



aster

SCENE



December 2023

A Monthly Newsletter About Our Services

Volume 17, Issue 12



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From our family to yours, we wish you a safe, festive and fun holiday season!



DECEMBER 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



4

Pork Stir Fry** with Vegetables over Brown Rice, with Snap Peas, and Mangos

5

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

6

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

7

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

8

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

11

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

12

Beef Stroganoff over Brown Rice with Corn, Spinach, and a Mandarin Orange

13

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

14

Honey Glazed Pork Loin** with Mixed Grilled Veggies, Stewed Tomatoes, a Wheat Roll, and Pineapple

15

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

18

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

19

Open Faced Turkey Sandwich on Whole Wheat Bread, with Mashed Potatoes & Gravy, Peas and Onions, & Cinnamon Apples

20

Chef Salad with Ham** and a Beet Salad, Whole Grain Crackers and Sliced Peaches

21

Tri-Tip Roast with a Baked Potato, Green Beans a Whole Wheat Breadstick, Peaches, & an X-mas Cookie

22

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

25



26

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

27

Herbed Chicken with Roasted Red Potatoes, Steamed Baby Carrots, a Wheat Roll, Tropical fruit Cup, & Birthday Cake

28

Shrimp Alfredo with Asparagus, 5-way Farm Vegetables, a Whole Wheat Breadstick, and Mandarin Orange Slices

29

Beef Stew with Yellow Potatoes, Winter Blend Veggies, a Whole Grain Roll, and a Banana



ASTER AGING



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



OUR SHARED WORK

No matter the time of year, Aster’s programs and hardworking staff and volunteers are here helping seniors maintain their independence and remain connected to the community they call home. But Aster doesn’t do everything on our own – it is your contributions that make our efforts possible.



Your donation enables us to deliver meals to the homebound, provide individualized social services, conduct educational and engaging activities, offer essential transportation, and more. You can give confidently knowing that Aster handles our donors’ dollars carefully and puts them into programs with proven results.

One of those programs is Meals on Wheels.

Last year, Aster's Meals on Wheels delivered over 120,000 nutritious meals to vulnerable seniors in our community. These meals help seniors stay healthy and independent in their own homes. More than that, a visit from our caring Meals on Wheels staff is of equal importance to the meal, as this is the only social contact that some of our participants will have all day.

After a lifetime of hard work, more older adults find themselves struggling with health issues on fixed incomes. Many are forced to choose between paying for groceries and buying medicine. Your donation helps provide services like Meals on Wheels 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 & 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.



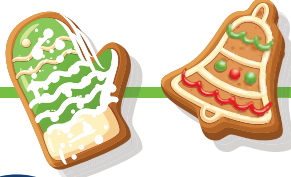
IN-HOME SUPPORT

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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GIVING & GETTING

Did you know you can make a life-changing gift that helps vulnerable seniors **and** receive a dollar-for-dollar tax credit on your Arizona taxes? Such is the benefit of the Arizona Charitable Tax Credit. As a Qualifying Charitable Organization (Our code is **20426**), your donation to Aster Aging is eligible for this credit.



To take advantage of this credit, simply make a donation to Aster by the end of 2023. Then, when filling out your taxes, you can be eligible for a credit. The credit caps at \$421 (single, married filing separate or head of household) or \$841 (married filing jointly).

Please, contact your personal financial adviser for specific questions regarding the Arizona Charitable Tax Credit.



DONATE TO ASTER

www.asteraz.org/help/donate.html

480-964-9014 | development@asteraz.org



JOIN US AT OUR ANNUAL HOLIDAY LUNCH
 Dec 21 | 11:30 am - 1:00 pm

Enjoy a delicious holiday meal as we celebrate the joys of the season. Fun and festive activities will help make the season bright.

RSVP TODAY
 Mesa Downtown at 480-962-5612
 Red Mountain at 480-218-2221

RED MOUNTAIN



AFTERNOON DANCE PARTIES

Wednesdays | 1:00 - 3:00 pm

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

- Dec 6 - Carla Elliott
- Dec 13 - Dee Bonar
- Dec 20 - Dale Mortensen
- Dec 27 - Dale Mortensen



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

RED MOUNTAIN

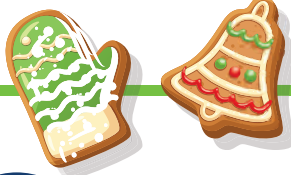


LINE DANCING

Dec 4 & 18 | 10:30 am

Scoot your boots to the Center & have a grand ol' time kicking up dust as we dance together!





