



Medicare open enrollment lasts from October 15th to December 7th. With its many parts, enrollment can be a challenge - Aster has resources to help you navigate this process with confidence.

Read more on page 2.

IN THIS ISSUE

Lunch Menu	1
Knowing Medicare	2
Health Literacy Month	3
October Activities	5
Center Movies	8
Debunking SNAP Myths	9
Puzzle	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

Items with **contain pork or pork products.

Menu subject to change due to availability.

TUESDAY



WEDNESDAY

1

Spaghetti and meatballs, Italian green beans, side salad, a whole wheat breadstick, and an apple crisp with oatmeal.

THURSDAY

2

Roast turkey and gravy with mashed potatoes and broccoli, a whole wheat dinner roll, mixed fruit salad, and Fig Newtons.

FRIDAY

3

Pork loin**, potato wedges, coleslaw, a whole wheat biscuit, and mixed berries.

6

Chicken parmesan with roasted red potatoes, green peas, a whole wheat dinner roll, and diced peaches.

7

Beef tacos on a whole wheat tortilla, Chuck Wagon corn, pinto beans, and strawberries with cream.

8

Barbeque pork** sandwich on a whole wheat bun, baked beans, yellow squash, and watermelon slices.

9

Beef lasagna, 4-way-vegetables, zucchini, whole wheat bread sticks, and a banana.

10

Cod fillet, Brussels sprouts, corn, brown rice, and apricot slices.

13

Shepard's pie with beef, mashed potatoes, peas and carrots, a whole wheat dinner roll, and strawberries.

14

Honey garlic chicken with Asian vegetable mix, edamame, brown rice, and tropical fruit.

15

Shrimp Alfredo on linguine noodles with broccoli and cauliflower, 5-way-vegetable mix, and an orange.

16

Chili con carne, sauteed yellow squash, green side salad, cornbread, and mixed berries.

17

Chicken pot pie with celery and carrots over a whole wheat biscuit, 4-way-vegetable mix, and pineapple chunks.

20

Salisbury steak with gravy, cubed roasted potatoes, spinach, a whole wheat biscuit, and an apple.

21

Chicken tacos on a whole wheat tortilla, refried beans, roasted corn, and Mandarin orange slices.

22

Beef Stroganoff over egg noodles, green beans, a garden side salad, and mango cubes.

23

Chicken stuffed with broccoli and cheese, cauliflower, baby carrots, a whole wheat dinner roll, Fig Newtons, and a pear.

24

Meatloaf with gravy, mashed potatoes, Normandy vegetables, a whole wheat dinner roll, and a peach crisp with oatmeal.

27

Chicken Kiev with grilled vegetables, wax beans, brown rice, and an orange.

28

Pot roast with gravy, potatoes with carrots and celery, sweet corn, a whole wheat biscuit, and a banana.

29

Ham** and cheese hoagie with lettuce, tomatoes, and onion slices on a whole wheat roll, chopped veggie salad, and a pear.

30

Roast beef open-faced sandwich on whole wheat bread with gravy, mashed potatoes, green beans, sliced apples, and graham crackers.

31

Tuna salad sandwich on whole wheat bread with baby carrots, 3-bean salad, and Mandarin orange slices.

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 2026 runs from October 15 to December 7, 2025.

For many of us, understanding Medicare options and making decisions about coverage can be challenging. There are multiple parts, plans, and costs to consider, and choosing the right combination for your unique needs often requires careful guidance. Aster will have resources available in October to help you navigate Medicare Open Enrollment.



Our dedicated staff can walk you through:

- How to enroll
- Plan comparison
- Coverage and costs
- Connection to important community resources

Our team can help you navigate the enrollment process, answer your questions, and connect you with additional resources to support your overall well-being. We are committed to ensuring that older adults in our community can make informed decisions about their healthcare.

For assistance with Medicare Open Enrollment, contact Aster's Outreach and Social Services team at **480-634-1659** or **socialservices@asteraz.org**. Our team is here to provide personalized guidance and support throughout the enrollment process.



