



Aster wishes you a warm and joyous holiday season this year, spent with friends and loved ones.

IN THIS ISSUE

Lunch Menu	1
CEO Letter	2
Season for Sharing	3
December Activities	5
Center Movies	8
Healthy Holidays	9
Puzzles	10



DECEMBER MENU



For next day reservations (lunch is served at 11:30 am), call 480-962-5612 (Mesa Downtown) or 480-218-2221 (Red Mt).
 The Suggested Contribution for participants age 60+ is \$3.50.
 Items with ** contain pork or pork products. Menu items subject to change due to availability.

MONDAY

2 Pot Roast, potatoes and carrots, coleslaw, whole grain roll, and apple crisp with oatmeal topping.

TUESDAY

3 Turkey, mashed potatoes and gravy, green beans, whole grain roll, and pineapple chunks.

WEDNESDAY

4 ** Pork Chop with gravy, sliced mushrooms, winter mix vegetables, lemon-herbed quinoa, and an orange.

THURSDAY

5 Shrimp Scampi, yellow squash, five-way vegetable mix, whole wheat penne noodles, and cubed mangos.

FRIDAY

6 Beef and Broccoli, edamame, Asian vegetable mix, brown rice, and pear slices.

9 ** Ham and Swiss Cheese Sandwich, coleslaw, french fries, whole wheat bread, and an orange.

10 Cod Fillet, brussels sprouts, chuckwagon corn, brown rice pilaf, and mixed berries.

11 Beef Stew, carrots and potatoes, broccoli, whole wheat biscuit, and an apricot.

12 Herb-Encrusted Chicken, yams, spinach, whole grain roll, graham crackers, and apples and cinnamon.

13 ** Pork Meatballs, Italian vegetables, butternut squash, whole wheat penne noodles, and peach slices.

16 Broccoli and Cheese-Stuffed Chicken Breast, spinach, baby carrots, whole wheat biscuit, and an apple.

17 Salisbury Steak, mashed potatoes, Normandy vegetables, whole grain roll, and peach crisp with oatmeal topping.

18 Shrimp Alfredo, broccoli, mixed vegetables, brown rice, and pineapple chunks.

19 Chicken with curry sauce, edamame, winter vegetables, whole wheat penne pasta, and apricot slices.

20 Tri Tip Roast with gravy, baked potato, cauliflower, a whole wheat roll, apple crisp with oatmeal topping, and cake.

23 Turkey with whole wheat bread stuffing, mashed potatoes, baby carrots, and peach slices.

24 Scrambled eggs and pork** sausage, tater tots, diced bell pepper and onion mix, a whole wheat biscuit, and a mandarin orange.

25 **Closed for Federal Holiday**

26 Chicken tacos on a whole wheat tortilla, refried beans, Mexican corn, and a banana.

27 Spaghetti and beef meatballs, green beans, Garden Green salad, a bread stick, and pear slices.

30 Shrimp scampi, yellow squash, 5-way vegetable mix, whole wheat fettucine pasta, and cubed mangoes.

31 Corned beef, cabbage, red potatoes, whole wheat rye bread, and mixed berries.



Items with **contain pork or pork products.
 Menu subject to change due to availability.

ASTER AGING

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



STRONGER TOGETHER

No matter the time of year, Aster's programs, hardworking staff, and dedicated volunteers are helping seniors maintain their independence and remain connected to the community we all call home. But Aster can't do it on our own - It is your contributions that make our efforts possible.



Over the past year alone, I am proud to share that Aster served 7,500 East Valley older adults. This is an increase of 1,500 from the year before. We are glad to see our impact grow, but aware that the need in our community is greater than ever.

The growth in our Outreach and Social Services program underscores the changing needs in our community. The 1,600 individuals we served last year represent a 247% increase from the year prior.

What accounts for this growth? With pandemic-era relief programs sunsetting, the cost of living increasing dramatically, and older adults living longer than ever, there is a greater need in our community today. After a lifetime of hard work, many seniors must now choose between paying for groceries and buying medicine.

Your donation can change that - donating to Aster helps provide programs and services that make continued independence possible for local seniors.

On behalf of all of those we serve, thank you for helping improve the lives of seniors in our community. Together, we can ensure that no senior goes through the journey of aging alone.

