



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.](#)



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NOVEMBER 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 \$4.00.

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

MONDAY

2

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

TUESDAY

3

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

WEDNESDAY

4

Cheese ravioli with marinara sauce, a side of Italian blend vegetables, a whole wheat breadstick, and diced mango.

THURSDAY

5

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

FRIDAY

6

Shrimp scampi on a bed of whole wheat linguine pasta, with sides of asparagus and cauliflower, and a banana.

9

Beef lasagna with 4-way vegetables, zucchini, whole wheat bread sticks, and mixed berries.

10

BBQ pork ** sandwich on a whole wheat bun with baked beans, yellow squash, and grapes.

11

Beef tacos on whole wheat tortilla with pinto beans, sauteed zucchini, and strawberries with cream.

12

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

13

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

16

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

17

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

18

Ham** and cheese hoagie with lettuce, tomatoes, and onion slices on a whole wheat roll, a chopped vegetable side salad, and an orange.

19

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

20

Turkey with gravy, whole wheat bread stuffing, mashed potatoes, carrots, mixed berries, and pumpkin pie.

THANKSGIVING LUNCHEON

23

Meatloaf with gravy, mashed potatoes, green beans, a whole wheat dinner roll, mixed tropical fruit, and graham crackers.

24

Crispy chicken sandwich on a whole wheat bun with potato wedges, corn, and fruit salad.

25

Shrimp Alfredo on a bed of whole wheat linguine pasta, with asparagus, cauliflower, and sliced peaches.

26

**CLOSED FOR
THANKSGIVING
HOLIDAY**

27

**CLOSED FOR
THANKSGIVING
HOLIDAY**

30

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



Items with **contain pork or pork products.

Menu subject to change due to availability.

ASTER AGING

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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 month long in November. The Senior Center is a place where older adults can find friendship, support, and renewed purpose. Whether enjoying a 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 and Social Service Specialists who can help you navigate your benefits?

Now that Medicare Open Enrollment season is here (October 15 - December 7, 2026 for 2027 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**.



COMMUNITY EXPO

Meet Aster's team and learn more about resources available to you.

Lovin' Life Expo Mesa -

Tuesday, November 10, 2026

9:00 am to 1:00 pm

Mesa Convention Center - 293 N
Center Street, Mesa, AZ, 85201



HEALTH WORKSHOP

Presented by Students from the University of Arizona College of Nursing

Join us from 10:00 to 11:00 am at the Mesa Downtown Senior Center for a fun and informative workshop on various health topics.

Dates:

Wednesday, November 4 - Preventative Screenings
Tuesday, November 17 - Preventing Falls

RSVP:

480-962-5612 | CBS@asteraz.org | In-Person



THANKSGIVING LUNCH

Friday, November 20, 2026 | 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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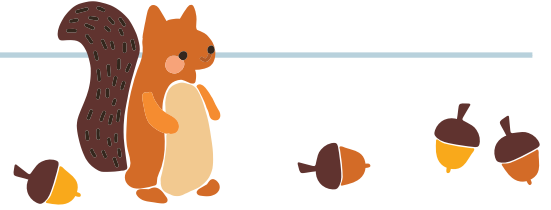
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ASTER ACTIVITIES

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: The Deaf Support Group meets at the Red Mountain Senior Center every Tuesday from 10:30 am to 3:00 pm.



Pictured above: All smiles at the Red Mountain Senior Center's Bingo for Fun.



Pictured above: Participants discuss mindfulness in a health workshop presented by University of Arizona College of Nursing students.



Pictured above: Mesa Downtown Senior Center participants dress the part at an alien-themed party.

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ASTER SENIOR CENTERS

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



MESA DOWNTOWN EVENTS

To RSVP for an activity, call the Senior Center at 480-962-5612, email cbs@asteraz.org, or sign up in-person.

Fridays | 9:00 - 10:00 am

SCIENCE WORKSHOP

Join us every Friday for a fun and informative workshop on how our world works! You will receive an informative handout, watch videos, and discuss various topics.

November 6 | 10:00 am - 12:00 pm

GRATITUDE PARTY

Volunteers are coming in to plan a special lunch party for you, celebrating all that we have to be thankful for. Don't miss out on the fun!

November 11 | 10:00 am - 12:00 pm

VETERAN'S DAY

Join us for a special presentation, lemonade, treats, and a morning celebrating those who served.

November 13 | 10:00 - 11:00 am

PROTECT YOURSELF FROM FRAUD

Presented by Navy Federal Credit Union

Learn the latest in financial fraud tactics and how to keep you and your savings protected.



Tuesdays, Wednesdays | 8:15 - 9:15 am | Mesa Downtown
MORNING MOVEMENT*

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



Mondays | 1:30 - 2:30 pm | Mesa Downtown
Thursdays | 1:00 - 2:00 pm | Red Mountain

LINE DANCING*

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



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

Learn about remarkable events through history.



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
1st Wednesday | 10:30 - 11:30 am | Red Mountain
KARAOKE

Have fun singing golden-oldies in this judgement-free zone



Mondays | 2:00 - 3:00 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. Bring your own project to work on. **Cost: Supplies**



Wednesdays | 9:00 - 10:00 am | Mesa Downtown
HALL OF FAME

Learn about all things baseball with volunteer Art.



