



From our Aster family to yours, we wish you a very Merry Christmas and a Happy New Year!

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DECEMBER MENU



Lunch is served at 11:30 am. Pick-Up & Go meals are available between 11:00 am - 12:00 pm.

For next day reservations, 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.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Pick-Up & Go Meals

- For community members age 60 and up
- Pick-up daily hot meals or frozen for a week
- Suggested contribution of \$3.50 per meal
- RSVP by 2:00 pm the previous day

1

- Shepherd's Pie
- Roasted Tomato
- Whole Wheat Roll
- Pineapple

2

- Scrambled Eggs w/ Spinach and Mushrooms
- O'Brien Potatoes
- Whole Wheat Croissant
- Fresh Fruit Cup

3

- Lemon Pepper Trout
- Rice Pilaf with Mixed Vegetables
- Peas
- Whole Wheat Roll
- Peaches

6

- Beef Burgundy Tips
- Scandinavian Blend Vegetables
- Asparagus
- Egg Noodles
- Roll
- Grapes

7

- Baked Ham with Pineapple** Glaze
- Cauliflower
- Stewed Tomatoes
- Whole Wheat Roll
- Fruit Cocktail

8

- Shrimp Alfredo with Linguine Noodles
- Green Beans
- Italian Vegetables
- Whole Wheat Roll
- Mixed Berries

9

- Beef Tacos with Lettuce, Tomatoes, & Cheese
- Refried Beans
- Whole Grain Tortilla
- Banana
- Cookie

10

- BBQ Chicken
- Baked Beans
- Grilled Vegetables
- Whole Wheat Roll
- Apple

13

- Cheese Ravioli in Tomato Sauce
- Edamame
- Capri Vegetables
- Garlic Bread
- Fresh Melon Cup

14

- Baked Catfish
- Rice Pilaf with Mixed Vegetables
- Broccoli
- Whole Wheat Roll
- Cinnamon Peaches

15

- Cold Salad Plate: Egg, 3-Bean, Beets
- Whole Wheat Roll
- Pineapple

16

- Chicken Parmigiana with Bow Tie Pasta
- Garden Salad
- Spinach
- Vanilla Pudding
- Grapes

17

- Christmas Luncheon**
- Rosemary Beef with Demi Glaze
 - Roasted Potatoes
 - Caramelized Carrots
 - Yeast Sweet Roll
 - Apple Cobbler
 - Melon

20

- Meatloaf w/ Gravy
- Mashed Potatoes
- Chuck Wagon Corn
- Whole Wheat Roll
- Sliced Apples

21

- Pork Stir Fry with Peppers** & Broccoli
- Bok Choy
- Brown Rice
- Fruit Cup

22

- Honey Sesame Chicken
- Carrots
- Green Beans & Tomatoes
- Wheat Roll
- Apricots
- Birthday Cake

23

- Lemon Pepper Tilapia
- California Blend Vegetables
- Garden Salad
- Whole Wheat Roll
- Fruit Cocktail

24



27

- Broccoli & Cheese Stuffed Chicken
- Green Beans
- Corn
- Whole Wheat Roll
- Mandarin Oranges

28

- Sloppy Jo
- Baked French Fries
- Brussel Sprouts
- Whole Wheat Bun
- Pumpkin Bar
- Orange

29

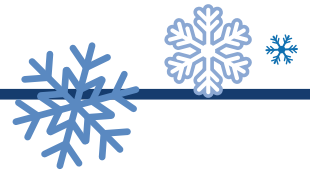
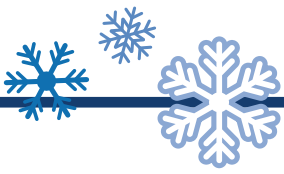
- Tuna Salad Sandwich
- Lettuce, Tomato
- Celery Sticks
- Sliced Beets
- Grapes

30

ASTER CENTERS CLOSED

31





THANK YOU!

The year is almost done! As we come to the end of 2021, we can take a moment to look back and reflect on the year. A year that, while challenging, exemplified why we are called Aster.

Like our namesake flower, this year showed us how strong and resilient we all are. The dedication and innovation of our staff, volunteers, Board, and you - our participants - was on full display. We adapted to the pandemic, finding new ways to grow and deliver our programs, supporting seniors in our community.



The high need for Meals on Wheels continued throughout the year. We saw growth in Neighbors and Outreach Social Service support spike as individuals re-engaged with the community. And with the advent of the COVID vaccine, we have welcomed a return to in-person activities and lunches at our Senior Centers.

