



IN THIS ISSUE

Lunch Menu	1
Your Fall Health Shots	2
Medicare Assistance	4
October Activities	5
Center Excursions	8
Halloween Parties	9
Puzzles	10

Not all sweets are candy. Autumn is the perfect time to bake some tasty treats for all to enjoy!



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.

2 MONDAY

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

3 TUESDAY

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

4 WEDNESDAY

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

5 THURSDAY

BBQ Chicken with Yellow Squash, Baked Beans, a Whole Wheat Breadstick, & Mandarin Oranges

6 FRIDAY

Cheeseburger with Lettuce & Tomatoes on a Whole Wheat Hamburger Bun, with Roasted Red Potatoes, and Sliced Peaches

9

Pork Stir Fry** over Brown Rice, with Stir Fry Veggies, Snap Peas, and Mango

10

Chicken Salad, Pea Salad, Beets, a Whole Wheat Croissant, and Fresh Orange

11

Beef Taco in a Whole Grain Tortilla, with Refried Beans, Corn, & a Tropical Fruit Cup

12

Tortilla Crusted Tilapia with Spinach, Summer Squash, a Whole Wheat Roll, & Cinnamon Apples

13

Sesame Chicken with Edamame, Roasted Potatoes, a Whole Wheat Roll, Fruit Cocktail, and Birthday Cake

16

Shrimp Alfredo over Whole Wheat Pasta, with Italian Green Beans, Carrot Coins, and Sliced Pears

17

Beef Stroganoff over Egg Noodles, with Corn, Spinach, and a Mandarin Orange

18

Broccoli & Cheese Stuffed Chicken with Green Squash, Wax Beans, a Whole Wheat Roll, and a Banana

19

Honey Glazed Pork Loin** with a Grilled Veggie Mix, Stewed Tomatoes, a Whole Wheat Roll, and Pineapple

20

Steak Diane with Tri-Color Cauliflower, Peas, a Whole Wheat Breadstick, and an Apple Crisp

23

Stuffed Whole Wheat Manicotti with Meat Sauce, Italian Blend Veggies, Spinach, and Mixed Berries

24

Turkey with Gravy & Mashed Potatoes, Peas and Onions, a Whole Wheat Roll, & Cinnamon Apples

25

Chef Salad** with Egg, Tomato, Turkey & Ham, 3-Bean Salad, Beet Salad, Whole Grain Crackers, & Sliced Peaches

26

Beefy Mac with Stewed Tomatoes, Mixed Vegetables, a Whole Wheat Roll, and Apricots

27

Paprika Chicken over Brown Rice with Edamame, Glazed Baby Carrots, and a Fresh Pear

30

Pork Carnitas** over Brown Rice with Pinto Beans, Summer Squash, and Diced Mango

31

Sloppy Joes on a Whole Wheat Bun with Green Beans, Roasted Corn, and Sliced Peaches





PROTECTING YOURSELF

Early fall is the best time for older adults to get their flu vaccines to protect against the influenza virus, also known as the “flu.” This year, the Centers for Disease Control and Prevention (CDC) also recommends that adults 60 and older get the newly updated COVID vaccine.

The single best way to reduce your risk from flu and COVID is to get vaccine shots every year. While each flu season differs in severity, during most seasons, people 65 years and older bear the greatest burden of disease.

The Centers for Disease Control and Prevention estimates that between 70-85% of seasonal flu-related deaths and between 50-70% of seasonal flu-related hospitalizations occurred in older adults. People 65+ are at higher risk of developing serious complications from the flu. Additionally, if you’re over 50, you’re more likely to get very sick from COVID. An updated vaccine helps restore your protection, which can weaken over time.

This October, Aster is partnering with NCOA and Valley Discount Pharmacy to offer Flu & COVID vaccine shots. These shots are FREE with most insurances, including Medicare. You must bring your Medicare or other Pharmacy card to the appointment. Fluzone High doses will be available for anyone 65 year & older.

