



Petunias bloom beginning in October in Arizona, and can bring a surprising range of Fall colors to our desert home.

IN THIS ISSUE

Lunch Menu	1
Knowing Medicare	2
Savvy Saving Seniors	3
October Activities	5
Center Movies	8
Eating Healthier	9
Puzzles	10

OCTOBER 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).
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



TUESDAY

1
Popcorn chicken, mashed potatoes with gravy, corn, a whole wheat biscuit, and a banana.

WEDNESDAY

2
Pork cutlet**, peas and onions, yam, a whole grain roll, and tropical fruit.

THURSDAY

3
Veggie lasagna, Normandy vegetables, green garden salad, a whole grain roll, and mandarin oranges.

FRIDAY

4
Hamburger on a whole wheat bun, tater tots, 4-way vegetable medley, and grapes.

7

Shrimp alfredo with whole wheat pasta, Italian vegetables, carrots, and mixed fruit.

8

Pot roast, potatoes and carrots, coleslaw, a whole grain roll, and an apple crisp with oatmeal topping.

9

Turkey, mashed potatoes and gravy, green beans, a whole grain roll, pineapple chunks, and whole wheat fig bars.

10

Pork chop** with gravy, sliced mushrooms, winter vegetable mix, lemon-herbed quinoa, an orange, and an oatmeal cookie.

11

Shrimp Scampi on whole wheat penne noodles, yellow squash, 5-way vegetable mix, and mango.

14

Beef and broccoli, edamame, Asian vegetable mix, brown rice, and pears.

15

Ham** and Swiss cheese sandwich on whole wheat bread, coleslaw, French fries, and an orange.

16

Cod fillet, Brussel sprouts, chuck wagon corn, brown rice pilaf, and mixed berries.

17

Beef stew with carrots and potatoes, broccoli, a whole wheat biscuit, and apricots.

18

Herb encrusted chicken, yam, spinach, a whole grain roll, graham crackers, and apples with cinnamon.

21

Pork** meatballs, Italian vegetables, butternut squash, whole wheat penne noodles, and peaches.

22

Broccoli and cheese stuffed chicken breast, spinach, baby carrots, a whole wheat biscuit, and an apple.

23

Salisbury steak, mashed potatoes, Normandy vegetables, a whole grain roll, and an oatmeal peach crisp.

24

Shrimp alfredo, broccoli, mixed vegetables, brown rice, and pineapple.

25

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

28

Blackened pork**, cauliflower, peas, a whole grain roll, applesauce, and graham crackers.

29

Turkey, mashed potatoes, baby carrots, whole wheat bread stuffing, and peaches.

30

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

31

BBQ pork** chop, baked beans, summer squash, lemon quinoa, and an apple.

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



KNOWING MEDICARE

The weather turning cooler signals the onset of Medicare open enrollment. Open Enrollment for 2025 runs from October 15th to December 7th of 2024.



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 Thursday. Contact our Outreach staff at 480-634-1659 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

PROGRAMS FOR YOU

We support and empower East Valley older adults and their families to remain independent and engaged in our communities



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.

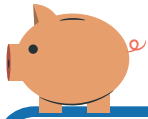


SOCIAL SERVICES

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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SAVVY SAVING SENIORS

For those of us on a fixed income, budgeting is more important than ever.

You're invited to join us this month for a series of completely free, in-person workshops on how to budget and achieve your financial wellness goals.



Produced in partnership with the National Council on Aging and Bank of America, this workshop will feature four sessions held at both Aster's Red Mountain and Downtown Senior Centers.

Be sure to sign up in advance, spots are limited! Attend the first class to participate in the 4-week series.

RED MOUNTAIN SENIOR CENTER

Workshop 1: October 10 - 9:00 - 10:30 am

MESA DOWNTOWN SENIOR CENTER

Workshop 1: October 10 - 12:30 - 2:00 pm

LEARN MORE AND RSVP:



Ramoncita Cocova - Director of Social Services
Email: rcocova@asteraz.org
Phone: 480-634-1659
asteraz.org

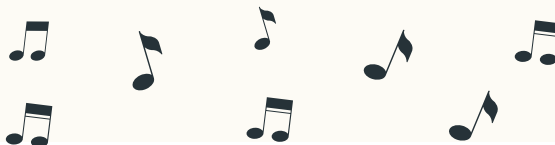
RED MOUNTAIN

AFTERNOON DANCE PARTIES

Every Wednesday

1:00 - 3:00 pm

\$5 per person.



