




















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

MON	TUE	WED	THU	FRI
<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>	<p><b>Banner Olive Branch Senior Center</b> 13049 N 103rd Ave. Sun City, AZ 85351 623-465-6000</p>		<p>1 <b>Shrimp Sauté with Potatoes, Corn, Peppers, Green Beans, Mixed Vegetables, Roll</b></p> 
<p>4 <b>Chicken &amp; Noodles over Mashed Potatoes, Brussel Sprouts</b></p> 	<p>5 <b>Mediterranean Style Pork Roast with Fresh Tomatoes, Peppers, Carrots, Celery, and Lemon, Caribbean Mix Vegetables, Brown Rice</b></p> 	<p>6 <b>Beef with Onions, Sweet Potatoes, Steamed Broccoli, Roll</b></p> 	<p>7 <b>Pork &amp; Cabbage, Roasted Potatoes, Cape Cod Blend Vegetables, Roll</b></p> 	<p>8 <b>Chicken Salad Sandwich, Tomato, Spinach, Lemon Herd Macaroni Salad, Croissant</b></p> 
<p>11 <b>Baked Manicotti, Key Biscayne Vegetables and Zucchini, Roll</b></p> 	<p>12 <b>Chicken Coconut Curry with Mandarin Stir Fry and Brown Rice</b></p> 	<p>13 <b>French Onion Pork Chop, Horseradish Mashed Potatoes, Peas, Roll</b></p> 	<p>14 <b>Beef &amp; Noodles with Carrots and Broccoli</b></p> 	<p>15 <b>Salmon with Dill &amp; Lemon Sauce, Green Beans, Wedge Potatoes, Roll</b></p> 
<p>18 <b>Chicken with Peppers and Mushrooms in a Tomato Sauce, Brown Rice, Bermuda Mix Vegetables</b></p> 	<p>19 <b>Smothered Pork Chop with Gravy, Garlic &amp; Chive Mashed Potatoes, California Blend Vegetables</b></p> 	<p>20 <b>Sloppy Joe with Carrots and Cauliflower</b></p> 	<p>21 <b>Shrimp Stew with Brown Rice, Bell Peppers, Celery and Tomatoes, Caribbean Mix Vegetables</b></p> 	<p>22 <b>Fall Mixed Green Salad with Chicken, Cranberries, Feta, Pumpkin Seeds, and Sweet Potatoes, Roll</b></p> 
<p>25 <b>Braised Pork with Herbed Mashed Potatoes, Carrots, Roll</b></p> 	<p>26 <b>Chicken and Spinach Alfredo Pasta with Peas and Key Biscayne Vegetables</b></p> 	<p>27 <b>Thanksgiving Meal* - 2 Sessions</b> <b>Reservation Required</b></p> <p>Roast Turkey with Gravy, Herb Mashed Potatoes, Holiday Blend Vegetables, Roll, Cranberry Sauce, Pumpkin Pie</p> 	<p>28 <b>CLOSED</b></p> 	<p>29 <b>CLOSED</b></p> 

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

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

4  
**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**

5  
7:30-8:30am Mr. Medicare Q&A  
10-10:45am Exercise  
**9:30-11am Technology Help\***  
**with Sunrise Mtn H.S.**  
**Dining Room**  
1-2pm Lawyer\*



6  
10am Bingo - Library

7  
7:30-9:30am Oak Street Health Dining Room  
**10am Veterans Day Flag Presentation**  
**Cactus H.S. ROTC**   
10am-12pm Banner Medicare Dining Room  
**10-10:45am Chair Yoga - Exercise Rm\***  
**10-10:45am Virtual Travel Club\***  
**Hawaiian Islands**  
1-2pm Lawyer\*

8  
**9-10:30am Technology Q&A\***  
**YouTube**  
**Sign-up required**  
10-10:45am Exercise  
**12pm Movie\***  
**"The Edge"**  
**FREE POPCORN!**

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

12  
7:30-8:30am Mr. Medicare Q&A  
10-10:45am Exercise  
1-2pm Lawyer\*

13  
**10-11:30am Preserving Mobility\*  
Movie Room**  
10am Bingo - Exercise Room

14  
7:30-9:30am Oak Street Health Dining Room  
10am-12pm Banner Medicare Dining Room  
1-2pm Lawyer\*

15  
**9-10:30am Technology Q&A\***  
**iCloud**  
**Sign-up required**  
10-10:45am Exercise  
 Sign-up for December 2nd  
ClipDarts Haircuts 2nd Floor

18  
**9-10:30am Line Dance Class**  
**10-11:30am Monday Menders**  
**2nd floor Multipurpose Room**  
**12:30-2:30pm SHIP Medicare Q&A\***  
**Conference Room**

19  
7:30-8:30am Mr. Medicare Q&A  
10-10:45am Exercise  
1-2pm Lawyer\*



20  
  
**9-10:30am Line Dance Class**  
**10-11:30am Preserving Mobility\*  
Movie Room**  
10am Bingo - Library

21  
7:30-9:30am Oak Street Health Dining Room  
10am-12pm Banner Medicare Dining Room  
**10-10:45am Chair Yoga - Exercise Rm\***  
**10-10:45am Virtual Travel Club\***  
**Swiss Alps**  
**12-1:30pm Beginner Painting\***  
**Dining Room**  
1-2pm Lawyer\*

22  
**9-10:30am Technology Q&A\***  
**Email Accounts**  
**Sign-up required**  
10-10:45am Exercise  
**12pm Movie\***  
**"Wag the Dog"**  
**FREE POPCORN!**

25  
**9-10:30am Line Dance Class**  
**10-11:30am Monday Menders**  
**2nd floor Multipurpose Room**  
**12-1:30pm Low Vision Social Group**  
**Dining Room**  
**12:30-2:30pm SHIP Medicare Q&A\***  
**Conference Room**

26  
7:30-8:30am Mr. Medicare Q&A  
10-10:45am Exercise  
1-2pm Lawyer\*



27  
10am Bingo - Exercise Room  
**Thanksgiving Meal\* - 2 Sessions**  
**Call for Details**  
**Reservation Required**  
**623-465-6000**  
**Space is limited!**

28  
**CLOSED**

29  
**CLOSED**