

# MENU – SEPTEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
<b>LABOR DAY</b> <b>WE ARE CLOSED</b>	Salad of the Day <b>Egg Plant Parmesan</b> Risotto Zucchini WW Dinner Roll Gelatin w/Pears	Soup of the Day <b>A. Roast Turkey</b> Mashed Potatoes Green Salad WW Bread Apricots <b>B. Chef's Choice</b>	Salad of the Day <b>Roast Pork</b> Couscous Seasoned Spinach Beets WW Dinner Roll Applesauce	Soup of the Day <b>A. Baked Fish w/Dill</b> Mac N Cheese Lima Beans WW Bread Sliced Pears <b>B. Chef's Choice</b> <b>C. Chef's Salad</b>
9	10	11	12	13
Soup of the Day <b>A. Caramelized Onion</b> <b>Chuck Roast</b> Brown Rice Green Bean & Shallot WW Dinner Roll Mandarin Oranges <b>B. Chef's Choice</b>	Salad of the Day <b>Apple Balsamic</b> <b>Pork Chop</b> Mashed Potatoes Peas & Carrots WW Bread Fruit Cocktail	Soup of the Day <b>A. Chicken</b> <b>Cordon Bleu</b> Rice Waxed Beans Rye Bread Pineapple Chunks <b>B. Chef's Choice</b>	Salad of the Day <b>Meat Lasagna</b> Italian Vegetable Mix WW Garlic Bread Fresh Fruit in Season	Soup of the Day <b>A. Tuna Salad</b> <b>Plate</b> Tomato & Cucumbers Lima Beans WW Bread Stix Tropical Mix Fruit <b>B. Chef's Choice</b> <b>C. Chef's Salad</b>
16	17	18	19	20
Soup of the Day <b>A. Garden Quiche</b> Chef's Vegetable WW Bread Cantaloupe <b>B. Chef's Choice</b>	Salad of the Day <b>Cabbage Rolls</b> Roasted Potatoes Zucchini Rye Bread Cantaloupe	Soup of the Day <b>A. Pork Marsala</b> Linguine Cauliflower w/Parsley WW Bread Applesauce <b>B. Chef's Choice</b>	Salad of the Day <b>Orange Chicken</b> Brown Rice Oriental Vegetables Egg Roll Pineapple Chunks	Soup of the Day <b>A. Salmon in Wine</b> Risotto Roasted Greens WW Dinner Roll Fresh Peaches <b>B. Chef's Choice</b> <b>C. Chef's Salad</b>
23	24	25	26	27
Soup of the Day <b>A. Meat Lasagna</b> Zucchini WW Garlic Bread Mandarin Oranges <b>B. Chef's Choice</b>	Salad of the Day <b>Roast Pork</b> Roasted Potatoes Broccoli & Cauliflower WW Bread Watermelon	Soup of the Day <b>A. Mediterranean</b> <b>Chicken</b> Fettuccini Italian Veggies WW Dinner Roll Pineapple Chunks <b>B. Chef's Choice</b>	Salad of the Day <b>Beef Stew</b> Potatoes, Carrots, Celery & Onion Cabbage Rye Bread Sliced Peaches	Soup of the Day <b>A. Sesame Dill</b> <b>Fish</b> Mac N Cheese Broccoli WW Dinner Roll Fruit Mix <b>B. Chef's Choice</b> <b>C. Chef's Salad</b>
30	<b>Celebrating !!!</b>			
Soup of the Day <b>A. Chicken Curry</b> WW Asian Noodles Asian Blend Veggies WW Biscuit Sliced Peaches <b>B. Chef's Choice</b>	<b><u>NATIONAL</u></b> <b><u>SENIOR CENTER</u></b> <b><u>MONTH</u></b>  "The Key to Aging Well"	<b>OLIVE BRANCH</b> <b>SENIOR CENTER</b>  Phone: <b>623-465-6000</b>	<b>MENU SUBJECT</b> <b>TO CHANGE</b>  <b>2% MILK</b> <b>SERVED DAILY</b>	<b><u>TO CANCEL</u></b> <b><u>YOUR DINING</u></b> <b><u>ROOM</u></b> <b><u>RESERVATIONS</u></b> <b><u>PLEASE CALL</u></b> <b><u>623-465-6000</u></b>

