



November is National Native American Heritage Month. Window Rock, the Capital of the Navajo Nation, is pictured above.

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NOVEMBER MENU

For next day reservations (lunch is served at 11:30 am), call 480-962-5612 (Mesa Downtown) or 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



FRIDAY

1
Chicken Tacos, refried beans, Mexican corn, whole wheat tortilla, and a banana.

4

Spaghetti and Beef Meatballs, green beans, garden green salad, with a breadstick, and sliced pears.

5

Shrimp Scampi, yellow squash, five-way mixed vegetables, whole wheat fettuccine, and cubed mangos.

6

Chicken Kiev, spinach, baby carrots, whole-grain roll, and an apple.

7

** Roasted Pork Loin, cauliflower, peas, brown rice pilaf, and mixed berries.

8

Tortilla-Encrusted Tilapia, brussels sprouts, chuckwagon corn, whole grain roll, and an orange.

11

Hamburger, tater tots, four-way vegetable medley, whole wheat bun, and grapes.

12

Herb-Encrusted Chicken, summer squash, Italian medley, whole wheat pasta, and sliced pears.

13

Open-Faced Roast Beef Sandwich, roasted red potatoes, green beans, whole wheat bread, whole wheat Fig Newtons, and mixed berries.

14

Vegetarian Lasagna, Normandy vegetables, garden green salad, whole-wheat roll, and grapes.

15

Shrimp Alfredo, spinach, mixed vegetables, brown rice, and a banana.

18

**Scrambled Eggs and Pork Sausage, tater tots, diced bell pepper and onion mix, whole wheat biscuit, and Mandarin oranges.

19

Bean and Cheese Burrito, Mexican corn, chopped onion and bell pepper, Spanish brown rice, and cubed mangos.

20

Chicken Nuggets, carrots and potatoes, broccoli, whole grain roll, and apricots.

21

Meatloaf, roasted skin-on potatoes, brussels sprouts, whole grain roll, and mixed berry crisp.

22

Turkey and Gravy, mashed potatoes, carrots, whole wheat bread stuffing, and pumpkin pie.

25

Herb-Encrusted Tilapia, yams, winter blend vegetables, brown rice pilaf, and an apple.

26

Popcorn Chicken, mashed potatoes, corn, whole wheat biscuit, and a banana.

27

Chicken Salad, edamame, stewed tomatoes, whole grain roll, and grapes.

28

Closed for Thanksgiving Holiday



29

Closed for Thanksgiving Holiday



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SEASON'S GREETINGS

The holidays bring feelings of joy, renewal, and traditions that we look forward to all year long. A favorite television program returns, holiday music comes onto the radio, and festive lights pop up on every house on the street.



However, as we get older, complicated feelings may arise during this time. We may instead remember a parent or spouse who we shared the holiday spirit with, or a family tradition from childhood. The holidays may even be a difficult time for some due to these factors.

It's with this in mind that Aster is proud to invite you to join us this holiday season for programs, activities, and lunch at our Senior Centers. Aster's Senior Centers are a social hub for older adults, a place to find community with those navigating the same chapter of life, and a place to find purpose and joy. We operate two Senior Centers - one in East Mesa, and one in Downtown Mesa.

For homebound seniors, Aster offers our Neighbors program, where caring volunteers are paired with older adults to assist with shopping for groceries, friendly phone calls, and more. Where ever the holidays find you this year, Aster is here to ensure that no one in our community goes through the journey of aging alone.

To learn more about all of the programs and services that Aster has to offer, **visit our website at asteraz.org or give us a call at 480-964-9014** to see how you can get connected to community this year.

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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EAST VALLEY HEALTHY LIVING EXPO

As we get older, our needs change. We might need the help of a medical specialist, or experience back pain that is new and persistent.

Each year, Aster partners with Lovin' Life to produce the East Valley Healthy Living Expo at the Mesa Convention Center in November. The event is an opportunity to connect with companies, products, and services from across the community that can help you live better.

Vendors include community living options, insurance specialists, health product companies, medical imaging clinics, primary care physicians, utility specialists, and much more.

At the Expo, you can talk directly to specialists and professionals to learn about what community options are available.

The best part? The Expo is a completely free event. There is no sign up needed. Many vendors even have free giveaways!

Join us on Wednesday, November 6th for a fun and informative experience!

EAST VALLEY HEALTHY LIVING EXPO 2024

When: Wednesday, November 6th, 2024

Time: 9:00 am - 1:00 pm

Where: Mesa Convention Center
263 N. Center Street, Mesa AZ, 85201

PAID ADVERTISEMENT



CELEBRATE NATIONAL ASSISTED LIVING WEEK AT INSPIRA GATEWAY!