PAID ADVERTISEMENT



CELEBRATE NATIONAL ASSISTED LIVING WEEK AT INSPIRA GATEWAY!



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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!



AFFORDABLE HOUSING PANEL



Aster's Red Mountain Senior Center hosted a roundtable on affordable housing in September featuring Congressman Greg Stanton and leaders from across the community.

Thank you to all community partners who participated, including: Area Agency on Aging, City of Mesa, A New Leaf, Solari, and more.

Visit Aster's website to learn more about the event and discussion.

AARP DIGITAL SKILLS

October 8, 15, 22, 29
10:00 - 11:00 am

Presented by The AARP Foundation. Get tech-savvy with AARP's Digital Skills Experts in this FREE workshop series!

Attend one or both depending on your interest.

MESA DOWNTOWN:

October 8: Introduction to AI (Artificial Intelligence)

October 22: Protecting your Personal Information Online

RED MOUNTAIN

October 15: Staying Safe Online

October 29: All Things Zoom

RSVP soon, spots are limited!

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](https://twitter.com/AsterArizona)



ASTER SENIOR CENTERS

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



MESA DOWNTOWN EVENTS

Wednesdays | 9:00 - 10:00 am

PAINTING FOR FUN!

Cost: Own supplies (brushes, canvas)

If you think you can't draw or paint, you'll quickly learn that you can. You'll also have fun doing it!

Thursdays | 10:00 am

VETERAN'S ART

Enjoy learning and creating unique pieces of art with veterans and the relatives of veterans. Facilitated by the Mesa Art League.

October 1, 15 | 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.

Wednesdays | 10:00 - 11:00 am

CHAIR VOLLEYBALL

Make friends while bouncing a beach ball across the net in a friendly volleyball match!

October 31 | 10:00 am - 12:00 pm

HALLOWEEN PARTY

It's a monster mash! Join us for a costume contest, dancing, music, Halloween treats, and a spooky good time!



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 online.**



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

Have fun singing golden-oldies 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!



October 7 | 8:30 am | Mesa Downtown
October 11 | 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.



October 24 | 12:30 - 1:30 pm | Red Mountain
MEN'S CLUB

Join the guys for coffee and camaraderie!



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

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

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

October 3 | 12:00 - 1:00 pm
IPAD TECH CLASS

Join us for an informative workshop on how to use an iPad. In order for you to have the most hands-on experience, please bring your own device.

October 7 | 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.

October 22 | 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 AT AZ STATE CAPITOL MUSEUM

October 24 | 12:00 - 4:00 pm

Learn about the government of the Arizona Territory and the early days of statehood. Spots are limited, RSVP in advance.

Admission is FREE!

MESA DOWNTOWN HEARD MUSEUM EXCURSION

October 28 | 12:30 - 3:00 pm

Join us as we visit The Heard Museum, a rich collection of both traditional and contemporary art by Indigenous artists.

Admission is \$18 per person.



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

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



WII SPORTS (GOLF & BOWLING)

Tues - Fri | 8:00 - 11:00 am



BINGO! FOR PRIZES

Weds | 12:30 - 3:00 pm



BINGO! FOR MONEY

Fri | 1:00 - 3:30 pm



SENIOR CENTERS DROP-IN AREAS



ART STUDIO
Thursdays - DT



BILLIARDS



**PUZZLES
& GAMES**



**FITNESS
CENTER**



LIBRARY



CAFE

RED MOUNTAIN



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



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!



MESA DOWNTOWN



October 3 - Gifted

2017 | PG-13

Frank, a single man raising his child prodigy niece Mary, is drawn into a custody battle with his mother.



October 10 - No More Baths

1998 | G

Jake's stories about the Civil Rights Movement inspire the children to go on a bath strike.



October 17 - His Girl Friday

1940 | G

A newspaper editor uses every trick in the book to keep his ace reporter ex-wife from quitting and remarrying.



October 24 - Monumental

2011 | PG

Kirk seeks to discover the people, places and principles that made America the freest nation the world has ever known.



October 31 - Rear Window

1954 | G

A photographer spies on his neighbors and is convinced that one of his neighbors is a murderer.



