



As we get older, the meaning of the holiday season can change. We invite you to find community and joy at Aster this year!

Join us for lunch, activities, and lots more at Aster's Senior Centers at Mesa Downtown and Red Mountain.

Read more on page 2.

IN THIS ISSUE

Lunch Menu	1
Season's Greetings	2
Benefits Enrollment	3
November Activities	5
Center Movies	8
Plant-Based Protein	9
Puzzles	10

NOVEMBER MENU

For next day reservations (lunch is served at 11:30 am), call [480-962-5612](tel:480-962-5612) (Mesa Dntown) 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

3

Cheeseburger on a whole wheat bun with tater tots, baked beans, and a fruit cocktail.

TUESDAY

4

Teriyaki Chicken bowl with stir fry veggie mix and brown rice, edamame, sliced apples, and a fortune cookie.

WEDNESDAY

5

Salisbury steak, mashed potatoes, green beans, a whole wheat dinner roll, and a whole banana.

THURSDAY

6

Bean and cheese burrito with bell pepper and onion, roasted corn, Spanish brown rice, and cubed mangoes.

FRIDAY

7

Chicken salad with grapes, pecans, and cranberries, pasta salad, a whole wheat dinner roll, and sliced pears.

10

Swedish meatballs, boiled potato, broccoli, egg noodles, a whole wheat dinner roll, and peaches.

11

Chicken enchilada on a whole wheat tortilla, sweet corn, black beans, and grapes.

The Red Mountain Senior Center will be closed on November 11.

12

Tilapia with lemon and garlic, Prince Edward vegetable blend, peas and onions, brown rice pilaf, and apple dump cake with oatmeal.

13

Philly cheese steak on a whole wheat hoagie roll with green beans, broccoli, and mixed fruit.

14

Chicken salad with bacon**, lettuce, tomato, cucumber, and onion, whole wheat croutons, and apple slices.

17

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

18

Shrimp alfredo on whole wheat linguine pasta, asparagus, cauliflower, and sliced peaches.

19

Meatloaf with gravy, mashed potatoes, Italian vegetable blend, a whole wheat dinner roll, sliced pears, and graham crackers.

20

Cod fillet, French fries, Normandy vegetable blend, brown rice, and pineapple chunks.

21

Turkey and gravy with carrots, mashed potato, whole wheat stuffing, strawberries, and pumpkin pie.

Join us to celebrate Thanksgiving!

24

Shrimp scampi on whole wheat angel hair pasta, roasted Brussels sprouts, caprese salad, and mango chunks.

25

Chicken fajitas with bell peppers and onions on a whole wheat tortilla, roasted corn and black beans, brown rice, and pineapple chunks.

26

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

27

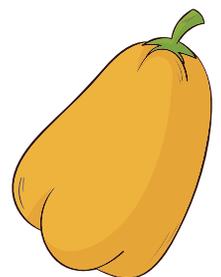
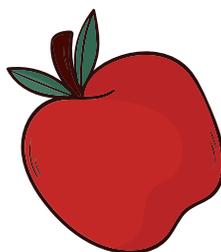
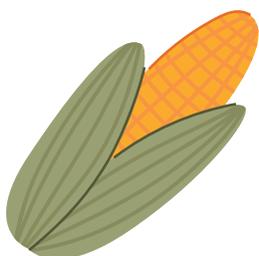
CLOSED FOR THANKSGIVING HOLIDAY

28

CLOSED FOR THANKSGIVING HOLIDAY

Items with **contain pork or pork products.

Menu subject to change due to availability.



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SEASON'S GREETINGS

The holiday season carries with it a sense of warmth, tradition, and togetherness. It is a time when families gather, recipes are pulled from old cookbooks, and stories are retold around tables filled with familiar foods. Small rituals, like baking a favorite dessert, writing cards, or gathering for a special meal, remind us of the continuity between past and present.



As we grow older, the holidays can also stir complex emotions. Alongside joy, there may be moments of remembering loved ones who are no longer with us or memories of traditions that have changed over time. For some, the season is as much about remembering as it is about celebrating.