And we look forward to 2022 to be an even stronger year. The Aster Board of Directors is currently crafting a comprehensive 3-year Strategic Plan to guide us in fulfilling our mission to empower and support East Valley older adults and their families to remain independent and engaged in our communities

On behalf of all of those we serve, thank you. Thank you for caring about our community, and making us all stronger.

Thank you for all that you do,

Deborah B. Schaus, MSW
Chief Executive Officer

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 currently provide limited in-person activities, online programs, and weekday in-person & Pick-Up & Go lunch.

MEALS ON WHEELS

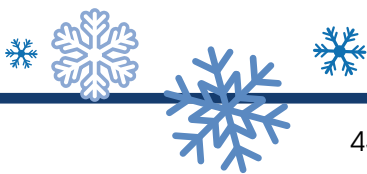
Providing nutritious meals and essential wellness checks, with both short- and long-term plans, to meet your unique needs.

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.



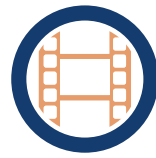
SHARE THE LOVE

For the 14th year running, the Meals on Wheels network is participating in the 2021 Subaru Share the Love Event. Through this partnership, Subaru and its retailers have helped Meals on Wheels deliver more than 2.5 million meals to seniors in need.

One in four seniors lives alone in isolation and one in seven might not know from where their next meal is coming. Meals on Wheels provides the nutritious meals, friendly visits and safety checks to local seniors.

During the month of December, through Jan 3, 2022, for every new Subaru vehicle purchased or leased, Subaru will donate \$250 to the customer's choice of participating charities - which we hope is Meals on Wheels! Aster Meals on Wheels will receive a portion of these donations from Subaru.

So, if you are in the market for a car, please consider a Subaru. You get a nice new Subaru car while supporting seniors across our community!



NOW SHOWING

Each Center is hosting **FREE** movies starting at 12:30 pm. Screenings require face masks, pre-registration and have a **limited capacity**.

MESA DOWNTOWN



Dec 2 | DADDY'S HOME 2 | 2017 | PG-13

Will Ferrell, Mark Wahlberg, Mel Gibson

Having gotten used to each other, Brad and Dusty must now deal with their fathers during the holidays.



Dec 9 | SURVIVING CHRISTMAS | 2004 | PG-13

Ben Affleck, Christina Applegate, James Gandolfini

A lonely, obnoxious young millionaire pays a family to spend Christmas with him.



Dec 16 | FOUR CHRISTMASSES | 2008 | PG-13

Reese Witherspoon, Vince Vaughn

A couple struggles to visit all four of their divorced parents on Christmas.



Dec 23 | DECK THE HALLS | 2006 | PG

Matthew Broderick, Danny DeVito

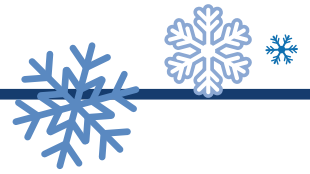
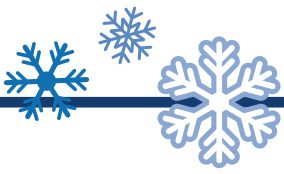
Two neighbors one-up each other to see whose holiday lights are so bright to be seen from space.

PLEASE NOTE: THERE ARE NO MOVIES AT THE RED MOUNTAIN CENTER IN DECEMBER.

MEMBERSHIP HAS ITS PRIVILEGES

Members support our Centers, ensuring activities and events throughout the year. In addition, members receive quarterly coupons, "Members Only" events, and more! Join today!





HELPING EACH OTHER

The holidays are a time of joy and giving; spreading happiness and cheer everywhere we go. However, this time of year can be especially hard on some in our community. Individuals like Richard, who lost his wife to Alzheimer's earlier this year.



"This is my first Christmas without her," he shared. Richard and his wife were married 42 years, decorating their house every Christmas in blue and white. "It was our favorite time of year."

Their children now grown and half a country away, staying connected and upbeat is difficult. While he would connect occasionally with them, they have busy lives and he doesn't want to impose. So, when he heard of Aster's Outreach and Neighbors programs, he knew he had to call.

"They were life savers," Richard states. The Outreach staff connected him with local support groups and resources, while the Neighbors program paired him with a volunteer for weekly calls.

