



**Autumn is the perfect time be outdoors, enjoying all of Arizona's flora and fauna, such as Sabino Canyon here.**

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# NOVEMBER 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.

## 1 MONDAY

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

## 2 TUESDAY

- Chicken Marsala
- Zucchini
- Roasted Turnips
- Whole Wheat Bun
- Fresh Pear

## 3 WEDNESDAY

- Hawaiian Pork Tacos\*\*
- Rainbow Veggie Blend
- Spinach
- Whole Wheat Tortilla
- Banana

## 4 THURSDAY

- Beef Stew with Vegetables
- Capri Vegetables
- Cornbread
- Strawberries

## 5 FRIDAY

- Sweet and Sour Pork\*\*
- Sautéed Cabbage
- Whole Wheat Roll
- Brown Rice
- Peaches

## 8

- Balsamic Glazed Chicken
- Asparagus
- Dill Roasted Carrots
- Whole Wheat Roll
- Apricots

## 9

- Chef Salad with Turkey, Ham, Cheese
- Corn Salad
- Whole Grain Crackers
- Fresh Orange

## 10

- Baked Salmon w/ Dill
- Green Beans
- Roasted Sunset Vegetables
- Whole Wheat Roll
- Fruit Cocktail

## 11

- Open Face Turkey Sandwich w/ Gravy
- Mixed Vegetables
- Cranberry Yams
- Whole Grain Bread
- Sliced Pears

## 12

- Sliced Steak Diane
- Cauliflower
- Baked Potato
- Whole Wheat Roll
- Banana

## 15

- Potato Crusted Cod
- Spinach
- Mixed Vegetables
- Whole Wheat Roll
- Fresh Fruit Salad

## 16

- Chicken Stroganoff with Noodles
- Chef's Vegetables
- Winter Blend
- Whole Wheat Roll
- Mixed Fruit

## 17

- Meatball Sub
- Garden Salad
- Green Beans
- Apple Fruit Crisps
- Applesauce

## 18

- Orange Sage Pork Chop\*\*
- Succotash
- Spinach
- Couscous
- Whole Wheat Roll
- Sliced Peaches

## 19

### Thanksgiving Lunch

- Roast Turkey with Gravy
- Bread Stuffing
- Mashed Potatoes
- Green Bean Casserole
- Pumpkin Pie

## 22

- Grilled Chicken Piccata
- Spinach
- Roasted Turnips
- Whole Wheat Roll
- Mandarin Oranges

## 23

- Beef Philly Sandwich w/ Cheese Sauce
- Baked Potato Fries
- Zucchini
- Sliced Apples

## 24

- Scallop Potatoes with Ham\*\*
- Broccoli
- Whole Wheat Roll
- Fruit Cocktail

## 25



## 26



## 29

- Coconut Curry Fish
- Asparagus
- Sautéed Green Beans w/ Tomatoes
- Brown Rice
- Strawberries

## 30

- Honey Butter Chicken
- Broccoli
- Sweet Potato
- Whole Wheat Roll
- Mandarin Oranges

### Pick-Up & Go Meals

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

# ASTER AGING

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## FINDING A PATH

Susan's husband, John, of 37 years recently passed away. John handled all of the couple's finances, bills, and tax documents. Having only each other for so long, Susan felt overwhelmed and unsure where to turn.

That's when she called Aster Aging.

Aster's Outreach and Social Services team is here to assist people like Susan in navigating and accessing vital social services and resources. Our staff are trained professionals dedicated to empowering and supporting seniors and family caregivers.



"Situations like Susan's are all too common," states Anne McFarland, Outreach & Social Services Director. "Losing a loved one is terribly hard. Dealing with the emotions, and sorting through important papers and bills is challenging, much less during this pandemic."

Our staff assessed Susan's needs and helped her create an individual plan to deal with her unique situation. They connected her with local resources and enrolled her in Aster's Neighbor's program to help her get to doctor's appointments and the grocery store.

"Aster was a lifesaver," smiles Susan. "I was so lost, but they helped me sort through everything and develop a plan. I feel like I can handle things now!"

"Call us today," implored Anne. "Once you do, we can start helping."



### OUTREACH & SOCIAL SERVICES

**Anne McFarland**

480-962-5612 | amcfarland@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 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.

