

MENU – JUNE 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Soup of the Day A. Curry Chicken WW Asian Noodles Asian Blend Veggies WW Biscuit Sliced Peaches B. Chef's Choice	Salad of the Day BBQ Ribs Sweet Potato Fries Brussel Sprouts WW Dinner Roll Fresh Berries	Soup of the Day A. Roast Beef w/Gravy Mashed Potatoes Mushrooms, Carrots Celery & Onions WW Bread Sliced Pears B. Chef's Choice	Salad of the Day Pork Roast Rice Green Beans WW Dinner Roll Sliced Pears	Soup of the Day A. Oven Fish Fillet Tater Tots Peas & Carrots WW Bread Fruit Compote B. Chef's Choice C. Chef's Salad
10	11	12	13	14
Soup of the Day A. Gingered Beef WW Asian Noodles Oriental Vegetables Almond Cookie Mandarin Oranges B. Chef's Choice	Salad of the Day Dijon Crusted Chicken Breast Roasted Potatoes Spinach & Mushrooms WW Dinner Roll Fruit Gelatin	Soup of the Day A. Garden Quiche Sweet Potatoes Baked Tomato WW Bread Sliced Pears B. Chef's Choice	Turkey Scaloppini Rice Pilaf Fresh Green Salad Brussel Sprouts WW Dinner Roll Apricots	Soup of the Day A. Baked Cod w/Lemon Potato au Gratin Zucchini & Squash WW Bread Sliced Peaches B. Chef's Choice C. Chef's Salad
17	18	19	20	21
Soup of the Day A. Country Chicken Baked Potato Corn WW Bread Cantaloupe B. Chef's Choice	Salad of the Day Egg Plant Parmesan Risotto Zucchini 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 Roast Pork Couscous Seasoned Spinach Beets Rye Bread Applesauce	Soup of the Day A. Baked Fish Mac N Cheese Lima Beans WW Bread Sliced Pears B. Chef's Choice C. Chef's Salad
24	25	26	27	28
Soup of the Day A. Caramelized Onion Chuck Roast Brown Rice Green Bean & Shallot WW Dinner Roll Mandarin Oranges B. Chef's Choice	Salad of the Day Apple Balsamic Pork Chop Mashed Potatoes Peas & Carrots WW Bread Gelatin w/Pears	Soup of the Day A. Chicken Cordon Bleu Rice Waxed Beans Rye Bread Pineapple Chunks B. Chef's Choice	Salad of the Day Meat Lasagna Italian Vegetable Mix WW Garlic Bread Fresh Fruit in Season	Soup of the Day A. Tuna Salad Plate Tomato & Cucumbers Pepper & Onion WW Bread Stix Tropical Mix Fruit B. Chef's Choice C. Chef's Salad
OLIVE BRANCH SENIOR CENTER Business Hours Monday – Thursday 8:00 am – 3:00pm Friday 8:00 am – 2:00pm	BE SURE TO CALL IF YOU CANNOT MAKE IT FOR YOUR MEAL!!! 623-465-6000	Phone: 623-465-6000 Fax: 623-465-6016 WEBSITE: www.bannerhealth.com/olivebranch	MENU SUBJECT TO CHANGE	2% MILK SERVED DAILY

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

CALENDAR HIGHLIGHTS FOR JUNE 2019

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??

APRIL Meal Stats!!!!

Unit Rate Per Meal:
\$14.70 for Dining Room Meals
(this includes expenses to produce a single meal: space, travel, supplies, personnel, etc.)

APRIL Meals Served: 2,701

✓ *Average Contribution: \$2.73*

✓ Suggested contribution is \$4.00.

Under age 60 is \$5.00

Any contribution you can give is appreciated!!!

- **LUNCH SUGGESTED CONTRIBUTION IS \$4.00 PER PERSON.**
- **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.**

FREE!! NO CHARGE!! MOBILE FOOD PANTRY FOR ALL!! June 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



