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**Join us for our annual Thanksgiving feasts at each Senior Center on November 18th.**

# NOVEMBER 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.

## MONDAY



## TUESDAY

**1** Baked Chicken Tenders with French Fries, Carrots, a Whole Wheat Roll and Cinnamon Apples

## WEDNESDAY

**2** Baked Catfish over Brown Rice, with Carrots, Broccoli, and a Mandarin Orange

## THURSDAY

**3** Beef Tips over Whole Grain Egg Noodles, with Green Peas, Yellow Summer Squash, and Pineapple

## FRIDAY

**4** Chicken Stuffed with Cheesy Broccoli, a Roasted Potato, Mixed Vegetables, a Whole Wheat Roll and Fruit Cocktail

**7**

Parmesan Crusted Tilapia, w/ Edamame, Cauliflower, a Whole Grain roll, and a Fresh Orange

**8**

Steak Diane, with Peas, Carrots, a Whole Wheat Roll, and Cinnamon Apples

**9**

Chicken Salad on a Croissant, with a Half Tomato, Carrot and Celery Sticks, and a Fresh Banana

**10**

Tortellini with Pork Meatballs\*\*, Spinach, Wax Beans, Whole Grain Bread Sticks, a Sliced Pear, and Birthday Cake

**11**

Shepard Pie with Mashed Potatoes inside, Mixed Vegetables, a Whole Wheat Roll and Apple Sauce

**14**

Pork Stir Fry\*\* over Brown Rice, with Asian Blend Vegetables, Snap Peas, and a Mandarin Orange

**15**

Balsamic Glazed Chicken, with Spinach, Cauliflower, a Whole Wheat Roll, and a Pineapple

**16**

Beef Stroganoff with Mushrooms over Egg Noodles, with Carrots, Broccoli, Sliced Apples & a Chocolate Chip Cookie

**17**

Shrimp Alfredo on Whole Grain Pasta, with Stewed Tomatoes, Mixed Vegetables, and Mixed Berries

**18**

Turkey and Gravy with Mashed Potatoes, Carrots, a Whole Grain Roll and Strawberries

**21**

Egg Salad with Crackers, Celery Sticks, Carrots, and a Fresh Apple

**22**

Sweet and Sour Pork\*\* over Brown Rice with Snap Peas, Grilled Vegetables, and Fresh Strawberries

**23**

Cod Fish Taco on a Whole Grain Tortilla, with Pinto Beans, Stewed Tomatoes, and Cinnamon Peaches

**24**



THANKSGIVING

OFFICES CLOSED

**25**

FALL BREAK



OFFICES CLOSED

**28**

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

**29**

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

**30**

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



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## HELP BENEFITING YOU

Eve called our Outreach office looking for support. She recently lost her life partner to Alzheimer's disease, and at 83 years old, she was in uncharted territory.



A friend told her that Aster was a Benefits Enrollment Center and could help. She didn't know what that meant, but she wanted to find out.

As an Area Agency on Aging Benefits Enrollment Center, Aster is able to help low-income seniors access programs that pay for healthcare, food, and more. This is free and confidential. No one will try to sell you anything or steer you toward a certain program.

"We can help so many people get access to the benefits they've earned," shared Melissa Urias, Outreach Specialist. "We helped Eden access support from SNAP and to get utility assistance."

Once connected, Eve was able to get the services and support to care for herself and remain safely at home. However, a few months later she needed help getting medical equipment.

"We worked with Eve's Care Manager and got her insurance to cover outfitting her house with a lift chair and bed rails," Melissa said, smiling. "Sometimes people just need an advocate to help."

If you would like your free and confidential Benefits Checkup, please contact our Outreach and Social Service team today!



### OUTREACH & SOCIAL SERVICES

**Melissa, Ramoncita, and Yasmine**

480-964-9014 | [socialservices@asteraz.org](mailto:socialservices@asteraz.org)

## 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 isolated 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.

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## 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.



