



**Not a creature was stirring, not even a puppy.
Happy Holidays from our family to yours!**

IN THIS ISSUE

Lunch Menu	1
Supporting Our Pets	2
Volunteer Thank You!	3
Holiday Lunch	4
November Activities	5
Hearing Screenings	9
Puzzles	10

DECEMBER 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

WEDNESDAY

THURSDAY

FRIDAY



5

Chicken Parmesan with Roasted Red Potatoes, Yellow Squash, a Whole Grain Breadsticks, & Sliced Apricots

6

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

7

Lemon Pepper Tilapia over Brown Rice, with Mixed Vegetables, Zucchini, a Banana, & Chocolate Cake

8

Chef Salad (ham, egg and turkey)**, with Baby Carrots, Broccoli Side Salad, a Whole Wheat Croissant, and a Tropical Fruit Cup

9

Baked Chicken with Fresh Corn, Broccoli and Cauliflower, a Whole Grain Roll and Pears

12

Shrimp Scampi over Linguine, with Green Beans, Baby Carrots, a Whole Wheat Breadstick, and Fruit Cocktail

13

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

14

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

15

Turkey Meatball Sub on a Whole Wheat Hoagie, with French Fries, Butternut Squash, & Mandarin Oranges

16

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

19

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

20

Beef Philly with Peppers & Onions on a Whole Wheat Hoagie, with Roasted Sweet Potatoes, Green Beans, and a Fresh Orange

21

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

22

Tri Tip Roast with a Baked Potato, Cauliflower, a Whole Wheat Breadstick, Sliced Apples, and Cake

23

Herb Tilapia with Spinach, Glazed Carrots, a Whole Wheat Croissant, and a Tropical Fruit Cup

26



OFFICES CLOSED

27

Baked Chicken Tenders, with Oven Potatoes, Mixed Vegetables, a Whole Wheat Roll, and Cinnamon Apples

28

Baked Catfish over Brown Rice, with Italian Vegetables, Broccoli, a Whole Wheat Roll, and Mandarin Oranges

29

Chicken Stuffed with Cheesy Broccoli, Roasted Potatoes, Mixed Vegetables, a Whole Wheat Roll, & Fruit Cocktail

30

Beef Tips over Whole Grain Egg Noodles, with Green Peas, Yellow Summer Squash, Whole Wheat Bread, and a Pineapple

HOLIDAY LUNCH

ASTER AGING

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



PRICELESS PETS

As the holiday season is upon us, Aster is busy working to empower & support seniors across the East Valley to remain independent and engaged in our communities.



One program that is critical to this mission is Aster Neighbors. The Neighbors program provides vital transportation to seniors, volunteers making social visits, and companionship phone calls. We've even expanded our services to support a crucial member of a senior's family: their pet.

Pets are crucial members of a family, providing companionship, helping reduce feelings of loneliness and isolation. Individuals such as Sophia, a 78 year-old retiree in Mesa, who finds comfort and hope in caring for her dog, Cooper. This past year has been very challenging with health issues and the rising cost of food and necessities. Fortunately, the Neighbors Pet Program has relieved some pressure, delivering pet food and supplies.

"Neighbors is a lifesaver," shares Sophia. "Cooper is my family. He brings me hope and a reason to get out of bed each day. Thank you so much for your support in keeping us together!"

Through your donation to Aster, you are strengthening our community and providing local seniors the gift of continued independence. You are not only helping seniors remain safe and active within their homes, you are also keeping pets united with their owners and out of shelters.



NEIGHBORS PET PROGRAM

Meagan Yu

480-964-9014 | myu@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.

ASTER AGING

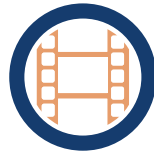
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THANK YOU VOLUNTEERS!

Aster has been the beneficiary of some wonderful volunteer groups this holiday season!

Thank you Santander and Mesa Rotary for your service, helping make the season brighter for our participants! Member of each group volunteered at our Centers, servicing lunch and helping with activities.

