

"Welcome to Fall 4'All!"

WATER FITNESS CLUB GENERAL MEETING AND LUNCHEON

Checks must be received by November 5th

TUESDAY, November 15th

Doors Open: 11:30am

Cost: \$7.00

RH Johnson Social Hall East

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

Mail checks payable to:

SCW WATER FITNESS CLUB

13940 W. Meeker Blvd, Unit 115

Box 412

Sun City West, AZ 85375

ATTENDANCE DRAWING - *If you would like to donate something for the attendance drawing, please email us and we will coordinate getting these items. This can be anything from something you have made to your favorite candy. You can include a note with the item telling a little about yourself.*

THE BOX LUNCH IS FROM PANERA BREAD

PLEASE INDICATE YOUR MENU # 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!