Deborah B. Schaus, MSW
Chief Executive Officer

PROGRAMS FOR YOU

We support and empower East Valley older adults and their families to remain independent and 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 and access services and health resources, as well as being the NCOA Benefits Enrollment Center for the East Valley.

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SUBARU SEASON FOR SHARING

For the 17th year running, the Meals on Wheels America network is participating in the 2024 Subaru Share the Love Event.

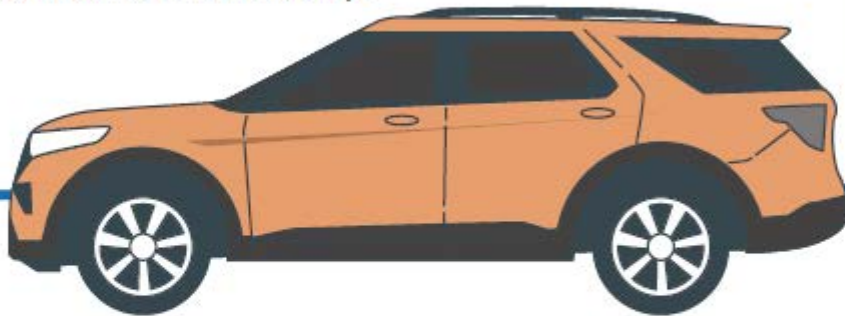
Through this partnership, Subaru and its retailers have helped Meals on Wheels deliver more than 4.6 million meals and friendly visits to seniors in need nationwide.

One in four seniors lives alone in isolation and one in seven might not know from where their next meal is coming. Meals on Wheels provides the nutritious meals, friendly visits and safety checks to local seniors.

During the month of December, through January 2, 2025, for every new Subaru vehicle purchased or leased, Subaru will donate \$250 to the customer's choice of participating charities - which we hope is Meals on Wheels!

Aster Meals on Wheels will receive a portion of these donations from Subaru.

So, if you are in the market for a car, please consider a Subaru. You get a nice new Subaru car while supporting seniors across our community!



PAID ADVERTISEMENT



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PAID ADVERTISEMENT



RED MOUNTAIN

LINE DANCING

Every Thursday

1:00 - 2:00 pm

\$5 per person.



NEW!

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ASTER ACTIVITIES

Aster's eNewsletter goes out every Monday at 7:00 am with an update on Aster happenings. Our eNewsletter is completely free and a great way to stay connected. Subscribe at asteraz.org and learn about upcoming activities and past events!



THANK YOU, PANCHA!

For 20 years, Pancha's smiling face has been a source of stability at Aster's Downtown Senior Center kitchen, where she worked.

Over her time at Aster, Pancha served thousands of meals to seniors in both our Congregate Meal program as well as homebound seniors in our Meals on Wheels.

Thank you for your contribution to empowering older adults in our community, and good luck in your next chapter!



HEARING SCREENINGS

Hearing loss is a challenge that many of us face as we get older.

We might find ourselves turning the volume on the TV up higher than we used to, or have trouble understanding words in a crowded setting.

In partnership with A.T. Still University, Aster is proud to present FREE hearing screenings this month.

Students from the University will be at Aster's Senior Centers to perform hearing tests.

Red Mountain:

Tuesday, December 3

Mesa Downtown:

Wednesday, December 4

Time: 9:15 am - 12:00 pm

Call: 480-964-9014

Email: info@asteraz.org

Website: asteraz.org



STAY IN TOUCH WITH ASTER TO READ MORE NEWS

Website: AsterAZ.org | Social Media: @AsterArizona



ASTER SENIOR CENTERS

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



MESA DOWNTOWN EVENTS

December 20 | 11:00 am - 12:30 pm

HOLIDAY LUNCHEON

Join us and your fellow Center participants for our annual festivities. Enjoy a delicious lunch, festive games and fun music. Sign up by December 13.

December 3, 17 | 10:00 - 11:00 am

MESA PUBLIC LIBRARY

Now twice a month! The Mesa Public Library comes directly to our Center. Talk to a librarian to learn about the programs & services the library offers.

December 3 | 10:00 - 11:00 am

AARP DIGITAL SKILLS

Learn tech with AARP's Digital Skills Experts in a friendly and informative environment at Aster's Downtown Senior Center. This month's topic: "Is that AI?"

Thursdays | 12:30 - 3:30 pm

MAHJONG

For players of all skills. Come enjoy this timeless game!