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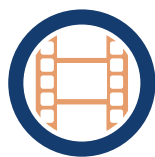
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## HOLIDAY HELPERS

The holiday season is fast approaching! During the yuletide season, our seniors so appreciate knowing community members care. If you are interested in donating new items to seniors, we are in need of:

- Gift Cards (grocery, Target, etc.)
- Adult Coloring Books & Pencils
- Blanket or Throw
- Candy/Treats
- Decks of Cards
- Flashlight
- Hand Sanitizer
- Jigsaw Puzzles
- Magnifying Glass
- Mug and Hot Chocolate/Tea
- Nail Clippers, Brushes, Combs
- Nightlight
- Note Cards
- Non-Skid Socks
- Postage Stamps
- Puzzle Books (large print)
- Small First Aid Kit
- Toiletries (lotion, lip balm, etc.)

Thank you so much for your generosity! We will ensure that your gifts are delivered to our most isolated homebound seniors, who may not otherwise be remembered for the holidays.



## 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



**Nov 4 | LAND | 2021 | PG-13**

Robin Wright, Demián Bichir, Sarah Dawn Pledge

A bereaved woman seeks out a new life, off the grid in Wyoming.



**Nov 11 | THE COURIER | 2020 | PG-13**

Benedict Cumberbatch, Rachel Brosnahan

Cold War spy Greville Wynne and his Russian source try to put an end to the Cuban Missile Crisis.



**Nov 18 | ON THE ROCKS | 2020 | R**

Bill Murray, Rashida Jones, Marlon Wayans

A young mother reconnects with her larger-than-life playboy father on an adventure through New York.

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



## THANKSGIVING LUNCH

NOVEMBER 19 | 11:30 am

Enjoy a tasty Thanksgiving-themed meal at our Senior Centers, prepared by Aster's expert chefs. Reservations are required for this special lunch. Each Center has a limited capacity, so RSVP today!

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## A HEALTHY PARTNERSHIP

Cigna is proud to partner with Aster Aging to support local seniors across Mesa this fall with educational resources and services to enhance their quality of life and help them reach their health and wellness goals.



As part of this partnership, Cigna is offsetting the costs to register and administer programs for seniors at the Red Mountain Senior Center and the Mesa Downtown Senior Center. Cigna is working with Aster Aging to ensure Mesa-area seniors have the support and critical resources to stay healthy and safe.

“We’re thrilled to have Cigna as a partner, supporting these important senior programs offered throughout Mesa,” said Dan Lawler, Development Director for Astor Aging. “Their support is providing vital resources to our local seniors and demonstrates their dedication to making our community healthier.”

Cigna’s sponsorship enhances Mesa’s senior programs in multiple ways. The first is by sponsoring a weekly Chair Yoga class during October, November, and December. This allows those 60 and older in Mesa to meet in a socially distanced class and enhance their social, emotional and physical health – critical aspects after the elevated stress and solitude many local seniors experienced during the pandemic. Additionally, the sponsorships allows Cigna to share valuable resources and information surrounding active aging, preventive care, identifying signs of depression and understanding resources to treat and overcome it, as well as other topics imperative to Mesa seniors.

Visit [www.cigna.com/medicare/](http://www.cigna.com/medicare/) to learn more.

## JOIN THE CORPS!

Aster is looking for individuals to join AmeriCorps, working in our programs to empower & support seniors across the East Valley.

AmeriCorps is a Federal program to strengthen our communities and help individuals learn new skills. These are part-time positions that receive a modest living-stipend, professional development and training opportunities, and are eligible for education assistance.

Aster is looking for:

- Senior Center Volunteer Engagement Program Assistant
- Meals on Wheels Program Assistant
- Neighbors Program Assistant
- Senior Pet Support Program Assistant

To learn more about AmeriCorps and National Service, visit [www.nationalservice.gov/programs/ameri-corps/what-ameri-corps](http://www.nationalservice.gov/programs/ameri-corps/what-ameri-corps)

For more information about serving with Aster, email us at [AmeriCorps@nau.edu](mailto:AmeriCorps@nau.edu) or apply online at [bit.ly/NAUACC19-2021](http://bit.ly/NAUACC19-2021)

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## SPECIAL EVENTS

**Nov 4 | 10:00 am - 12:00 pm**

**Mesa Downtown**

### VETERANS ART

Facilitated by Mesa Art League

Veterans create the decorations for their entry in the Parade.

**Nov 5 | 1:30 to 3:00 pm**

**Online via Zoom**

### UPDATE ON COVID

Facilitated by Mesa Community College New Frontiers

Dr. Jacqueline May Carter, MD gives an overview of the current COVID situation and its outlook.

