

MENU – FEBRUARY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OLIVE BRANCH SENIOR CENTER Phone: 623-465-6000	MENU SUBJECT TO CHANGE 2% MILK SERVED DAILY	Free! No Charge! Mobile Food Pantry February 28th 7:00 – 9:00 am Open to Everyone!	 PLEASE CALL IF YOU CANNOT MAKE IT FOR YOUR MEAL!! 623-465-6000	Look for our weekly menu in the Sun City Independent paper
3	4	5	6	7
Soup of the Day A. Beef Burrito Black Beans Guacamole WW Bread Stix Pineapple B. Chef's Choice	Salad of the Day Country Chicken w/Gravy Rice Pilaf Corn WW Biscuit Fresh Berries	Soup of the Day A. Beef Stroganoff Pasta Seasoned Spinach Rye Crackers Tropical Fruit Mix B. Chef's Choice	Salad of the Day Baked Pork Chop Couscous Mixed Peppers Rye Bread Sliced Pears	Soup of the Day A. Oven Fried Fish Peas Carrots WW Dinner Roll Fruit Compote B. Chef's Choice C. Chef's Salad
10	11	12	13	Valentine Day 14
Soup of the Day A. Dijon Chicken Roasted Potatoes Spinach & Mushrooms WW Dinner Roll Fruited Gelatin B. Chef's Choice	Salad of the Day Gingered Beef WW Asian Noodles Oriental Vegetables Almond Cookie Mandarin Oranges	Soup of the Day A. Roast Pork Rice Pilaf Baked Tomato w/Peas WW Bread Sliced Pears B. Chef's Choice	Salad of the Day Cheese Lasagna Spinach Mixed Peppers WW Bread Apricots	 Chicken Cordon Bleu Potato Au Gratin Baby Carrots WW Bread Chocolate Cake
President Day 17	18	19	20	21
Soup of the Day A. Italian Meatballs Pasta Waxed Beans WW Bread Fruited Compote B. Chef's Choice	Salad of the Day Sliced Ham w/ Peach Ginger Sauce Sweet Potatoes Green Beans WW Dinner Roll Sliced Peaches	Soup of the Day A. Roast Turkey Mashed Potatoes Green Salad WW Bread Apricots B. Chef's Choice	Salad of the Day Cabbage Roll Noodles Seasoned Spinach Rye Bread Applesauce	Hot Dog Baked Beans Potato Salad Ice Cream
24	25	26	27	28
Soup of the Day A. Smoked Sausage w/Creole Sauce Mashed Potatoes Black Eyed Peas WW Dinner Roll Fresh Fruit Cup B. Chef's Choice	Salad of the Day Roast Chicken Roasted Yams Spinach & Mushrooms WW Bread Gelatin w/Pears	Soup of the Day A. Roast Beef Rice Pilaf Wax Beans Rye Bread Tropical Fruit Mix B. Chef's Choice	Salad of the Day Cheese Lasagna Italian Vegetables Rosemary Carrots WW Garlic Bread Fresh Fruit	Soup of the Day A. Tuna Salad Plate Tomatoes & Cucumbers Peppers & Onions WW Bread Stix Apricots B. Chef's Choice C. Chef's Salad

BANNER OLIVE BRANCH SENIOR CENTER IS PART OF BANNER HOMECARE AND HOSPICE DIVISION

CALENDAR HIGHLIGHTS FOR FEBRUARY 2020

BREAKFAST - TUESDAY & WEDNESDAY – 7 to 9am
 Pancake or French Toast Breakfast: \$2.50 per person
 Belgian Waffle Breakfast: \$3.00 per person
 (Breakfasts are served with Eggs, Bacon or Sausage and Juice)

DID YOU KNOW??

Valentine

Richard Cadbury (son of **John Cadbury**, founder of the world-famous company) created the known heart-shaped box of chocolates for Valentine Day in 1868.

President Day

Gerald Ford was a fashion model in his youth. (Look magazine (1940) and cover of Cosmopolitan (1942))

SUGGESTED CONTRIBUTIONS

LUNCH - \$4.00
(Age 60 and older)

TRANSPORTATION
\$1.50 each way
Multi ride Tickets available
\$25.00 for 20 rides

- **LUNCH SUGGESTED CONTRIBUTION IS \$4.00 FOR AGE 60 AND OLDER.**
- **UNDER AGE 60 IS \$5.00 – THIS IS A FEE, NOT A CONTRIBUTION.**
- **TO ENSURE YOUR LUNCH RESERVATION, PLEASE SIGN IN BEFORE 11AM.**
- **PLEASE TRY TO HAVE THE EXACT AMOUNT YOU WISH TO CONTRIBUTE AT CHECK-IN AS WE HAVE LIMITED CHANGE AVAILABLE.**
- **PICKUP MEALS ARE \$4.50 – pickup at 11:30am**

FREE!! NO CHARGE!! MOBILE FOOD PANTRY FOR ALL!! February 28th ~7:00AM-9:00AM

The BANNER OLIVE BRANCH SENIOR CENTER is contracted and managed by BANNER HEALTH and funded in part by Banner Health, the Area Agency on Aging, Region One, Inc., Maricopa County and Valley of the Sun



FEBRUARY

2020

**Banner Olive Branch
Senior Center**

Address

11250 N. 107th Ave.,
Sun City, AZ 85351

Business Hours

Monday – Thursday 8:00am – 3:00pm
Friday: 8:00am -2:00pm

Questions or comments?

