



HAPPY THANKSGIVING

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Join us at our Centers on November 17th for a special Thanksgiving lunch to celebrate all of our blessings!

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

WEDNESDAY

THURSDAY

FRIDAY

HAPPY THANKSGIVING



6 Seasonal Chicken Salad with Stewed Tomatoes, Macaroni Salad, A Whole Grain Breadstick & Sliced Apples w/ Cinnamon

7 Blackened Pork Chop** w/ Normandy Blend Vegetables, Roasted Yams, a Whole Grain Roll & Sliced Pears

8 Beef and Broccoli on Brown Rice with Diced Carrots, Zucchini, and Apricots

9 Chicken Parmesan with Edamame, Succotash, a Whole Wheat Roll, and Fruit Cocktail

10 Shrimp Scampi with Italian Vegetables, Roasted Potatoes, a Whole Grain Breadstick, and Pineapple Chunks

13 Meatloaf with Mashed Potatoes and Gravy, Sliced Carrots, a Whole Grain Roll, and Apple Sauce

14 Seasonal Tuna Salad with Lettuce & Tomato on Whole Grain Sliced Bread, with 3-Bean Salad & a Tropical Fruit Cup

15 Herbed Pork Cutlet** with Au Jus, 4-way Farm Vegetables, Zucchini Slices, a Whole Grain Roll, & Sliced Pears

16 Hamburger with Lettuce & Tomato on a Whole Grain Bun, with Roasted Potatoes & Grapes

17 Turkey with Mashed Potatoes and Gravy, Carrots, a Wheat Roll, Pineapple, and Cake

THANKSGIVING LUNCH

20 Cold Ham and Cheese** Sub on a Whole Grain Hoagie with Tri-color Pasta Salad, 3-Bean Salad, and Sliced Apricots

21 Chicken Fajitas on Brown Rice with Green Beans, Pinto Beans, and Mandarin Orange Slices

22 Cheeseburger with Lettuce & Tomato on a Whole Grain Bun, with Sliced Carrots, and a Banana

23 
THANKSGIVING
OFFICES CLOSED

24 
OFFICES CLOSED

27 Batter-Dipped Cod with Stewed Tomatoes, Carrots, a Wheat Roll, and Fruit Cocktail

28 Meatloaf with Mashed Potatoes and Brown Gravy, Peas, a Wheat Roll, Cinnamon Pears, and Chocolate Pudding

29 Italian Sausage** with Red Sauce on a Whole Wheat Hoagie, with Italian Vegetables, Chuckwagon Corn, & a Granny Smith Apple

30 BBQ Chicken with Yellow Squash, Baked Beans, Green Beans, a Whole Wheat breadstick, and Mandarin Oranges



ASTER AGING

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



SUPPORT FOR YOU

Images of happy families, big parties, and cheerful dinners are everywhere we turn during the holiday season. The images are meant to invoke joy, but they can also be a reminder of those who are no longer with us or familial traditions that have become too difficult to continue. Loneliness and social isolation are real issues that nearly 1 in 4 older adults face, and the holidays can heighten the feeling of being socially disconnected.



Aster provides a wide variety of services for seniors to stay connected this holiday season.

Aster's Outreach and Social Services specialists can help you identify the resources you need to stay healthy and independent. They can then connect you with these local community resources, such as grief support groups and senior veteran groups.

Aster's Neighbors Program can also provide companionship visits and telephone calls from volunteers, which is a great way to share stories and reminisce on holiday memories. No matter what type of support you need, Aster is here to help.

And these services are **free of charge** thanks to community donations. If you would like to help support this work, just fill out and return the envelope in this newsletter or visit our website: asteraz.org/help/donate.html

If you need help this holiday season, please reach out to us at:



OUTREACH & SOCIAL SERVICES

Ramoncita Cocova

480-964-9014 | 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

Weds | 10:00 - 11:00 am

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



Nov 1
Ill Wind (An Anna Pigeon Mystery)
by Nevada Barr

Visitors to Mesa Verde have been bringing home a deadly disease.



Nov 8
Why Fish Don't Exist
by Lulu Miller

A dark and astonishing tale of love, chaos, and murder.



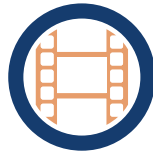
Nov 15
Crocodile on the Sandbank
by Elizabeth Peters

Two women sailing the Nile encounter visitations, accidents, and a botched kidnapping



Nov 29
The Book Woman's Daughter by Kim Michele Richardson

A girl must fight for her own independence and freedom.