ASTER OUTREACH AND SOCIAL SERVICES

Ramoncita Cocova, Director of Social Services

Email: rcocova@asteraz.org | Phone: 480-634-1659

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.

ASTER AGING

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

HEALTH LITERACY MONTH

This October, we celebrate Health Literacy Month, a time to focus on understanding and using health information to take care of yourself. As we get older, keeping track of medications, appointments, and health instructions can sometimes feel overwhelming. Having the right tools and knowledge helps prevent mistakes, ensures timely care, and supports independence.

Aster is committed to helping older adults feel confident in managing their health and communicating with doctors and care providers. Clear health information is key to making informed choices and maintaining your quality of life. Our Outreach and Social Services team is here to help you navigate Medicare, Medicaid, and other community health programs through free, private, and unbiased consultations.

Learn more about Health Literacy Month at odphp.health.gov.



VISIT US AT COMMUNITY EXPOS THIS FALL

Aster will have a presence at community expos across Mesa this month and next - we invite you to stop by to meet our team and learn more about other community resources available to you.

Mesa Chamber Health & Wellness Expo - October 8, 2025 from 9:00 am to 1:00 pm
Superstition Springs Center - 6555 E Southern Avenue Mesa, AZ, 85206

Lovin' Life Expo Mesa - Tuesday, November 18, 2025 from 9:00 am to 1:00 pm
Mesa Convention Center - 293 N Lewis, Mesa, AZ, 85201



HALLOWEEN LUNCH PARTIES

Oct 31 | Both Centers | 10:30 am

Come in costume to celebrate the spooky season with us!

ASTER AGING

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



ASTER ACTIVITIES

STAY IN TOUCH WITH ASTER TO READ MORE NEWS

Website: AsterAZ.org | Social Media: @AsterArizona

Email Development@asteraz.org for a chance to have your photo featured in the newsletter!



Pictured above: Participants solve puzzles at the Red Mountain Senior Center.



Pictured above: Participants learn a traditional Samoan dance at the Downtown Senior Center's Luau celebration.



Pictured above: A City of Mesa volunteer paints a birdhouse with a participant during the Mesa Downtown Senior Center's "Camping Day" party.



Pictured above: Volunteers answer calls and greet guests at the Red Mountain Senior Center.



Pictured left: Participants enjoy Bingo for Prizes at the Red Mountain Senior Center.

ASTER SENIOR CENTERS

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



MESA DOWNTOWN EVENTS

October 14 & 28 | 10:00 - 11:00 am

AARP DIGITAL SKILLS CLASSES

Get tech-savvy with AARP's Digital Skills experts! This month's topics: "Is That AI?" and "Understanding Frauds & Scams". RSVP in advance.

October 10 | 9:00 - 11:00 am

OPEN HOUSE

You're invited to tour the Mesa Downtown Senior Center. Learn about what we have to offer, as well as meet our instructors. Play Open House Bingo for prizes while enjoying delicious snacks.

October 27 | 12:30 - 1:30 pm

CHOIR CONCERT

Join us for a special performance from the Brentwood West Choir! This free afternoon live show will include the community's 30-member choir. RSVP in advance to attend.

October 13 | 12:30 - 1:30 pm

PARANORMAL INVESTIGATOR!

Get into the spooky spirit and join us for "Escapades of a Paranormal Investigator!" RSVP in advance to join us!



Tuesday, Wednesday | 8:15 - 9:15 am | Mesa Downtown
MORNING MOVEMENT*

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



Wednesday, Thursday | 1:00 - 3:00 pm | Red Mountain
RED MOUNTAIN DANCES!*

Join us for live music and lots of fun every week! **\$5/person.**



Monday, Thursday | 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-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!



Monday, Thursday | 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.



Tuesday & Friday | 1:00 - 2:00 pm | Mesa Downtown
GERI FIT Facilitated by Area Agency on Aging

Enjoy a great workout using bands, weights, and more!



