



aster

SCENE



October 2022

A Monthly Newsletter About Our Services

Volume 16, Issue 10



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The East Valley has a number of local pumpkin patches for you to find the perfect gourds to decorate.



OCTOBER 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).

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

3 MONDAY

Beef Stew with Roasted Sweet Potatoes, Brussel Sprouts, a Whole Grain Roll and Fresh Apple

4 TUESDAY

Sesame Chicken over Brown Rice, with Sliced Carrots, Green Beans, and Sliced Peaches

5 WEDNESDAY

Pulled Pork ** Sandwich on a Wheat Bun, with Spinach, Mashed Potatoes, and Mixed Berries

6 THURSDAY

Tilapia with Dill, with Fresh Corn, Broccoli and Cauliflower, a Whole Grain Roll, Sliced Pears, and a Blueberry Crisp

7 FRIDAY

Egg Salad Sandwich on White Bread with 3 Bean Salad, Carrot Sticks, and Pineapple Chunks

10

Chicken Parmesan with Roasted Red Potatoes, Yellow Squash, a Breadstick, and Sliced Apricots

11

Hamburger with Tomatoes & Lettuce, on a Whole Grain Bun, with Spinach and Sliced Apples

12

Lemon Pepper Tilapia over Brown Rice, with Peas & Carrots, Zucchini, a Banana, and Chocolate Cake

13

Garden Salad** and a Broccoli Salad, with Baby Carrots, a Croissant and a Tropical Fruit Cup

14

Pork Chop** with Tri-Color Potatoes, Italian Blend Veggies, a Whole Grain Roll, & Mandarin Oranges

17

Shrimp Scampi and Linguini, with Green Beans, Baby Carrots, and Fruit Cocktail

18

Sweet & Sour Pork** with Asian Blend Vegetables, Brussel Sprouts, a Whole Grain Roll, Fresh Strawberries, and a Cookie

19

Tuna Salad Sandwich on White Bread, with Pea Salad, Carrot Sticks and Sliced Red Apples

20

Turkey Meatball Sub on a Hoagie, with crisp French Fries, Yellow Squash, and Mandarin Oranges

21

Beef Burgundy with Normandy Blend Vegetables, Corn, a Whole Grain Roll, and Fresh Grapes

24

Chicken Fajita with Roasted Tomatoes over Mexican Rice, with Refried Beans, and Mixed Berries

25

Egg Salad Sandwich on White Bread, with 3 Bean Salad, Carrot Sticks, and Pineapple Chunks

26

Beef Philly w/ Peppers and Onions on a Hoagie, with Roasted Sweet Potatoes, Green Beans, and a Fresh Orange

27

Ham** w/ Pineapple Glaze, Broccoli, Cauliflower, a Whole Grain Roll, and Sliced Cinnamon Peaches

28

Herbed Tilapia, with Spinach, Glazed Carrots, a Croissant, Tropical Fruit Cup, and a Peach Crisp

31

Ground Beef Burrito with Lettuce & Tomatoes in a Whole Grain Tortilla with Pinto Beans, and Fresh Orange





THANK YOU, CHIYOKO

For the last ten years, Chiyoko Starkel has been leading Aster's beginner and advanced tai chi classes at the Mesa Downtown Senior Center. Chiyoko originally joined Aster as a participant at the request of a friend, Aster's previous tai chi instructor. When her friend left Aster, Chiyoko inherited the tai chi class and has been with us ever since.



Tai chi is an excellent exercise for seniors, due to its gentle, low-impact movements that strengthen the entire body. Additionally, tai chi can improve muscle and joint flexibility and stability, reducing feelings of stiffness and weakness, and increase balance and coordination, reducing the risk of falls. When you practice tai chi, you also can experience some mental and emotional benefits. Tai chi gives you the opportunity to relax, meditate, and practice deep breathing, all activities that help reduce anxiety and depression, lower blood pressure, and improve overall feelings of wellbeing.

Chiyoko says that tai chi gives you "the confidence to improve your health," and believes that with the active practice of tai chi, you can increase the likelihood of being able to take care of yourself independently well into your nineties.

Besides the health benefits, Chiyoko says that her students enjoy socializing with one another and form strong friendships. In fact, Chiyoko has dedicated students, who have been with her for years, but she is always welcome to new students in her beginner class. Come join Chiyoko for Tai Chi!



BEGINNER TAI CHI
Mondays & Thursdays
10:00 - 11:30 am

ADVANCED TAI CHI
Mondays & Thursdays
8:30 - 10:00 am

PROGRAMS FOR YOU

We support & empower East Valley older adults and their families to remain independent & 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 homebound adults with transportation, grocery shopping, well visits, respite, personal care, and housekeeping.



