

# WATER FITNESS CLUB

## GENERAL MEETING

### NOVEMBER 9<sup>TH</sup>

Doors Open: 11:30am

Cost: \$5.00

RH Johnson Social Hall East

**Checks must be received by November 2<sup>nd</sup>**

**Mail checks payable to**

**SCW WATER FITNESS CLUB**

**13940 W. Meeker Blvd, Unit 115**

**P.O. Box 412**

**Sun City West, AZ 85375**

General Meeting will begin at Noon and is open to all members.

**LUNCH IS FROM PANERA BREAD - PLEASE INDICATE CHOICE ON YOUR CHECK**

#### **1. Green Goddess Cobb Salad with Chicken**

Chicken raised without antibiotics, arugula, romaine, baby kale and red leaf blend, grape tomatoes and pickled red onions tossed in freshly made Green Goddess dressing and topped with fresh avocado, Applewood-smoked bacon and cage-free hard-boiled egg.

#### **2. Fuji Apple Salad with Chicken**

Chicken raised without antibiotics, arugula, romaine, baby kale and red leaf blend, grape tomatoes, red onions, toasted pecan pieces, Gorgonzola and apple chips tossed in sweet white balsamic vinaigrette.

#### **3. Roasted Turkey & Avocado BLT**

Roasted turkey raised without antibiotics, Applewood-smoked bacon, emerald green, vine-ripened tomatoes, fresh avocado, mayo, salt, and pepper on Country Rustic Sourdough.

#### **4. Smokehouse BBQ Chicken Sandwich**

Smoked, pulled chicken raised without antibiotics, BBQ sauce, red onions, aged white cheddar, and frizzled onions on Classic White Miche.

#### **5. Tuna Salad Sandwich**

Special recipe tuna salad, emerald greens, vine-ripened tomatoes, red onions, salt and pepper on Black Pepper Foccacia.

Be sure to bring lots of singles to buy your raffle tickets!

Immediately following the meeting get ready to win raffle and drawing prizes!

Always a club favorite!