Wednesdays | 10:00 - 11:00 am | Mesa Downtown
1st Friday | 10:00 - 11:00 am | Red Mountain
BOOK CLUB Facilitated by New Frontiers of MCC

Join us & discuss a shared love of reading.

ACTIVITIES CALENDAR

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



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

Our female participants come together for friendship & fun.



Thursdays | 10:00 - 11:00 am | Mesa Downtown Wednesdays | 9:00 - 10:00 am | Red Mountain

BLOOD PRESSURE SCREENINGS

Learn your numbers to better manage your health!



2nd & 4th Wednesday | 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.



Mondays | 9:00 - 11:00 am | Mesa Downtown **CERAMICS***

Have fun molding, painting, and sculpting ceramics!
Cost varies.



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

A post-bereavement social support group for seniors.



1st Monday | 8:30 am | Mesa Downtown 2nd Friday | 9:00 am | Red Mountain **VETERANS' SOCIAL**

Enjoy coffee & donuts each month with fellow veterans.



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

Learn about remarkable events through history.



RED MOUNTAIN EVENTS

October 15 | 11:30 am - 1:00 pm

OCTOBER BIRTHDAY PARTY

Join us to celebrate the birthdays of those born in September! There will be singing and birthday cake for all.

Tuesdays | 10:30 am - 3:00 pm

DEAF SUPPORT GROUP

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

October 6 | 1:30 - 3:30 pm

PARKINSON'S SUPPORT GROUP

Presented by the Muhammad Ali Parkinson's Center & DUET. For people living with Parkinson's Disease.

October 13, 27 | 12:30 - 2:00 pm

TRAVELOGUE

Let's travel to fun and interesting places, virtually! This month, we will learn about California and Kansas through trivia, history, and more.

Wednesdays | 12:30 - 3:00 pm

DIAMOND ART DUCKIES*

Bedazzle rubber ducks in this fun and unique class every Wednesday!

Cost: Supplies

ASTER AGING

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

EXCURSIONS

Must be a registered participant and RSVP in advance to join.



Mesa Downtown **PIONEER LIVING HISTORY MUSEUM**

October 23 | 12:30 - 3:30 pm

Pioneer Arizona is a 90-acre open air museum in Phoenix featuring historical buildings, artifacts, and more.

Cost: \$8/person

**Space Limited, RSVP by phone or in person.
480-962-5612**



Red Mountain **ICE CREAM SHOP AFTERNOON TRIP**

October 23 | 12:15 - 2:30 pm

Join us on an afternoon trip to a local ice cream parlor right here in Mesa!

Cost: Ice Cream

**Space Limited. RSVP by phone or in person.
480-218-2221**



Pictured above: Participants from the Mesa Downtown Senior Center enjoy an excursion to the Mesa Community College Planetarium.



CENTER GAMES

Drop by or email CBS@asteraz.org to save your spot.

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



MAHJONG

Thurs | 12:00 - 3:30 pm



BINGO!

PRIZES: Weds | 12:30 - 3:00 pm

MONEY: Fri | 1:00 - 3:30 pm

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



CHESS

Thurs | 12:30 - 3:00 pm



BINGO! FOR PRIZES

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

The Aster Scene is made possible in part by the support of our advertisers, which helps us keep this publication free of charge. The presence of paid advertisements does not constitute an endorsement by Aster Aging. For more information, contact development@asteraz.org.

ASTER AGING

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



NOW SHOWING

Aster's Senior Centers each host FREE weekly movies starting at 12:30 pm.

Downtown Senior Center movies are on Thursday, and Red Mountain Senior Center movies are on Tuesday.

RSVP online, by phone/email or in person to secure your seat!