Aster is able to provide these services free of charge due to donations from the community. When you give to Aster, you are strengthening our community, providing local seniors the gift of continued independence, and the gift of peace of mind to their loved ones. Your donation is improving lives like Richard's.

You can make a donation to support our work on our website: asteraz.org/help/donate.html If you need help this holiday season, contact our Social Service staff at [480-962-5612](tel:480-962-5612).

On behalf of all of those we serve, thank you!

BINGO! IT'S BINGO!!!

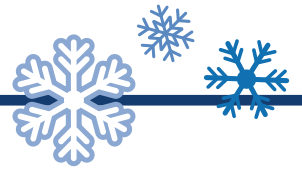
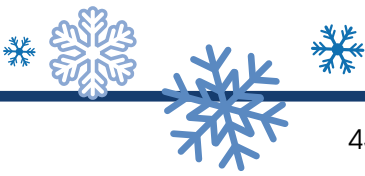
Christmastime brings many gifts of joy. One such surprise is the return of in-person Bingo to our Senior Centers!

Each Center will host two games in December. The first is Jingle Bingo, a holiday-themed event. Mesa Downtown's games are on December 14th at 12:15 pm with Red Mountain's on December 16th at 12:30 pm. Come and enjoy lunch before playing for some festive holiday prizes.

Next, both Centers are hosting a New Year Bingo Blast on December 28th at 12:30 pm! Come for lunch at 11:30 am and stay to play in our fun New Year's Eve themed Bingo event.

You can register for any bingo game by calling your local Center or online at asteraz.org.





A CENTER FOR YOU

Aster Senior Centers are social hubs, providing classes, daily lunch, and a variety of activities. Each Center works to create a vibrant, welcoming community.

All are welcome to attend our activities. For those that wish to support the sustainability of our Centers, we offer annual memberships. For a \$20 fee, adults 60 years and up can become members, receiving exclusive benefits and ensuring continued activities and events throughout the year.

For more information about membership, or any questions about activities and classes, please call either Senior Center:

Mesa Downtown Senior Center

247 North Macdonald St
480-962-5612 p

Red Mountain Senior Center

7550 East Adobe St
480-218-2221 p



ACTIVITIES

We are excited to offer a diverse range of classes, in-person, online and over the phone. Activities may have fees, are limited capacity, and **require pre-registration**. More Info & RSVP at asteraz.org

IN-PERSON ACTIVITIES



Mon, Wed, & Fri | 8:00 - 11:00 am | Red Mountain Daily | 12:00 - 2:00 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 - 9:30 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.



Tues & Thurs | 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 | 8:00 - 9:30 am | Red Mountain Tuesdays | 9:00 - 10:00 am | Mesa Downtown
STITCH & CHAT

Enjoy good company while crafting creative pieces.



Wednesdays | 10:00 - 11:00 am | Mesa Downtown
CAREGIVER SUPPORT

A support group for just for caregivers.



ACTIVITIES (continued)

IN-PERSON ACTIVITIES (continued)



Wednesdays | 1:00 - 2:00 pm | Mesa Downtown

GRIEF & LOSS 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 - 9:30 am | Mesa Downtown

MILD EXERCISE

Stay active with easy movement during this indoor class.



Fridays | 1:00 - 2:30 pm | Red Mountain

MOVIN' ON facilitated by EMPACT

A post-bereavement social support group for seniors.



Dec 1 | 10:00 - 11:00 am | Mesa Downtown

BOOKSHELF Facilitated by Mesa Community College New Frontiers

Discuss 'Four Winds' by Kristin Hannah.



Dec 2 | 10:00 am - 12:00 pm | Mesa Downtown

VETERANS ART Facilitated by Mesa Arts League

Join fellow veterans and unleash your hidden artistic talents.



Dec 9 | 8:30 - 9:30 am | Red Mountain

Dec 6 & 20 | 8:30 - 9:30 am | Mesa Downtown

VETERANS DONUTS & COFFEE

Hang out and chat with your fellow service members.



Dec 8 | 10:00 - 11:00 am | Mesa Downtown

MAYHEM & MYSTERIES BOOK CLUB

Facilitated by Mesa Community College New Frontiers

Discuss 'Behind the Scenes at the Museum' by Kate Atkinson.



SPECIAL EVENTS

Dec 6 | 1:00 to 3:00 pm

Mesa Downtown

EAST VALLEY

**ORCHESTRA POPS
CONCERT**

Our annual Pops Concert is sure to put you in the holiday spirit!

