



A Spring Buzzing with Activity

Scott Appel, VP of Sales & Marketing Strategy

Spring has revealed the vibrant energy unique to Beatitudes Campus through a whole host of engaging activities and events that embody the spirit of our dynamic community. From the lively Street Fair to the insightful discussions and open house events, Beatitudes Campus has provided a platform for residents and visitors to connect, learn, and explore the unique offerings of our community.

The Downsizing Discussion & Resident Panel Event, held on April 12th, was a resounding success, offering invaluable insights and practical tips on decluttering, organizing, and downsizing homes. Attendees had the privilege of learning from esteemed

experts like Heidi Foglesong, Jamie Sullivan, and Jeffrey Hester, as well as from dedicated resident panel members who generously shared their experiences and advice on transitioning to Beatitudes Campus. This event underscored the significance of thoughtful decision-making, proactive planning, and the liberating sense of freedom that accompanies downsizing and simplifying one's living space.



The Spring Street Fair on April 19th was a joyous celebration of community life, where attendees had the opportunity to meander through the fair, engage with residents and staff, and immerse themselves in the distinctive charm of Beatitudes Campus. With an array of arts and crafts, local food trucks, vendors, and live entertainment, the Street Fair offered a delightful experience that fostered connections and created lasting memories of camaraderie and enjoyment.

For prospective residents seeking to explore the refined comfort and elegance of the newly renovated

Continued on back...



"Nutrition: It Matters" Tips!

Variety and Balance



- Choose deeply colored fruits and vegetables = more vitamins and nutrients. Examples? Carrots, spinach, peaches and berries.
- Eat 2 servings of fish per week, especially those high in omega 3 fatty acids like salmon and trout.
- Red meat and poultry can also be heart healthy and a complete source of protein. Choose round or sirloin steak, tenderloin pork, center cut ham and Canadian bacon. These cuts have the least amount of fat.
- Regarding chicken, remove the skin before eating to reduce the fat.

***These tips come from the American Heart Association.**



<u>Name</u>	<u>Day</u>
Estelle McLeod.....	26
Sharon Peterson.....	26
Coach Thompson.....	27
Mathilde Max.....	27
Michael Edwards.....	27
Una Thomas.....	27
Barbara Dillion.....	28
Mayleen Johnson.....	28
Judy Beaudette.....	29
Michael Nassan.....	29
Betty Conway.....	31
Patricia Padian.....	1

AROUND THE BLOCK
SHUTTLE
 PROVIDED BY THE BEATITUDES FOUNDATION
Monday—Friday,
8:30AM—7:00PM
 Call x15007 for a ride
 (or 602-544-5007).