Call: 623-465-6000

Fax: 623-465-6016

Benefits Assistance

623-465-6005

Staff Members

Dawn Gielau - Director

Julie Ash – Community Outreach
(Senior Services)

Website

www.bannerhealth.com/olivebranch

OTHER CAMPUS EVENTS

United Church of Sun City
Beehive -Tai Chi - Mondays
@ 7:30am
(There may be a class fee)

Monday

Tuesday

Wednesday

Thursday

Friday

Monday	Tuesday	Wednesday	Thursday	Friday
3 8-10:30 MONDAY MENDING 9:45 EXERCISE W/RUTH 10:30 EXERCISE W/ MARY	4 9-10:30 CARDS & GAMES 10:25-10:45 STRENGTH EXERCISE	5 9:30 -10:30 CARDS & GAMES 9:45-10:30 BLOOD PRESSURES TAKEN	6 9:30 -10:30 CARDS & GAMES	7 9-10:00 Popcorn Social 9-10:30 CHICKENFOOT 9:45 EXERCISE W/ RUTH 9:30 -10:30 Guest Speak Dr. Rajvi on “DEMENTIA CARE AND ALZHEIMER’S”
10 8-10:30 MONDAY MENDING 9:45 EXERCISE W/RUTH 10:30 EXERCISE W/ MARY	11 9-10:30 CARDS & GAMES 10:25-10:45 STRENGTH EXERCISE 10-11:00 MIKE ASHCROFT, SPEAKER FROM BANNER DEL WEBB BEHAVIORAL HEALTH DEPT ‘MENTAL HEALTH.’ 12:45 MOVIE TIME	12 9:30 -10:30 CARDS & GAMES 9:30 -10:30 CARDS & GAMES 10:00 MUSIC w/ FRED ROTHERT	13 9:30 -10:30 CARDS & GAMES 9:30-10:30 Activity COPPERSTATE AFRICAN VIOLET CLUB SPEAKER PRESENTER SARAH ODNEAL.	14 VALENTINES DAY 9-10:00 Popcorn Social 9:45 EXERCISE W/ RUTH 10-10:45 Entertainment MUSIC w/ ERIC LAUBACH.
17 8-10:30 MONDAY MENDING 9:45 EXERCISE W/RUTH 10:30 EXERCISE W/ MARY	18 9-10:30 CARDS & GAMES 10:25-10:45 STRENGTH EXERCISE	19 9:30 -10:30 CARDS & GAMES 9:45-10:30 BLOOD PRESSURES TAKEN	20 9:30 -10:30 CARDS & GAMES	21 BLOCK PARTY 9-11:00 METRO HEARING Free – Hearing Screening, Hearing Aid Checkup, Ear Cleaning
24 9:30-10:30 Free Notary Service 8-10:30 MONDAY MENDING 9:45 EXERCISE W/RUTH 10:30 EXERCISE W/ MARY (Is one a strength exercise)	25 9-10:30 CARDS & GAMES 10:25-10:45 STRENGTH EXERCISE 12:45 MOVIE TIME	26 8:45-10:15 LOOM KNITTING 9:30 -10:30 CARDS & GAMES 9:30-10:00 ALL OF US RESEARCH PROGRAM. PRESENTED BY BANNER UNIVERSITY MEDICINE	27 9:30 -10:30 CARDS & GAMES 9:30-10:30 Entertainment w/ Hand Bell Ringers	28 7-9:00 MOBILE PANTRY 9-10:00 Popcorn Social 9-10:30 CHICKENFOOT 9:45 EXERCISE W/ RUTH 10:00 MUSIC w/ FRED ROTHERT 11:00 BIRTHDAYS OF THE MONTH
<u>DINING ROOM</u> RESERVATIONS OR CANCELLATIONS CALL: 623- 465-6000	<u>HOME DELIVERY MEALS</u> RESERVATIONS OR CANCELLATIONS <u>CALL YOLANDA</u> 623-465-6010	BLOCK PARTY FEBRUARY 21ST 10:30-12:30		

***Events, Programs, Classes, Speakers, Dates & Times are subject to change ~ ATTORNEY CHARLES GEISLER BY APPOINTMENT ONLY ON THURSDAYS
MEDICARE QUESTIONS/INFORMATION - ROBERTA EZRATTY BY APPOINTMENT ONLY ON THURSDAY***