












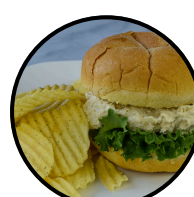










# Banner Olive Branch Senior Center MENU | August 2024

## All Meals are Prepared Fresh Daily in our Kitchen.

Thank you to our partners



**\*Fruit, side salad, & milk provided with all meals.**

| MON   | TUE  | WED  | THU  | FRI  |
|---|--|--|--|--|
| <p><b>Banner Olive Branch Senior Center</b><br/> <b>13049 N 103rd Ave.</b><br/> <b>Sun City, AZ 85351</b><br/> <b>623-465-6000</b></p>  | <p><b>BREAKFAST -\$5.00</b><br/> <b>6:30 am – 8:30am</b></p> <p><b>TO GO MEAL -\$5.00</b><br/> <b>11:00 am-12:00 pm</b></p>  | <p><b>LUNCH -\$5.00</b><br/>           ( Age 60 and older; Suggested donation)</p> <p><b>GUEST LUNCH- \$5.00</b><br/>           (Under age 60)<br/> <b>11:00 am- 12:00 pm</b></p>  | <p>1<br/> <b>Italian Sausage with Peppers and Onions, Baby Baked Potato and Roll</b></p>    | <p>2<br/> <b>Salmon on Mixed Green Salad with Red Onion, Tomato, Asparagus, Balsamic Dressing, Roll</b></p>             |
| <p>5<br/> <b>Baked Salmon w/ Roasted Bell Pepper Sauce, Roasted Brussel Sprouts; Tomato and Chickpea Couscous</b></p>  | <p>6<br/> <b>Herb Chicken with Homemade Cream Sauce, Carrots, Kale and Edamame in Quinoa</b></p>                                   | <p>7<br/> <b>Sweet and Sour Pork w/Peppers in Homemade Pineapple Sauce, Chef's Choice Vegetable, Fried Brown Rice</b></p>                   | <p>8<br/> <b>Shredded Beef Soft Tacos with Bermuda Mixed Vegetables, Pinto Beans with Bell Peppers</b></p>                        | <p>9<br/> <b>Cold Pastrami Slider with Shredded Lettuce, Cucumber &amp; Tomato Salad, Potato Chips, and Pickle</b></p>  |
| <p>12<br/> <b>Lemon Popcorn Chicken with Homemade Sauce, Asian Mixed Vegetables, Snow Peas and Brown Rice</b></p>     | <p>13<br/> <b>Pork Roast with Sauerkraut, Carrots, Sweet Potato, and Roll</b></p>   | <p>14<br/> <b>Sloppy Joe with Bermuda mixed vegetables, and wedge potatoes</b></p>   | <p>15<br/> <b>Cheese &amp; Spinach Tortellini w/Sundried Tomato Cream Sauce, Chef's Choice Veg &amp; Normandy Vegetable</b></p>  | <p>16<br/> <b>Chicken, Mozzarella and Artichoke Salad with Lettuce, Tomatoes, Potato Chips, Roll, and V8</b></p>       |
| <p>19<br/> <b>Pork Chop with Warm Apples, Broccoli and Roasted Sweet Potato with a Roll</b></p>                      | <p>20<br/> <b>Southwest Chicken with Corn Relish, Spanish Brown Rice with Peppers and Tomatoes, Chef's choice Vegetable</b></p>  | <p>21<br/> <b>Burnt Ends with Baby Baked Potatoes, Carrots, and a Roll</b></p>    | <p>22<br/> <b>White Fish in a Homemade White Wine Sauce, Brown Rice Pilaf, Asparagus and Caribbean Mix Vegetables</b></p>       | <p>23<br/> <b>Cold Roast Beef Sub with Lettuce and Tomato, Potato Salad, Potato Chips, and a Pickle</b></p>           |
| <p>26<br/> <b>Garlic Shrimp in Cilantro Cream Sauce with Brown Rice, Broccoli and Cauliflower</b></p>                | <p>27<br/> <b>Meatballs in Marinara Sauce with Pasta, Asparagus and Bermuda Mixed Vegetables</b></p>                             | <p>28<br/> <b>Chicken Spinach Salad with Cranberries, Feta Cheese, Red Onion, and Shredded Carrots w/Italian Dressing and a Roll</b></p>  | <p>29<br/> <b>BBQ Pork with Homemade Smokey Macaroni &amp; Cheese, Green Beans and Carrots</b></p>                              | <p>30<br/> <b>Tuna Pasta Salad with Tomatoes, Carrots and Bell Peppers, Potato Chips</b></p>                          |

MON

TUE

WED

THU

FRI

# Olive Branch Activities

**\*Asterisk means Reservation Required**  
**Please sign up at 2nd floor reception area**

### Visit the Monday Menders

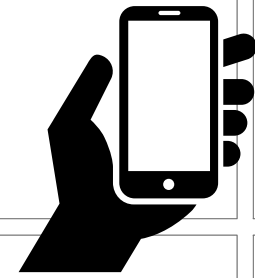
Mondays 10-11:30am

Bring a clean item for mending by skilled sewers from the Sew-n-Sew Club.

### Computer Lab

Open Daily 9am-2pm except when a class is in session.

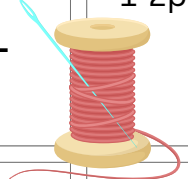
1  
1-2pm Lawyer\*



2  
9-10:30am Technology Q&A\*  
Texting  
Sign-up required  
10-10:45am Exercise

5  
9-10:30am Line Dance Class  
9:30-11:30am ClipDarts Haircuts (Aug. appointments full)  
10-11:30am Monday Menders - 2nd floor Multipurpose Room

6  
10-10:45am Exercise  
1-2pm Lawyer\*



7  
9-10:30am Line Dance Class  
10am Bingo - Exercise Room



8  
10-10:45am Virtual Travel Club\*  
Ellis Island  
10-10:45am Singing with Ms. Kitty  
12pm Movie\* March of the Penguins  
1-2pm Lawyer\*



9  
9-10:30am Technology Q&A\*  
Get to Know Your Desktop  
Sign-up required  
10-10:45am Exercise

12  
9-10:30am Line Dance Class  
10-11:30am Monday Menders - 2nd floor Multipurpose Room

13  
10-10:45am Exercise  
1-2pm Lawyer\*

9-10:30am Line Dance Class  
10am Bingo - Exercise Room



15  
1-2pm Lawyer\*

16  
9-10:30am Technology Q&A\*  
Video Chatting  
Sign-up required  
10-10:45am Exercise

19  
9-10:30am Line Dance Class  
10-11:30am Monday Menders - 2nd floor Multipurpose Room  
12:30-2pm Low Vision Social Group - Exercise Room

20  
10-10:45am Exercise  
1-2pm Lawyer\*



21  
9-10:30am Line Dance Class  
10am Bingo - Exercise Room  
10-10:45am Medicare Support\*



22  
10-10:45am Virtual Travel Club\*  
Great Wall of China  
12pm Movie\* The Visitor  
1-2pm Lawyer\*



23  
9-10:30am Technology Q&A\*  
Cell Phone Photos  
Sign-up required  
10-10:45am Exercise

26  
9-10:30am Line Dance Class  
10-11:30am Monday Menders - 2nd floor Multipurpose Room

27  
10-10:45am Exercise  
1-2pm Lawyer\*

28  
9-10:30am Line Dance Class  
10am Bingo - Exercise Room

29  
1-2pm Lawyer\*

30  
9-10:30am Technology Q&A\*  
Managing Contact Lists  
Sign-up required  
10-10:45am Exercise