SUN 26	MON 27	TUES 28	WED 29	THU 30	FRI 31	SAT 1
<p>9:00AM: BUS RIDE TO ORANGEWOOD PRESBYTERIAN CHURCH (OC) Please call X12905 to reserve your seat.</p> <p>9:00AM: BUS TO OUR SAVIOR'S LUTHERAN CHURCH (OC) Please call X12905 to reserve your seat.</p> <p>9:00AM: CATHOLIC MASS (LC) Join Priests from Casa Santa Cruz and our Catholic Community for Sunday Mass.</p> <p>10:00AM: BUS RIDE TO CHURCH OF THE BEATITUDES (OC) Please call X12905 to reserve your seat.</p> <p>10:30AM: UNITARIAN UNIVERSALIST WORSHIP (PC) Join the members of UU for a live stream service every Sunday.</p> <p>1:00PM: BINGO WITH TED (PVL) Join us for this game of chance. Free - Limit 2 cards</p> <p>3:00PM: SUNDAY WORSHIP SERVICE (LC) Join with Chaplain Peggy and various guest preachers, for this non-denominational Christian service. Holy Communion is served the first Sunday of the month and our Campus Choir sings with us on the last Sunday of the month. *All are welcome.*</p>	<p style="text-align: center;">★★★★★ MEMORIAL DAY REMEMBER AND HONOR</p>  <p>6:30AM: WALKING GROUP (CM) Join us for a daily refreshing morning walk!</p> <p>9:00AM: SIT & BE FIT (RC)</p> <p>9:30AM: LLL SPANISH FOR BEGINNERS (AGR) Must be registered.</p> <p>10:00AM: BIBLE TALK (PN3) Join resident Barbara Lambert for some Biblical discussions. Call Barbara with questions at x15206.</p> <p>10:00AM: HARP FOUNDATION PERFORMANCE (PVL) Join us on the 2nd and 4th Monday of the month for live music with our Harpist, Shannon. Performances brought to us through a partnership with the Therapeutic Harp Foundation.</p> <p>11:00AM: LLL INTERMEDIATE SPANISH (AGR) Must be registered.</p> <p>1:00PM: LIFE JOURNEY SUPPORT GROUP (PVL) All are welcome.</p> <p>1:30PM: POKER (PC) Play some poker with us, everyone welcome!</p> <p>2:00PM: BASKETBALL BOUNCE (RC) Good for all levels of mobility. Join us and try it! Call Dean & Bonnie at x15461 with questions. Just show up Mondays at 2 pm.</p> <p>2:00PM: PATIO HOMES MEETING (AGR)</p> <p>2:30PM: COLOR AND CHAT (AG5) All are welcome!</p> <p>3:00PM: AA OPEN MEETING (AG2) Please call X16109 or 602-995-6109 if you have any questions.</p> <p>6:30PM: IRENE B'S BIBLE STUDY (RC) Join resident, Joe Miller, as he leads this Bible Study.</p>	<p>6:30AM: WALKING GROUP (CM) Join us for a daily refreshing morning walk! The resident led gathering meets 6 days a week just outside of the Bistro.</p> <p>7:30AM: BACKSTREET BOUTIQUE SALE (TS) Storewide sale 25% off, clothing 50% off! We now accept credit cards. Call x18463 for transportation or to schedule donation pickup. Open 7:30 - noon Tu & Fri.</p> <p>9:00AM: CHEN STYLE TAIJI PRACTICAL METHOD FORM WITH ALBERT (RC)</p> <p>9:00AM: WATER AEROBICS WITH CAROLE (PL)</p> <p>9:00AM: BMO HARRIS BANK (TP) BMO has a representative on site Tuesday and Thursday until 11 am.</p> <p>10:00AM: THE FREE THINKERS CIRCLE (AC) Join us for some interesting discussions. Contact Mark Pelkey for details at x15586.</p> <p>10:00AM: WII BOWLING (PVL)</p> <p>10:45AM: L1 CHAIR YOGA (RC)</p> <p>11:00AM: GRAPHOLOGY (AGR) Registration Required.</p> <p>11:00AM: SIZZLER (OC) Enjoy delicious Steaks, Seafood, Chicken, burgers and salads. Call 12905 to reserve your space on the bus.</p> <p>12:00PM: GROOVYTEK (LIB) Monday - Friday 12:00p.m. - 5:00p.m.</p> <p>1:00PM: L3 CORE & CONDITIONING (RC)</p> <p>2:00PM: FOLKLORE FANTASY (AGR) Registration Required.</p> <p>2:00PM: BE INFORMED WITH MICHELLE & DAVID (TV2) Catch the latest updates from our Senior Staff ! with replays Wednesday thru Saturday at 2 pm and 4-7 pm. STAY INFORMED!</p> <p>2:00PM: BINGO (PVL) Free Bingo - 2 card limit - Join us!</p> <p>2:00PM: DARTS (RC)</p> <p>4:00PM: PLAZA CLUB HAPPY HOUR (PC)</p>	<p>6:30AM: WALKING GROUP (CM) Join us for a daily refreshing morning walk! The resident led gathering meets 6 days a week just outside of the Bistro.</p> <p>8:00AM: FRY'S SHOPPING (OC) Get your grocery shopping done! Call x12905, and leave your name, for a seat on the bus. 5 person minimum</p> <p>8:00AM: BILLET PODIATRY-DR. SHEENA (WC) Call 480-661-6061 to schedule your appointment.</p> <p>8:00AM: WELLNESS-BETTER HEARING (WC) By appointment only, dial 602-765-7800 to schedule.</p> <p>9:00AM: SIT & BE FIT (RC)</p> <p>9:00AM: WATER AEROBICS WITH CAROLE (PL)</p> <p>9:00AM: CREATIVE CORNER OPEN HOURS (AG5)</p> <p>10:00AM: ASSISTED POOL EXERCISE (PL)</p> <p>10:00AM: BIBLE STUDY (BR) Join Chaplain Peggy for a study on Jesus' Sermon on the Mount from the Gospel of Matthew chapters 5-7.</p> <p>10:00AM: LLL ANDROID (AG1) Registration required.</p> <p>10:00AM: LLL IPHONE BASICS (AGR) Registration required.</p> <p>10:00AM: NEEDLEWORK CLASS (AG5) Join Carolyn for classes in needlework and embroidery. All supplies provided. Class size limited. Call 15561 to reserve your space.</p> <p>10:45AM: SAFEWAY SHOPPING (OC) Please call x12905 in advance, and leave your name, to reserve your seat on the bus. 5 person minimum</p> <p>11:30AM: FOREIGN FILMS (AGR) Registration Required.</p> <p>12:00PM: GROOVYTEK (LIB) Monday - Friday 12:00p - 5:00p</p> <p>1:00 PM: L3 SENIOR STRENGTH TRAINING (FC)</p> <p>2:00PM: WHITE HOUSE - VIRTUAL TOUR (LC) A two hour video tour of the White House with history.</p> <p>2:30PM: PHOENIX ART MUSEUM (OC) Join us for a trip to see the Barbie Exhibit. Museum entrance fee is free, but the Barbie exhibit is \$10.00 and optional. Call 18473 to reserve your space on the bus.</p> <p>6:00PM: BEADED LIZARD MUSIC JAM (LC)</p>	<p>6:30AM: WALKING GROUP (CM) Join us for a daily refreshing morning walk! The resident led gathering meets 6 days a week just outside of the Bistro.</p> <p>9:00AM: OPEN FITNESS SPECIALIST HOUR (FC)</p> <p>9:00AM: THE STUDIO WITH DAVID RAGAN (AGR) We take a look at, and discuss the long-range goals and plans for Beatitudes Community. All residents are welcome to join.