



MON	TUE	WED	THU	FRI
<p>1</p> <p>Lemon Popcorn Chicken with Homemade Sauce, Asian Mixed Vegetables with Snow Peas and Brown Rice</p> 	<p>2</p> <p>Pork Roast with Sauerkraut, Carrots, Sweet Potato, and Roll</p> 	<p>3</p> <p>All Beef Hot Dog, Baked Beans w/bell pepper, wedged fries</p> 	<p>4</p> <p>Banner Olive Branch Senior Center 13049 N 103rd Ave. Sun City, AZ 85351 623-465-6000</p>	<p>5</p> <p>Chicken, Mozzarella and Artichoke Salad with Lettuce and Tomatoes, Potato Chips, Roll, and V8</p> 
<p>8</p> <p>Pork Chop with Warm Apples, Broccoli and Roasted Sweet Potato with a Roll</p> 	<p>9</p> <p>Southwest Chicken with Corn Relish, Spanish Brown Rice with Peppers and Tomatoes, Chef's Choice Vegetable</p> 	<p>10</p> <p>Burnt Ends with Baby Baked Potatoes, Carrots, and a Roll</p> 	<p>11</p> <p>White fish in a Homemade White Wine Sauce, Brown Rice Pilaf, Asparagus and Caribbean Mix Vegetables</p> 	<p>12</p> <p>Cold Roast Beef Sub with Lettuce and Tomato, Potato Salad, Potato Chips, and a Pickle</p> 
<p>15</p> <p>Garlic Shrimp in Cilantro Cream Sauce with Brown Rice, Broccoli and Cauliflower</p> 	<p>16</p> <p>Meatballs in Marinara Sauce with Pasta, Asparagus and Bermuda Mixed Vegetables</p> 	<p>17</p> <p>Chicken Spinach Salad with Cranberries, Feta Cheese, Red Onion, and Shredded Carrots w/Italian Dressing and a Roll</p> 	<p>18</p> <p>BBQ Pork with Homemade Smokey Macaroni & Cheese, Green Beans and Carrots</p> 	<p>19</p> <p>Tuna Pasta Salad with Tomatoes, Carrots, and Bell Peppers and Potato Chips</p> 
<p>22</p> <p>Baked Ziti in Meat Sauce with Brussel Sprouts and Caribbean Mixed Vegetables</p> 	<p>23</p> <p>Chicken with Homemade Gravy, Brown Rice, Carrots and Cauliflower</p> 	<p>24</p> <p>Pork Schnitzel with Homemade Mushroom Gravy; Scandinavian Vegetables, Wedge Potatoes and Roll</p> 	<p>25</p> <p>Pot Roast Stroganoff with Broccoli and Chef's Choice Vegetable</p> 	<p>26</p> <p>Crab Salad Roll with Tomatoes, Celery, Coleslaw, Potato Chips and Pickle</p> 
<p>29</p> <p>BBQ Chicken Sandwich with Peapods and Carrots</p> 	<p>30</p> <p>Pork in Marinara Sauce with Pasta, Italian Mixed Vegetables and Asparagus</p> 	<p>31</p> <p>Beef & Brown Rice with Broccoli and Chef's Choice Vegetable</p> 	<p>BREAKFAST -\$5.00 6:30 am – 8:30am</p> <p>TO GO MEAL -\$5.00 11:00 am-12:00 pm</p>	<p>LUNCH -\$5.00 (Age 60 and older; Suggested donation)</p> <p>GUEST LUNCH- \$5.00 (Under age 60) 11:00 am- 12:00 pm</p>

MON

TUE

WED

THU

FRI

1
9-10:30am Line Dance Class
10-10:45am Exercise
12-2pm Games & Social Time

2
8-9am Medicare Info
1-2pm Lawyer*

3
9-10:30am Line Dance Class
10am Bingo - Exercise Room

4
CLOSED FOR INDEPENDENCE DAY



5
10-10:45am Exercise

8
9-10:30am Line Dance Class
10-10:45am Exercise
12-2pm Games & Social Time

9
8-9am Medicare Info
10am Computer Class*
Google 101- sign up required
1-2pm Lawyer*

10
7-11am "All of Us" - Medical Research Program by Banner
10am Bingo - Exercise Room

11
9:30-11am Medicare Info
10-10:45am Virtual Travel Club* Mt. Everest - sign up required
12pm Movie*
The Perfect Storm
1-2pm Lawyer*



12
10-10:45am Exercise

15
9-10:30am Line Dance Class
10-10:45am Exercise
12-2pm Games & Social Time

16
8-9am Medicare Info
1-2pm Lawyer*

17
9-10:30am Line Dance Class
10am Bingo - Exercise Room

18
9:30-11am Medicare Info
12-1:30pm Art Class*
Painting for Beginners with Julie Larsson of the Ridges
1-2pm Lawyer*

19
10-10:45am Exercise



22
9-10:30am Line Dance Class
10-10:45am Exercise
12-2pm Games & Social Time
12:30-2pm Low Vision Social Group - Exercise Room

23
8-9am Medicare Info
INSURANCE
1-2pm Lawyer*

24
9-10:30am Line Dance Class
10am Bingo - Exercise Room
10-10:45am Medicare Support*

25
9:30-11am Medicare Info
10-10:45am Virtual Travel Club* Great Barrier Reef - sign up required
12pm Movie*
Anger Management
1-2pm Lawyer*



26
10-10:45am Exercise

29
9-10:30pm Line Dance Class
10-10:45am Exercise
12-2pm Games & Social Time



30
8-9am Medicare Info
9-10:30am Dance Performance
1-2pm Lawyer*

31
9-10:30am Line Dance Class
10am Bingo - Exercise Room



***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
Monthly computer classes offered.