**Nov 16 | 1:00 - 3:00 pm | RM**

**Nov 17 | 1:00 - 3:00 pm | DT**

### FALL FLOWERS & PUMPKIN CENTERPIECES

Create a beautiful centerpiece for Thanksgiving. \$7 per person.



## CONTACT

**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](http://asteraz.org)

### VIRTUAL ACTIVITIES



**Mondays | 10:00 - 11:00 am**

#### MINDFULNESS AND BUILDING RESILIENCE

Facilitated by EMPACT

Join our weekly online group that focuses on creating and maintaining a peaceful daily routine.



**Nov 4 & 18 | 1:00 - 2:30 pm**

(lines open at 1:00, calling starts at 1:30)

#### PHONE BINGO

Join us for telephone bingo and win prizes! Pre-registration is required to ensure you get game cards and materials to play!

### 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.

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## ACTIVITIES (continued)

### IN-PERSON ACTIVITIES (continued)



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

**GRIEF & LOSS** facilitated by EMPACT

A bereavement support group for seniors.



**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.



**Nov 3 & 17 | 10:00 - 11:00 am | Mesa Downtown**

**BOOKSHELF** Facilitated by Mesa Community College New Frontiers

Nov 3 discuss 'Where the Crawdads Sing' by Delia Owens

Nov 17 discuss 'The Far Arena' by Richard Ben Sapir



**Nov 11 | 8:30 - 9:30 am | Red Mountain**

**Nov 1 & 15 | 8:30 - 9:30 am | Mesa Downtown**

**VETERANS DONUTS & COFFEE**

Hang out and chat with your fellow service members.



**Nov 10 | 10:00 - 11:00 am | Mesa Downtown**

**MAYHEM & MYSTERIES BOOK CLUB**

Facilitated by Mesa Community College New Frontiers

Join as we discuss 'Midnight Assassin' by Skip Hollandsworth



## LUNCH EVENTS

**Nov 11 | 11:30 am**

**Mesa Downtown**

**VETERANS DAY CELEBRATION**

Help us honor our veterans with a special dessert and entertainment.

**Nov 19 | 11:30 am**

**Both Senior Centers**

**THANKSGIVING LUNCH**

Join us and your fellow Center participates for our annual Thanksgiving lunch.

**Nov 23 | 11:30 am**

**Both Senior Centers**

**SENIOR CENTER BIRTHDAY PARTIES**

Join us at either Center to celebrate our November birthdays.

**CHAIR YOGA**

**Thursdays | 9:45 - 10:45 am**

**Mesa Downtown**

Increase your flexibility & calm your mind with chair yoga.

Space is limited; RSVP today.

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## A STUFFED HISTORY

Whether we call it stuffing, dressing, or filling, this staple of the traditional Thanksgiving feast is the most savored side dish served each November with the classic turkey dinner. According to one 2019 survey conducted by YouGov, stuffing was chosen as the most popular of all Thanksgiving fixings, with mashed potatoes coming in at a very close second.



What this side dish is called and the ingredients it contains is primarily based upon the region in which it is prepared and served. In the northern United States, for example, it is called “stuffing” and is made with white or brown bread. (Sourdough is often used on the west coast.) Southerners usually opt for a cornbread base and refer to it as “dressing.” Folks in Pennsylvania Dutch country like to use potatoes as the main ingredient and call it “filling.” While opinions about what the dish should be called vary, there is widespread agreement about this: Thanksgiving dinner would not be complete without it.

It seems that no one really knows for sure where or when stuffing originated. But written records of this classic Thanksgiving side dish date back to 1836 Massachusetts, when a piece in the New-Bedford Mercury described the traditional holiday meal as including “turkeys, geese, and chickens... stuffed and roasted for the occasion.”

In more general terms, the practice of stuffing animals for cooking can be traced to the Middle Ages. The earliest documentary evidence is found in a collection of Roman cookery recipes, titled Apicius de re Coquinaria, which was compiled around the first century AD.

Today, more traditional versions of bread stuffing prevail, but the recipe variations are virtually endless.





## HOLIDAY TIPS FOR AD

Excerpted from The National Institute on Aging

Holidays can be meaningful, enriching times for both the person with Alzheimer's disease and their family. Maintaining or adapting family rituals and traditions helps all family members feel a sense of belonging and family identity. For a person with Alzheimer's, this link with a familiar past is reassuring.



However, celebrations, special events, or holidays, which may include other people, can cause confusion and anxiety for a person with Alzheimer's. He or she may find some situations easier and more pleasurable than others. The tips below can help you balance busy holiday activities with everyday care for a person with Alzheimer's disease.