</p> <p>9:00AM: BMO HARRIS BANK (TP) BMO has a representative on site Tuesday and Thursday until 11 am.</p> <p>10:00AM: MID-WEEK PV WORSHIP (PVL) Join Chaplain Peggy for our 10-10:30AM Thursday morning non-denominational worship service in Plaza View Lounge. All are welcome to receive communion.</p> <p>10:00AM: PINOCHLE CARDS (CPW3) Single and double deck play. Join us or call Arnie Anderson x14311.</p> <p>10:00AM: MIM MUSEUM (OC) Musical Instrument Museum, \$20 fee call Cindi Aune at x18473.</p> <p>10:45AM: L1 CHAIR YOGA (RC) Easy chair yoga moves to help increase flexibility with Carole.</p> <p>11:00AM: MID-WEEK LC WORSHIP (LC) Join Chaplain Peggy in the Life Center for our 11-11:30 AM Thursday non-denominational service. All are welcome to receive communion.</p> <p>11:00AM: MS WORD - "THE BASICS" (AGR) LLL Registration required.</p> <p>12:00PM: GROOVYTEK (LIB) Monday - Friday 12:00p - 5:00p</p> <p>1:00PM: ENNEAGRAM (AGR) Come join us to explore the enneagram of personality. Registration required.</p> <p>1:00PM: L3 CORE & CONDITIONING (RC)</p> <p>1:00PM: SING ALONG (PVL) Join in on the singing fun. All Beatitudes Residents are invited.</p> <p>2:30PM: YOGA FOR YOU (RC)</p> <p>4:00PM: ON THE ROCKS HAPPY HOUR (PC) Join Bill, Robert, and The Purple Gang as they entertain you with music from the '50s through</p>	<p>6:30AM: WALKING GROUP (CM) Join us for a daily refreshing morning walk! The resident led gathering meets 6 days a week just outside of the Bistro.</p> <p>7:30AM: BACKSTREET BOUTIQUE SALE (TS) Storewide sale 25% off, clothing 50% off! We now accept credit cards. Call x18463 for transportation or to schedule donation pickup. Open 7:30 - noon Tu & Fri.</p> <p>8:00AM: SAFEWAY SHOPPING (OC) Please call x12905 in advance, and leave your name, to reserve your seat on the bus. 5 person minimum</p> <p>8:00AM: UNIQUE LAB SERVICES (WC) Unique Lab Services is on campus every Friday from 8 AM-10 AM for lab work and blood draws. Call 480-765-2677 to register in advance.</p> <p>8:30AM: MUSIC FROM TV AND MOVIES (AGR) We all know "Ding Dong the Witch is Dead". We talk about the music that has become part of our souls.</p> <p>9:00 AM: WATER AEROBICS WITH CAROLE (PL)</p> <p>10:00AM: ASSISTED POOL EXERCISE (PL)</p> <p>10:00AM: CHEN STYLE TAIJI PRACTICAL METHOD FORM WITH ALBERT (RC)</p> <p>10:30AM: MEMORY LANE: TEAM GAME (BR) Join us for a different team board game in the board rooms!</p> <p>11:00AM: COMPETITIVE TABLE TENNIS (RC)</p> <p>12:00PM: GROOVYTEK (LIB) Monday - Friday 12:00p - 5:00p</p> <p>1:00PM: LINE DANCING WITH CAROLE L1 & L2 (RC)</p> <p>1:00PM: MONTHLY BIRTHDAY PARTY (PB) Join us as we celebrate this months birthdays. Enjoy entertainment by August Manley. Free Birthday Cake!</p> <p>1:00PM: SCIENCE AND SPIRITUALITY (AC) Contact Mark Pelkey at 15586 for details.</p> <p>2:00PM: BINGO! (PVL) Everyone is welcome! .30 cents a card - 4 card limit</p> <p>2:00PM: L3 SENIOR STRENGTH TRAINING (FC)</p> <p>2:00PM: DARTS (RC) Join us in a few games! If you need additional information call Donna Ellis at x15564.</p> <p>2:30PM: SKETCH TOGETHER (AG5)</p> <p>4:00PM: ON THE ROCKS HAPPY HOUR (PC) Join Bill, Robert, and The Purple Gang as they entertain you with music from the '50s through the '90s. Tues, Thu & Fri.</p>	<p>6:30AM: WALKING GROUP (CM) Join us for a daily refreshing morning walk! The resident led gathering meets 6 days a week just outside of the Bistro.</p> <p>9:00AM: SIT & BE FIT (RC)</p> <p>9:00AM: "FIRST SATURDAY" COMMUNITY GARDEN DAY (CG) Join your neighbors out in the garden every First Saturday of the month!</p> <p>10:00AM: BINGO WITH TED (PVL) Join us for this game of chance. Free - Limit 2 cards</p> <p>10:30AM: FILM DISCUSSION GROUP (PC) We will watch A FILM with discussion and analysis immediately following the movie. Contact Jack Evans at x18153 for details.</p> <p>1:00PM: DECORATIVE PAINTING WITH LINDA DANIK (AG5) She's back! Join Linda as she teaches you decorative painting techniques. All are welcome!!</p> <p>1:00PM: RESIDENT VS ROBOT TABLE TENNIS (RC) Come test your reflexes and take on the Table Tennis Robot! All skill levels welcome!</p> <p>1:15PM: LET'S GO TO THE MOVIES! (OC) EZRA centers on a comedian co-parenting his autistic son Ezra with ex-wife. Max and Ezra go on a life-changing cross-country road trip. Please call Jonathan to RSVP @ x18589</p> <p>2:00PM: FREE SPECIAL LLL EVENT (AGR) Sandra Kane (Attorney) will give a special talk to Beatitudes Campus residents about predatory lending and discrimination. No registration required.</p> <p>2:30PM: LEARN TO PLAY CHESS (PC) We're changing location from Plaza View to make it easier for you to come play chess. Join us now every Saturday in the Bistro Lounge.</p> <p>4:00PM: HAPPY HOUR MUSIC (PB) Join us every Saturday in the</p>
<p>LEGEND KEY:</p> <p>(BC) Entire Campus (AC) Admin. Conf. Room (AG#) Agelink Room # (AGR) Agelink Great Room (TS) Backstreet Boutique (BR) Boardrooms (BG) Buckwald's Arizona Grille (TV2) Channel 1-2</p> <p>(CG) Community Garden (CM) Central Park Mall (CPW3) Central Park West 3rd Floor (EF) Elaine's Fine Dining (EP) Elaine's Patio (FC) Fitness Center (FL) Fireside Lobby (GS) Gift Shop (LB) Library (LOT) Large Fountain</p> <p>Parking (LC) Life Center (OC) Off Campus (PB) Plaza Bistro (PC) Plaza Club (PVL) Plaza View Lounge (PL) Pool (RC) Recreation Center (RG) Rose Garden (WC) Wellness Center</p> 						
<p style="text-align: center;">Groovytek Help Desk New Hours! Monday- Friday Noon-5:00p.m. Noon-2:00p.m. by the Library 2:00p.m.-5:00p.m. In-home sessions Call 602-748-4876 to schedule an appointment!</p>						