MESA DOWNTOWN (Thursdays)

October 2

October Sky | 1999 | PG

October 9

Rear Window | 1954 | PG

October 16

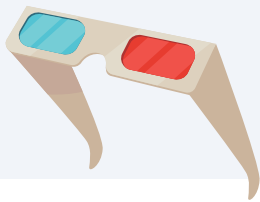
Hunt for Red October | 1990 | PG

October 23

Phantom of the Opera | 2005 | PG-13

October 30

ET | 1982 | PG



RED MOUNTAIN (Tuesdays)

October 7

My Big Fat Greek Wedding | 2002 | PG

October 14

Monster-In-Law | 2005 | PG

October 21

The Cops and Robbersons | 1994 | PG

October 28

A Little Game | 2014 | PG



PAID ADVERTISEMENT

Discovery Point
Retirement
Community



ONE BEDROOM
Starts at
\$2,140

*Rates are subject to change

- Chef prepared meals
- Weekly Housekeeping
- Full Calendar of Activities
- Fitness Classes and Gym

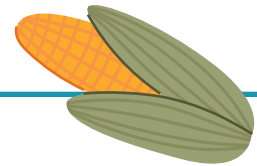
- All Utilities (except phone)
- Cable TV
- Transportation
- Emergency Call System

Discovery Point
6210 E Arbor Ave
Mesa, AZ 85206
480.924.6474

**Rent includes all this and
much more! 55+ community**



**Schedule a
tour for a
FREE PIE!**



Rotisserie Chicken Caesar Wrap

By Michaela Solimo
Aster Aging Intern

Caesar salads are a classic, and making them into a wrap adds a satisfying mix of textures. Using Rotisserie chicken also makes this an easy, no-cook meal!

Ingredients

- 3oz rotisserie chicken
(Canned chicken works too!)
- 1 ½ cup lettuce
- 1oz shredded Parmesan cheese
- 2 tablespoons Caesar dressing
- 1 Whole wheat tortilla
- Optional croutons

Directions

1. Wash hands with soap and water.
2. Cut rotisserie chicken into small pieces. If using canned chicken, don't forget to wash the can!
3. Wash and cut lettuce
4. Combine chicken with lettuce, parmesan cheese, Caesar dressing and croutons if using.
5. Lay the tortilla on a flat surface and drop the Caesar mixture you just created on top.
6. Wrap the tortilla, burrito-like.
7. Eat and enjoy!

DEBUNKING SNAP MYTHS

Adapted from the NCOA's "Seniors & SNAP: 5 Myths Busted"

As costs continue to rise, it can be a challenge to afford food, medicine, and other essentials. SNAP, the Supplemental Nutrition Assistance Program, provides monthly financial aid to help older adults maintain health and independence - but only 55% of those who qualify actually use it.

• **Myth 1: SNAP is only for families with children**

Fact: SNAP is for everyone, including older adults. Regular access to nutritious food can prevent chronic conditions, improve immunity, strengthen bones, lower fall risk, and support medication adherence. SNAP also frees up money for prescriptions and other health expenses.

• **Myth 2: SNAP benefits are too small to matter**

Fact: The average benefit for a single older adult is \$188 per month, far above the often-cited \$23 minimum. Benefits can accrue over months, and out-of-pocket medical costs may increase your monthly payment.

• **Myth 3: Receiving SNAP takes food from others**

Fact: SNAP is available to all eligible participants. Nearly 9 million older adults qualify but haven't enrolled.

• **Myth 4: Few stores accept SNAP**

Fact: Over 260,000 food retailers participate nationwide, including grocery stores, convenience stores, farmers markets, and online options. Benefits are accessed with an EBT card like a debit card.

• **Myth 5: Applying for SNAP is too hard**

Fact: Applications can be completed online, by mail, or in person with basic household and income information. Processing takes up to 30 days, and help is available from Aster's Benefits Enrollment Center.

Checking eligibility has no downside, and SNAP can provide vital support to access nourishing food, reduce financial stress, and maintain independence.

Aster is here to assist you with a free and private consultation to learn more about SNAP and other community programs that can help you stretch your budget to afford the food you need.

Contact Ramoncita Cocova, Director of Social Services, to learn more.