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!



Thursdays | 10:00 - 11:00 am | Mesa Downtown
CHAIR YOGA*

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

ACTIVITIES CALENDAR

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



Thursdays | 9:30 - 10:30 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 | 8:00 am - 1:30 pm | Mesa Downtown
Fridays | 8:30 - 11:00 am | Red Mountain
ART STUDIO*

Enjoy Open Art Studio Thursdays and Portrait Painting with a live model on Fridays. **Bring your own supplies.**



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

Come to share, learn and spark your creative juices.



1st & 3rd Monday | 8:30 am | Mesa Downtown
2nd Friday | 9:00 - 10:00 am | Red Mountain
VETERANS' SOCIAL

Enjoy coffee & donuts each month with fellow veterans.



November 18 | 11:30 - 12:00 pm | Both Centers
NOVEMBER BIRTHDAY PARTY

Come celebrate the birthdays of those born this month with cake.



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.



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

Discuss art history from all eras and parts of the world.



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

Presented by the Mesa Art League

Join us every Thursday to make art with fellow Veterans.



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

A group for those who have already gone through a loss and wish to make new friends.



Wednesdays | 1:00 - 3:00 pm | Red Mountain
WEDNESDAY DANCE

Cut a rug every Wednesday at the Senior Center

RED MOUNTAIN EVENTS



To RSVP for an activity, call the Senior Center at 480-218-2221, email cbs@asteraz.org, or sign up in-person.

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

A weekly group for people with hearing loss to make friends and chat. All are welcome - come visit to play cards and games, learn sign language, and enjoy good company.

November 2 | 1:00 - 3:30 pm

PARKINSON'S SUPPORT GROUP

Presented by The Muhammad Ali Parkinson Center

For those living with Parkinson's Disease and their loved ones.

Women's - November 5 | Men's - November 19 | 10:00 - 11:00 am

MEN'S AND WOMEN'S SOCIALS

Meet a group of likeminded friends in a low-pressure social hour designed just for you.

November 6 | 11:30 am - 12:30 pm

VETERAN'S APPRECIATION

Celebrate those who served with a special themed lunch - there will be music, memorial, and more.

November 6 | 10:00 - 11:00 am

PROTECT YOURSELF FROM FRAUD

Presented by Navy Federal Credit Union

Learn the latest in financial fraud tactics and how to keep you and your savings protected.

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EXCURSIONS

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



Mesa Downtown

MESA CONTEMPORARY ART MUSEUM

November 17 | 1:00 - 3:30 pm

A free visual arts space that features rotating modern and contemporary art exhibitions across five distinct galleries.

Cost: FREE

Bus Pickup: 12:30 pm
Space Limited, 10 seats per trip
RSVP: In-Person at the Mesa Downtown Senior Center



Red Mountain

MESA COMMUNITY COLLEGE PLANETARIUM

November 4 | 9:15 - 11:30 am

Explore the wonders of our universe at Mesa's planetarium. See phases of the moon, the rotation of the sky, and more.

Cost: FREE

Bus Pickup: 9:00 am
Space Limited, 12 seats per trip
RSVP: In-Person at the Red Mountain Senior Center



RED MOUNTAIN KARAOKE

Karaoke is back at the Red Mountain Senior Center! Sing your favorite songs in a judgement-free zone.

November 4, 2026 | 10:00 - 11:30 am
RSVP: cbs@asteraz.org | 480-218-2221
or in-person at the senior center



CENTER GAMES

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

MESA DOWNTOWN



FUN & GAMES

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



PINOCHLE

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



BINGO!

FOR FUN: Weds | 12:30 - 3:00 pm
MONEY: Fri | 1:00 - 3:30 pm

RED MOUNTAIN



MAHJONG

Mon | 12:30 - 3:00 pm
Beginner's: Mon | 9:30 - 12:00 pm



PINOCHLE

Tues & Thurs | 12:30 - 3:00 pm
Beginner's: Mon | 1:00 - 3:00 pm



GAMES AND FRIENDS

Weds | 12:30 - 3:00 pm



CANASTA

Weds & Fri | 12:00 - 3:00 pm
Beginner's: Mon | 12:00 - 2:30 pm



MEXICAN TRAIN DOMINOES

Thurs | 12:30 - 3:00 pm



CHESS

Thurs | 12:30 - 3:00 pm



BINGO! FOR FUN

Tues & Fri | 12:30 - 2:00 pm



BRIDGE

Mon, Weds, & Fri | 12:30 - 3:00 pm

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NOW SHOWING



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

Popcorn is provided at all showings!

Downtown Senior Center movies are on Thursday, and Red Mountain Senior Center movies are on Monday. RSVP online, by phone/email or in person to secure your seat!



MESA DOWNTOWN (Thursdays)

November 5 | Elvis | 2022 | PG-13

This award-winning biopic explores the life and music of Elvis Presley through the lens of his complex, 20-year relationship with his manager, Colonel Tom Parker.

