

**\*Fruit & milk provided with all meals.  
Side soup M/W/F; Side Salad T/Th**

MON	TUE	WED	THU	FRI
<p>2</p> <p>Garlic Butter Salmon with Asparagus, Carrots, Brown Rice Pilaf</p> 	<p>3</p> <p>Beef Stew with White Beans, Carrots, Onions, Celery and Spinach, Bermuda Mix Vegetables, Peas, Corn Bread</p> 	<p>4</p> <p>Roasted Chicken Drumstick, Normandy Blend Vegetables, Potatoes Au Gratin, Roll</p> 	<p>5</p> <p>Green Chili Pork Stew with Hominy Tomatillos, Carrots, Celery &amp; Onion, Pinto Beans and Bell Pepper, Roll</p> 	<p>6</p> <p>Clams in Red Sauce over Pasta, Italian Style Mixed Vegetables, Spinach</p> 
<p>9</p> <p>Beef Patty with Onion Gravy, Mashed Potatoes, Peas, Carrots, Roll</p> 	<p>10</p> <p>Buffalo Chicken Sandwich, 5-Way Blend Vegetables, Potato Wedges</p> 	<p>11</p> <p>Citrus Pork Roast with Zucchini, Black Beans &amp; Peppers, Brown Rice</p> 	<p>12</p> <p>Pasta with Beef Meat Sauce, Italian Mix Vegetables, Spinach</p> 	<p>13</p> <p>Shrimp Sauté with Potatoes, Corn, Peppers, Green Beans, Mixed Vegetables, Roll</p> 
<p>16</p> <p>Chicken &amp; Noodles over Mashed Potatoes, Brussel Sprouts</p> 	<p>17</p> <p>Mediterranean Style Pork Roast with Fresh Tomatoes, Peppers, Carrots, Celery, and Lemon, Caribbean Mix Vegetables, Brown Rice</p> 	<p>18</p> <p><b>Holiday Meal</b> Reservation Required 623-465-6000</p> <p>Ham with Apple Raisin Sauce, Scalloped Potatoes, Roasted Brussel Sprouts, Sweet Potatoes, Roll, Apple Pie</p> 	<p>19</p> <p>Pork &amp; Cabbage, Roasted Potatoes, Cape Cod Blend Vegetables, Roll</p> 	<p>20</p> <p>Chicken Salad Sandwich, Tomato, Spinach, Lemon Herd Macaroni Salad, Croissant</p> 
<p>23</p> <p>Baked Manicotti, Key Biscayne Vegetables and Zucchini, Roll</p> 	<p>24</p> <p>Chicken Coconut Curry with Mandarin Stir Fry and Brown Rice</p> 	<p>25</p> <p><b>CLOSED</b></p> <p><i>Merry Christmas</i></p> 	<p>26</p> <p>Beef &amp; Noodles with Carrots and Broccoli</p> <p><b>HAPPY KWANZAA!</b></p> 	<p>27</p> <p>Salmon with Dill &amp; Lemon Sauce, Green Beans, Wedge Potatoes, Roll</p> 
<p>30</p> <p>Chicken with Peppers and Mushrooms in a Tomato Sauce, Brown Rice, Bermuda Mix Vegetables</p> 	<p>31</p> <p>Smothered Pork Chop with Gravy, Garlic &amp; Chive Mashed Potatoes, California Blend Vegetables</p> 	<p><b>LUNCH - \$5</b> (Suggested donation for age 60 &amp; older) <b>11am - 12pm</b></p> <p><b>GUEST LUNCH - \$5</b> (Under age 60)</p>		<p><b>BREAKFAST - \$5</b> 6:30 - 8:30am</p> <p><b>TO-GO MEAL - \$5</b> 11am - 12pm</p> <p><b>BROWN BAG LUNCH - \$5</b> (Sandwich, Chips, Fruit)</p>

\*The pictures on our menu represent the food being served and may not match the meal exactly.