We encourage you to contact your local Senior Center to make an appointment, though drop-ins are welcome.



FLU & COVID VACCINE CLINICS

Oct 11 | 1:00 - 2:00 pm | Red Mountain

Oct 27 | 9:00 - 10:00 am | Mesa Downtown

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.

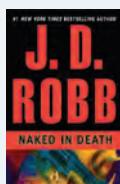


MESA DOWNTOWN

BOOKSHELF & MYSTERY CLUBS

Weds | 10:00 - 11:00 am

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



Oct 4
Naked in Death
by J.D. Robb

A NYC police lieutenant in 2058 hunts for a ruthless killer.



Oct 11
West with Giraffes
by Lynda Rutledge

Inspired by the true story of two giraffes who won the hearts of Depression-era America.



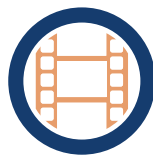
Oct 18
So Long
by Blake Pierce

An FBI Special Agent and a K9 sidekick hunt a serial killer.



Oct 25
The Forgotten Bookshop in Paris
by Daisy Wood

A tale of love, loss and a betrayal that echoes through generations.



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



Oct 5 | ASTEROID CITY | 2023 | PG-13
Jason Schwartzman, Scarlett Johansson, Tom Hanks
A grieving father travels with his family to rural Asteroid City to compete in a junior stargazing event, only to have his world view disrupted forever.



Oct 12 | 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.



Oct 19 | MURDER ON THE ORIENT EXPRESS | 2017
Kenneth Branagh, Penélope Cruz, Willem Dafoe
When a murder occurs on the train on which he's traveling, celebrated detective Hercule Poirot is recruited to solve the case.



Oct 26 | HOCUS POCUS 2 | 2022 | PG
Bette Midler, Sarah Jessica Parker, Kathy Najimy
When the Sanderson Sisters return to modern day Salem two young women must figure out how to stop the witches from wreaking havoc on the world.

RED MT



Oct 30 | HOCUS POCUS | 1993 | PG
Bette Midler, Sarah Jessica Parker, Kathy Najimy
A teenage boy and his little sister move to Salem, where he struggles to fit in before awakening a trio of diabolical witches executed in the 17th century.



KNOWING MEDICARE

The weather turning cooler signals the onset of Medicare open enrollment. You may have questions about which plan and coverage right for you. 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.



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 counselors will have open office hours, alternating between the Centers, each Tuesday. Contact our Outreach staff at 480-964-9014 or socialservices@asteraz.org for any program questions or to schedule your appointment.

You can also learn more about Medicare parts, which is right for you, and have your questions answered at our Medicare presentation, offered by Area Agency on Aging. Sign up today!



MEDICARE: WHAT YOU NEED TO KNOW

Presented by Area Agency on Aging

October 17 | 12:00 pm | Mesa Downtown

October 24 | 12:00 pm | Red Mountain

RED MOUNTAIN



AFTERNOON DANCE PARTIES

Wednesdays | 1:00 - 3:00 pm

Cut a rug to music from Dee Bonar (Oct 4 & 11) and Dale Mortensen (Oct 18 & 25).



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

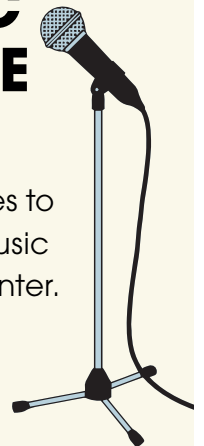
RED MOUNTAIN



OPEN MIC WITH MIKE

Oct 16 | 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

Oct 2 | 8:30 am

VETERAN'S SOCIAL

Chat and enjoy coffee & donuts with fellow service members.

Oct 4 & 18 | 10:00 am

CAREGIVER SUPPORT

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

Oct 12 | 12:00 pm

FEED YOUR MIND

Eat & learn, what's normal and what not with forgetfulness.