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

### **CALENDAR HIGHLIGHTS FOR SEPTEMBER 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??**



**SEPTEMBER IS**

**NATIONAL  
SENIOR CENTER  
MONTH**

**"The Key to Aging Well"**



**Calling to Cancel Your Meal**  
**KEEPS THE COST DOWN**

**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.**
- **PICKUP MEALS ARE \$4.50 – pickup at 11:30am**

**FREE!! NO CHARGE!! MOBILE FOOD PANTRY FOR ALL!! September 27th, 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



# SEPTEMBER

## 2019

Banner Olive Branch  
Senior Center

### Address

11250 N. 107<sup>th</sup> 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](http://www.bannerhealth.com/olivebranch)


### OTHER CAMPUS EVENTS

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



**NATIONAL SENIOR  
CENTER MONTH!!!**

“The Key to Aging Well”

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>CLOSED for</b> 2</p> 	<p>3</p> <p>9-10:30 CARDS &amp; GAMES *All different kinds of board games available in the back offices! 10:25-10:45 STRENGTH EXERCISE</p>	<p>4</p> <p>9:30 -10:30 CARDS &amp; GAMES</p>	<p>5</p> <p>9:30 -10:30 CARDS &amp; GAMES</p>	<p>6</p> <p>9-10:15 CHICKENFOOT</p>
<p>9</p> <p>9-10:30 MONDAY MENDING 10:30 EXERCISE W/ MARY</p>	<p>10</p> <p>9-10:30 CARDS &amp; GAMES 10:25-10:45 STRENGTH EXERCISE</p>	<p>11</p> <p>9:30 -10:30 CARDS &amp; GAMES 9:45 -10:30 Blood Pressures Taken</p>	<p>12</p> <p>9:30 -10:30 CARDS &amp; GAMES</p>	<p>13</p> <p>9-10:15 CHICKENFOOT</p>
<p>16</p> <p>9-10:30 MONDAY MENDING 10:30 EXERCISE W/ MARY</p>	<p>17</p> <p>9-10:30 CARDS &amp; GAMES 10:25-10:45 STRENGTH EXERCISE</p>	<p>18</p> <p>9:30 -10:30 CARDS &amp; GAMES 10:00-11 Sheriff Posse “Keeping your home safe”</p>	<p>19</p> <p>9:30 -10:30 CARDS &amp; GAMES</p>	<p>20</p> <p>9-10:15 CHICKENFOOT</p>
<p>23</p> <p>9-10:30 MONDAY MENDING 10:30 EXERCISE W/ MARY</p>	<p>24</p> <p>9-10:30 CARDS &amp; GAMES 9-10:00 <b>SITE COUNCIL MEETING</b> 10:25-10:45 STRENGTH EXERCISE</p>	<p>25</p> <p><b>8:30-12:30 AARP Driving Class</b> 10:00 <b>SPEAKER: Ben Roloff</b> From the Sun City Museum Presenting “Gaggle of Grins” <i>Interesting/head-scratching, totally bizarre happenings in Sun City during its first two decades!</i></p>	<p>26</p> <p>9:30 -10:30 CARDS &amp; GAMES</p>	<p>27</p> <p>7-9:00 <b>MOBILE PANTRY</b> 9-10:30 CHICKENFOOT 10:00 <b>MUSIC w/ FRED ROTHERT</b> 11:00 <b>BIRTHDAYS OF THE MONTH</b></p>
<p>30</p> <p><b>9:30-10:30 Free Notary Service</b> 9-10:30 MONDAY MENDING 10:30 EXERCISE W/ MARY</p>	<p><b>Labor Day</b>, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contribution workers have made to the strength, prosperity, and well-being of our country.</p>			

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