SOCIAL SERVICES

Helping navigate & access services and health resources, as well as being the NCOA Benefits Enrollment Center for the East Valley.



MESA DOWNTOWN BOOKSHELF & MYSTERY CLUBS

Wednesdays | 10:00 - 11:00 am

Join our fun and lively discussions each week, facilitated by Mesa Community College New Frontiers.



OCT 5
Death at La Fenice
by Donna Leon

The first novel in the popular Detective Brunetti series.



OCT 12
Maybe You Should Talk to Someone
by Lori Gottlieb

A hilarious, thoughtful look behind the scenes of a therapist's world.



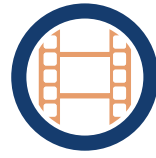
OCT 19
A Man Lay Dead
by Ngaio Marsh

The first novel in the Det. Roderick Alleyn series, first published in 1934.



OCT 26
Sun Does Shine: How I Found Life & Freedom on Death Row'
by Anthony Ray Hinton

A riveting account of the outrages of the Alabama justice system.



NOW SHOWING

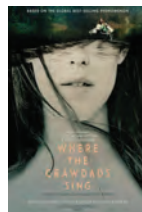
The Mesa Downtown Center hosts **FREE** movies & popcorn starting at **12:30 pm**. Register online or in person to secure your seat!



Oct 6 | ELVIS | 2022 | PG-13

Austin Butler, Tom Hanks

The life of Elvis Presley, from his childhood to being a rock star in the 1950s while maintaining a complex relationship with his manager, Colonel Tom Parker.



Oct 13 | WHERE THE CRAWDADS SING | 2022 | PG-13

Daisy Edgar-Jones, Taylor John Smith, David Strathairn

A woman who raised herself in the marshes of the deep South becomes a suspect in the murder of a man she was once involved with.



Oct 20 | BANDIT | 2022 | R

Josh Duhamel, Elisha Cuthbert, Mel Gibson

After escaping prison, a charming criminal assumes a new identity and goes on to rob a record 59 banks and jewelry stores. Based on a true story.



Oct 27 | THE VISIT | 2015 | PG-13

Olivia DeJonge, Ed Oxenbould, Deanna Dunagan

Two siblings become increasingly frightened by their grandparents' disturbing behavior while visiting them on vacation.

GET YOUR FLU SHOT!

Prepare your cold defense! Call for an appointment or walk in.

Downtown | Oct 5 | 9:00 - 11:00 am

Red Mountain | Oct 6 | 9:00 - 11:00 am





A HEALTHY DANCE

We have all heard a song we love and found ourselves moving along to the beat. More than propelling our muscles, dancing lifts the spirit while benefiting your health and body.



Dance is a gentle way to exercise. It provides low-impact cardio at an activity level that produces many of the same heart and pulmonary benefits as traditional cardio exercises. It also builds muscle strength in almost every part of the body, while helping your balance and flexibility.

“Beyond the health benefits for your body,” shares Cathie Cole, Mesa Downtown Senior Center Manager, “Dancing just brings an infectious joy to our participants.”

Each of our Senior Centers is now hosting dance activities on-site. The Mesa Downtown Center is offering ballroom dance events twice in October while the Red Mountain Senior Center is having afternoon dance parties each week.

“It is exciting to welcome dance back to the Senior Centers,” says Doug West, Red Mountain Senior Center Manager, “These activities were deeply missed by the staff and the participants.”

There is a small fee for our dances, covering the cost of live entertainment and fun items for participants. Find details of October’s dances in the column to the right. Still have questions? Contact your local Senior Center.



RED MOUNTAIN AFTERNOON DANCE PARTIES

Wednesdays | 1:00 - 3:00 pm

Cut a rug at our weekly dances! Music this month features the sounds of Bob Doszek on Oct 5 & 12, and Dale Mortensen on Oct 19 & 26.



\$6 per person. Pre-register at the Red Mountain Senior Center.

MESA DOWNTOWN BALLROOM DANCE

Oct 18 & 25 | 1:00 pm

Something special is BREWING this month! Oct 18 features the music of Easy Sounds and a gourmet coffee bar. Then, on Oct 25, come dressed in your dancing shoes and Halloween costume for a spooktacular time!



\$8 per person includes refreshments and a raffle ticket.



