downtown Senior Center! There will be music, fun, and more. RSVP to attend, spots limited.

May 6, 20 | 10:00 - 11:00 am
MESA PUBLIC LIBRARY

Now twice a month! The Mesa Public Library comes directly to our Center. 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.

Wednesdays | 9:00 - 11:00 am
HALL OF FAME

Join us every Wednesday from 9:00 to 11:00 am to discuss all things baseball. This unique club is led by Downtown Senior Center participant Art.



Tues & Wed | 8:15 - 9:15 am | Mesa Downtown
MORNING MOVEMENT*

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



Mon, Wed, & Fri | 8:15 - 9:00 am | Red Mountain
STRETCH & FLEX

Resumes on May 9th. Stretch, flex, & socialize.



Mon & Thurs | 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!



Mon & Thurs | 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.



Thursdays | 10:00 - 11:00 am | Mesa Downtown
Wednesdays | 9:30 - 10:30 am | Red Mountain
BLOOD PRESSURE SCREENINGS

Learn your numbers to better manage your health!



Tues & Fri | 1:00 - 2:00 pm | Mesa Downtown
GERI FIT Facilitated by Area Agency on Aging

Enjoy a great workout using bands, weights, and more!

ACTIVITIES CALENDAR

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



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

Learn about remarkable events through history.



1st & 3rd Weds | 9:30 - 10:30 am | Red Mountain **THE GOLDEN GALS**

Our female participants come together for friendship & fun.



Thursdays | 10:00 - 11:00 am | Red Mountain **EVERYONE HAS A STORY**

Save your special memories for the future.



2nd & 4th Weds | 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.



May 5 | 9:00 am | Mesa Downtown **May 9 | 9:00 am | Red Mountain**

VETERANS' SOCIAL

Enjoy coffee & donuts each month with fellow veterans.



RED MOUNTAIN EVENTS

May 5 | 11:00 am - 1:00 pm **CINCO DE MAYO**

Join us for wonderful Spanish music, a prize giveaway, dancing, and more! RSVP in advance to attend, spots limited.

Tuesdays | 10:30 am - 3:00 pm **DEAF SUPPORT GROUP**

A weekly group for people with hearing issues to share their experiences.

May 5 | 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.

May 13, 27 | 10:15 - 11:15 am **MESA PUBLIC LIBRARY**

The Mesa Public Library comes directly to our Center. Talk to a librarian to learn about the programs & services the library offers.

May 2 | 10:00 - 11:00 am **BOOK CLUB** Facilitated by New Frontiers for Lifelong Learning

Join us & discuss a shared love of reading.

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EXCURSIONS

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



Mesa Downtown ARIZONA HISTORICAL SOCIETY MUSEUM

May 27 | 12:30 - 2:30 pm

Join us to learn about the historical materials of Arizona's economic, political, social, and cultural heritage.

Cost: \$13/person.

Space Limited, RSVP by phone or in person. 480-962-9014



Red Mountain MESA MARKETPLACE

May 16 | 12:15 - 3:00 pm

Food, Arts, Crafts, & Music.

Cost: FREE

Space Limited. RSVP by phone or in person. 480-218-6791



SENIOR CENTERS DROP-IN AREAS



ART STUDIO



BILLIARDS



PUZZLES
& GAMES



FITNESS
CENTER



LIBRARY



CAFE



CENTER GAMES

Drop by or email CBS@asteraz.org to save your spot.



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



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

MESA DOWNTOWN

RED MOUNTAIN

ASTER AGING

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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)



May 1
Encanto
2021 | PG

Encanto, a magic spirit, blesses children with unique gifts.



May 8
Stand and Deliver
1988 | PG

The story of Jaime Escalante, a high school teacher who successfully inspired his dropout-prone students to learn calculus.



May 15
RV
2006 | PG

Bob Munro and his dysfunctional family rent an RV for a road trip to the Colorado Rockies.



May 22
The Jersey Boys
2014 | R

The iconic story of four young men from the wrong side of the tracks in New Jersey.

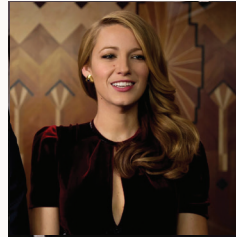


May 29
The Power of the Dog
2021 | R

When rancher Phil's brother brings home a wife and son, he torments them until he finds himself exposed to the possibility of love.



