

MENU – JANUARY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
OLIVE BRANCH SENIOR CENTER Phone: 623-465-6000	MENU SUBJECT TO CHANGE 2% MILK SERVED DAILY	HAPPY NEW YEAR HAPPY 2020 NEW YEAR We are Closed	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
6	7	8	9	10
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 A. Cheese Lasagna Spinach Mixed Peppers WW Bread Apricots	Soup of the Day A. Fish Filet w/Sauce Sweet Potatoes Zucchini Squash WW Bread Sliced Peaches B. Chef's Choice C. Chef's Salad
13	14	15	16	17
Soup of the Day A. Italian Meatballs Pasta Brussel Sprouts Waxed Beans WW Bread Fruit 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	Soup of the Day A. Salmon in Wine Rice Pilaf Lima Beans WW Bread Sliced Pears B. Chef's Choice C. Chef's Salad
20	21	22	23	24
MLK DAY (Martin Luther King Day) We are Closed	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
27	28	29	30	31
Soup of the Day A. Roast Turkey Mashed Potatoes Green Beans WW Biscuit Cantaloupe B. Chef's Choice	Salad of the Day Cabbage Rolls Rice Basmati Mixed Veggies Rye Bread Applesauce	Soup of the Day A. Pork Loin w/Sauce Roasted Potatoes Carrots & Broccoli WW Bread Mandarin Oranges B. Chef's Choice	Salad of the Day Orange Chicken White Rice Oriental Vegetables Egg Roll Pineapple Chunks	Soup of the Day A. Parmesan Crusted Fish Couscous Butternut Squash WW Dinner Roll Fresh Peaches B. Chef's Choice C. Chef's Salad

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

CALENDAR HIGHLIGHTS FOR JANUARY 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??



New Year celebrations are not new. The concept actually dates back to 2000 BC. The Mesopotamians used to celebrate New Year!

SUGGESTED CONTRIBUTIONS

LUNCH - \$4.00
(Age 60 and older)

TRANSPORTATION
\$1.50 each way
Multi ride Ticket 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!! JANUARY 24TH ~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



JANUARY

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


Julie Ash – Community Outreach
(Senior Services)
Dawn Moore – Activity Coordinator

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
<p><u>DINING ROOM</u> RESERVATIONS OR CANCELLATIONS</p> <p>CALL: 623-465-6000</p>	<p><u>HOME DELIVERY MEALS</u> RESERVATIONS OR CANCELLATIONS</p> <p><u>CALL YOLANDA</u> 623-465-6010</p>	 <p>NEW YEAR DAY</p> <p>WE ARE CLOSED</p>	<p>9:30-10:30 CARDS & GAMES *MEDICARE QUESTION, Roberta Ezratty by appointment only on Thursdays</p>	<p>9-10:00 Popcorn Social 9-10:30 CHICKENFOOT 9:45 EXERCISE W/ RUTH</p>
<p>9-10:30 MONDAY MENDING 9:45 EXERCISE W/RUTH 10:30 EXERCISE W/ MARY (Is one a strength exercise)</p>	<p>9-10:30 CARDS & GAMES 10:25-10:45 STRENGTH EXERCISE</p>	<p>9:30 -10:30 CARDS & GAMES 9:45-10:30 BLOOD PRESSURES TAKEN</p>	<p>9:30 -10:30 CARDS & GAMES 10-11:00 WHO'S THAT BABY?</p> <p>*MEDICARE QUESTION, Roberta Ezratty by appointment only on Thursdays</p>	<p>9-10:00 Popcorn Social 9-10:30 CHICKENFOOT 9:45 EXERCISE W/ RUTH</p>
<p>9-10:30 MONDAY MENDING 9:45 EXERCISE W/RUTH 10:30 EXERCISE W/ MARY (Is one a strength exercise)</p>	<p>9-10:30 CARDS & GAMES 10:25-10:45 STRENGTH EXERCISE 12:45 MOVIE TIME 10:00 MUSIC w/ FRED ROTHERT</p> <p>9:30-11:00 VALENTINE PAINTED ROCKS w/DAWN</p>	<p>9:30 -10:30 CARDS & GAMES 8:00 – 10:00 Medicare Enrollment 9:30 -10:30 CARDS & GAMES 10:15-11:00 CAPTION CALL (Free service for hearing impaired)</p>	<p>9:30 -10:30 CARDS & GAMES Michelle w/Humana? *MEDICARE QUESTION, Roberta Ezratty by appointment only on Thursdays</p>	<p>9-10:00 Popcorn Social 9-10:30 CHICKENFOOT 9-11:00 METRO HEARING Free – Hearing Screening, Hearing Aid Checkup, Ear Cleaning 9:45 EXERCISE W/ RUTH</p>
<p>9-10:30 MONDAY MENDING 9:45 EXERCISE W/RUTH 10:30 EXERCISE W/ MARY (Is one a strength exercise)</p>	<p>9-10:30 CARDS & GAMES 10:25-10:45 STRENGTH EXERCISE</p> <p>10-11:00 RX MATTERS PRESENTATION W/ Lauren Friedman, ElderVention Prevention Specialist</p>	<p>9:30 -10:30 CARDS & GAMES 9:45-10:30 BLOOD PRESSURES TAKEN</p>	<p>9:30 -10:30 CARDS & GAMES Michelle w/Humana? *MEDICARE QUESTION, Roberta Ezratty by appointment only on Thursdays</p>	<p>7-9:00 MOBILE PANTRY 9-10:00 Popcorn Social 9-10:30 CHICKENFOOT 9:45 EXERCISE W/ RUTH 10:00 MUSIC w/ FREDDY SPARGO 11:00 BIRTHDAYS OF THE MONTH Courtney with Human</p>
<p>9:30-10:30 Free Notary Service</p> <p>9-10:30 MONDAY MENDING 9:45 EXERCISE W/RUTH 10:30 EXERCISE W/ MARY (Is one a strength exercise)</p>	<p>9-10:30 CARDS & GAMES 10:25-10:45 STRENGTH EXERCISE</p>	<p>9:30 -10:30 CARDS & GAMES 9:30-11:00 GINGER BREAD GARLAND W/ DAWN in Activities room</p>	<p>9:30 -10:30 CARDS & GAMES</p> <p>*MEDICARE QUESTION, Roberta Ezratty by appointment only on Thursdays</p>	<p>9-10:00 Popcorn Social 9-10:30 CHICKENFOOT 9:45 EXERCISE W/ RUTH</p>

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