

# 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](http://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.



# ASTER AGING

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

## 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](http://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



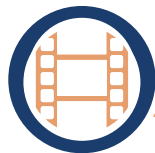
#### BINGO! FOR PRIZES

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](http://azhealthzone.org)

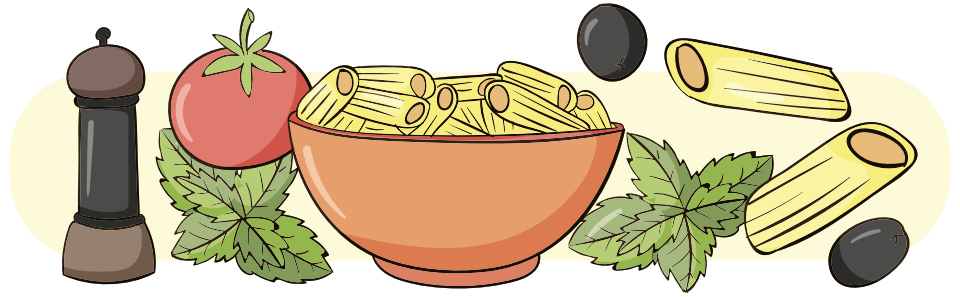
Spice things up with this simple and delicious recipe!

### 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: Regie 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

**WE CAN HELP!**



**SCAN TO BOOK NOW!**



Center for Vein Restoration



Saina Attaran  
MD, MRCS, FRCS

1500 S. Dobson Rd., Suite 310  
Mesa, AZ 85202

3509 S. Mercy Road, Suite 101  
Gilbert, AZ 85297

**800-FIX-LEGS**

f @ in d y  
www.centerforvein.com



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Sign-up for our eNews [development@asteraz.org](mailto: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.



## FOLLOW @AsterArizona

 Facebook

 Instagram



## DONATE ONLINE TODAY

Your gift empowers and supports local seniors!

[www.asteraz.org/help/donate.html](http://www.asteraz.org/help/donate.html)