OFFERING INDEPENDENT LIVING, ASSISTED LIVING & MEMORY CARE

CALL TO SCHEDULE A TOUR!

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MESA, AZ 85206

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INSPIRAGATEWAY.COM



PAID ADVERTISEMENT



RED MOUNTAIN

AFTERNOON DANCE PARTIES

Every Wednesday

1:00 - 3:00 pm

\$5 per person.



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ASTER ACTIVITIES

Aster's eNewsletter goes out every Monday at 7:00 am with an update on Aster happenings. Our eNewsletter is completely free and a great way to stay connected. Subscribe at asteraz.org and learn about upcoming activities and past events!



HONORING VETERANS

MESA DOWNTOWN:

Friday, November 8th

Join the Mesa Downtown Senior Center at 11:00 am, when our Veterans group will provide a special program honoring the men and women who have served in the armed forces. At 11:00 am on **Monday, November 11th**, the Downtown Senior Center will once again honor those men and women that have served.

Call 480-962-5612 or email lfitmas@asteraz.org to RSVP.

RED MOUNTAIN:

Monday, November 11th

Join the Red Mountain Senior Center at 10:00 am as we honor those men and women that have served in the armed forces.

Call 480-218-2221 or email hbarrowman@asteraz.org to RSVP.



AARP DIGITAL SKILLS

November 5, 12, 19, 26

10:00 - 11:00 am

Presented by The AARP Foundation. Get tech-savvy with AARP's Digital Skills Experts in this FREE workshop series!

Attend one or more depending on your interest.

MESA DOWNTOWN:

November 5: Google Fit App Tutorial

November 19th: Introduction to Artificial Intelligence

RED MOUNTAIN:

November 12: Gmail tips and tricks

November 26: Learning Google Maps

RSVP soon, spots are limited!

Call: 480-964-9014

Email: info@asteraz.org

Website: asteraz.org

STAY IN TOUCH WITH ASTER TO READ MORE NEWS

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



ASTER SENIOR CENTERS

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



MESA DOWNTOWN EVENTS

Wednesdays | 9:00 - 10:00 am

PAINTING FOR FUN!

Cost: Own supplies (brushes, canvas)

If you think you can't draw or paint, you'll quickly learn that you can.

You'll also have fun doing it!

Thursdays | 10:00 am

VETERAN'S ART

Enjoy learning and creating unique pieces of art with veterans and the relatives of veterans. Facilitated by the Mesa Art League.

November 5, 19 | 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.

Wednesdays | 9:00 - 11:30 am

HEALTHIER LIVING, CHRONIC PAIN WORKSHOP

Are you living with Chronic Pain? Aster Aging, in partnership with Dignity Health East Valley is offering this 6 week class. Have Less Pain! Live Longer, Live Healthier, Live Happier! Call 480-962-5612 to register.



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

Start your day right with indoor movement and exercise!



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-olies 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!



November 4 | 11:00 am | Mesa Downtown
November 8 | 9:00 am | Red Mountain
VETERANS' SOCIAL

Enjoy coffee & donuts each month with fellow veterans.

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. **\$5/Initial**



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.



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

CHAIR VOLLEYBALL

Make friends playing volleyball while sitting in a chair.



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.

RED MOUNTAIN EVENTS



Tuesdays | 10:30 am - 3:00 pm

DEAF SUPPORT GROUP

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

November 4 | 1:30 - 3:30 pm

PARKINSON'S SUPPORT GROUP

Presented by the Muhammad Ali Parkinson's Center. For people living with PD and their partners.

November 12, 26 | 10:15 - 11:15 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.

November 20 | 12:30 - 2:00 pm

HOLIDAY STRESS MANAGEMENT

Presented by Humana. For some, the holidays are happy and exciting while for others it can be of sadness and stress. Learn some tips to keep your holidays relaxed and joyful.

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EXCURSIONS

RED MOUNTAIN HEARD MUSEUM EXCURSION

November 21 | 12:00 - 4:00 pm

One of the largest collections of Indigenous artwork in the world. Celebrate Indigenous People's Month by joining us.

Admission: \$21

MESA DOWNTOWN DESERT BOTANICAL GARDEN TRIP

November 12 | 12:30 - 3:30 pm

The Desert Botanic Gardens boast one of the most robust collections of desert plants in the world - and, best of all, admission is totally **FREE** on the second Tuesday of the month!