**NOV 2**

### The Woman on the Water

by Charles Finch

London Det. Lenox's very first case as he tracks a ruthless serial killer.

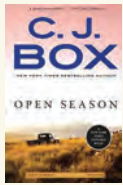


**NOV 9**

### Fifty Words for Rain

by Asha Lemme

A coming-of-age novel about a young woman in post-WWII Japan.

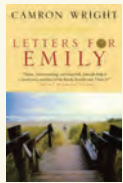


**NOV 16**

### Open Season

by CJ Box

The first novel in the Joe Pickett, Wyoming game warden, series.

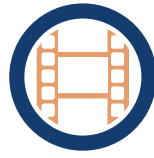


**NOV 30**

### Letters for Emily

by Cameron Wright

A man with Alzheimer's compiles poems for his granddaughter.



## NOW SHOWING

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



**Nov 3 | BULLET TRAIN | 2022 | R**

Brad Pitt, Sandra Bullock, Bad Bunny

Five assassins aboard a swiftly-moving bullet train find out that their missions have something in common.



**Nov 10 | MACK & RITA | 2022 | PG-13**

Diane Keaton, Taylour Paige, Elizabeth Lail

A 30-year-old writer spends a wild weekend in Palm Springs and wakes up to find she has magically transformed into her 70-year-old self.



**Nov 17 | TOP GUN: MAVERICK | 2022 | PG-13**

Tom Cruise, Jennifer Connelly, Miles Teller

Maverick is still pushing the envelope as a top naval aviator, but confronts his past when he leads the Navy's elite graduates on a dangerous mission.

JOIN US

## THANKSGIVING LUNCHEON

Come out to celebrate the holiday with a delicious Thanksgiving meal! Enjoy good food, friends, & activities. Reservations required.

Downtown & Red Mountain  
Nov 18 | 11:30 am - 1:00 pm



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## MEDICARE ASSISTANCE

Aster is collaborating with Area Agency on Aging on the SHIP program. SHIP, the State Health Insurance Assistance Program, provides unbiased help to Medicare beneficiaries, their families, and caregivers. Whether you are new to Medicare, reviewing Medicare plan options, or just have questions, SHIP can help.



A certified SHIP counselor can give you one-on-one guidance based on your unique situation and needs. SHIP is here to help with:

- How to Enroll
- Plan Comparison
- Coverage and Costs
- Submitting Appeals
- Open Enrollment
- And More!

SHIP isn't just for people new to Medicare. Needs and options may change over time, so it's important to review your Medicare plan every year during Open Enrollment.

SHIP counselors will have open office hours, alternating between the Centers, each Tuesday. Contact our Outreach staff for any program questions or to schedule your appointment.



### OUTREACH & SOCIAL SERVICES

**480-964-9014**

[socialservices@asteraz.org](mailto:socialservices@asteraz.org)

## SOCIAL OUTING

Eddie Basha Collection Museum  
November 29 | 12:30 - 3:30 pm

Journey to see beautiful Western and American Indian Art.  
Admission is free. Transportation is available on a limited basis.

RSVP today at 480-218-2221

## RED MOUNTAIN AFTERNOON DANCE PARTIES

**Nov 2, 9, 16 & 30**  
**1:00 - 3:00 pm**

Cut a rug at our weekly dances! Music this month features the sounds of Dale Mortensen.

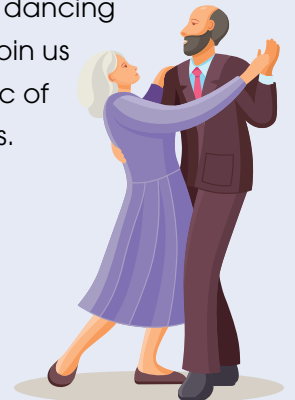


**\$5 per person.** Pre-register at the Red Mountain Senior Center.

## MESA DOWNTOWN BALLROOM DANCE

**Nov 1, 15 & 29 | 1:00 pm**

The notes are falling this month! Slip on your dancing shoes and join us for the music of Easy Sounds.