➔
PICK UP MEALS are \$4.50 – PICK UP TIME is 11:30am
➔

JUNE 2019

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

Website

www.bannerhealth.com/olivebranch

Contacts

Social Service & Volunteer Coord.
Kathleen.Gross@bannerhealth.com

Activities Coordinator

Kelsey.Kelley@bannerhealth.com

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>3</p> <p>9-10:30 MONDAY MENDING 9:45-10:15 STRENGTH EXERCISE *May bring 1-2 lb. weights with you. *Activity room holds <u>10</u> people. 10:30 EXERCISE W/ MARY</p>	<p>4</p> <p>9-10:30 CARDS & GAMES 10:25-10:45 STRENGTH EXERCISE</p>	<p>5</p> <p>9:30-11 SCRABBLE *We have a Scrabble game available. Just ask Kelsey. 9:45-10:45 BLOOD PRESSURE</p>	<p>6</p> <p>9:30 -10:30 CARDS & GAMES 10:15 SPEAKER: Trisha Vaughn "Summer Health"</p>	<p>7</p> <p>9:45-10:15 STRENGTH EXERCISE *Activity room holds <u>10</u> people</p>
<p>10</p> <p>9-10:30 MONDAY MENDING 9:45-10:15 STRENGTH EXERCISE *May bring 1-2 lb. weights with you. *Activity room holds <u>10</u> people. 10:30 EXERCISE W/ MARY</p>	<p>11</p> <p>9-10:30 CARDS & GAMES 10:25-10:45 STRENGTH EXERCISE 1:00 MAKE A FEATHER HAIR CLIP *Fee for materials - \$3 - Pay to Kelsey by June 6th</p>	<p>12</p> <p>9:30-11 SCRABBLE 10:00-11 CREATIVE JOURNALING *Bring your journal to class. 12:45 MOVIE SHOWING: Coco 2017, PG, Fantasy/Animated</p>	<p>13</p> <p>9:30 -10:30 CARDS & GAMES 10:00 MUSIC W/ ERIC LAUBACH</p>	<p>14</p> <p><i>Flag Day</i> 9-10:15 CHICKENFOOT 10:15 SPEAKER: Jordan Woffinden from CaptionCall *Talk about communication equipment for the hard of hearing.</p>
<p>17</p> <p>Celebrate Father's Day Gentleman receive a soda "pop" in recognition of Father's Day 9-10:30 MONDAY MENDING 9:45-10:15 STRENGTH EXERCISE *May bring 1-2 lb. weights with you. *Activity room holds <u>10</u> people. 10:30 EXERCISE W/ MARY</p>	<p>18</p> <p>10:15 SPEAKER: Karen Siefert <i>RN, MSN, ACNS-BC, CDE</i> <i>Clinical Nurse Specialist - Diabetes</i> <i>Diabetes Program Coordinator</i> "Tips on Taking Care of Your Diabetes" 1:00 DECORATE FLIP FLOPS *Sign up at front desk - make sure to look for items needed for the craft!</p>	<p>19</p> <p>9:30-11 SCRABBLE 9:45-10:45 BLOOD PRESSURE 12:45 NAPKIN FOLDING CLASS *Learn 4 napkin folding techniques. Signup at the front desk. Bring 4 cloth napkins to class (20"x20")</p>	<p>20</p> <p>9:30 -10:30 CARDS & GAMES 10:00 PHOENIX ART MUSEUM DOCENT TALK</p>	<p>21</p> <p>9:45-10:15 STRENGTH EXERCISE *Activity room holds <u>10</u> people Join us for some Caribbean style music! 10:00 Steel Drums w/ Sean Mireau</p>
<p>24</p> <p>9-10:30 MONDAY MENDING 9:45-10:15 STRENGTH EXERCISE *May bring 1-2 lb. weights with you. *Activity room holds <u>10</u> people. 10:30 EXERCISE W/ MARY</p>	<p>25</p> <p>9-10:30 CARDS & GAMES 10:25-10:45 STRENGTH EXERCISE</p>	<p>26</p> <p>9:30-11 SCRABBLE 10:00-11 CREATIVE JOURNALING *Bring your journal to class. 12:45 NAPKIN FOLDING CLASS *Learn 4 napkin folding techniques. Signup at the front desk. Bring 4 cloth napkins to class (20"x20")</p>	<p>27</p> <p>9:30 -10:30 CARDS & GAMES</p>	<p>28</p> <p>7-9:00 MOBILE PANTRY 9-10:30 CHICKENFOOT 9:45-10:15 STRENGTH EXERCISE *Activity room holds <u>10</u> people 10:00 MUSIC w/ FRED ROTHERT 11:00 BIRTHDAYS OF THE MONTH</p>



Events, Programs, Classes, Speakers, Dates & Times are subject to change ~ ATTORNEY CHARLES GEISLER BY APPOINTMENT ONLY ON THURSDAY'S