Aster invites you to share the holidays with us at our Senior Centers all season. The Senior Center is more than just a place to gather; it is a place where older adults can find friendship, support, and renewed purpose. Whether enjoying a holiday meal, joining an activity, or simply sharing conversation, our Senior Centers at Mesa Downtown and Red Mountain provide a welcoming space to connect.

For homebound older adults, Aster has specialized resources to keep you connected. The Neighbors program ensures that you are not left out of the season's spirit. Volunteers in the program extend a helping hand with errands, phone calls, and companionship, offering meaningful connection and care. Wherever you spend your holidays this year, Aster is here to remind you that you are not alone.

To explore all of our programs and services, visit asteraz.org or call **480-964-9014**. We hope that this season will be one of community, comfort, and shared celebration to remember for years to come.

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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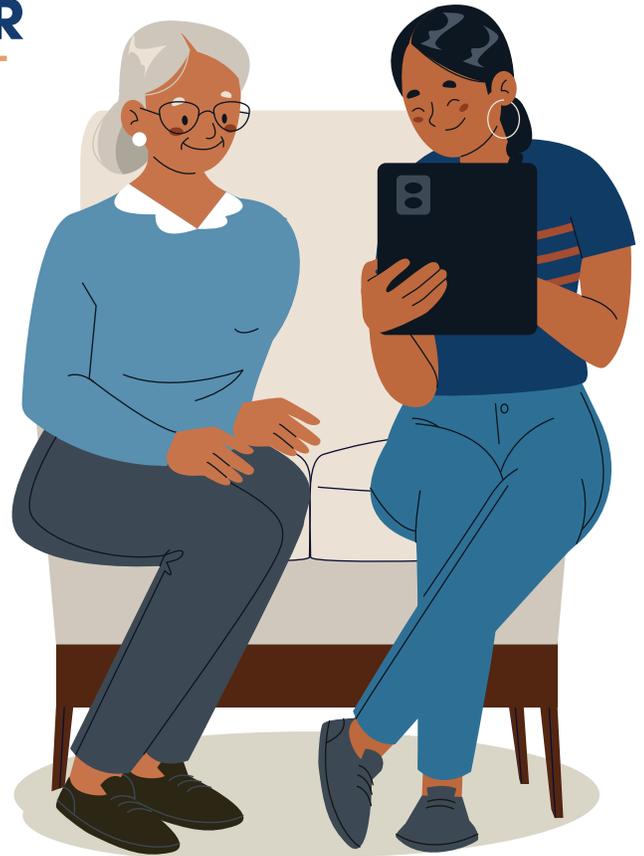
BENEFITS ENROLLMENT CENTER

Did you know that Aster has a team of dedicated Outreach Specialists and Social Workers who can help you navigate your benefits?

Now that Medicare Open Enrollment season is here (October 15 - December 7, 2025 for 2026 enrollment) it is a great time to connect with our team to ensure that you are on a plan that best serves your needs.

Benefits enrollment goes beyond the services you need - it is also a great way to balance your budget. Many older adults do not take advantage of community programs available to help make life more affordable. In a free, private, and confidential consultation, our team can help you determine the resources that best fit your individual circumstances.

To schedule an appointment, contact **Ramoncita Cocova, Director of Social Services**, at **480-634-1659** or **rcocova@asteraz.org**.



VISIT ASTER AT COMMUNITY EXPOS THIS MONTH

Aster will have a presence at community expos across the East Valley in November - we invite you to stop by to meet our team and learn more about other community resources available to you.

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

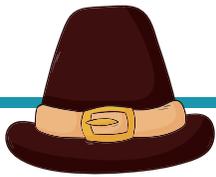
Lovin' Life Expo Tempe - Friday, November 21, 2025 from 9:00 am to 1:00 pm
DoubleTree Hotel Tempe - 2100 S Priest Dr, Tempe, AZ, 85282

THANKSGIVING LUNCH

Friday, November 21, 2025 | 11:30 am

Come out to either Senior Center and gobble, gobble up a delicious holiday meal! Enjoy some fun themed games and activities. RSVP today at the Senior Center or by emailing **CBS@asteraz.org**.





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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: Portrait painting class at the Red Mountain Senior Center.