Dec 13 | 1:00 - 3:00 pm | DT

Dec 14 | 1:00 - 3:00 pm | RM

**JEWELRY TREE OR
ORNAMENT CRAFT**

Create a beautiful tree or ornament with your broken jewelry or pieces that you no longer wear. Cost is \$3 per person.

Dec 17 | 11:30 am

Both Senior Centers

CHRISTMAS PARTY

Join us and your fellow Center participants for our annual Christmas festivities.

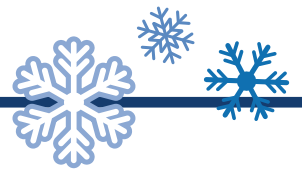
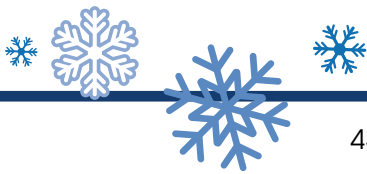
Dec 21 | 11:30 am

Both Senior Centers

**SENIOR CENTER
BIRTHDAY PARTIES**

Join us at either Center to celebrate our December birthdays.





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BROCCOLI POTATO SOUP

Excerpted from the US Department of Agriculture MyPlate

A tasty and made-from-scratch soup that comes together quickly with the help of instant mashed potatoes and powdered milk.



INGREDIENTS

- 4 cups broccoli (chopped)
- 1 onion (small, chopped)
- 4 cups broth (chicken or vegetable)
- 1 cup evaporated milk (non-fat)
- 1 cup mashed potatoes (instant, prepared in water)
- Salt and Pepper
- 1/4 cup cheddar cheese (shredded)

DIRECTIONS

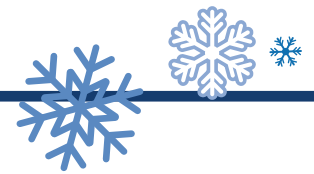
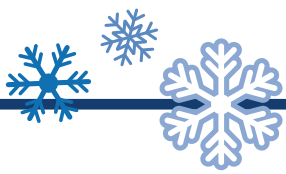
1. Combine broccoli, onion, and broth in large pan. Bring to a boil.
2. Reduce heat. Cover and simmer about 10 minutes.
3. Add milk to soup. Slowly stir in potatoes.
4. Cook, stirring constantly, until bubbly and thickened.
5. Season with salt and pepper; stir in a little more milk or water if soup starts to become too thick.
6. Ladle into serving bowls and sprinkle cheese over each serving.



ASTER CHRISTMAS PARTY

Dec 17 | 11:30 am | Both Senior Centers

Join us and your fellow Center participants for our annual Christmas festivities. Enjoy a delicious lunch, festive games and fun music. Space is limited so RSVP today!



ELF ON THE SHELF

Excerpted from Activity Connections

Holidays are a time for traditions and family celebrations. A fairly new addition to the Christmas festivities is known as the “Elf on the Shelf.”

“The Elf on the Shelf” is a children’s book that was released in 2005 telling the story of how Santa’s elves observe the children in each household in order to help him make his naughty and nice lists. According to the story, the elves visit people’s homes and then return to Santa’s workshop to report on who has been naughty and who has been nice. Each book comes with a small plush elf for families to “adopt” and name. Once the elf has a name, it is infused with the special Christmas magic that allows it to fly to and from Santa’s workshop. On each day of the elf’s visit, he moves around the house, and children have a fun time searching for him and seeing what he has “gotten up to.”



The elf comes to visit between Thanksgiving and Christmas Eve before returning to give his report to Santa. Usually, the elf first shows up in a home when the family sets up their Christmas tree and other holiday decorations. Each night, parents move the elf to a different location while the children are sleeping to give the impression that the elf is moving and can always spot the children and report on their behavior. Some elves are shy and can be seen just peeking from behind a cookie jar, while others are naughty and leave flour footprints on kitchen counters.

The book and accompanying toy have received several awards since they were released in 2005. It was awarded the Best Toy award in 2008 from Learning Express and was the #1 book on the USA Today bestsellers list in 2011. It has remained popular since its initial release, with more and more families adopting the tradition.

REEL TALK

A few recommendations of new films opening this month.

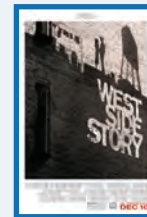


Being the Ricardos

PG-13 | Dec 10
Theatres & Amazon Prime

Nicole Kidman
Javier Bardem

Following the ups and downs of legendary couple, Lucy and Desi.