WEEKLY AGENDA: MAY 26 — JUNE 1



MAY 26— JUNE 1 • 2024

A Weekly Overview of Dining Specials

Bistro

PLAZA BISTRO DAILY FEATURES

DAILY SPECIALS AVAILABLE MON—SAT, 10:30AM-7:00PM

CALL x12908: PICK-UP / DELIVERY (\$4.00)

MON 27	TUE 28	WED 29	THU 30	FRI 31	SAT 1
Soup: Loaded Baked Potato (123c/164c) Entrée: Chicken Croquettes with Lyonnaise Potatoes (608c)	Soup: Chicken Udon (86c/115c) Entrée: Spaghetti & Meat Sauce with Garlic Bread (743c)	Soup: Tomato Basil (80c/106c) Entrée: Crab Cakes with Lemon Dill Sauce & Broccoli Slaw (583c)	Soup: Leek & Potato (70c/90c) Entrée: Meat Lasagna with Garlic Bread (721c)	Soup: Coconut Curry Chicken (159c/212c) Entrée: Beef Steak with Grilled Corn Salsa (458c)	Soup: Navy Bean (193c/257c) Entrée: Chicken & Green Bean Stir Fry with Rice Pilaf (448c)

Sunday Menu Inside this Crave

BUCKWALD'S TUESDAY NIGHT PRIME RIB

Full menu available Wednesday-Saturday ONLY.

Prime Rib Menu (below) Available Tuesdays ONLY

ENTRÉES

- Prime Rib—\$15.99
- Chicken Romano with Tomatoes and Peppers \$9.99
- Lemon Garlic Cod \$10.99

SIDES

- Jasmine Rice | Yukon Gold Mashed Potatoes
- Parmesan Roasted Asparagus | Cauliflower Gratin

All Entrées come with your Choice of 1 Starch & 1 Vegetable, Soup and Salad Bar
Call x16130 with any questions.



THURSDAY & FRIDAY ONLY
4:00—7:00PM

Reservations begin at 9:00 a.m. on Sunday by calling x12908 or by coming to the Bistro in person.

FRENCH ONION SOUP 2.79

Caramelized Onions, Beef Broth, French Bread Croutons & Gruyere Cheese, 330c

PEAR & ARUGULA SALAD 6.99

Baby Arugula, Pears, Red Onion, Toasted Pine Nuts, Gorgonzola Cheese, Pancetta & Balsamic Vinaigrette, 215c

RED SNAPPER 17.99

Pan Seared Red Snapper with Tomatillos, Serrano Chilies & Salsa Verde Sauce, 185c

ARTICHOKE CHICKEN 11.99

Pan Seared Chicken Breast with Artichoke & Cheese Sauce, 589c

SMALL PLATE: LAMB LOIN 12.99

Balsamic Glazed Lamb Loin with White Bean Puree & Mustard Glazed Carrots, 465c

SIDES 1.79

Wild Rice Pilaf, 174c

Gnocchi, 180c

Shredded Brussels Sprouts with Bacon, 46c

Fried Green Tomatoes, 152c

ONLY
MAY 26

SUNDAY PLAZA BISTRO BRUNCH MENU

Call
x12908

9:00AM—3:00PM GRAB & GO ITEMS OPEN UNTIL 4:00PM

Eggs Any Style
One Egg (72 CAL), \$1.59
Two Eggs (144 CAL), \$2.69
Three Eggs (216 CAL), \$3.79
Substitute Egg Whites (32 CAL)

Add Meat \$1.79
Bacon (90 CAL)
Sausage (180 CAL)
Canadian Bacon (40 CAL)