Do you have a group that would like to volunteer? Reach out to gcarr@asteraz.org today. We have opportunities available for groups of all sizes year-round!



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!



Dec 1 | MRS. HARRIS GOES TO PARIS | 2022 | PG

Lesley Manville, Isabelle Huppert, Alba Baptista

A widowed cleaning lady in 1950s London falls madly in love with a couture Dior dress, and decides that she must have one of her own.



Dec 8 | THOMAS KINKADEE'S: THE CHRISTMAS COTTAGE | 2008 | PG | Jared Padalecki

A look at how Thomas Kinkadee was motivated to begin his career after discovering his mother was in danger of losing their family home.



Dec 15 | THE MAN WHO INVENTED CHRISTMAS

2017 | PG | Dan Stevens, Christopher Plummer

The journey that led to Charles Dickens' creation of "A Christmas Carol," a timeless tale that would redefine Christmas.



Dec 29 | THE GOOD HOUSE | 2021 | R

Sigourney Weaver, Kevin Kline, Morena Baccarin

Life for New England realtor Hildy Good begins to unravel when she hooks up with an old flame of hers from New York.



DID YOU KNOW?

The infamous leg lamp in 'A Christmas Story' was inspired by an old advertisement seen by the movie's author for Nehi soda.

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MEDICARE MOMENT

We are in the midst of Medicare's Open Enrollment period with the end fast approaching. but don't worry about navigating it alone -- Aster is here to help.



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. SHIP counselors can help you with all of your Medicare questions.

"The counselor I spoke with was a life saver," shared Kimberly. "She made the process so very smooth and easy to understand. We were able to review my options together and she answered all of my questions. I am so thankful for her!"

SHIP counselors have open office hours, alternating between each Aster Senior Center, every Tuesday. Hurry and contact our staff today for your appointment before Open Enrollment closes!

RED MOUNTAIN AFTERNOON DANCE PARTIES

Dec 7 & 14 | 1:00 - 3:00 pm

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

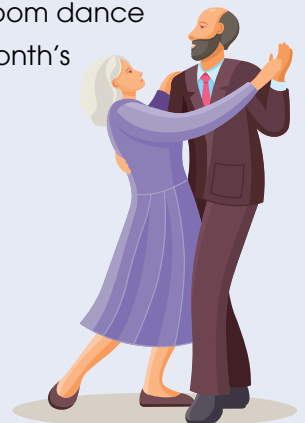


\$5 per person. Pre-register at the Red Mountain Senior Center.

MESA DOWNTOWN BALLROOM DANCE

Dec 13 | 1:00 pm

Slip on your dancing shoes and join us for a ballroom dance party! This month's music is by Easy Sounds.



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

**JOIN US AT OUR ANNUAL
HOLIDAY LUNCH**
Dec 22 | 11:30 - 1:00 pm

Enjoy a delicious holiday meal as we celebrate the joys of the season. Fun and festive activities will help make the season bright.

RSVP TODAY
Mesa Downtown at 480-962-5612
Red Mountain at 480-218-2221

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MESA DOWNTOWN EVENTS

Tuesdays | 1:00 pm

THE ART OF POETRY

Learn the skill of creating prose with Jim Ferguson.

Dec 1, 8, 22, 29 | 10:00 am

VETERANS ART

Create beautiful art facilitated by Mesa Art League.

Dec 12 | 11:45 am

FEED YOUR MIND

Enjoy lunch & learn "Partnering w/ Your Doctor" from Village Medical

Dec 5 & 19 | 8:30 am

VETERAN'S SOCIAL

Chat and enjoy coffee & donuts with fellow service members.

Dec 16 | 10:30 am

MAKE & TAKE TREATS

Make edible pine cones, festive pretzel wreaths, & reindeer bark. Cost \$5 per person.

Dec 19 | 11:45 am

JUST 4 FUN PLAY

Enjoy some "Christmas Coolness."



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 | 8:15 - 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 & Wed | 10:30 - 11:30 am | Mesa Downtown
PERFECT POSTURE

Reap a myriad of life benefits by improving your posture.