Tues & Wed | 8:15 - 9:15 am | Mesa Downtown
MORNING MOVEMENT*

Get your day moving with indoor exercise! \$2/person.



Mon, Wed, & Fri | 8:15 - 9:00 am | Red Mountain
STRETCH & FLEX

Start your day right with indoor movement and exercise!



Mon & Thurs | 8:30 - 11:00 am | Mesa Downtown
ADVANCED & BEGINNERS TAI CHI CLASSES*

Beginner (10:00 am) Advanced (8:30 am). **Cost varies.**



Mondays | 12:30 - 1:30 pm | Mesa Downtown
KARAOKE MONDAY

Have fun singing golden-olies in this judgement-free zone!



Thursdays | 1:00 - 2:00 pm | Mesa Downtown
SENIOR PLAYERS

No experience needed for this fun-loving theater group!



Mon & Thurs | 12:30 - 3:00 pm | Red Mountain
Mondays | 9:00 - 11:00 am | Mesa Downtown
DIAMOND ART

Create amazing and dazzling art pieces. **Cost: Supplies**



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

Learn about the cultures and people around the world.



Tuesdays | 8:00 am - 12:00 pm | Red Mountain
Tuesdays | 9:00 - 11:00 am | Mesa Downtown
STITCH & CHAT

Enjoy good company while crafting creative pieces.



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

Learn your numbers to better manage your health!



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!



December 9 | 9:00 am | Mesa Downtown
December 13 | 9:00 am | Red Mountain
VETERANS' SOCIAL

Enjoy coffee & donuts each month with fellow veterans.

ACTIVITIES CALENDAR

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



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

Learn about remarkable events through history.



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

Our female participants come together for friendship & fun.



Thursdays | 10:00 - 11:00 am | Red Mountain
EVERYONE HAS A STORY

Save your special memories for the future. \$5/Initial



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
Fridays | 10:00 - 11:00 am | Red Mountain
GRIEF & LOSS SUPPORT Facilitated by EMPACT

A bereavement support group for seniors.



Thursdays | 9:45 - 10:45 am | Mesa Downtown
CHAIR YOGA*

Calm your mind with chair yoga. \$3/person



Fridays | 8:30 - 11:00 am | Red Mountain
PORTRAIT PAINTING WORKSHOP*

Have fun drawing portraits from live models. \$5/person



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

Come to share, learn and spark your creative juices.



Wednesdays | 10:00 - 11:00 am | Mesa Downtown
CHAIR VOLLEYBALL

Make friends playing volleyball while sitting in a chair.



Tuesdays | 9:30 - 10:30 am | Mesa Downtown
ART IN ACTION

Enjoy learning from the "Art In Action" curriculum.



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

A post-bereavement social support group for seniors.

RED MOUNTAIN EVENTS



December 20 | 10:30 - 1:00 pm
HOLIDAY LUNCHEON

Join us and your fellow Center participants for our annual festivities. Enjoy a delicious lunch, festive games and fun music. Sign up by December 13.

Tuesdays | 10:30 am - 3:00 pm
DEAF SUPPORT GROUP

A weekly group for people with hearing issues share their experiences.

December 2 | 1:30 - 3:30 pm
PARKINSON'S SUPPORT GROUP

Presented by the Muhammad Ali Parkinson's Center. For people living with PD and their partners.

December 10 | 10:15 - 11:15 am
MESA PUBLIC LIBRARY

The Mesa Public Library comes directly to our Center. Talk to a librarian to learn about the programs & services the library offers.



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EXCURSIONS

RED MOUNTAIN QUEEN CREEK OLIVE MILL TRIP

December 19 | 12:30 - 4:00 pm

Join us for a fun and informative excursion to learn how Olive Oil is made and how to use it in the kitchen.

Admission: \$8

MESA DOWNTOWN HOLIDAY LIGHT TOUR

December 6, 9, 11, 18 | 6:00 pm

Join us during the month of December for adventures exploring colorful holiday lights in our community. Registered participants only. RSVP - only 12 seats per trip. **FREE**

SENIOR CENTERS DROP-IN AREAS



ART STUDIO
Thursdays - DT



BILLIARDS



**PUZZLES
& GAMES**



**FITNESS
CENTER**



LIBRARY



CAFE



CENTER GAMES

Share a smile and make friends over some fun games! Drop by or reserve your spot at asteraz.org.