### Finding the Right Balance

Many caregivers have mixed feelings about holidays. They may have happy memories of the past, but they also may worry about the extra demands that holidays make on their time and energy.

Try to involve the person with Alzheimer's in simple holiday preparations, or have him or her observe your preparations. Observing you will familiarize them with the upcoming festivities. Participating with you may give the person the pleasure of helping and the fun of anticipating and reminiscing. As well, consider simplifying your holidays around the home. For example, rather than cooking a big dinner, consider a smaller meal with close family.

### Preparing Guests

Explain to guests that the person with Alzheimer's disease does not always remember what is expected and acceptable. Let them know that the memory-impaired person may not remember their names or relationships but can still enjoy their company.

## REEL TALK

A few recommendations of new films opening this month.



### Eternals

PG-13 | Nov 5  
*Movie Theatres*

Gemma Chan  
Salma Hayek

A race of immortal beings shape Earth's history and civilizations.



### Ghostbusters: Afterlife

PG-13 | Nov 19  
*Movie Theatres*

Finn Wolfhard  
Mckenna Grace

A mom & her two kids inherit her grandfather's mysterious house.



### King Richard

PG-13 | Nov 19  
*Theatres & HBO Max*

Will Smith  
Jon Bernthal

Their father raises & guides tennis superstars Venus and Serena.



### House of Gucci

R | Nov 24  
*Movie Theatres*

Adam Driver  
Lady Gaga

Spanning three decades of love, betrayal, decadence, & murder.

## AUTUMN SAFETY TIPS

Excerpted from Comfort Caregivers

Arizona is starting to feel like fall. The weather has a chill in the air while the days grow shorter. Here are a few tips for you to safeguard your health and safety:

### Get the Flu Vaccine

Check with your doctor about pneumonia vaccines and whether you should get them.

### Organize Your Medicine Cabinet

Discard old prescriptions you are not using anymore, and stock up on flu-prevention essentials.

### Cold-proof Your Home

Address any drafts, rearrange furniture to block cooler air, and place a blanket on your couch.

### Check Batteries

Check your carbon monoxide and smoke detector batteries. Plan on testing the alarms on these detectors every month.

### Make Sure You Can See

Make sure to get your annual vision checkup and replace bulbs that are dimming. This will lower your risk of falling.



## A HANUKKAH FEAST

Excerpted from Activity Connections

Like all Jewish holidays, Hanukkah is a festival celebrated with family, friends, and lots of food. Eating special foods, particularly those fried in oil, is an important part of the fun.



Potato pancakes or latkes are a traditional Hanukkah dish made by Jews of eastern European descent. A combination of grated potatoes, onion, egg, a little flour and seasoning, latkes are fried in oil and eaten with applesauce or sour cream or both. In an attempt to make them a bit healthier, modern-day latkes often include vegetables other than potatoes, such as zucchini, carrots, squash, or sweet potatoes.

Yeast doughnuts, called sofganiyot in Hebrew, are filled with fruit jam or jelly and deep fried in oil. They're typical of the Hanukkah fare found in Israel. Making some of these delicious treats is a great way to share the sweetness of Hanukkah with everyone.

Dairy foods, especially cheese, became closely associated with the celebration of Hanukkah during the Middle Ages and continues to this day. According to tradition, Judith, the daughter of a high priest, charmed her way into the camp of some of Antiochus' soldiers and gave salty cheese and wine to their general. When he fell into a drunken sleep, she cut off his head. Without a leader, the soldiers fled, and Judith's village was saved.

And, of course, gifts are part of Hanukkah. In the United States and Canada, most likely because of its proximity to Christmas, Hanukkah has become a lavish, eight-day, gift-giving holiday. Many modern-day Jews are trying to counter this trend and instead fill Hanukkah with family gatherings that emphasize caring and acts of charity.

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## PUZZLES

The words below are hidden in the puzzle in odd patterns. Move from letter to letter vertically or horizontally to spell the words. The patches don't overlap, use all letters, and will create a "quilt".

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

~~BREAD~~

GRATEFUL

POTATOES

COLONY

GRAVY

PUMPKIN

FALL

HARVEST

SQUASH

FAMILY

MAIZE

STUFFING

FEAST

PARADES

TURKEY

GRATEFUL

PIE

YAMS



### THANKSGIVING RIDDLE

Which side of the turkey has the most feathers?

Answer: The outside.

Find the two brooches that are exactly alike.

1.



2.



3.



4.



5.



6.



7.



8.



9.



2 & 5

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](http://www.asteraz.org/help/donate.html)