NOW SHOWING

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

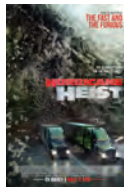
MESA DOWNTOWN



Nov 2 | JUST GETTING STARTED | 2017 | PG-13
Morgan Freeman, Tommy Lee Jones, Rene Russo
An ex-F.B.I. Agent and an ex-mob lawyer in the Witness Protection Program have to put aside their petty golf course rivalry to fend off a mob hit.



Nov 9 | NEWS OF THE WORLD | 2020 | PG-13
Tom Hanks, Helena Zengel, Tom Astor
A Civil War veteran agrees to deliver a young girl hundreds of miles, facing grave dangers as they search for a place that either can call home.



Nov 16 | THE HURRICANE HEIST | 2018 | PG-13
Toby Kebbell, Maggie Grace, Ryan Kwanten
Thieves attempt a massive heist against the U.S. Treasury as a Category 5 hurricane approaches one of its Mint facilities.



Nov 30 | DOLITTLE | 2020 | PG-13
Robert Downey Jr., Antonio Banderas
A physician who can talk to animals embarks on an adventure to find a legendary island with a young apprentice and a crew of strange pets.

RED MT



Nov 17 | A MAN CALLED OTTO | 2022 | PG-13
Tom Hanks, Mariana Treviño, Rachel Keller
When a young family moves in nearby, a grump meets his match in quick-witted Marisol, leading to a friendship that will turn his world around.

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JOIN THE PARTY!

You never know what you'll find at our Centers! Here are some snaps from recent Red Mountain activities. What new fun and excitement will November bring?



RED MOUNTAIN



AFTERNOON DANCE PARTIES

Wednesdays | 1:00 - 3:00 pm

Come out and cut a rug every week. This month's music is:

- Nov 1 - Carla Elliott
- Nov 8 - Dee Bonar
- Nov 15 - Dale Mortensen
- Nov 22 - Lydia Breitkreutz
- Nov 29 - Dale Mortensen

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

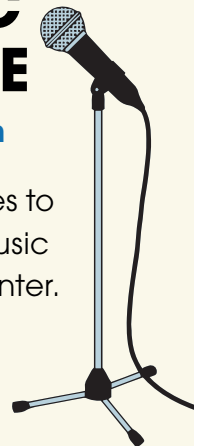
RED MOUNTAIN



OPEN MIC WITH MIKE

Nov 13 | 12:30 pm

Enjoy your 15 minutes to perform all-ages music or poetry at the Center. Come to perform, or just to listen!



PAID ADVERTISEMENT



It's about time.

At ArchWell Health, we believe you should leave a doctor's appointment feeling seen, heard, and understood. That's why we go to great lengths to make sure you get more time with your provider to talk about the things that are important to you—and your long-term health. It's just one of the many ways we work to keep seniors healthy today...and for years to come.

ArchWell
HEALTH

The little things
change everything.

VISIT
[ArchWellHealth.com/LiveWell](https://www.archwellhealth.com/livewell)

OR CALL
(480) 870-7133

ASTER SENIOR CENTERS'

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



MESA DOWNTOWN EVENTS

Thursdays | 10:30 am

GROUP WORKOUT

Join us & use the fitness center!

Nov 2 & 9 | 10:00 am

VETERANS ART

Create beautiful art facilitated by Mesa Art League.

Nov 6 | 8:30 am

VETERAN'S SOCIAL

Chat and enjoy coffee & donuts with fellow service members.

Nov 7 | 12:00 pm

JUST FOR FUN SHOW

Enjoy 'Sundial Speak Easy'!

Nov 8 | 10:00 am

Nov 29 | 2:00 pm

HOLIDAY APRONS*

Paint your own or make a gift for the holidays. \$10 per person.

Nov 10 | 12:00 pm

FEED YOUR MIND

Learn common money wasters.

Nov 24 | 12:00 pm

FEED YOUR MIND

Learn to save on prescriptions.

Nov 30 | 10:00 am

SAFETY 4 SENIORS

Mesa PD shares how to protect yourself during the holiday season.



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 | 8:00 - 10:30 am | Mesa Downtown
ADVANCED & BEGINNERS TAI CHI CLASSES*

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



Mon & Thurs | 10:30 - 11:30 am | Mesa Downtown
YOCHI*

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



Mon & Thurs | 12:00 - 3:00 pm | Red Mountain
Mondays | 10:30 - 11:30 am | Mesa Downtown
DIAMOND ART

Create amazing and dazzling art pieces.