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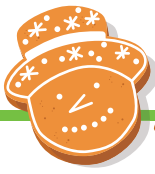


LINE DANCING

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ASTER SENIOR CENTERS'



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



MESA DOWNTOWN EVENTS

Wednesdays | 10:00 am

EMPOWER

by Area Agency on Aging

Build the strengths and resources needed to be successful when coping with life's changes.

Thursdays | 10:30 am

GROUP WORKOUT

Join us & use the fitness center!

Dec 4 | 8:30 am

VETERAN'S SOCIAL

Chat and enjoy coffee & donuts with fellow service members.

Dec 6 | 12:00 pm

FEED YOUR MIND

Enjoy lunch and learn how to prevent Type-2 diabetes.

Dec 7, 14 & 27 | 10:00 am

VETERANS ART

Create beautiful art facilitated by Mesa Art League.

Dec 20 | 12:00 pm

FEED YOUR MIND

Enjoy lunch and learn habits to help protect against flu.



**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 - 11:00 am | Mesa Downtown
ADVANCED & BEGINNERS TAI CHI CLASSES*

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

Enjoy good company while crafting creative pieces.



**Wednesdays | 9:00 - 10:00 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.



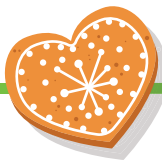
Tuesdays | 10:30 am - 3:00 pm | Red Mountain
DEAF & HEARING-IMPAIRED SOCIAL GROUP

A weekly group for people with hearing issues to chat.



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!



ACTIVITIES CALENDAR



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



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

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

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



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 & LOSS SUPPORT

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

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



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

A post-bereavement social support group for seniors.

RED MOUNTAIN EVENTS



Dec 4 | 1:00 pm

PARKINSON'S GROUP

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

Dec 5 | 9:00 am

CRAFT EARRINGS*

Join Mark as we craft beautiful earrings for you or as a gift!
Space is limited. \$5 per person

Dec 14 | 9:00 am

VETERAN'S SOCIAL

Enjoy coffee & donuts with friends.

Dec 14 | 12:30 pm

CARD MAKING*

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

Dec 19 | 9:00 am

CRAFT BRACELETS*

Join Mark as we craft beautiful bracelets for you or as a gift!
Space is limited. \$5 per person

Dec 28 | 12:00 pm

THE MEN'S CREW

Join the guys to make new friends.





ASTER AGING



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



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

Thur | 9:30 - 10:30 am

LADIES' BILLIARDS

Wed | 10:00 - 11:00 am

MAHJONG

Thur | 12:00 - 3:00 pm

PINOCHLE

Tue & Thur | 12:30 - 3:00 pm

WII BOWLING

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

RED MOUNTAIN

BOARD GAMES

Thur | 12:00 - 3:00 pm

CANASTA

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

MEXICAN TRAIN DOMINOES

Thur | 12:00 - 3:00 pm

BRIDGE

Mon | 12:00 - 3:00 pm

MAHJONG MONDAYS

Beginner | 9:30 - 11:45 am

Regular | 12:00 - 3:00 pm

PINOCHLE - DOUBLE DECK

Tues | 12:00 - 3:00 pm

BUNCO

Thur | 9:30 - 11:00 am

PINOCHLE - SINGLE DECK

Thur | 12:00 - 3:00 pm

BINGO!

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

BINGO! FOR PRIZES

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

Tue & 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



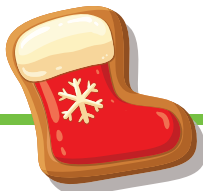
FITNESS CENTER



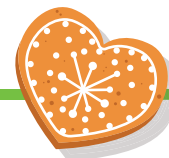
LIBRARY



PUZZLES & GAMES



ASTER AGING



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VOLUNTEER SPOTLIGHT

As the year comes to an end, Aster turns to highlight one of our Neighbors volunteers: Lyn Holden Mack. Month after month, Lyn volunteers her time to provide essential transportation for the participants in our Neighbors program.