Pictured above: Grief and Loss Support Group at the Red Mountain Senior Center.



Pictured above: An artist displays original artwork made at the Mesa Downtown Senior Center.



Pictured left: Participants enjoy live Mariachi music at the Mesa Downtown Senior Center's Hispanic Heritage Month celebration in October. The event featured live music, special snacks, and support from City of Mesa volunteers.

ASTER SENIOR CENTERS

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



MESA DOWNTOWN EVENTS

November 11 | 10:30 am - 12:00 pm VETERAN'S DAY

Aster is proud to have many Veterans in our community, and invites you to celebrate those who have served in a special event, led by participants.

November 14 | 10:00 - 11:00 am VALLEY METRO PRESENTATION

The Valley Metro Transit System provides affordable and accessible transportation across the community. Our Social Services team will be presenting on the system so that you can navigate it with confidence.

November 24 | 12:30 - 3:30 pm CHANDLER CENTER MALL EXCURSION

Join us for a fun trip to the Chandler Center Mall. This trip is free, but requires advance registration at the Senior Center.

Thursdays | 10:00 am - 12:00 pm VETERAN'S ART

Presented by the Mesa Art League
Join us every Thursday to make art with fellow Veterans.



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!



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!



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.



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.



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.

RED MOUNTAIN EVENTS



November 3 | 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.

November 10 | 12:30 - 2:00 pm
THE ROARING 20'S

The 1920's was the Gilded Age, a pivotal moment that changed our country forever. Join us for an afternoon of trivia, history, and lots more, and wear your best 1920's garb!

November 19 | 11:30 am - 1:00 pm
NOVEMBER BIRTHDAY PARTY

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

November 24 | 12:30 - 1:30 pm
SUMMER OF LOVE

Join us on a blast to the past as we learn about the famed Summer of Love in 1967. Wear your favorite tie dye shirt and bring a friend. There will be trivia, history, and great music!

The Red Mountain Senior Center will be closed on Tuesday, November 11th due to the Veteran's Day holiday.

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EXCURSIONS

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



Mesa Downtown AZ COMMEMORATIVE AIR FORCE MUSEUM

November 12 | 12:30 - 3:30 pm

Join us for a tour of the Commemorative Air Force Museum, honoring those who served.

Cost: \$15/person
Space Limited, RSVP by phone or in person.
480-962-5612



Red Mountain MESA COMMUNITY COLLEGE PLANETARIUM

November 25 | 1:15 - 3:00 pm

Come watch a presentation about our amazing solar system!

Cost: Free
Space Limited. RSVP by phone or in person.
480-218-2221



Pictured above: A historic motor vehicle at the Chandler Museum of History from the Red Mountain Senior Center's September excursion.



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



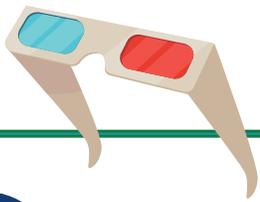
CHESS

Thurs | 12:30 - 3:00 pm



BINGO! FOR PRIZES

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



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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)

November 6

Saving Private Ryan | 1998 | R

November 13

Jurassic World: Rebirth | 2025 | PG-13

November 20

You've Got Mail | 1998 | PG



RED MOUNTAIN (Tuesdays)

November 4

Ice Castles | 2010 | PG

November 18

Sleepless in Seattle | 1993 | PG

November 25

Just Like Heaven | 2005 | PG-13



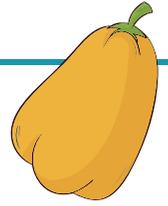
SCAM AWARENESS FOR SENIORS



Scams are a significant concern for older adults. According to the FBI, seniors lost over 4 billion dollars to scams in the year 2024 alone. Aster is partnering with the Office of the Arizona Attorney General to provide an informative class that can help you stay safe and learn what to watch out for.

Scam Prevention presented by the Office of Attorney General Kris Mayes

Monday, November 17, 2025 | 10:00 AM - 11:00 AM
Aster Red Mountain Senior Center
7550 E Adobe St, Mesa, AZ, 85207
RSVP: cbs@asteraz.org or 480-218-2221



Egg Salad on Whole Wheat Crackers

By Michaela Solimo
Aster Aging Intern

Quick and easy dinner option that will keep you full and will help your bones stay strong!