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 | 2:00 - 3:00 pm | Mesa Downtown
VIRTUAL TRAVEL

Learn about the culture, people, and geography of Europe.



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

Enjoy good company while crafting creative pieces.



Wednesdays | 9:00 - 10:30 am | Red Mountain
Thursdays | 10:00 - 11:00 am | Mesa Downtown
BLOOD PRESSURE SCREENINGS

Learn your numbers to better manage your health!



Tuesdays | 10:00 - 11:00 am | Mesa Downtown
AARP DIGITAL SKILLS CLASSES

Learn from experts tips and tricks regarding electronics.



Tues (not 11/21) | 10:30 am - 3:00 pm | Red Mountain
DEAF & HEARING-IMPAIRED SOCIAL GROUP

A weekly group for people with hearing issues to chat.

ACTIVITIES CALENDAR

Visit our online calendar at asteraz.org for more details.



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 | 2:00 - 3:00 pm | Mesa Downtown
WORLD HISTORY

Learn about remarkable events throughout US history.



1st & 3rd Weds | 9:30 - 10:30 am | Red Mountain
THE GOLDEN GALS

Our female participants come together for friendship & fun.



1st & 3rd Weds | 10:00 - 11:00 am | Mesa Downtown
CAREGIVER SUPPORT facilitated by EMPACT

A group for caregivers to share, learn and find support.



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 | 9:30 - 10:30 am | Mesa Downtown
WRITER'S GUILD

Come to share, learn and spark your creative juices.



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

Learn gentle movement and focused breathing exercises.



Fridays | 10:00 - 11:00 pm | Red Mountain
GRIEF AND LOSS SUPPORT GROUP facilitated by EMPACT

A group for people that are in beginning their grief journey.



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

A post-bereavement social support group for seniors.

RED MOUNTAIN EVENTS



Nov 6 | 1:00 pm

PARKINSON'S GROUP

by Muhammad Ali Parkinson Ctr & Duet
For people living with PD & partners.

Nov 7 | 10:00 am

MAKE EARRINGS*

Craft your own hanging earrings!
Space is limited. \$5 per person

Nov 9 | 9:00 am

VETERAN'S SOCIAL

Enjoy coffee & donuts with friends.

Nov 9 | 12:30 pm

CARD MAKING*

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

Nov 21 | 10:00 am

CRAFT NECKLACES*

Craft some beautiful neckwear!
Space is limited. \$5 per person

Nov 23 | 12:00 pm

THE MEN'S CREW

Join the guys to make new friends.

Nov 30 | 9:00 am

SAFETY 4 SENIORS

Mesa PD shares how to protect
yourself during the holiday season.



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CENTER GAMES

Share a smile and make friends over a game! All skill levels are welcome!

MESA DOWNTOWN



FUN & GAMES

facilitated by New Frontiers Game Class

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

Enjoy a variety of old & new card games!



PINOCHLE

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



LADIES' BILLIARDS

Wednesdays | 10:00 - 11:00 am



WII BOWLING

Weds & Fri | 10:00 - 11:00 am



RED MOUNTAIN



BRIDGE

Mondays | 12:00 - 3:00 pm



BUNCO

Thursdays | 9:30 - 11:00 am



CANASTA

Wed & Fri | 12:00 - 3:00 pm



MAHJONG MONDAYS

Beginner's | 9:00 am - 12:00 pm

Regular | 12:00 - 3:00 pm



MEXICAN TRAIN DOMINOES

Thurs & Fri | 12:00 - 3:00 pm



PINOCHLE

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

BINGO!

FOR PRIZES

Weds | MESA DOWNTOWN | 12:30 pm

Tues & Fri | RED MOUNTAIN | 12:30 pm

FOR MONEY

Fridays | MESA DOWNTOWN | 12:30 pm



CENTER DROP-IN AREAS

Each Center has open areas for you to utilize throughout the day. Come by and enjoy!



ART STUDIO

Thursdays at
Mesa Downtown



BILLIARDS



CAFE



FITNESS CENTER



LIBRARY



PUZZLES & GAMES

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A SHINING CITY

Wheel the World, an online booking platform and resource for travelers with disabilities, has recently given Mesa the first Destination Verified Seal ever given to a city worldwide.



Camilo Navarro, the COO and co-founder of Wheel the World, had this to say about Mesa's achievement: "This milestone not only demonstrates Mesa's unwavering commitment to inclusivity but also marks a significant step forward in our collective mission to make travel accessible to all."