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

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## MESA DOWNTOWN EVENTS

**Mons & Wed | 10:30 am**

### PERFECT POSTURE

Reap a myriad of life benefits by improving your posture.

**Tuesdays | 1:00 pm**

### THE ART OF POETRY

Learn the skill of creating prose with Jim Ferguson.

**Thursdays | 10:00 am**

### VETERANS ART

Create beautiful art facilitated by Mesa Art League.

**Nov 3 | 11:45 am**

### FEED YOUR MIND

Enjoy lunch & an update on 2023 Medicare changes by AAA SHIP.

**Nov 7 & 21 | 8:30 am**

### VETERAN'S SOCIAL

Chat and enjoy coffee & donuts with fellow service members.

**Nov 11 | 12:30 pm**

### VETERAN'S LUNCH

Enjoy a delicious lunch and celebrate our service members.

**Nov 22 | 9:00 am**

### BUILD-A-SNOWMAN

Create a festive winter friend. Cost is \$2 per person.



## ACTIVITIES

Activities marked with an \* have fees and require pre-registration. For more Info & to RSVP, visit our online calendar at [asteraz.org](http://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 - 11:30 am | Mesa Downtown ADVANCED & BEGINNERS TAI CHI CLASSES\***

Classes for beginner (10:00 am) or seasoned students (8:30 am)



**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 | 1:00 - 2:00 pm | 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.



**Tuesdays | 9:00 - 10:00 am | Red Mountain BLOOD PRESSURE SCREENINGS**

Know your numbers to help prevent more serious health issues.

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## ACTIVITIES (continued)



### **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, 9:45 - 10:45 am | Mesa Downtown** **QIGONG - NEW!**

Learn this ancient practice to improve your health & spirituality.



### **Fridays | 12:30 - 3:00 pm | Red Mountain** **COLORING, DRAWING & 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.



## RED MOUNTAIN EVENTS

**Mondays | 12:30 pm**

### **DIAMOND ART**

Try your hand at this craft, creating some dazzling art pieces.

**Nov 2 | 12:00 pm**

### **THE MEN'S CREW**

Join the guys to make new friends.

**Nov 7 | 1:00 pm**

### **PARKINSON'S GROUP**

by Muhammad Ali Parkinson Ctr & Duet

A group for people living with PD and their care partners.

**Nov 3 | 11:45 am**

### **FEED YOUR MIND**

Enjoy lunch & an update on 2023 Medicare changes by AAA SHIP.

**Nov 10 | 8:00 am**

### **VETERAN'S SOCIAL**

Chat and enjoy coffee & donuts with fellow service members.

**Nov 10 | 12:30 pm**

### **CARD MAKING\***

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

**Nov 28 | 11:30 am**

### **SING-A-LONG**

Enjoy lunch and have fun singing along to some favorite tunes!

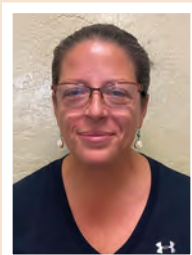
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## MEET YOUR STAFF

### Jamie Bethune

Meals on Wheels  
Manager



#### Birth Month

September

#### Birthplace

Channelview, TX

#### Hobbies

Writing and Traveling

#### Fun Fact

I danced with Jack Nicholson

#### Pets

A Vizla dog, Simeon

#### Perfect Vacation

The beach, or anywhere in France

#### Favorite Movie

'Schindler's List'

#### Favorite TV Show(s)

'Downton Abbey' & 'The Office'

#### Favorite Book

'Eat. Pray. Love'

#### Favorite Holiday

Christmas

#### Favorite Food

Anything Carbohydrate!