MESA DOWNTOWN
480-964-9014
ccole@asteraz.org

RED MOUNTAIN
480-218-2221
dwest@asteraz.org



MESA DOWNTOWN EVENTS

Thurs | 8:00 am - 3:00 pm

OPEN ART STUDIO

Exercise your creative muscles!

Oct 3 & 17 | 8:30 am

VETERAN'S SOCIAL

Chat and enjoy coffee & donuts with fellow service members.

Oct 4, 11, 18, 25 | 1:00 pm

THE ART OF POETRY

Learn the skill of creating prose with Jim Ferguson.

Oct 6, 13, 27 | 10:00 am

VETERANS ART

Create beautiful art facilitated by Mesa Art League.

Oct 26 | 11:45 am

FEED YOUR MIND

Enjoy lunch and a fascinating look at 100 years of Costumes.

Oct 31 | 12:30 pm

HALLOWEEN PARTY

Enjoy entertainment by Michael Elijah & prizes for Best Costumes!



ACTIVITIES

Activities marked with an * have fees and require pre-registration. For more Info & to RSVP, visit our online calendar at asteraz.org



Mon, Wed, & Fri | 8:00 am - 3:00 pm | Red Mtn Daily | 10:00 am - 3:00 pm | Mesa Downtown
BILLIARDS

Enjoy billiards with your friends every day at our Center!



Mon, Wed, & Fri | 8:15 - 9:00 am | Red Mountain Tues & Wed | 8:15 - 9:15 am | Mesa Downtown*
MORNING MOVEMENT

Get your day moving in the right direction with indoor exercise!



Mon & Thurs | 8:30 - 10:00 am | Mesa Downtown
ADVANCED TAI CHI*

Learn to further enhance your health, balance and strength.



Mon & Thurs | 10:00 - 11:30 am | Mesa Downtown
TAI CHI FOR BEGINNERS*

Learn to enhance your health, balance and strength.



Mondays | 1:00 - 2:00 pm | Mesa Downtown
JUST FOR FUN THEATER GROUP

Join this just for fun group and enjoy the art of performing.



Mondays | 10:00 - 11:00 am | Mesa Downtown
TECHNOLOGY FOR BEGINNERS

Learn to use technologies and have your questions answered.



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!



Tuesdays | 8:30 am - 12:00 pm | Red Mountain Tuesdays | 9:00 - 11:00 am | Mesa Downtown
STITCH & CHAT

Enjoy good company while crafting creative pieces.



ACTIVITIES (continued)



RED MOUNTAIN EVENTS



Tuesdays | 9:00 - 11:00 am | Red Mountain **BLOOD PRESSURE SCREENINGS**

Know your numbers to help prevent more serious health issues.



Tuesdays | 10:30 am - 3:00 pm | Red Mountain **DEAF & HEARING-IMPAIRED SOCIAL GROUP**

A weekly group for people with hearing issues to chat.



Wednesdays | 2:00 - 3:00 pm | Mesa Downtown **CAREGIVER SUPPORT**

A support group just for caregivers.



Wednesdays | 1:00 - 2:00 pm | Mesa Downtown **GRIEF SUPPORT** facilitated by EMPACT

A bereavement support group for seniors.



Thursdays | 9:45 - 10:45 am | Mesa Downtown **CHAIR YOGA***

Increase your flexibility & calm your mind with chair yoga.



Fridays | 8:30 am - 12:00 pm | Red Mountain **PORTRAIT PAINTING WORKSHOP**

Have fun drawing portraits from live models.



Fridays | 8:30 - 9:30 am | Mesa Downtown **MILD EXERCISE**

Stay active with easy movement during this indoor class.



Fridays | 12:30 - 3:00 pm | Red Mountain **COLORING BOOKS & PUZZLES SOCIAL**

Bring your books & crayons and make friends while coloring.



Fridays | 1:00 - 2:30 pm | Red Mountain **MOVIN' ON** facilitated by EMPACT

A post-bereavement social support group for seniors.

Oct 3 | 1:00 pm

PARKINSON'S GROUP

by Muhammad Ali Parkinson Ctr & Duet
A group for people living with PD and their care partners.

Oct 13 | 8:00 am

VETERAN'S SOCIAL

Chat and enjoy coffee & donuts with fellow service members.

Oct 13 | 12:30 - 2:00 pm

CARD MAKING*

Create your own personalized greeting cards. \$3 per person.

Oct 18 | 10:30 am

GUESS WHO?

Bring in your old photos and join us to guess who is who!

Oct 20 | 12:00 pm

THE MEN'S CREW

Join the guys to make new friends.