Toast/Bread (2 slices) \$1.99
Sourdough (324 CAL)
Wheat (138 CAL) | 9-Grain (240 CAL)
Rye (130 CAL)
Cinnamon Raisin (160 CAL)
English Muffin (67 CAL)
Bagel (245 CAL)
Gluten Free (140 CAL)

Add Potato .99

Hash Browns (470 CAL)
Home Fries (260 CAL)

Brunch Breakfast Special.....\$6.79

2 Eggs any Style, Add a Meat, Add a Potato, Add Toast.

Create Your Own Omelet.....\$7.29

Choice of Canadian Bacon (40 CAL), Sausage (180 CAL), Bacon (90 CAL), Mushrooms (6 CAL), Green Peppers (6 CAL), Onions (10 CAL), Tomatoes (5 CAL), Cheddar Cheese (113 CAL), Swiss Cheese (106 CAL) or Pepper Jack Cheese (108 CAL)

Waffles.....\$3.29

Chicken Cacciatore (351 CAL)\$7.99

Lemon Garlic Shrimp (266 CAL)\$7.99

Brunch Special.....\$9.39

Choice of Entrée, One Starch and One Vegetable

SUNDAY BRUNCH SIDE ITEM OPTIONS (\$1.19 EA.)—Add to Any Order or By Itself

Roasted Garlic Parmesan Baby Potatoes (129 CAL) | Corn and Goat Cheese Grits (378 CAL)

Butternut Squash Casserole (299 CAL) | Roasted Cauliflower (114 CAL)



Memorial Day

Buffet

May 27, 2024

11:00 a.m. - 2:00 p.m.

Buckwald's Arizona Grille

Soup

• Crab & Shrimp Bisque

Salad

• Potato Salad • Coleslaw • Loaded Cauliflower Salad

Entrees

• Char-Grilled Burgers & Hot Dogs with all the fixings'
• Firecracker Salmon

Sides

• Roasted Yukon Gold Potatoes • Creamed Corn
• Grilled Asparagus • Baked Beans

Desserts

• Apple Pie • Cherry Pie • Blueberry Pie
• No Sugar Added Apple Pie • Ice Cream • Watermelon

~ Beer & Wine will be served ~

TICKETS
\$14.49

TICKETS
ON SALE NOW

OPEN
MAY 29 - JUNE 1

BUCKWALD'S

DINNER MENU WEDNESDAY—SATURDAY, 4-7PM
CLOSED ALL DAY SUNDAY & MONDAY
RESERVATIONS/PICK-UP/ DELIVERY (\$4.00), CALL x16130

SOUP

SOUP DU JOUR\$2.19/2.99

Soup of the Day—Ask Your Server for Today's Selection & Calories

ENTRÉE SELECTIONS

ARUGULA SALAD (192 CAL) \$6.69

Baby Arugula, Strawberries, Blueberries, Goat Cheese & Honey Balsamic Dressing

RIBEYE STEAK (925 CAL) \$12.99

6oz. Ribeye Steak with Pan Seared Shrimp & Parmesan Sauce

ITALIAN SALMON (200 CAL) \$9.99

Salmon Fillet topped with Tomatoes, Garlic & Basil

CHICKEN PARMESAN (403 CAL) \$8.99

Breaded Chicken Breast topped with Tomato Sauce, Provolone & Mozzarella Cheese

BLUE PLATE: BRAISED BEEF (511 CAL) \$8.99

Beef Tips with Mushrooms, Carrots, Leeks, Onions & Yukon Gold Mashed Potatoes

LEMON RICOTTA PASTA (268 CAL) \$8.99

Fettucine with Ricotta Cheese, Baby Spinach & Red Bell Pepper

BUCKY'S BYO (BUILD YOUR OWN) STEAK BURGER \$8.99

House made Burgers featuring Buckwald's unique blend of premium cuts of Short Rib, Brisket & Chuck; All Burgers come with Lettuce, Tomato, Pickles and Onions; All additional toppings are 25¢ each.

Choose Patty: Steak (406 calories), Turkey (240 calories) or Veggie (170 calories)

Choose Bun: Whole Wheat (250 calories), White Kaiser (266 calories), Gluten Free (232 calories)

Choose Cheese: American (47 calories), Swiss (52 calories), Cheddar (50 calories) or Blue Cheese (100 calories)

Choose Toppings: Mushrooms (28 calories), Bacon (112 calories), Onions (23 calories), Avocado (45 calories)

Choose Condiments: Mayo (50 calories), Ketchup (17 calories), Mustard (9 calories)

Burgers are cooked to 155°F internal temperature according to Maricopa County Dept. of Health standards.