Ingredients

- 2 hard-boiled eggs
- ¼ cup chopped celery and onion
- 2 tablespoons low-fat mayonnaise
- 1 teaspoon mustard
- Lemon juice or vinegar for brightness
- 2oz whole wheat crackers, unsalted tops
- Optional: chives or parsley for garnish

Directions

- Wash hands with soap and water.
- Boil eggs, or buy them pre-boiled.
- Chop celery and onion (Tip: buy frozen cut veggies and let them defrost before using)
- Mash eggs and combine with veggies, low-fat mayonnaise, mustard, lemon juice or vinegar.
- Chill.
- Serve and enjoy with whole wheat crackers.

PLANT-BASED PROTEIN

Adapted from the NCOA's "Cooking With Plant-Based Protein: 5 Tasty Options to Try"

Eating more vegetables, fruits, whole grains, and nuts strengthens immunity, supports bone and digestive health, reduces inflammation, and lowers the risk of chronic disease. Research shows that three servings of non-starchy vegetables and two servings of fruit daily can reduce cancer mortality by 10%. Plant-based diets are linked to healthier weight, and even short-term vegan diets improve heart health. Beyond wellness, plant-forward eating can also lower costs—an Oxford study found vegan, vegetarian, or flexitarian diets may reduce grocery bills by up to one-third.

A common concern is whether plant foods provide enough protein. The answer is yes. Many options deliver impressive nutrition while offering affordable, versatile ways to cook.

Five protein-rich plant foods to try:

- 1. Pulses (beans, lentils, chickpeas, peas):** About 6g protein per half cup. Use in soups, stews, dips, tacos, or as roasted snacks.
- 2. Legumes (edamame, peanuts):** A half cup of shelled edamame has 9g protein; peanuts and peanut butter offer 8g per serving. Add to salads, stir-fries, smoothies, or oatmeal.
- 3. Tofu:** At 21g protein per half cup, tofu absorbs flavors easily and works well in stir-fries, sauces, scrambles, or grilled as a meat substitute.
- 4. Quinoa:** Technically a seed, quinoa provides 8g protein per cooked cup. Use in place of rice, pasta, or ground beef, or enjoy as a hearty breakfast.
- 5. Tempeh:** A fermented soy product with 31g protein per cup. Grill, sauté, bake, or crumble for sandwiches, salads, chili, and tacos.

For older adults, one barrier to eating this way is cost. Fresh produce and specialty foods can feel out of reach, especially on fixed incomes.

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.

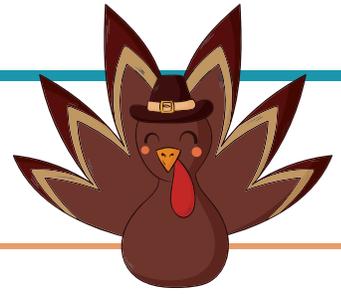
Phone: 480-634-1659 | **Email:** rcocova@asteraz.org

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PUZZLES



Unscramble each set of letters to form a word.
Then unscramble the marked letters to answer the riddle.

1. P M P S N I U K

□ □ □ □ □ □ □ □

2. A E M C A R I

□ □ □ □ □ □ □

3. H L Y D O I A

□ □ □ □ □ □ □

4. Y N U T B O

□ □ □ □ □ □

What kind of music did the Pilgrims listen to at the first Thanksgiving feast?

Find each of the Thanksgiving Dinner items from the categories listed below. Disregard spaces between words.

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

- □ □ Types of Pie
- □ □ Foods That are Green
- □ □ Types of Meat
- □ □ Side Dishes

Which two turkeys are exactly alike?

1.



2.



3.



4.



5.



RIDDLE: Pumpkins, America, Holiday, Bounty; "Plymouth Rock"
WORD FIND: Cherry, Apple, Pecan, Pumpkin; Artichoke, Green Beans, Lettuce, Peas;
Goose, Ham, Roast, Turkey; Potatoes, Rice, Stuffing, Yams
TURKEYS: 2 & 5

ANSWERS



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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