November 12 | Raising Arizona | 1987 | PG-13

An eccentric ex-convict and a former police officer who can't conceive or adopt decide to kidnap one of a wealthy furniture tycoon's famous newborn quintuplets.

November 19 | The End of Oak Street | 2026 | PG-13

A 1980s suburban family's neighborhood is mysteriously transported to a prehistoric era filled with dinosaurs in this sci-fi survival adventure.



RED MOUNTAIN (Mondays)

November 9 | Darkest Hour | 2018 | PG-13

Gary Oldman stars as Winston Churchill, who becomes Prime Minister in the early days of World War II as Britain faces its gravest hour.

November 16 | Lion | 2017 | PG-13

A five-year-old boy in India gets separated from his brother at a train station and ends up far from home. Based on a true story.

November 23 | Planes, Trains & Automobiles | 1987 | R

An executive and salesman become unlikely companions when a snowstorm strands them far from home.

November 30 | Instant Family | 2018 | PG-13

Pete and Ellie hope to foster one child but become parents to three siblings, including a rebellious teen, in this comedy inspired by a true story.



SENIOR CENTER DROP-IN AREAS



**PUZZLES
& GAMES**



**FITNESS
CENTER**



BILLIARDS



CAFE



LIBRARY



MEMBERSHIP

Did you know that you can support the Senior Center with an optional membership?

Your contribution of \$18 or more grants you access to member-exclusive parties, prize raffles, and more!

Visit the front desk to learn more.

BAKED APPLE CINNAMON OATMEAL



This one-dish bake uses inexpensive pantry staples, and the soft, spoonable texture makes it easy to eat for anyone dealing with chewing difficulty. It's a warm, fiber-rich November breakfast that makes several servings, so one pan can cover mornings all week.

Ingredients

- 2 cups old-fashioned oats
- 2 medium apples, cored and chopped
- 2 1/2 cups milk or fortified soy milk
- 1/3 cup raisins
- 1 teaspoon cinnamon
- 1 tablespoon honey
- 1 pinch salt

Directions

- 1. Prep:** Wash hands. Preheat oven to 350°F. Wash, core, and chop the apples.
- 2. Mix:** In an 8x8 baking dish, stir together oats, apples, raisins, cinnamon, salt, and milk. Drizzle with honey if using.
- 3. Bake:** Bake 35–40 minutes until the oats are soft and the top is lightly golden.
- 4. Serve:** Eat warm, or refrigerate in small, shallow containers up to 4 days. Reheat a portion in the microwave with a splash of milk.

KEEPING GROCERIES AFFORDABLE

Sources: USDA Healthy Eating on a Budget, USDA MyPlate Eat Healthy on a Budget, USDA MyPlate Game Plan for Healthy Eating on a Budget.

The holidays bring higher costs for just about everyone. Research consistently shows that the cost of basic goods rises around the holiday season, making things more difficult for those on a fixed income. Thankfully, there are some strategies and resources available so that you can keep eating the food you need to stay well.

Start before you shop. Take 15 to 20 minutes each week to plan your meals and make a grocery list of what and how much to buy, including breakfast, lunch, dinner, and snacks. At the store, compare the unit price on the shelf sticker across different brands and sizes to find the best value. Adding beans and canned or frozen vegetables can bulk up your meals and make your food dollars go farther. Reading the Nutrition Facts label also helps you go easy on added sugars, saturated fats, and sodium.

Cooking ahead can save both money and effort.

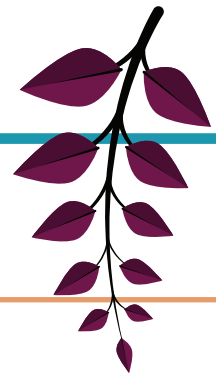
Prepare some dishes early and save the extras for a second, effortless meal later. Those extras only help your budget if they are stored safely. Refrigerate leftovers within 2 hours and eat them within 3 to 4 days. After two hours, food enters the "Danger Zone" between 40 and 140 degrees Fahrenheit, where bacteria can multiply quickly. Store leftovers in small, shallow containers, and freeze what you will not finish in time.

Extra help may be closer than you think. Aster is here to help. Hot, nutritious meals are available at both Senior Centers, Monday through Friday. Eating a balanced meal with good company can help you not only improve your diet but feel less lonely. Aster's Outreach and Social Services team can help you navigate community programs and resources with a free, private, and unbiased consultation on your individual circumstances. Meals For You offers the daily delivery of meals, along with a wellness check. **Email socialservices@asteraz.org or call 480-634-1659 to learn more.**

VISIT [USDA.GOV](https://www.usda.gov) FOR MORE HEALTH TIPS & TRICKS



PUZZLE



SEARCHING FOR NOVEMBER

The words listed below can be found vertically, horizontally, diagonally, forward, and backward.

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

- ARCHER
- BEAVER
- FRIDAY
- CHRYSANTHEMUM
- CORNUCOPIA
- DAYLIGHT
- DIWALI
- ELECTION
- FEAST
- RAKE
- REMEMBRANCE
- SAGITTARIUS
- SCARF
- SCORPIO
- SCORPION
- THANKSGIVING
- TOPAZ
- VETERANS

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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.



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