Oct 12 & 26 | 10:00 am

VETERANS ART

Create beautiful art facilitated by Mesa Art League.

Oct 13 | 10:00 am

CRAFTING GNOMES

Craft this cute Halloween decor.

Oct 19 | 12:30 pm

CARD MAKING*

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

Oct 26 | 12:00 pm

FEED YOUR MIND

Learn future planning documents.

Oct 27 | 10:00 am

ROPE PUMPKINS

Craft some cute Halloween decor.



**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 | 1:00 - 3:00 pm | 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 Google staff tips and tricks regarding electronics.



Tues (not 10/10) | 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 DYNAMIC DIVAS

Our female participants come together for friendship & fun.



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
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



Oct 2 | 1:00 pm

PARKINSON'S GROUP

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

Oct 6 | 11:45 am

FEED YOUR MIND

Learn about Internet scams & safety.

Oct 12 | All Day

A CENTER MYSTERY

Our beloved Mascot is missing!
Find the clues to bring him home.

Oct 12 | 9:00 am

VETERAN'S SOCIAL

Enjoy coffee & donuts with friends.

Oct 12 | 12:30 pm

CARD MAKING*

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

Oct 13 | 9:00 am

VIRTUAL TRAVEL

Come explore beautiful Finland!

Oct 17 | 11:45 am

FEED YOUR MIND

Learn to deal with depression &
anxiety with Author Mike Rice.

Oct 26 | 12:00 pm

THE MEN'S CREW

Join the guys to make new friends.



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

Thurs | 9:30 - 11:00 am



CANASTA

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



MAHJONG

Mondays | 12:00 - 3:00 pm



MEXICAN TRAIN DOMINOES

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



PINOCHLE

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

BINGO!

Come out, make friends, have fun,
and WIN at our weekly games!

BINGO! FOR PRIZES

Weds | MESA DOWNTOWN | 12:30 - 2:30 pm

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

BINGO! FOR MONEY

Fridays | MESA DOWNTOWN | 12:30 - 3:30 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



PAYING IT FORWARD

Thank you to all of our volunteers, donors and participants! Your hard work, dedication and support helps Aster empower and support seniors and their families across the East Valley. Take pride in all you helped us accomplish in Fiscal Year 2023!

ACROSS ALL PROGRAMS IN FY23

180,000+
CONTACTS

6,000+
UNDUPLICATED INDIVIDUALS

WHICH MEANS...

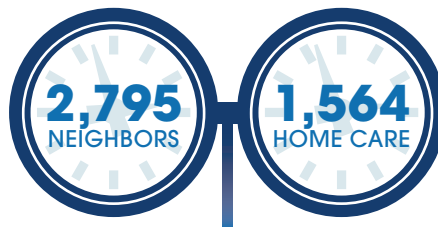
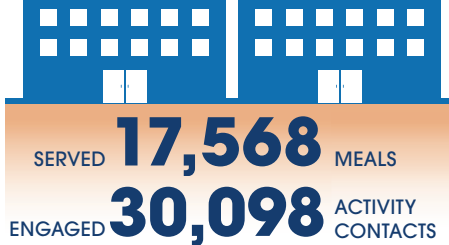
MEALS ON WHEELS
DELIVERED



OUTREACH & SOCIAL SERVICES



SENIOR CENTERS



HOURS OF CARE & SUPPORT PROGRAMS

SUPPORTED BY



BOTH CENTERS



MESA PLANETARIUM EXCURSION

Oct 24 | 12:00 pm

Learn the beauty & history of our universe. **FREE.**

RED MOUNTAIN



DIA DE LOS MUERTOS EXCURSION

Oct 18 | 8:30 - 11:30 am

Flower makers go to Mesa Art Center to set up for the event.