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

A weekly group for people with hearing issues to chat.

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ACTIVITIES (continued)



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 | 9:00 - 10:30 am | Red Mountain
BLOOD PRESSURE SCREENINGS

Know your numbers to help prevent more serious health issues.



Fridays, 9:45 - 10:45 am | Mesa Downtown
QIGONG

Learn gentle movement and focused breathing exercises.



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.

Dec 5 | 1:00 pm

PARKINSON'S GROUP

by Muhammad Ali Parkinson Ctr & Duet

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

Dec 8 | 8:00 am

VETERAN'S SOCIAL

Chat and enjoy coffee & donuts with fellow service members.

Dec 8 | 12:00 pm

CARD MAKING*

Create your own personalized greeting cards. \$5 per person.

Dec 13 | 11:45 am

FEED YOUR MIND

Enjoy lunch & learn "Partnering w/ Your Doctor" from Village Medical

Dec 15 | 11:00 am

SING-A-LONG

Enjoy lunch and fun singing along to your favorite holiday songs!

Dec 22 | 12:00 pm

THE MEN'S CREW

Join the guys to make new friends.

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MEET YOUR STAFF

Craig Moeller

Finance
Director



Birth Month

September

Birthplace

Wiesbaden, Germany

Hobbies

Sewing (design & construction),
leatherwork, motorcycles

Fun Fact

My wife and I have 5 children
between the ages of 15 and 24

Pets

1 Siberian Husky

Perfect Vacation

Camping

Favorite Movie

'Blade Runner'

Favorite Book

'Dante's Divine Comedy'

Favorite Band

Queen

Favorite Holiday

Thanksgiving

Favorite Dessert

Traditional mincemeat pie

Personal Motto

Deus Vult



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

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



MAHJONG

Wednesdays | 12:00 - 3:00 pm



BINGO BLIZZARD

Dec 9 | 12:30 - 2:30 pm

RED MOUNTAIN



MAHJONG

Mondays | 12:00 - 3:00 pm



PINOCHLE

Tuesdays | 12:00 - 3:00 pm

BRIDGE & CANASTA

Wednesdays | 12:00 - 3:00 pm

MEXICAN TRAIN DOMINOS, PINOCHLE & RUMMY

Thursdays | 12:00 - 3:00 pm

BRIDGE & CANASTA

Fridays | 12:00 - 3:00 pm



BINGO FOR PRIZES

Tuesday & Fridays | 12:30 - 2:30 pm



YES, VIRGINIA...

Excerpted from Activity Connections

As we enter another Christmas season, children in places all over the world will be asking an age-old question that has challenged parents and grandparents for centuries: Is there really a Santa Claus? The answer, since September 21, 1897, is a resounding “Yes, Virginia.”



When young Virginia O’Hanlon wrote to the New York Sun with her innocent and pressing question, she could not have imagined that her letter would elicit an editorial response that would be regularly reprinted over the next 121 years. In the decades to follow, it has been widely republished each year and has even been translated into dozens of languages, including Latin!

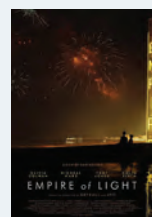
Virginia was the daughter of Dr. Phillip O’Hanlon, a coroner’s assistant in Manhattan. In September of 1897, Virginia came home from school to report that her classmates were claiming Santa Claus didn’t exist. She asked her father if this was true, and he advised her to write a letter to the New York Sun and ask the editors, saying, “If you see it in The Sun, it is so.”

The letter found its way to Sun editor Edward P. Mitchell, who handed it off to one of his veteran writers and asked him to reply. That writer was Francis Pharcellus Church, who was irritated by the request, because he found it both absurd and beneath him. Church was a former Civil War correspondent, and those who knew him believed he had been jaded by the experience.

One anecdote described Church as a leathery cynic and an atheist. He was known for his sardonic wit, so it would stand to reason that his 500-word reply to Virginia was an exercise in sarcasm. However, it was received by the public as a moving statement of hope and faith given as a gift to a doubting child.