The trained Mappers from Wheel the World visit and assess locations for accessibility needs such as wheelchair ramps and turning space, as well as provide notes on the accessibility features at experiences like the Arizona Commemorative Air Force Museum.

Visit Mesa will continue using the resources and education gained from their partnership with Wheel the World to add more local businesses to the Wheel the World marketplace.

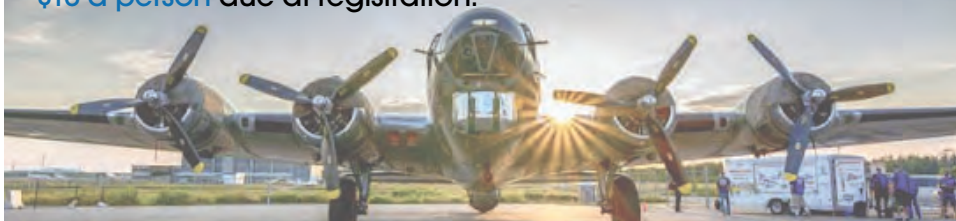


BOTH CENTERS

AIR FORCE MUSEUM EXCURSION

Nov 16 | 12:00 pm

See World War II artifacts, helicopters and combat planes.
\$10 a person due at registration.



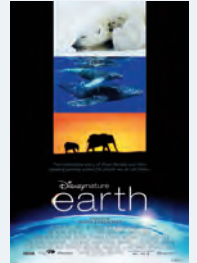
MESA DOWNTOWN



DISNEY NATURE: EARTH

Nov 15 | 1:00 pm

Relax and enjoy the diversity of wild habitats & creatures across the planet.



PIANO RECITAL

Nov 15 | 12:00 pm

Join us for a free, enchanting recital by Nancy Dinehart.



HEARING TESTS

Nov 28 | 10:00 am

AT Still University will be on hand to evaluate the sensitivity of your sense of hearing for free.



LINE DANCING*

Nov 29 | 10:30 am

Scoot your boots on over to learn & enjoy some dancin'!
\$5 per person.



HELP THIS HOLIDAY

Help brighten the holiday season for our seniors! Donate new items to our seniors to let them know their community cares. Here are some items that make great gifts:

- Gift Cards (grocery, Target)
- Blanket or Throw
- Candy / Treats
- Jigsaw Puzzles
- Nail Clippers, Brushes, Combs
- Puzzle Books (large print)
- Small First Aid Kit
- Stationary & Postage Stamps

Your gifts will be delivered to our most isolated seniors, who may not otherwise be remembered for the holidays. Find a complete list of items at our website asteraz.org



APPLE PIE IN A GLASS

Excerpted from Arizona Dept of Health Services

This recipe provides the fiber and calcium with the fall flavor of apple and cinnamon. You can't go wrong!

INGREDIENTS

- 1 cup 1% low fat or fat free milk
- 1 cup fat free vanilla yogurt
- 2 apples
- ½ teaspoon ground cinnamon
- Handful of ice cubes

DIRECTIONS

1. Wash hands with warm water and soap.
2. Wash fresh fruits before preparing.
3. Peel apple, cut up into cubes and take out the seeds.
4. Add remaining ingredients and blend for one minute.
5. Serve immediately.

NUTRITION FACTS (PER SERVING)

206 Calories; 44 g Carbohydrate; 9 g Protein; 0 g Total Fat; 4 mg Cholesterol; 5 g Fiber; 34 g Total Sugars; 124 mg Sodium.



THANKSGIVING LUNCH

November 17 | 11:30 am

Come out to either Senior Center and gobble, gobble up a delicious holiday meal! Enjoy some fun themed games and activities. RSVP today!

asteraz.org/news/calendar.html

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PUZZLES

Find the hidden words vertically, horizontally, diagonally, forward, and backward.

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

America	Gravy	Pumpkin
Bread	Harvest	Squash
Buckle Hat	November	Turkey
Gobble	Pilgrim	Yams
Grateful	Plymouth	

Find the two groups that are exactly alike.



4 & 8

ANSWER



THANKSGIVING RIDDLE

What smells the best at a Thanksgiving dinner?

Your nose.



45 W University Dr, Suite A
Mesa, AZ 85201-5831

480-964-9014

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480-962-5612 p

Red Mountain Senior Center

7550 East Adobe St
480-218-2221 p



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FRIENDS OF THE CENTER

Aster's Friends of the Center program supports the sustainability of our Senior Centers year round. Join online or in-person at our Senior Centers and start making a difference today!



DONATE ONLINE TODAY

Your gift empowers and supports local seniors!

www.asteraz.org/help/donate.html