MESA DOWNTOWN



DIABETES EMPOWERMENT EDUCATION

presented by Area Agency on Aging
Oct 2 - Nov 13 | 1:00 - 2:30 pm

The Diabetes Empowerment Education Program (DEEP) is a 6-week long series designed to help people with pre-diabetes and diabetes, their relatives and caregivers gain a better understanding of diabetes self-care. Classes are held every Monday for 6 weeks. Space is limited.



MAKE A DONATION

www.asteraz.org/help/donate.html

480-964-9014 | @asteraz.org

MESA DOWNTOWN

DEMENTIA FRIENDS

Oct 4 | 10:30 am

Janice Greeno, MA, from Banner Alzheimer’s Inst, shares about dementia & how to care for a loved one.

SPOTTING FRAUD



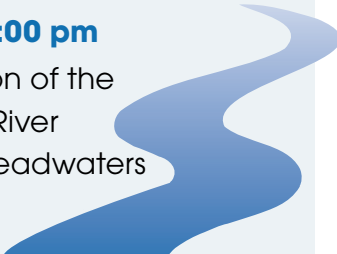
Oct 24 | 12:00 pm

The Attorney General’s office is on hand to teach about the latest consumer fraud scams.

WILD RIVER: THE COLORADO

Oct 25 | 1:00 pm

Presentation of the Colorado River from the headwaters to Mexico.



IT’S A SPOOKY PARTY!

Excerpted from the History Channel

Halloween has been around since ancient Celtic times. However, the celebration of Halloween was very limited in colonial New England.



By the 1920s and 1930s, Halloween had become a community-centered holiday, with parades and town-wide Halloween parties as the featured entertainment. Despite the best efforts of many schools and communities, vandalism began to plague some celebrations in many communities during this time.

By the 1950s, town leaders had successfully limited vandalism and Halloween evolved into a holiday directed mainly at the young. Due to the high numbers of young children during the baby boom, parties moved from town centers into the classroom or home.

Between 1920 and 1950, the centuries-old practice of trick-or-treating was also revived. In theory, families could also prevent tricks being played on them by providing the neighborhood children with small treats.

Thus, a new American tradition was born! Today, Americans spend an estimated \$6 billion annually on Halloween, making it the country’s second largest commercial holiday after Christmas.

RED MOUNTAIN

LINE DANCING

Oct 16 | 10:00 am

Scout your boots on over to learn with Laina.

\$5 per person.





HALLOWEEN LUNCH PARTIES

Oct 31 | Both Centers | 11:30 am

Come in costume to celebrate the spooky season with us!



PUZZLES

Follow the instructions to cross off words in the table below. What do the remaining words say?

boo	caramel	frog	ghoul
frightened	good	aid	grass
food	is	shamrock	blood
wheat	dictionary	spooky	the
chocolate	sick	Halloween	celery
meat	favorite	house	drink
tick	of	emergency	a
graduation	pick	licorice	zoo
hero	tweet	ghost	seat
hand	wick	shoot	terrified

1. Cross off all words that mean "scared."
2. Cross off all words that contain double o.
3. Cross off all things that are green.
4. Cross off all words that rhyme with trick.
5. Cross off all words that rhyme with treat.
6. Cross off all words that name a type of candy.
7. Cross off all words that begin with h.
8. Cross off all words that have four syllables.

What is the riddle?

Ghoul-aid is the favorite drink of a ghost.

ANSWER

Find the two sets of items that are exactly alike.



4 & 6

ANSWER



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

480-964-9014

NON PROFIT
ORGANIZATION
U.S. POSTAGE
PAID
MESA, AZ
PERMIT #314



Sign-up for our eNews enews@asteraz.org



CONTACT

Administrative Offices

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

Mesa Downtown Senior Center

247 N Macdonald St
480-962-5612 p

Red Mountain Senior Center

7550 East Adobe St
480-218-2221 p



FOLLOW @AsterArizona



Facebook



X / Twitter



Instagram



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