Oct 25 | 11:45 am

FEED YOUR MIND

Enjoy lunch and a fascinating look at 100 years of Costumes.

Oct 31 | 11:00 am

HALLOWEEN PARTY

It's our annual Halloween lunch! Wear your funniest and most creative costumes for awards.



ASTER AGING

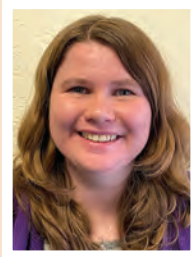
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MEET YOUR STAFF

Gillian Carr

Community Engagement Specialist



Birth Month

February

Birthplace

Phoenix, AZ

Hobbies

Crafting, reading, writing

Fun Fact

I studied medieval literature in college

Pets

A black pug named Delilah

Perfect Vacation

Anywhere with a forest

Favorite Holiday

Halloween

Favorite Book

'The Romance of Silence'

Favorite Band

Autoheart

Favorite Food

Chicken Noodle Soup

Favorite Dessert

Cookies

What Makes Your Day Better?

My couch



CENTER GAMES

Share a smile and make friends over some fun games! Drop-by or reserve your spot at asteraz.org

MESA DOWNTOWN



FALL GAMES

facilitated by New Frontiers Game Class

Thursdays | 9:30 - 10:30 am

Five Crowns, Sequence, Rummikub, Skipbo and more!



FUN & GAMES

Tuesdays | 9:30 - 10:30 am



PINOCHLE

Tues & Thurs | 12:30 - 3:00 pm



LADIES' BILLIARDS

Wednesdays | 10:00 - 11:00 am



WII BOWLING

Wednesdays | 10:00 - 11:00 am



BINGO

Oct 7 & 21 | 12:30 - 2:30 pm

RED MOUNTAIN



PINOCHLE

Tuesdays | 12:00 - 3:00 pm

BRIDGE & CANASTA

Wednesdays | 12:00 - 3:00 pm

MEXICAN TRAIN DOMINOS & PINOCHLE

Thursdays | 12:00 - 3:00 pm

BRIDGE & CANASTA

Fridays | 12:00 - 3:00 pm



BINGO

Tuesday & Fridays | 1:00 - 3:00 pm





TOP O' HALLOW'S EVE!

Excerpted from Activity Connections

Can you think of a modern holiday that originated in Ireland? St. Patrick's Day — that's no surprise. But how about Halloween?



Yes, our candy-laden, pumpkin-happy, autumn celebration has its roots in the darker, more spiritual Celtic holiday of Samhain. Samhain marked the end of the harvest time and the start of winter. This season was also considered a time when the barrier between the natural and the supernatural worlds thinned, and spirits of the dead returned. It was thought that the presence of these spirits made it easier for Druids, the Celtic priests, to make predictions and foretell the future.

More than 2,000 years ago, these ancient Celtic people believed that the roaming spirits needed to be treated with respect or they would take revenge on the living. As part of the Samhain celebration, the people gathered around huge bonfires to sacrifice animals and crops to Celtic gods. They dressed in costumes made of animal skins and animal heads to confuse spirits that might want to harm them. They also left offerings of food, drinks, and crops to ensure that they and their farm animals would make it safely through the winter.

After the fall of the Roman Empire, Christianity spread gradually to the Celtic lands. Many theological historians believe that in an attempt to replace Samhain with Christian holidays, Pope Gregory IV decreed in 835 AD that November 1 would be All Hallows' Day. At that time, October 31, All Hallows' Eve, the night before All Hallows' Day, was celebrated in a fashion similar to Samhain with bonfires, feasting, and dressing up. Over the years, All Hallows' Eve slowly became Halloween. And immigrants, particularly those from Ireland and Scotland brought their traditions with to America.

REEL TALK

A few recommendations of new films opening this month.



Amsterdam

R | Oct 7

Christian Bale
Margot Robbie

Three friends uncover one of the wildest plots in American history.



Ticket to Paradise

PG-13 | Oct 21

George Clooney
Julia Roberts

A divorced couple travel to Bali to stop their daughter's marriage.



The Banshees of Inisherin

R | Oct 21

Colin Farrell
Brendan Gleeson

Two lifelong friends' friendship ends, with alarming consequences.



Till

PG-13 | Oct 28

Danielle Deadwyler
Jalyn Hall

The true story of Mamie Till Mobley's relentless pursuit of justice for her 14 year old son, Emmett Till.