#### Favorite Dessert

Cold Birthday Cake

#### Personal Motto

Be Kind



## CENTER GAMES

Share a smile and make friends over some fun games! Drop-by or reserve your spot at [asteraz.org](http://asteraz.org)

### MESA DOWNTOWN



#### FUN & GAMES

facilitated by New Frontiers Game Class

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

Five Crowns, Sequence, Rummikub, Skipbo and more!



#### 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

**Nov 4 & 8 | 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 | 12:30 - 2:30 pm**



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## A FLOATING TRADITION

Excerpted from Activity Connections

The first Macy's Thanksgiving Day Parade was held in 1924 and featured Macy's employees marching in colorful costumes, festive floats, marching bands, and animals like elephants, camels, donkeys, and even tigers borrowed from the Central Park Zoo. The parade ended with Santa Claus — a tradition that continues today. That initial parade was a huge success — over a quarter of a million people attended — leading Macy's to declare it would be an annual event.



In 1927, large helium-filled balloons shaped like animals, designed by the Goodyear Tire and Rubber Company, were used in place of the live animals from the Central Park Zoo. These balloons were originally released into the air, where they would float for several days before descending back to land.

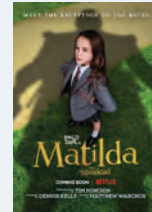
From 1931 through 1951, New York City radio stations would broadcast live coverage of the festivities to the local populace so those who could not be present could be entertained by the colorful descriptions of the activities.

The annual parade underwent a hiatus from 1942 to 1944 due to the rubber and helium rationing that was required to support the United States' efforts in World War II. After the war, the 1945 annual parade was held with over two million people attending. The Macy's Thanksgiving Day parade achieved further nationwide renown after it was featured in the 1947 movie *Miracle on 34th Street*.

In 1938, the parade was first broadcast on local TV stations — something that occurred periodically until 1948, when nationwide television broadcasts of the parade began.

## REEL TALK

A few recommendations of new films opening this month.

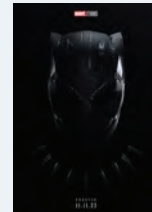


### **Matilda the Musical**

PG | Nov 9

Lashana Lynch  
Emma Thompson

An adaptation of the Tony and Olivier award-winning musical.

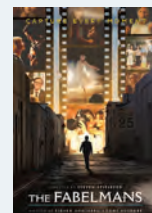


### **Black Panther: Wakanda Forever**

PG-13 | Nov 11

Angela Bassett  
Tenoch Huerta

Wakanda faces enemies as it mourns the loss of their king.



### **The Fabelmans**

PG-13 | Nov 23

Michelle Williams  
Paul Dano

Growing up in post-WWII Arizona, a young man explores how the power of film helps show the truth.



### **Glass Onion**

PG-13 | Nov 23

Daniel Craig  
Edward Norton

Famed detective Benoit Blanc travels to Greece for his latest case.

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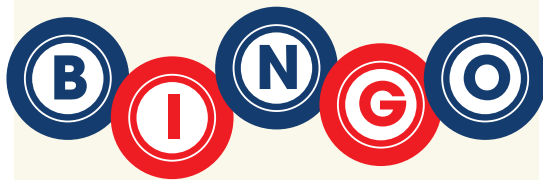
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## CENTER VOLUNTEERS

Our Senior Centers are fully open and have a number of volunteer opportunities available for you.

We have a wide variety of needs to accommodate any level of volunteerism. From staffing the front desk and manning the cafe to helping run BINGO or serving lunch, we need you!

If you are interested in helping us out, please contact your local Senior Center today!



Join us for a special Salute to Our Veterans Bingo! On November 8th, the Mesa Downtown Senior Center's Bingo game will have some added surprises to honor our Veterans, including extra cards and special prizes. This event is open to all, so come out and show your support!