RED MOUNTAIN



October 3 - O Brother, Where Art Thou

2000 | PG-13

Three escaped convicts search for hidden treasure while a relentless lawman pursues them.



October 10 - Hocus Pocus

1993 | PG

A teenage boy named Max and his little sister move to Salem, where awakens a trio of witches.



October 17 - Beetlejuice

1988 | PG

Ghosts are harassed by an unbearable family that has moved into their home, and hire a malicious spirit to drive them out.



October 24 - 9

2009 | PG-13

A ragdoll that awakens in a postapocalyptic future holds the key to humanity's salvation.



October 31 - Premonition

2007 | PG-13

Linda experiences the days surrounding her husband's death in a non-chronological order.

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Pesto Pasta with Vegetables

Adapted from Arizona Department of Health Services - via azhealthzone.org

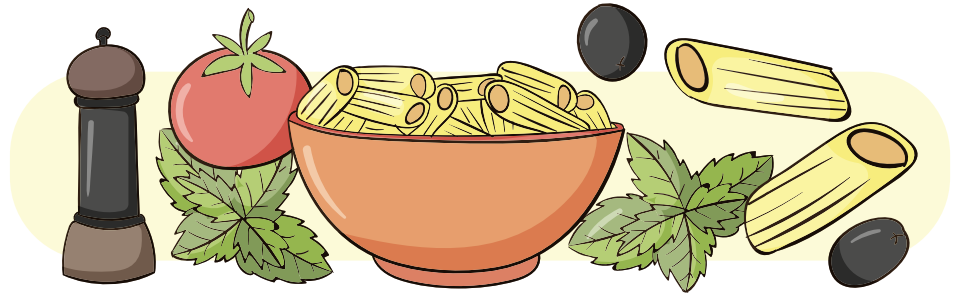
Spice things up with this simple and delicious recipe!

Ingredients

- 1 box or about 4 cups pasta, cooked and drained
- 2 tablespoons to ½ cup pesto (see Spinach Pesto recipe) or your favorite dressing, to taste
- 2 cups fresh, frozen, or canned vegetables, chopped (ex. tomato, carrot, bell pepper, or corn)
- 12 – 15 oz of your favorite protein (ex. Canned chicken, turkey, tofu, canned beans)
- 4 cheese sticks, grated or sliced
- Lemon juice to taste

Instructions

1. Wash hands with soap and warm water.
2. In a medium bowl, combine all ingredients. Serve hot or cold.



Choosing Healthier Foods

Adapted from The National Institute on Health, "5 Tips for Choosing Healthier Foods As You Age"

Food provides us with the nutrients and energy we need as we age.

Follow these tips to help you maintain a healthy weight, get the nutrients you need, and lower your risk of developing certain diseases.

Five Tips for Choosing Healthier Foods:

1. Eat a variety of foods each day.
2. Read food labels to learn what's in your food.
3. Choose foods that don't have a lot of sugar, saturated fats, and sodium.
4. Be aware of how many calories you need per day.
5. Keep a food diary to track what you eat.





PUZZLES

Cranium Crunchers

Decode each image by sounding out the pictures.



1. The icing on the cake. 2: Sherlock Holmes.

ANSWER

October IQ

Can you answer all of these trivia questions about October?

1. True or false? A person who collects stamps is called a numismatist.
2. Charlotte's Web was published on October 15, 1952. Who wrote it?
3. What is the name of the first full moon after the harvest moon?
4. Margaret Thatcher was born on October 13, 1925. What office did she hold from 1979 to 1990?
5. What baseball player was known as "Mr. October"?
6. What prefix does octo-, as in October, indicate?

Answers: 1: False. This is a philatelist
 2: E.B. White 3: Hunter's Moon. 4: Prime Minister of England. 5: Reggie Jackson. 6. Eight. October was the 8th month of the old Roman calendar.

ANSWER

PAID ADVERTISEMENT

ARE YOU SUFFERING FROM ANY OF THESE LEG SYMPTOMS?

- Varicose veins
- Swollen ankles
- Skin color change
- Spider veins
- Heaviness
- Leg cramps
- Aching / Pain
- Tired legs
- Restless legs

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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 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.



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DONATE ONLINE TODAY

Your gift empowers and supports local seniors!

www.asteraz.org/help/donate.html