STARTING THE TALK

Excerpted from NIH

If you don't see an aging parent or friend often, changes in their memory and function may seem dramatic. In contrast, a primary caregiver like a spouse might not notice such changes or realize that more help or medical treatment is needed. Talk with your loved one and the primary caregiver about your concerns. Consider these tips:

- **Avoid Sounding Critical**

Instead, mention your particular worry, and explain why you are asking. For example, "It looks like you don't have much food in the house — are you having trouble getting to the store?"

- **Discuss What You Think Could Be Done**

Offer practical suggestions and give specific examples of what you can do. For example, "Would it be helpful if I schedule an appointment with the doctor to talk about changes in Dad's memory?" or "Would you like me to arrange to have groceries delivered on a regular basis?"



MAINE PUMPKIN BREAD

Excerpted from AllRecipes.com

This pumpkin bread is a great old Maine recipe, moist and spicy. The bread actually tastes even better the day after it is baked. It's easy to make and perfect for holiday gift giving!

INGREDIENTS

- 1 (15 Oz) Can Pumpkin Puree
- 4 Eggs
- 1 Cup Vegetable Oil
- $\frac{2}{3}$ Cup Water
- 3 Cups White Sugar
- 3 $\frac{1}{2}$ Cups All-purpose Flour
- 2 Teaspoons Baking Soda
- 1 $\frac{1}{2}$ Teaspoons Salt
- 1 Teaspoon Ground Cinnamon
- 1 Teaspoon Ground Nutmeg
- $\frac{1}{2}$ Teaspoon Ground Cloves
- $\frac{1}{4}$ Teaspoon Ground Ginger



DIRECTIONS

1. Preheat oven to 350 degrees F (175 degrees C). Grease and flour two 9 x 5 inch loaf pans.
2. In a large bowl, mix together pumpkin puree, eggs, oil, water and sugar until well blended. In a separate bowl, whisk together the flour, baking soda, salt, cinnamon, nutmeg, cloves and ginger. Stir the dry ingredients into the pumpkin mixture until just blended. Pour into the prepared pans.
3. Bake for about 50 minutes in the preheated oven. Loaves are done when toothpick inserted in center comes out clean.

NUTRITION FACTS (PER SERVING)

263 Calories; 3.1 g Protein; 40.6 g Carbohydrates; 10.3 g Fat; 31 mg Cholesterol; 305.4 mg Sodium

ASTER AGING

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PUZZLES



Match the clue to the well-known monster.

- | | |
|---------------------------------------|---|
| 1. _____ Wrapped Movie Monster | 9. _____ One-eyed Monster |
| 2. _____ Legendary Sea Monster | 10. _____ Glitch-causing Gnome |
| 3. _____ Vampire Count | 11. _____ Abominable Snowman |
| 4. _____ Snake-haired Woman | 12. _____ Bigfoot |
| 5. _____ Fictional Destroyer Of Tokyo | 13. _____ Small, Grotesque Sprite |
| 6. _____ Hairy Man-monster | 14. _____ Noisy Ghost |
| 7. _____ One Of The Undead | 15. _____ Giant Gorilla |
| 8. _____ Wailing Woman Of Lore | 16. _____ Tall Pieced-together Creature |

- | | | | |
|---------------------------|------------|----------------|-------------|
| A. Sasquatch | E. Zombie | I. Goblin | M. Medusa |
| B. King Kong | F. Kraken | J. Dracula | N. Godzilla |
| C. Mummy | G. Gremlin | K. Werewolf | O. Yeti |
| D. Frankenstein's Monster | H. Cyclops | L. Poltergeist | P. Banshee |

Unscramble each set of letters to form a word. Then use the blue boxes to answer the Halloween riddle.

1. M N T S R O E

--	--	--	--	--	--	--	--

2. C T R B E O O

--	--	--	--	--	--	--	--

3. C U T O M S S E

--	--	--	--	--	--	--	--

4. O E L R W W E F

--	--	--	--	--	--	--	--

What instrument does a skeleton play?

The _____

PUZZLE 1: 1-C, 2-F, 3-J, 4-M, 5-N, 6-K, 7-E, 8-P, 9-H, 10-G, 11-O, 12-A, 13-I, 14-L, 15-B, 16-D
 PUZZLE 2: Monster, October, Costumes, Werewolf
 The trombone

ANSWERS



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480-962-5612 p

Red Mountain Senior Center

7550 East Adobe St
480-218-2221 p



HELP TODAY

Your gift ensures the continued delivery of our critical programs and services. Any amount helps local seniors stay safe and healthy!



DONATE ONLINE TODAY
www.asteraz.org/help/donate.html



KEEP UPDATED



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