

***Fruit & milk provided with all meals.**

MON	TUE	WED	THU	FRI
<p>LUNCH - \$5 (Suggested donation for age 60 & older) 11am - 12pm</p> <p>GUEST LUNCH - \$5 (Under age 60)</p>	<p>1</p> <p>Chicken Coconut Curry with Mandarin Stir Fry and Brown Rice</p> 	<p>2</p> <p>French Onion Pork Chop, Horseradish Mashed Potatoes, Peas, Roll</p> 	<p>3</p> <p>Beef & Noodles with Carrots and Broccoli</p> 	<p>4</p> <p>Salmon with Dill & Lemon Sauce, Green Beans, Wedge Potatoes, Roll</p> 
<p>7</p> <p>Chicken with Peppers and Mushrooms in a Tomato Sauce, Brown Rice, Bermuda Mix Vegetables</p> 	<p>8</p> <p>Smothered Pork Chop with Gravy, Garlic & Chive Mashed Potatoes, California Blend Vegetables</p> 	<p>9</p> <p>Sloppy Joe with Carrots and Cauliflower</p> 	<p>10</p> <p>Shrimp Stew with Brown Rice, Bell Peppers, Celery and Tomatoes, Caribbean Mix Vegetables</p> 	<p>11</p> <p>Fall Mixed Green Salad with Chicken, Cranberries, Feta, Pumpkin Seeds, and Sweet Potatoes, Roll</p> 
<p>14</p> <p>Braised Pork with Herbed Mashed Potatoes, Carrots, Roll</p> 	<p>15</p> <p>Chicken and Spinach Alfredo Pasta with Peas and Key Biscayne Vegetables</p> 	<p>16</p> <p>Hot Italian Beef Sandwich with Peppers and Onions, Cauliflower, Potato and Bell Pepper Blend</p> 	<p>17</p> <p>White Fish in Tomatoes, California Blend Vegetables, Edamame, Lemon-Herbed Quinoa</p> 	<p>18</p> <p>Beef & Macaroni, Succotash, Scandinavian Blend Vegetables</p> 
<p>21</p> <p>Garlic Butter Salmon with Asparagus, Carrots, Brown Rice Pilaf</p> 	<p>22</p> <p>Beef Stew with White Beans, Carrots, Onions, Celery and Spinach, Bermuda Mix Vegetables, Peas, Corn Bread</p> 	<p>23</p> <p>Roasted Chicken Drumstick, Normandy Blend Vegetables, Potatoes Au Gratin, Roll</p> 	<p>24</p> <p>Green Chili Pork Stew with Hominy Tomatillos, Carrots, Celery & Onion, Pinto Beans and Bell Pepper, Roll</p> 	<p>25</p> <p>Clams in Red Sauce over Pasta, Italian Style Mixed Vegetables, Spinach</p> 
<p>28</p> <p>Beef Patty with Onion Gravy, Mashed Potatoes, Peas, Carrots, Roll</p> 	<p>29</p> <p>Buffalo Chicken Sandwich, 5-Way Blend Vegetables, Potato Wedges</p> 	<p>30</p> <p>Citrus Pork Roast with Zucchini, Black Beans & Peppers, Brown Rice</p> 	<p>31</p> <p>Pasta with Beef Meat Sauce, Italian Mix Vegetables, Spinach</p> 	<p>BREAKFAST - \$5 6:30 – 8:30am</p> <p>TO-GO MEAL - \$5 11am - 12pm</p> <p>BROWN BAG LUNCH - \$5 (Sandwich, Chips, Fruit)</p>

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

MON

TUE

WED

THU

FRI


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

Computer Lab

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

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



2
9-10:30am **Voter Registration Assistance**
League of Women Voters
Computer Lab

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

3
7:30-9:30am Oak Street Health Dining Room
9-10am **Medicare Presentation*
Movie Room**
10am-12pm Banner Medicare Dining Room
1-2pm Lawyer*

4
9-10:30am **Technology Q&A*
Facebook**
Sign-up required
10-10:45am Exercise

7
9-10:30am **Line Dance Class**
9:30-12:30am ClipDarts Haircuts*
10-11:30am **Monday Menders**
12:30-2:30pm SHIP Medicare Counseling*
1-2pm **Diabetes 101 Presentation*
Movie Room**



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

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



10
7:30-9:30am Oak Street Health Dining Room
10am-12pm Banner Medicare Dining Room
10-10:45am **Virtual Travel Club*
Glacier National Park**
1-2pm Lawyer*

11
9-10:30am **Technology Q&A*
Deleting Texts, Pictures, Emails**
Sign-up required
12pm **Movie*
"Game Night"**
FREE POPCORN!



14
9-10:30am **Line Dance Class**
10-11:30am **Monday Menders**
12:30-2:30pm SHIP Medicare Counseling*

15
7:30-8:30am Mr. Medicare Q&A
10-10:45am Exercise
1-2pm Lawyer*
• Sign-up for November
ClipDarts Haircuts 2nd Floor

16
9-10:30am **Line Dance Class**
10am Bingo - Exercise Room

17
7:30-9:30am Oak Street Health Dining Room
10am-12pm Banner Medicare Dining Room
12-1:30pm **Beginner Painting*
Dining Room**
1-2pm Lawyer*



18
9-10:30am **Technology Q&A*
Google Search & Internet Browsing**
Sign-up required
10-10:45am Exercise

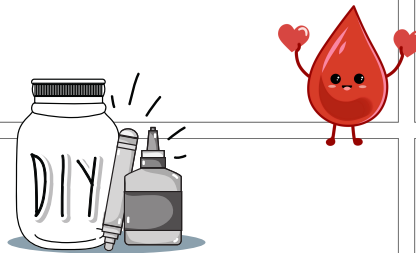
21
9-10:30am **Line Dance Class**
10-11:30am **Monday Menders**
12:30-2pm **Low Vision Social Group -
Exercise Room**
12:30-2:30pm SHIP Medicare Counseling*



22
7:30-8:30am Mr. Medicare Q&A
10-10:45am Exercise
1-2pm Lawyer*



23
9-10:30am **Line Dance Class**
10am Bingo - Exercise Room



24
7:30-9:30am Oak Street Health Dining Room
10am-12pm Banner Medicare Dining Room
10-10:45am **Virtual Travel Club*
Amalfi Coast, Italy**
1-2pm Lawyer*
2-5:30pm **Vitalant Blood Drive***

25
9-10:30am **Technology Q&A*
Apps & Games to Train Your Brain**
Sign-up required
10-10:45am Exercise
12pm **Movie*
"Cannonball Run"**
FREE POPCORN!

28
8:30am **AARP Safe Driver Class*
Register at 623-282-5392**
9-10:30am **Line Dance Class**
10-11:30am **Monday Menders**
12:30-2:30pm SHIP Medicare Counseling*

29
7:30-8:30am Mr. Medicare Q&A
10-10:45am Exercise
1-2pm Lawyer*

30
9:30-10:30am **Sunrise Mtn H.S.
Fall Craft - Dining Rm**
10am Bingo - Exercise Room

31
7:30-9:30am Oak Street Health Dining Room
9:30am **Halloween Party
Dining Room**
10am-12pm Banner Medicare Dining Room
1-2pm Lawyer*



Visit the Monday Menders
Mondays 10-11:30am
Bring a clean item for
mending by skilled sewers
from the Sew-n-Sew Club.