REEL TALK

A few recommendations of new films opening this month.



Empire of Light

R | Dec 9

Colin Firth
Olivia Coleman

A 1980s love story set in a cinema on the Coast of England.



Avatar: The Way of Water

PG-13 | Dec 16

Sam Worthington
Zoe Saldana

Jake & Neytiri’s family work with other Na’vi to protect Pandora.



Babylon

R | Dec 23

Brad Pitt
Margot Robbie

A tale of unbridled decadence in old Hollywood at the advent of talking pictures.



A Man Called Otto

PG-13 | Dec 25

Tom Hanks
Kailey Hyman

A grumpy widower makes an unlikely and reluctant friendship.

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HELP THIS HOLIDAY

With the holidays are just around the corner, you can help make the season brighter for seniors in our East Valley Communities.

We are looking for donations of new items as gifts for seniors in need. Your gifts will be delivered to our most isolated participants, who may not otherwise be remembered for the holidays. Find more information online at our website, asteraz.org



NUTRITION AS WE AGE

Excerpted from the US Department of Health & Human Services

Good nutrition helps prevent chronic disease — and it's never too late to make improvements to support healthy aging. Older adults are at greater risk of chronic diseases. However, they can mitigate some of these risks by eating nutrient-dense foods and maintaining an active lifestyle.



The Healthy Eating Index measures diet quality based on the Dietary Guidelines for Americans. Compared to other age ranges, older adults have the highest diet quality. Eating more fruits, vegetables, whole grains, and dairy improves diet quality — as does cutting down on added sugars, saturated fat, and sodium.

Eating enough protein helps prevent the loss of lean muscle mass. But older adults often eat too little protein — especially adults ages 71 and older. Since most older adults are meeting recommendations for meats, poultry, and eggs, it's important to remind them that seafood, dairy and fortified soy alternatives, beans, peas, and lentils are great sources of protein.

Sometimes it's hard for older adults to drink enough fluids to stay hydrated because the sensation of thirst declines with age. Drinking enough water is a great way to prevent dehydration and help with digestion — and water doesn't add any calories! Unsweetened fruit juices and low-fat or fat-free milk or fortified soy beverages can also help meet fluid and nutrient needs.

If older adults choose to drink alcohol, they should only drink in moderation — 2 drinks or less in a day for men and 1 drink or less in a day for women. Remember that this population may feel the effects of alcohol more quickly than they did when they were younger, which could increase the risk of falls and other accidents.

SENIOR CENTERS HEARING SCREENINGS

Dec 6 | 9:00 am | Mesa Dntn
Dec 7 | 9:00 am | Red MT

AT Still University's audiology department is offering free hearing screenings for you! Screenings are free, but we recommend making an appointment as space is limited.



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PUZZLES

Words are hidden in the puzzle in odd patterns. Move from letter to letter vertically, horizontally, backward, or forward to spell the words. Patches of letters do not overlap, and all letters are used.

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

- BELLS
- CAROLS
- CHIMNEY
- ELVES
- FROSTY
- HOLLY
- JOLLY
- LIGHTS
- MERRY

- MISTLETOE
- NOEL
- PEACE
- RUDOLPH
- SANTA
- SLEIGH
- STAR
- TREE
- WREATH

S	L	O	L	Y	L	C	E	L	M	E	M	E
H	G	R	L	L	A	V	A	S	P	E	A	R
S	I	S	V	E	O	L	S	I	L	S	I	Y
C	E	L	C	O	H	G	H	T	R	A	G	H
L	L	T	V	N	M	T	E	M	V	L	T	E
J	O	I	N	I	T	O	F	E	I	H	E	O
H	P	A	V	S	E	T	S	E	S	C	M	C
L	O	L	S	E	A	E	V	E	N	E	Y	N
Y	U	R	W	R	E	T	S	E	L	S	E	L
T	O	S	T	R	O	S	T	F	R	O	S	T

ANSWER

Find the two images that are exactly alike.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

ANSWER

2 & 8



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CONTACT US!

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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



KEEP UPDATED



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