### MESA DOWNTOWN SALUTING VETERANS BINGO!

**Nov 8 | 12:30 - 2:30 pm**

RSVP at 480-962-5612



## CORN BREAD

Excerpted from Arizona Dept of Health Services

Corn bread pairs well with many types of main dishes that we make in the fall. Whether it is a soup, stew, or pot roast, you are sure to find something that your family loves. Try the corn bread plain or with honey from your local farmers' market.

### INGREDIENTS

- 1 cup cornmeal
- ½ cup all purpose flour
- ½ cup whole wheat flour
- 2 tablespoon sugar
- 1 tablespoon baking powder
- 1 egg, lightly beaten
- ¼ cup vegetable oil
- 1 cup milk, non-fat

### DIRECTIONS

1. Wash your hands with soap and warm water.
2. Heat oven to 400°F and grease 8- or 9-inch square pan.
3. Combine cornmeal, flour, sugar, and baking powder into a large mixing bowl.
4. Add egg, oil, and milk to flour mixture. Mix until ingredients are well blended.
5. Pour batter into prepared pan.
6. Bake 20 to 25 minutes, until firm to touch or wooden pick inserted in the center comes out clean.

### NUTRITION FACTS (PER SERVING)

100 Calories; 14 g Carbohydrate; 2 g Protein; 4 g Total Fat; 12 mg Cholesterol; 1 g Fiber; 2 g Total Sugars; 105 mg Sodium.



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## PUZZLES

Find each of the items from the categories below.

P	G	X	G	N	A	C	E	P	D	K	E
S	R	P	W	F	Q	D	S	K	V	A	S
S	E	G	H	W	B	W	V	K	R	R	O
F	E	G	N	I	F	F	U	T	S	I	O
I	N	O	A	M	G	T	I	E	T	C	G
U	B	B	T	D	S	C	C	N	U	E	H
P	E	A	S	A	H	U	A	I	R	Z	V
F	A	C	O	O	T	P	S	K	K	M	W
O	N	R	K	T	P	O	G	P	E	F	D
V	S	E	E	L	M	L	P	M	Y	D	C
D	K	L	E	S	M	A	Y	U	T	U	M
C	H	E	R	R	Y	I	H	P	K	X	C

### Foods That Are Green

### Side Dishes

### Types of Meat

### Types of Pie

Apple, Cherry, Pecan, Pumpkin; Artichoke, Green Beans, Lettuce, Peas; Goose, Ham, Roast, Turkey; Potatoes, Rice, Stuffing, Yams

**ANSWER**

Match the clue to the Thanksgiving word.

1. \_\_\_\_\_ Colorful Season
2. \_\_\_\_\_ Slice A Turkey
3. \_\_\_\_\_ Land Of The Free
4. \_\_\_\_\_ Sweet Course
5. \_\_\_\_\_ Moistened While Cooking
6. \_\_\_\_\_ Tupperware Fillers
7. \_\_\_\_\_ First Thanksgiving Locale
8. \_\_\_\_\_ Pie Ingredient
9. \_\_\_\_\_ Tossed Course
10. \_\_\_\_\_ Dining Room Linen
11. \_\_\_\_\_ Thanksgiving Bird
12. \_\_\_\_\_ Food On A Cob
13. \_\_\_\_\_ Table Decoration
14. \_\_\_\_\_ Red Fruits
15. \_\_\_\_\_ Getting Together
16. \_\_\_\_\_ Appreciative

- |              |                |
|--------------|----------------|
| A. Pumpkin   | I. Turkey      |
| B. Corn      | J. Tablecloth  |
| C. Autumn    | K. America     |
| D. Thankful  | L. Plymouth    |
| E. Baste     | M. Cranberries |
| F. Carve     | N. Salad       |
| G. Gathering | O. Dessert     |
| H. Leftovers | P. Centerpiece |

**ANSWER**

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



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## CONTACT US!

### Administrative Office

45 W University Dr, Ste A,  
480-964-9014 p

### Mesa Downtown Senior Center

247 North Macdonald St  
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](http://www.asteraz.org/help/donate.html)



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