SIDES

Onion Rings—299 calories

Seasoned Fries—197 calories

Grilled Asparagus—154 calories

Red Wine and

Garlic Mushrooms—61 calories

Roasted Mixed Vegetables—171 **NEW** calories

Chipotle Mashed Potatoes with Goat Cheese & Caramelized

Shallots—123 calories

Baked Potato—211 calories

Baked Sweet Potato—99 calories

All Sides—\$1.39

Add Side Salad prepared by server for \$1.39 | Add Salad Bar to your order for \$3.59

Make the Salad Bar your meal for \$4.59 | Soup/Salad Bar only \$6.29

**Health Advisory: we choose to cook beef and lamb to order. Consuming raw or undercooked meats may increase your risk of food-borne illness.*

ARIZONA GRILLE

WEEK 5

AVAILABLE
MAY 27 - JUNE 1

PLAZA BISTRO BREAKFAST
AVAILABLE MON-SAT: 7-10:30AM CALL x12908

CLASSIC BREAKFAST OFFERINGS

Oatmeal (70 CAL)\$1.99

Add Brown Sugar (35 CAL), Raisins (90 CAL) or Cream (19 CAL)

Biscuits & Gravy (360 CAL)\$3.79

Two Biscuits Covered with a Savory Country Sausage Gravy

Ala Carte Breakfast**Build Your Own Breakfast!**

Eggs Any Style

One Egg (72 CAL), \$1.59

Two Eggs (144 CAL), \$2.69

Three Eggs (216 CAL), \$3.79

Substitute Egg Whites (32 CAL)

Add Meat \$1.79

Bacon (90 CAL)

Sausage (180 CAL)

Canadian Bacon (40 CAL)

Add Potato .99

Hash Browns (470 CAL)

Home Fries (260 CAL)

Toast/Bread (2 slices) \$1.99

Sourdough (324 CAL)

Wheat (138 CAL)

9-Grain (240 CAL)

Rye (130 CAL)

Cinnamon Raisin (160 CAL)

English Muffin (67 CAL)

Flour Tortilla (90 CAL)

Bagel (245 CAL)

Gluten Free (140 CAL)

Create Your Own Sandwich/Burrito

Choose any of the above ingredients to make your own Breakfast Sandwich or Burrito

NEW **Steak Skillet** (480 CAL)\$5.69

Steak Pieces with Home Fries, Cheese, Peppers & Onions

Create Your Own Omelet\$7.29

Choice of Canadian Bacon (40 CAL), Sausage (180 CAL), Bacon (90 CAL), Mushrooms (6 CAL), Green Peppers (6 CAL), Onions (10 CAL), Tomatoes (5 CAL), Cheddar Cheese (113 CAL), Swiss Cheese (106 CAL) or Pepper Jack Cheese (108 CAL)

NEW **Cherry Compote** (95 CAL)89

Add to any order as a topping

Short Stack Pancakes (520 CAL)\$3.29

Two Fluffy Pancakes served with Butter & Warm Maple Syrup—Add Compote for 89¢

Belgian Waffle (402 CAL)\$3.29

Fresh Baked Waffle served with Butter and Warm Maple Syrup—Add Compote for 89¢

French Toast (362 CAL)\$3.29

Challah Bread served with Butter and Warm Maple Syrup

—Add Compote for 89¢

Heart Healthy (162 CAL)\$4.79

A Light Breakfast Sandwich Made with Egg Whites, Spinach and Mushrooms served on Your Choice of Bread

Light Start (228 CAL)\$6.99

Bowl of Cottage Cheese or Yogurt served with Seasonal Fruit & Berries

Cold Breakfast Cereal\$1.99

Choice of Cheerios (100 CAL), Rice Krispies (97 CAL) or Raisin Bran (100 CAL); served with a half-pint of Milk—Regular (150 CAL); 2% (120 CAL); or Fat Free (90 CAL)

Sides Menu

Add to Any Order or By Itself

Pancake (235 CAL) \$1.65

Slice of French Toast (110 CAL) \$1.65

Strip of Bacon (90 CAL)99

Slice of Toast99

Two Slices of Toast \$1.99

Blueberries (80 CAL)99

Hash Browns (470 CAL)99

Home Fries (266 CAL)99

Fruit Cup (45 CAL) \$1.79

Canadian Bacon (40 CAL)89

Biscuit (212 CAL)89

Sausage (180 CAL)89

Cheese (113 CAL)49

Avocado Half (130 CAL)89

WEEK 5

MAY 27 - JUNE 1 PLAZA BISTRO LUNCH / DINNER MENU

MENU BELOW AVAILABLE MON-SAT, 10:30AM-7:00PM CALLx12908

SOUPS & SALADS

- Chili Con Carne** (200/266 CAL) **\$3.49/4.19**
- Vegetarian Vegetable Soup** (58/77 CAL) **\$2.19/2.99**
- Soup du Jour**..... **\$2.19/2.99**

Made Fresh Daily by our Chefs—Ask for Today's Selection

- Beef Taco Salad** (707 CAL) **\$6.69**

Taco Seasoned Ground Beef, Shredded Lettuce, Tomato, Onion, Cilantro, Cheddar Cheese, Sour Cream, Salsa & Guacamole in a Fried Tortilla Shell

SANDWICHES

- Half Sandwich/Cup of Soup du Jour** **\$5.99**

Choice of Smoked Turkey (128 CAL), Black Forest Ham (212 CAL), Tuna Salad (165 CAL) or Cranberry Chicken Salad (190 CAL) served with a Cup of Soup du Jour—*Make it a full sandwich for \$7.99, Gluten Free Bread Available*

- Grilled Hot Dog** (374 CAL) **\$3.29**

All-Beef Frank served on a Bun; *Toppings: Onions, Chili, Cheese, Sauerkraut*

- B.L.T** (344 CAL)..... **\$6.29**

Toasted Wheat Bread with Crispy Bacon, Lettuce, Tomato and Mayonnaise—**Make it a Club:** (591 CAL) *Add a slice of Bread, sliced Turkey, Ham or both for \$2.00; Gluten Free Bread Available*