MESA DOWNTOWN



WII SPORTS (GOLF & BOWLING)
Mon - Fri | 8:00 - 11:00 am



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



FITNESS TRAINER
Tues & Thurs | 10:30 am - 2:00 pm



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



BINGO! FOR PRIZES
Weds | 12:30 - 3:00 pm



BINGO! FOR MONEY
Fri | 1:00 - 3:30 pm



MAHJONG
Mon | 9:30 - 12:00 pm | 12:30 - 3:00 pm



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



WHATEVER GAMES WE PLAY
Weds | 12:30 - 3:00 pm



CANASTA
Weds & Fri | 12:30 - 3:00 pm



MEXICAN TRAIN DOMINOES
Thurs | 12:30 - 3:00 pm



CHESS
Thurs | 12:30 - 3:00 pm



BINGO! FOR PRIZES
Tues & Fri | 12:30 - 2:30 pm

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NOW SHOWING

Our Senior Centers each host **FREE** movies starting at **12:30 pm**. RSVP online, by phone or in person to secure your seat! Downtown Senior Center movies are on Thursday, and Red Mountain Senior Center movies are on Tuesday.



MESA DOWNTOWN



December 5 | One Flew Over the Cuckoo's Nest
1975 | R

Based on the famous novel of the same name. Patients at a mental hospital rally against Nurse Ratched.



December 12
Elvis
2022 | PG-13

An award-winning and lush dramatization of the life of American musical icon Elvis Presley as he navigates stardom in the 1950's.



December 19
The Boys in the Boat
2023 | PG-13

The story of the University of Washington rowing crew that represented the United States in the fateful 1936 Summer Olympics.



December 26
Elf
2003 | PG

Raised as an oversized elf, Buddy travels from the North Pole to New York City to meet his father.



RED MOUNTAIN



December 3
Home Alone
1990 | PG

Kevin is accidentally left behind when his family goes on vacation and must fend for himself against bungling burglars.



December 10
The Holiday
2006 | PG-13

Two lovelorn women from opposite sides of the ocean arrange a home exchange during the holiday season.



December 17
Christmas in Connecticut
1945 | NR

An unmarried city magazine writer pretends to be a farm wife and mother and falls in love with a returning war hero in this classic romantic comedy.



Asparagus with Parmesan

Adapted from Nutrition.gov via
The U.S. Department of Agriculture

Enjoy this easy recipe fresh out of the oven for a healthy twist on a holiday favorite!

Ingredients:

- 30 spears asparagus (fresh, washed, trimmed)
- 4 ounces button mushrooms (canned)
- 1/4 cup onions (green, sliced)
- 2 tablespoons butter (or margarine)
- 2 tablespoons flour
- 1/2 teaspoon salt
- 1/4 cup 1% milk
- 1/2 cup cheese

Instructions

1. Preheat oven to 400 degrees F. Arrange asparagus in a shallow baking dish.
2. Drain mushrooms, reserving liquid. Chop half of mushrooms.
3. Cook onions until tender.
4. Add flour and salt and blend well.
5. Stir in milk and mushroom liquid.
6. Cook until thickened, stirring constantly.
7. Add chopped mushrooms.
8. Pour sauce over asparagus and sprinkle with cheese and mushrooms.
9. Bake 30 to 40 minutes.

Make Your Holiday Healthier

Adapted from The USDA's "Make Healthier Holiday Choices"

The holidays are filled with time-honored traditions and foods that we look forward to all year. Small changes can help make the holidays healthier and more active as you celebrate.

- **Simple substitutions** - make healthy substitutions to still enjoy the holiday spirit. Substitute heavy cream for low-fat milk in a casserole, try hummus and whole grain crackers as an appetizer, and add a salad into your holiday spread.
- **Make your protein lean** - turkey, roast beef, fresh ham, beans, and fish are lean protein choices perfect for the holiday. Trim away fat before cooking, and go easy on sauces and gravies.
- **Be the life of the party** - laugh, mingle, dance, and play games. These social traditions are critical to our emotional wellbeing.
- **Choose water** - quench your thirst with water infused with lemon or lime slices for a tasty and hydrating compliment to your meal.
- **Make exercise part of the fun** - plan a leisurely walk after dinner with friends and family to digest your food and share stories.