Phone: 480-634-1659 | **Email:** rcocova@asteraz.org

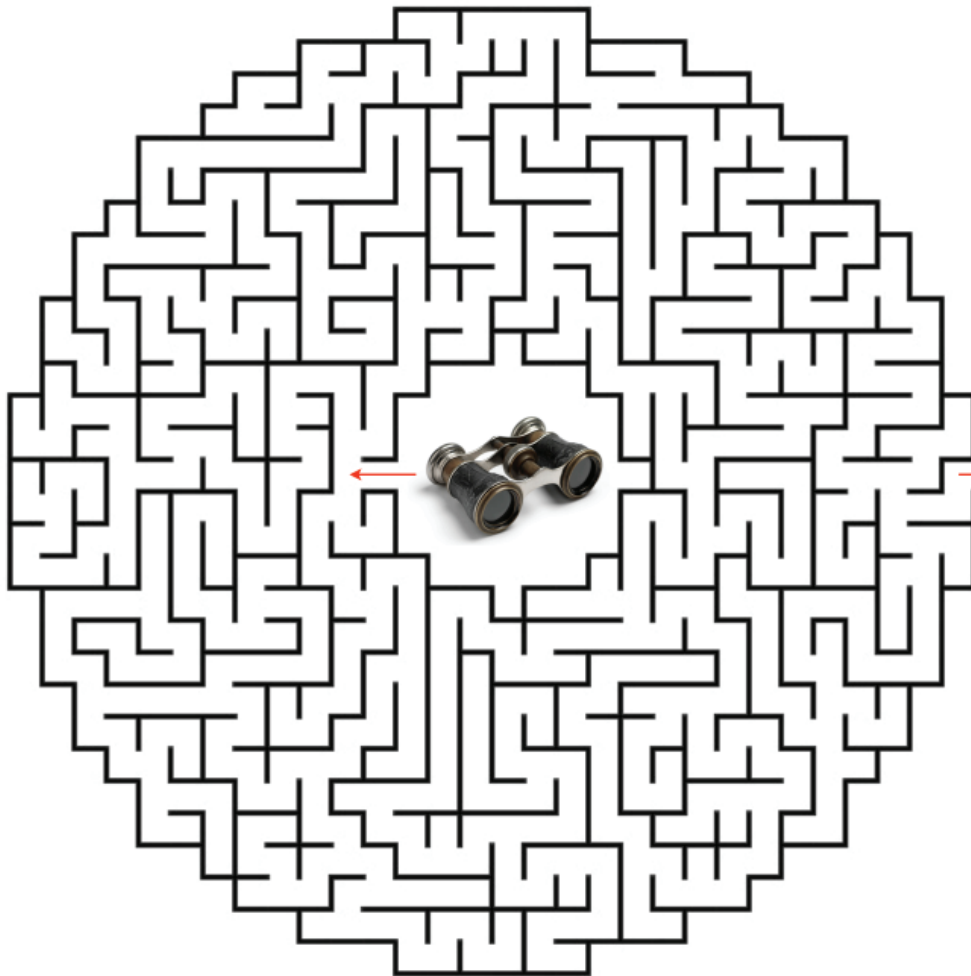


PUZZLE



A-Mazing Opera

Navigate twists and turns in this musical brain-teaser where every path hits a high note!



PAID ADVERTISEMENT

We specialize in primary care for adults over 65.



Book your appointment
Locations throughout Mesa, AZ

- Annual Wellness Visits
- Specialty care coordination
- Virtual visits
- Management of chronic conditions
- Same-day appointments
- Medicare accepted at all Village Medical locations





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

480-964-9014



To unsubscribe, email **development@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 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.



BE THE FIRST TO KNOW

Read the newsletter early every month by receiving it in your email inbox or reading it right on our website!

Email **development@asteraz.org** to learn more.



DONATE ONLINE TODAY

Your gift empowers and supports local seniors!

www.asteraz.org/help/donate.html