- Beatitudes Burger** (402 CAL)..... **\$6.99**

All Burgers come with Lettuce (3 CAL), Tomatoes (7 CAL), Pickles (4 CAL), Onions (15 CAL) and choice of **Patty:** Beef (390 CAL), Turkey (289 CAL), Veggie (140 CAL) or Charbroiled Chicken Breast (194 CAL) | **Bun:** Whole Wheat (234 CAL), White Kaiser (234 CAL), Gluten Free (170 CAL) | **Cheese:** American (99 CAL), Swiss (106 CAL), Cheddar (114 CAL) or Blue Cheese (100 CAL) | *Additional Toppings are 25¢ each:* **Toppings:** Mushrooms (8 CAL), Bacon (88 CAL), Onions (11 CAL), Avocado (80 CAL) | **Condiments:** Mayo (50 CAL), Ketchup (17 CAL), Mustard (9 CAL)

- Chile Lime Shrimp Quesadilla** (415 CAL) **\$6.99**

Shrimp, Cheddar Jack Cheese on a Toasted Tortilla with Pico de Gallo Salsa

ENTRÉES

- Roasted Half Chicken** (300 CAL)..... **\$7.29**

- Chicken Fingers** (223 CAL)..... **\$5.59**

Battered and Deep Fried Chicken Tenderloins with Choice of BBQ, Ranch or Honey Mustard Dipping Sauce

- Cheese Pizza** (420 CAL) **\$4.79**

Traditional Crust Topped with Sauce and Mozzarella Cheese **Toppings (25¢ ea.):** Peppers, Onions, Mushrooms, Sausage, Pepperoni (or all toppings for \$1.00)

- Trout** (380 CAL) **\$7.99**

Pan Seared Trout with Piccata Sauce

- Entrée du Jour** (Ask for CAL) **\$8.99**

Ask a Server for Today's Selection, or see it on front page of The Crave

- "B-Creative" Station** (Ask for CAL) **\$7.99**

Italian Bar-Build Your Own Pasta Bowl—Choose From: Italian Sausage (392 Cal), Grilled Chicken (187 Cal), Ziti (522 Cal), Rotini (522 Cal) Tomato Sauce (56 Cal) & Alfredo Sauce (70 Cal)

SIDES

- | | | |
|--------------------------------------|---|------------------------------------|
| Fresh Fruit Cup (104 CAL) 1.79 | Steamed Carrots (60 CAL) 1.19 | Corn Bread or Dinner Roll..... 89¢ |
| Side Salad (32 CAL) 1.39 | French Fries (252 CAL)..... 1.19 | Avocado Half (125 CAL) 89¢ |
| Onion Rings (257 CAL) 1.39 | Sweet Potato Fries (146 CAL) 1.19 | Coleslaw (291 CAL) 1.19 |
| Broccoli (105 CAL) 1.19 | Plain (211 CAL) or Sweet (99 CAL) | |
| Green Beans (67 CAL) 1.19 | Baked Potato 1.19 | |

Fifth Wednesday - What to do?!

The most frequent complaint here at Beatitudes is that there is always too much to do. Our Fifth Wednesday May 29 is an example of this. There are two great events. The first is a trip to the Phoenix Art Museum that leaves at 2:30. While this is late for a Life Enrichment activity, they didn't give us much of a choice. The Museum is free after 3:00 on Wednesday only. There is a \$10 charge, however, for the Barbie exhibit. The second event is a 2:00 Life Center event. We are going on a two-hour virtual tour of the White House. We take a look at the history, development and changes of the Blue Room, the Red Room, the Yellow Room and so forth.

REMINDERS: Action of the Week: Not on my watch. - - - MAY 25: Percussion Show in the Life Center on Saturday at 2 pm. - - - MAY 27: GroovyTek will be taking Monday, Memorial Day off, as will Transportation Services. - - - MAY 28: There is a lunch outing at Sizzler on Tuesday. - - - MAY 29: Fifth Wednesday activities. - - - MAY 30: Musical Instrument Museum outing. - - - MAY 31: next Friday we celebrate our June birthdays.

May is Asian American Pacific Islander (AAPI) Heritage Month

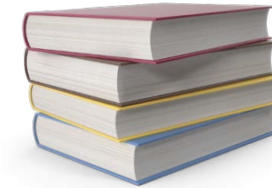
Mollie Heiden, CTRS, Life Enrichment Lead

MAY IS ASIAN AMERICAN PACIFIC ISLANDER (AAPI) Heritage Month, and a great way to learn and connect is through books. I reached out to Changing Hands Bookstore owner, Gayle Shanks, for some recommendations on books to read that amplify AAPI voices, share culture and creativity. It was hard to condense the lists into a single article, but I hope this is a jumping off point for many of you to discover some new authors and stories for yourself or to share with family and friends!