VISIT USDA.GOV FOR MORE HEALTHY LIVING TIPS



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PUZZLES

WORD BUILDER

Add the three-letter endings from the list below to create seven-letter words. Use each ending only once.

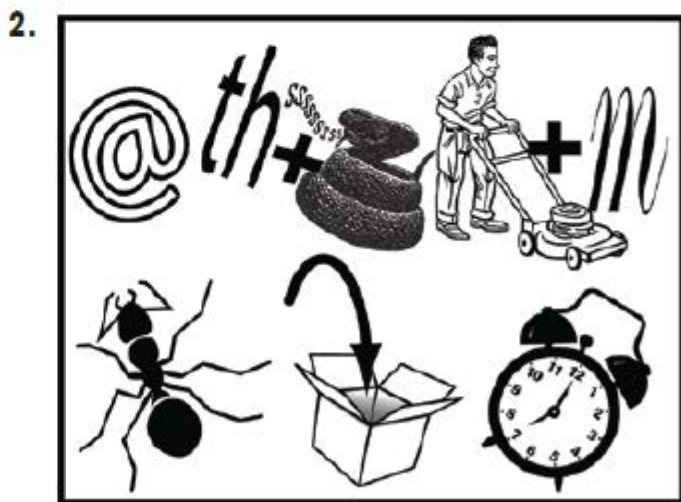
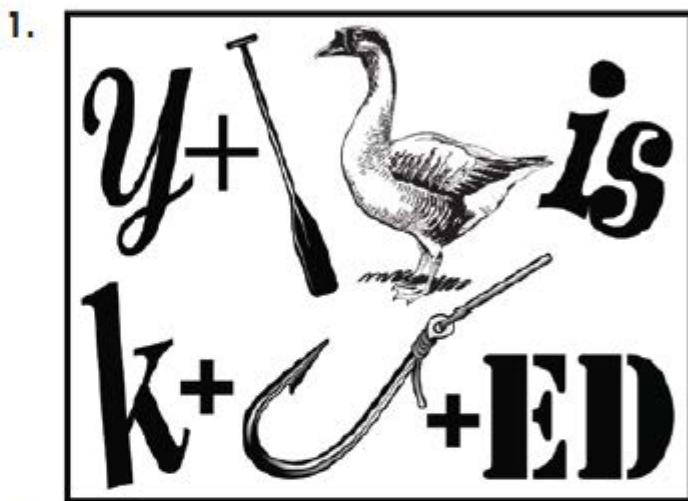
- CABI + _____ = _____
- CENT + _____ = _____
- MIST + _____ = _____
- JEWE + _____ = _____
- PERF + _____ = _____
- COUN + _____ = _____
- MACH + _____ = _____
- OUTC + _____ = _____
- SUPR + _____ = _____
- TRAF + _____ = _____
- CHAM + _____ = _____
- FACT + _____ = _____

RAL	CIL	ORY
FIC	INE	LRV
ECT	OME	BER
BER	EME	NET
AKE		

1. CABI + NET = CABINET 2. CENT + RAL = CENTRAL 3. MIST + AKE = MISTAKE 4. JEWE + LRV = JEWELRY 5. PERF + ECT = PERFECT 6. MACH + INE = MACHINE 8. OUTC + OME = OUTCOME 9. SUPR + BME = SUPREME 10. TRAF + FIC = TRAFFIC 11. CHAM + BER = CHAMBER 12. FACT + ORY = FACTORY

DECODE THIS!

Use the visual clues in the puzzle to figure out what it says.



1. Your goose is cooked
2. At this moment in time

ANSWER

ANSWER



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Sign-up for our eNews development@asteraz.org



CONTACT

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480-964-9014 p

Mesa Downtown Senior Center

247 N Macdonald St,
480-962-5612 p

Red Mountain Senior Center

7550 E Adobe St,
480-218-2221 p

ASTER'S MISSION

Our mission is to empower and support East Valley older adults to remain independent and engaged in our communities.

ASTER'S VISION

Our vision is for Aster Aging to be a leader in providing direct services and mobilizing resources that support the changing needs of our older adult population.



FOLLOW @AsterArizona



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Instagram



DONATE ONLINE TODAY

Your gift empowers and supports local seniors!

www.asteraz.org/help/donate.html