When asked about what inspired her to start volunteering with Neighbors, Lyn reflected on the challenges of finding transportation for her own mother. "I can't always be there to help my Mom, but I always hope that my volunteer services can make life a little easier for someone else's Mom or Dad."

As for how Lyn has been able to consistently volunteer, she highlighted the flexibility of the Neighbors schedule. She is able to take opportunities based on her own availability each month.

Last winter, Lyn helped deliver holiday presents as part of our Holiday Helpers program, which is focused on providing gifts to our most isolated, homebound participants.

"I was really affected by how thankful people were for the gifts that Aster provided, and especially so when a couple of folks mentioned it would be the only gift they would receive," Lyn shared.

"If we can all make just one person's holiday - or really any day - a little brighter or easier, the world would be a better place."

Contact us today if you are interested in joining the Neighbors Program as a volunteer, like Lyn!



ASTER NEIGHBORS

Anne Wurth, Program Coordinator

480-629-5502 | awurth@asteraz.org

MESA DOWNTOWN



GETTING CREATIVE

WRITERS' GUILD

Fridays | 9:30 am

Every Friday morning you hear tales of romance and mystery, comedy and daring-do being woven at the Mesa Downtown Senior Center. All of this springing forth from the minds of Writer's Guild participants.

Being made up of both published and aspiring writers, the Writer's Guild is open to all skill levels, genres, and writing styles. If you're working on a story or want to revisit a past project, the Guild can provide feedback and encouragement.

If you don't have a story idea, The Guild offers prompts to help get your creative juices flowing.

Whether writing short stories or poems, children's literature or science fiction, the folks at the Guild are there to provide the encouragement every writer needs to tell their story.



ALZHEIMER'S TALKING TIPS

People with Alzheimer's may struggle to find the right word when speaking or forget what they were saying. Remember to be patient. Here are some do's and don'ts to keep in mind.

DO

- Make eye contact and use the person's name
- Listen and be open to the person's concerns
- Allow extra time for the person to respond
- Ask yes or no questions: "Would you like some tea?" rather than "What would you like to drink?"

DON'T

- Exclude the person from conversations
- Speak with an angry or tense tone
- Talk about the person as if they are not there
- Interrupt or argue with them



VEGETABLE NOODLES

Excerpted from Arizona Dept of Health Services



Whether you are in a rush and need a quick lunch or forgot to plan dinner, this noodle dish can be put together in a pinch! Try adding your own flavor with your favorite spices, and seasonings.

INGREDIENTS

- 1 package ramen noodles
- 2 cups water
- 2 cups any kind of vegetables (fresh, frozen, canned)
- Juice of 1 lemon or 2 limes

DIRECTIONS

1. Wash hands with warm water and soap. Wash fresh vegetables before preparing.
2. Boil water. Discard flavor packet from ramen noodles. Break noodles into small pieces and add to boiling water.
3. Add vegetables and cook three minutes. Drain well.
4. Add lemon or lime juice and serve.

NUTRITION FACTS (PER SERVING)

139 Calories; 23 g Carbohydrate; 4 g Protein; 3 g Total Fat 3 g; 0 mg Cholesterol; 2 g Fiber; 1 g Total Sugars; 448 mg Sodium.

Confetti, Countdown, December, Gown, Hourglass, January, Kiss, Midnight, Music, New York, Resolution, Sparkler, Toast, Tuxedo

WORD SEARCH ANSWER (page 10)



PUZZLES

Answers to this New Year's themed puzzle's clues are found in the word search in all directions. Having trouble? The word are found on page 9.

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

- Paper Bits _____
- It Precedes The Ball Drop _____
- Last Month _____
- Formal Dress _____
- Sand Timer _____
- First Month _____
- Pucker Up _____
- 12 O'clock _____
- Melody _____
- Times Square Locale _____
- Self-promise _____
- Handheld Firework _____
- "Cheers!" _____
- Formal Suit _____

Find the two sweaters that are exactly alike.



3 8 3

ANSWER



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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 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