**Banner Olive Branch Senior Center**  
13049 N 103rd Ave.  
Sun City, AZ 85351  
623-465-6000

MON

TUE

WED

THU

FRI


2  
9:30-12:30am ClipDarts Haircuts\*  
**10-11:30am Monday Menders**  
2nd floor Multipurpose Room  
**12:30-2:30pm SHIP Medicare Q&A\***  
Conference Room

3  
7:30-8:30am Mr. Medicare Q&A  
**9:30-11am Cell Phone Help**  
with Sunrise Mtn H.S.  
Dining Room  
10-10:45am Exercise  
1-2pm Lawyer\*

4  
10am Bingo - Exercise Room



5  
7:30-9:30am Oak Street Health  
Dining Room  
**10-10:45am Chair Yoga\***  
Exercise Room  
10am-12pm Banner Medicare  
Dining Room  
1-2pm Lawyer\*

6  
**9-10:30am Technology Q&A\***  
Online Shopping  
Sign-up required  
 **ONLINE SHOPPING**  
10-10:45am Exercise

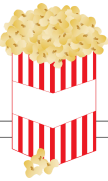
9  
**9-10am Matter of Balance**  
Presentation - Dining Room  
**10-11:30am Monday Menders**  
2nd floor Multipurpose Room

10  
7:30-8:30am Mr. Medicare Q&A  
10-10:45am Exercise  
1-2pm Lawyer\*

11  
10am Bingo - Exercise Room

12  
7:30-9:30am Oak Street Health  
Dining Room  
**10-10:45am Virtual Travel Club\***  
Amsterdam  
10am-12pm Banner Medicare  
Dining Room  
**12:30-1:30pm Dementia Care**  
Presentation - Movie Rm  
1-2pm Lawyer\*

13  
**9-10:30am Technology Q&A\***  
Get to Know Your Chromebook  
Sign-up required  
**12pm Movie\***  
"Bandits"  
**FREE POPCORN!**



16  
10am Singing with Ms. Kitty  
Dining Room  
**10-11:30am Monday Menders**  
2nd floor Multipurpose Room



17  
7:30-8:30am Mr. Medicare Q&A  
10-10:45am Exercise  
1-2pm Lawyer\*



18  
10am Bingo - Exercise Room  
**HOLIDAY MEAL**  
**11am-12pm or 12:30-1:30pm**  
Reservation Needed  
**623-465-6000**  
Space is limited!



19  
7:30-9:30am Oak Street Health  
Dining Room  
**10-10:45am Chair Yoga\***  
Exercise Room  
**10am Jazzy Pom Holiday Performance**  
Dining Room  
**12:30-2pm Beginner Painting\***  
Dining Room  
10am-12pm Banner Medicare  
Dining Room  
1-2pm Lawyer\*

20  
**9-10:30am Technology Q&A\***  
Artificial Intelligence  
Sign-up required  
10-10:45am Exercise

23  
**10-11:30am Monday Menders**  
2nd floor Multipurpose Room  
**12-1:30pm Low Vision Social Group**  
Excercise Room



24  
7:30-8:30am Mr. Medicare Q&A  
10-10:45am Exercise  
1-2pm Lawyer\*

25  
**CLOSED**  
**MERRY CHRISTMAS** & **HAPPY HANUKKAH**



26  
**HAPPY KWANZAA**  
7:30-9:30am Oak Street Health  
Dining Room  
10am-12pm Banner Medicare  
Dining Room  
**10-10:45am Virtual Travel Club\***  
Yosemite National Park

27  
**9-10:30am Technology Q&A\***  
iPhone/Android Basics  
Sign-up required  
10-10:45am Exercise  
**12pm Movie\***  
"Pay it Forward"  
**FREE POPCORN!**



30  
**10-11:30am Monday Menders**  
2nd floor Multipurpose Room

31  
7:30-8:30am Mr. Medicare Q&A  
10-10:45am Exercise  
**11am New Year's Party\***



**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.

**ACTIVITIES WITH \***  
**(ASTERISK) REQUIRE**  
**SIGN-UP**  
**623-465-6000**