SENIOR CENTERS DROP-IN AREAS



ART STUDIO

Thursdays - DT



BILLIARDS



PUZZLES & GAMES



FITNESS CENTER



LIBRARY



CAFE



CENTER GAMES

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

MESA DOWNTOWN



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



WII SPORTS (GOLF & BOWLING)

Tues - Fri | 8:00 - 11:00 am



BINGO! FOR PRIZES

Weds | 12:30 - 3:00 pm



BINGO! FOR 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



BINGO! FOR PRIZES

Tues & Fri | 12:30 - 2:30 pm

RED MOUNTAIN

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NOW SHOWING

Our Senior Centers each host **FREE** movies starting at **12:30 pm**. RSVP online, by phone or in person to secure your seat!



MESA DOWNTOWN

November 7 - Oppenheimer 2023 | R

A dramatization of the life story of J. Robert Oppenheimer, the physicist who had a large hand in the development of the atomic bomb.



November 14 - Baby Boom 1987 | PG

J.C. Wiatt is a successful New York business woman known around town as the "tiger lady." She gets news of an inheritance from a relative from another country and off the bat she suspects it's money. Well it's not money, it's a baby girl.



November 21 - Planes, Trains & Automobiles 1987 | R

All that Neal Page wants to do is to get home for Thanksgiving. When bad weather cancels his flight, he decides on other means of transportation.



RED MOUNTAIN



November 7 - The League of Extraordinary Gentlemen 2003 | PG-13

In an alternate Victorian Age world, a group of famous contemporary fantasy, science fiction, and adventure characters team up on a secret mission.



November 14 - The Emperor's Club 2002 | PG-13

An idealistic prep school Classics teacher attempts to redeem an incorrigible student.



November 21 - Miss Peregrine's Home for Peculiar Children 2016 | PG-13

When his beloved grandfather leaves Jake clues to a mystery that spans different worlds and times, he finds a magical place.



Energy Trail Mix Recipe

Adapted from Arizona Department of Health Services - via azhealthzone.org

Stay nourished on-the-go with this easy trail mix recipe!

Ingredients:

- 1 cup dried apricots, chopped
- 1 cup dried cranberries
- 1 cup walnuts, chopped
- $\frac{3}{4}$ cup pumpkin seeds
- $\frac{3}{4}$ cup sunflower seeds
- $1\frac{1}{2}$ cups whole grain cereal
- 1 tsp cinnamon

Instructions

1. Mix apricots, cranberries, walnuts, seeds, and cereal in a bowl.
2. Sprinkle some of the cinnamon and stir. Repeat until all is covered.
3. Divide trail mix into 8 baggies.

Is This Food Still Good?

Adapted from The USDA's "Safe Food Handling and Preparation Food Product Dating"

Food labels can be confusing sometimes. With terms like "Best By", "Sell By", and "Use By" on the package, it can be hard to tell which package is still good and which needs to be thrown away.

If food has an odor, appears moldy, or has other cues that make you unsure, you should always throw it away to stay safe.

While there are no uniform or universally accepted descriptions used on food labels for open dating in the United States, here are some descriptions of common terms:

- A **"Best if Used By/Before"** date indicates when a product will be of best flavor or quality. It is not a purchase or safety date.
- A **"Sell-By"** date tells the store how long to display the product for sale for inventory management. It is not a safety date.
- A **"Use-By"** date is the last date recommended for the use of the product while at peak quality. It is not a safety date except for when used on infant formula as described below.
- A **"Freeze-By"** date indicates when a product should be frozen to maintain peak quality. It is not a purchase or safety date.



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PUZZLES

WORD SCRAMBLE

Unscramble the letters to reveal words about hiking and mountains.

1. UOMNTANI NEAGRS
2. PACBCAKK
3. TMNO ALCBN
4. TUNARE
5. FSRIT DIA TKI
6. NREOSIO
7. AWTSCBHCIK
8. RETVSEE
9. OIPNSO YIV
10. PIIACFC TSREC

MIX AND MATCH

Find the two record players that are exactly alike.



Answers: 1. mountain ranges 2. backpack
3. Mont Blanc 4. nature 5. first aid kit
6. erosion 7. switchback 8. Everest
9. poison ivy 10. Pacific Crest

Answer: 1 and 4.

ANSWER

ANSWER



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 Sign-up for our eNews development@asteraz.org



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Mesa Downtown Senior Center

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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.



FOLLOW @AsterArizona



DONATE ONLINE TODAY

Your gift empowers and supports local seniors!

www.asteraz.org/help/donate.html