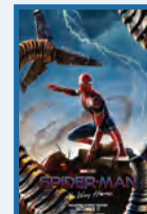


West Side Story

PG-13 | Dec 10
Movie Theatres

Ansel Elgort
Rachel Zegler

Forbidden love blooms amid the rivalry between two street gangs.



Spider-Man: No Way Home

PG-13 | Dec 17
Movie Theatres

Tom Holland

Doctor Strange tried to help Peter, inadvertently making things worse.



American Underdog

PG | Dec 25
Movie Theatres

Zachary Levi
Anna Paquin

Kurt Warner goes from stocking shelves to an NFL star quarterback.



COUNTING THE 12 DAYS

Excerpted from Activity Connections

“The Twelve Days of Christmas” was written in 19th-century England. Each verse describes increasingly grander gifts - from the partridge in a pear tree to 12 drummers drumming.

Over time, its lyrics have gone through a few variations:

1842 - “My Mother sent to me”

Now - “My true love sent to me”

1864 - “Two fat hens”

Now - “Two French hens”

1892 - “A very pretty peacock upon a pear tree”

Today - “A partridge in a pear tree”

1900 - “Bears a beating”

Today - “Drummers drumming”

The traditional 12 days start the day after Christmas. Originally, the gifts given on each day were meant to represent different types of birds. The “five golden rings” weren’t rings, but instead represented the five golden rings on the tail of a ringed pheasant.

If you added up all the gifts over the 12 days, you would receive a total of 354 gifts! Wow!



KWANZAA

Excerpted from Activity Connections

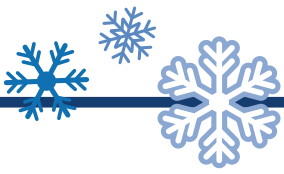
Kwanzaa is a celebration of family, community, and culture. It is an African American holiday based on the traditional African festival of the harvest of the first crops. Kwanzaa begins on December 26 and lasts for seven days. The word Kwanzaa comes from a phrase that means “first fruits” in Swahili, an East African language.



The holiday was started in 1966 in the United States by Dr. Maulana Karenga, a professor of Pan-African studies and a black cultural leader. The idea sprang from the 1965 Watts riots in Los Angeles and Karenga’s belief that people had lost touch with their African heritage. Although mostly an American holiday, it is also celebrated in Africa, the Caribbean, South America, Canada, Britain, and other European countries. The New York Times reports that since its founding, Kwanzaa has come to be observed by more than 18 million people worldwide.

Kwanzaa is neither political nor religious, and despite some misconceptions, it is not a substitute for Christmas. It is simply a time for reaffirming African heritage. When establishing the holiday, Dr. Karenga added an extra “a” to the end of the spelling to reflect the difference between the American celebration (Kwanzaa) and the African spelling (Kwanza). Also, he wanted the word to have seven letters to represent the seven principles of the holiday.

Kwanzaa is built around seven principles that are commonly known as Nguzo Saba. These principles are: unity, self-determination, collective work and responsibility, cooperative economics, purpose, creativity, and faith.



PUZZLES

Unscramble the letters below to reveal words associated with Christmas.

1. DNESACL _____
2. KTIOGSNC _____
3. ROYFTS _____
4. ELETSMITO _____
5. RTHNO EOLP _____
6. EIREERND _____
7. NECMYIH _____
8. SRPTNSEE _____
9. AOBEC LNTRIE _____
10. NNMASWO _____
11. NTHUCESS _____
12. TDAEEOCR _____
13. MASHTSICR _____
14. EEBRMCED _____
15. GGNGEO _____
16. RHKOOSPW _____
17. HSPOINPG _____
18. YAHIDOL _____

candles, stocking, Frosty, mistletoe, North Pole, reindeer, chimney, presents, celebration, snowman, chestnuts, decorate, Christmas, December, egg nog, workshop, shopping, holiday

ANSWER

Find the two gingerbread cookies that are exactly alike.

1.



2.



3.



4.



5.



6.



7.



8.



9.



2 & 8

ANSWER



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HOW YOU CAN HELP

In times like these, Meals on Wheels' service is more important than ever. Our staff and volunteers provide nutritious meals and critical well visits to seniors across our community. You can ensure the continued delivery of this critical service through a donation. Any amount helps seniors stay safe and healthy!



DONATE ONLINE TODAY

www.asteraz.org/help/donate.html