Adult Fiction:

- Kaleidoscope, written by Cecily Wong
- Loot, written by Tania James
- Late Bloomers, written by Deepa Varadarajan
- Forbidden City, written by Vanessa Hua
- Joan is Okay, written by Weike Wang
- The Tiger Mom's Tale, written by Lyn Liao Butler
- Interior Chinatown, written by Charles Yu



Non-Fiction:

- An Immense World, written by Ed Yong
- Falling Back in Love With Being Human, written by Kai Cheng Thom
- Up to Speed, written by Christine Yu
- Indelible City, written by Louisa Lim
- Kingdom of Characters, written by Jing Tsu
- Mott Steet, written by Ava Chin

Memoirs and Biographies:

- Oh My Mother! Written by Connie Wang
- Horse Barbie, written by Geena Rocero
- Crying in H Mart, written by Michelle Zauner
- Stay True, written by Hua Hsu
- The Perfect Sound, written by Garrett Hongo



Young Adult and Youth:

- The Many Masks of Andy Zhou, written by Jack Cheng
- A Scatter of Light, written by Malinda Lo
- Night Market Rescue, written by Charlotte Cheng
- Always Anjali, written by Sheetal Sheth
- That's Not My Name! written by Anoosha Syed





Free Your Compassionate Love:

- Care for each other and our residents understanding that empathy makes us stronger and love makes us strongest.
- Work to cultivate open, honest, and meaningful relationships – dare to love.
- Be willing to be vulnerable, sharing your fears, failures and learnings allowing others to do the same.
- Show compassionate love to yourself.

Possible Reflection Questions:

What are some examples that come to mind of acts of compassion occurring in our community that you have witnessed?

What is the difference between compassion and empathy? Describe a time you received compassion at work?

How well do you treat yourself? When was the last time you did something nice for yourself?

What kind of things can you do for another that will make their day?

Everyone has something that is particularly important to them – how do you get to know the people we take care of, so you know what is most important to them?

Have you made a personal connection with someone that helped you provide better care for them?



Claim the Motto “Not on My Watch”:

- Stand up against anyone devaluing or denigrating a member of our community.
- Never talk about, spread harmful rumors, or speak despairingly about any one member of our community or listen to anyone talking negatively about anyone else.
- Be intolerant of sexist, racist, ageist, homophobic, transphobic and any other discriminatory talk and behavior.
- Live by “Not on My Watch!” by being bold and accepting responsibility to stop talk when anyone tries to start it.

Possible Reflection Questions:

When you see something happening or hear something that is being said that is unfair or not healthy to the up building of a resident or team member, how easy is it for you to address it or stop it?

When you are frustrated or upset at work, how do you stop yourself from being negative?

What are some good phrases or words to use if you find yourself in a conversation that has turned negative or is starting to spread rumors?

When you think of respect as it relates to the dignity and diversity of all persons – what are some examples of that you see in our community?



We uphold each other through the physical, emotional, spiritual, and ethical journeys that define the human experience.



We pledge to be responsible for the human and financial resources entrusted to us.

**LARGE PRINT
RR'S**

**VISUAL
IMPAIRMENTS?
LARGE PRINT RR'S
are now available
for delivery! Just
let your building
reps know you'd
like a larger copy!**

A Spring Buzzing with Activity—continued

rental and entrance fee residences at Beatitudes Campus, the recent Open House Event provided an ideal setting. Guests were able to leisurely tour the community, guided by our dedicated resident volunteers, engage with residency counselors, and savor delectable culinary offerings prepared by our talented Culinary team. This event showcased the exceptional living options available at our community and provided a glimpse into the warm and supportive environment that defines us.



a vibrant, engaging, and supportive community for residents and visitors alike.

A heartfelt thank you is extended to our remarkable residents, whose unwavering support

and active participation have been instrumental in creating a thriving community at Beatitudes Campus. The



The diverse array of activities and events at Beatitudes Campus, meticulously curated by our dedicated events maestro, Jonathan Gibbs, in collaboration with our marketing, community



engagement, facilities, environmental services, and culinary teams, exemplifies our unwavering commitment to fostering

genuine interactions and shared experiences between guests and residents during these events serve as a testament to the invaluable role our residents play as advocates for the enriching

lifestyle offered at Beatitudes Campus. Thank you for being the heart and soul of our community!



BEATITUDES CAMPUS MISSION STATEMENT

*Inspiring purpose and vibrancy in life's journey.
Live Brightly, Age Boldly.*

VISION STATEMENT

To foster an innovative community where people meet purpose and aging is transformed.

**LIVE BRIGHTLY,
AGE BOLDLY.**

**PRAYER REQUESTS,
X15186
DIAL-A-PRAYER,
X15187**

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Content Submissions:
www.bcampus.org/rr

*Beatitudes Campus is a
Life Plan Community and
a not-for-profit ministry
founded by Church of the
Beatitudes*

THANK YOU! THANK YOU!

The members of the Community Outreach Committee thank you, the residents and staff of the Beatitudes Campus, for your generous donations to the purchase of Summer Learning Packets for the 74 kindergartners of Maryland Elementary School, a Title 1 school located at 21st Avenue and Maryland! You gave over \$1700.00!! In addition to the packets, the money will go to buy a hardcover story book for each child. Beatitudes residents have supported Maryland School for more than ten years in many ways: by tutoring students, writing notes of appreciation to teachers and staff, donating "back to school" items, helping with the student garden, and by helping to purchase these Summer Learning Packets. We on the committee know this help is very much appreciated by the students and school staff, our neighbors, and we very much appreciate your generous support! **THANK YOU!!**