RED MOUNTAIN (Tuesdays)



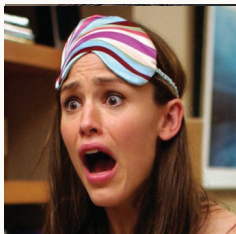
May 6
The Age of Adaline
2015 | PG

A woman remains 29 years old for eternity, and embarks on a journey of love.



May 13
Forrest Gump
1994 | PG-13

Forrest Gump, a simple man, becomes unwittingly involved in major events of the 20th century.



May 20
13 Going On 30
2004 | PG

Nerdy 13-year-old Jenna Rink persuades her school's ruling clique to attend her birthday party by doing their homework for them.



May 27
Little Women
1994 | PG

The March sisters grow up in Concord, Massachusetts during and after the American Civil War.



MENTAL HEALTH AWARENESS MONTH

Since 1949, the National Alliance on Mental Illness has observed Mental Health Awareness Month in May to spotlight the experiences of the millions of Americans who experience mental illness.

You are not alone. Visit nami.org/mham to learn more.

Spinach Pesto with Sunflower Seeds & Olive Oil

Adapted from azhealthzone.org

Enjoy our vibrant, nutrient-packed spinach pesto that's bursting with flavor and perfect for adding a fresh twist to any dish!

Ingredients

- 3 cloves garlic, peeled
- 2 tablespoons sunflower seeds (or other seed or nut)
- ¼ cup olive oil
- 4 cups spinach
- Juice of ½ lemon, about 1 1/2 - 2 tablespoons
- Salt and pepper, to taste

Directions

- Wash hands with soap and warm water.
- In a food processor or blender, combine garlic, sunflower seeds, and olive oil. Blend until garlic and sunflower seeds are small pieces.
- Add spinach, lemon juice, and salt and pepper. Pulse until smooth, pausing to scrape sides of the bowl, if needed.



TIPS FOR CHEWING & SWALLOWING

Adapted from USDA's "Tips for Chewing and Swallowing Problems"

As we get older, chewing and swallowing may become more difficult. Some health conditions also contribute. Here are some strategies to make eating and drinking easier and safer:

Choose soft, moist foods such as:

- Scrambled eggs
- Macaroni and cheese
- Soups and stews
- Ice cream, custard, and puddings
- Mashed potatoes with gravy
- Cooked cereal without lumps
- Yogurt or gelatin made with soft canned fruit
- Cooked vegetables
- Cottage cheese



1. Chop, puree, or blenderize foods that are difficult to chew or swallow.
2. Add moisture to foods using gravy, sauces, broth, butter, margarine, mayonnaise, or sour cream to soften and moisten them.
3. Cut food into small bites.
4. Soften hard foods like toast by dunking them in milk, cocoa, coffee, or tea.
5. Keep mealtime relaxed.
6. Sit upright as much as possible while eating.
7. Avoid talking while swallowing.
8. Take small bites (less than 1 teaspoon per bite). Chew well and swallow your food before taking another bite.
9. Take a sip of beverage after each bite of food.
10. Avoid washing down solids with liquids, unless instructed by your speech or swallowing therapist.

Contact your healthcare provider, dietitian, or speech pathologist if your swallowing worsens, if you cough when eating or drinking solids/liquids, or if you're losing weight.

With the right strategies and support, you can make meal-times easier and continue to enjoy nourishing foods while staying safe and healthy.



PUZZLES

1. Not Like The Others

One item in the image is not like the others, hidden in plain sight. What is it?



2. May Trivia

This month's trivia takes you on a journey through time and across the globe!

1. New Haven, home to Yale University, is in this state.
2. This North American country's flag depicts an eagle snacking on a snake.
3. Bavaria, an area of this country, is famous for Oktoberfest.
4. Piccadilly Circus, Covent Garden, and South Kensington are stops on the subway system in this city.
5. This country's name comes from the Latin word for "silver."
6. Keflavík International Airport is the gateway to this country.

1. Not Like The Others Answer: Peppermint
2. May Trivia Answers: 1. Connecticut 2. Mexico 3. Germany 4. London 5. Argentina 6. Iceland



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



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Red Mountain Senior Center

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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.



DONATE ONLINE TODAY

Your gift empowers and supports local seniors!

www.asteraz.org/help/donate.html