Hello Beatitudes Community! I want to begin this message with a HUGE thank you! Thank you for the understanding and supporting the decisions we have had to make over the last few weeks. Once we think we have all the precautions covered, (like Friday a week ago), more recommendations come out (like last Sunday and Monday). It has been frustrating, sometimes exhausting and definitely life interrupting for all of us. Yet these decisions are in your best interest and the best interest of the community. Your health and safety are our utmost top priority.

Back to my appreciation to YOU! Thank you for the acceptance of the temporary "new normal." We have received so many notes, emails, words of appreciation and encouragement from our community of residents, staff, board members and your families. These generous moments are very much appreciated by all of us! We have adapted, too. Our management, administrative, health services, operations and support services teams are taking temperatures and screening all staff, essential health care providers and vendors, our resident service team is greeting your families as they drop items off for you and then delivering the packages to you, and our dining service team members are providing your meals – even though they miss your smiling faces in the restaurants, they still get to see you when they drop off your meals.

This time is also a time for creativity. As I write this, I’m listening to Josephine and Jessica of Success Matters on the Community Channel. Life Enrichment, Fitness, and Spiritual Life team members have also recorded segments to bring programming and worship service to you! David Ragan and I will start sending you messages next week.

This is where we are – today on Friday. We are Beatitudes Strong! And I hope by the time you read this, our life at Beatitudes Campus hasn’t changed again. But, if it does, we will adapt together!

In the words of our dear friend, Retired Beatitudes Campus Chaplain and Campus Resident Rev. Leroy Calbom: “We are all separated together.”
During this challenging season, as we practice social distancing, gatherings are canceled, and we are navigating life in a so not normal way—we are looking for ways to stay connected to each other. How do we reach out and connect with others when handshakes and hugs aren’t safe? The spiritual connection and community here at the campus is strong and I know that we will make it through this together. Rev. Lynn Unger wrote a beautiful reflection that suggests how we might reframe this difficult time and I share it with you:

**Pandemic**
What if you thought of it as the Jews consider the Sabbath—the most sacred of times?
Cease from travel.
Cease from buying and selling.
Give up, just for now, on trying to make the world different than it is.
Sing. Pray. Touch only those to whom you commit your life.
Center down.
And when your body has become still,
reach out with your heart.
Know that we are connected in ways that are terrifying and beautiful.
(You could hardly deny it now.)
Know that our lives are in one another’s hands.
(Surely, that has come clear.)
Do not reach out your hands.
Reach out your heart.
Reach out your words.
Reach out all the tendrils of compassion that move, invisibly, where we cannot touch.
Promise this world your love—
for better or for worse, in sickness and in health, so long as we all shall live.
–Lynn Ungar, March 11, 2020

---

**HAPPY BIRTHDAY!**

23rd—Robert Scurlolck
   Al Finkelstein
   Vivian Longoni
24th—Dick Tucker
   Paul Hart
   Jim Plaster
25th—Eloise Villegas
26th—Shirley Burrier
   Ruth Monson
   Jim Soudriette
27th—Pat Boykin
28th—Linda Carolin
29th—Sondra Burns

---

**BUCKWALD’S & BISTRO ARE PICK-UP OR DELIVERY ONLY**

* Dining services are prepared to take your orders and deliver your meals if you are unable to pick them up. Delivery service is available during regular meal hours, no extra charge.

*Please call to place your order
   - Plaza Bistro X12908
   - Buckwald’s Arizona Grille X16130

*The Corner Perk, Elaine’s and Plaza Club Bar temporarily closed

---

**WANT TO WATCH BEATITUDES CLASSES AND ENTERTAINMENT ON TV?**

- Turn on the TV and you’ll see the community channel 1-1.
- Next, push the channel (CH) button up once.

---

**KUM BA YA: HISTORY OF AN OLD SONG**

Happy Birthday!
Because We Care!

Please know we are doing everything we can to provide you with an exceptional dining experience and maintain a variety of choices for your dining pleasure. We will evaluate all of the actions we are taking continuously.

Buckwald’s Arizona Grille
Our salad bar will be temporarily suspended to provide you with less touch points as we distance ourselves socially for the time being. We will offer a few salad options for side salads that you can order from your server. Temporarily we will be suspending all buffet options to include the Monday night tailgate. Buckwald’s will be closed on Monday night for a short period of time. We will be open for lunch.

Elaine’s Fine Dining, Plaza Club Bar and lounge are closed temporarily. Due to social distancing initiatives campus wide we will be limiting our seating at tables in all venues to two per table. This initiative is temporary and we will resume normal operations just as soon as it is safe to do so.

We will temporarily be offering tissues bathroom tissue and paper towels in the Bistro as we know how difficult it is to obtain these items in the stores. We will limit you to one of each however so that our supply remains constant.

**Bistro**

**PLAZA BISTRO DAILY FEATURES—X12908**

OPEN FOR LUNCH MONDAY—SATURDAY, 10:30AM—7PM AND SUNDAY FROM 11:30AM—7PM

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Soup:</strong> French Onion (126 cal)</td>
<td><strong>Soup:</strong> Chicken Tortilla (208 cal)</td>
<td><strong>Soup:</strong> Cream of Mushroom (122 cal)</td>
<td><strong>Soup:</strong> Split Pea with Ham (135 cal)</td>
<td><strong>Soup:</strong> Fish Chowder (73 cal)</td>
<td><strong>Soup:</strong> Potato &amp; Ham Chowder (158 cal)</td>
</tr>
<tr>
<td><strong>Entrée:</strong> Pot Roast and Gravy with Roasted Red Potatoes (502 cal)</td>
<td><strong>Entrée:</strong> BBQ Pork Ribs with Baked Beans (835 cal)</td>
<td><strong>Entrée:</strong> Green Chili Chicken Enchilada (541 cal)</td>
<td><strong>Entrée:</strong> Spaghetti &amp; Meatballs (744 cal)</td>
<td><strong>Entrée:</strong> Stuffed Cabbage Rolls with Tomato Sauce (938 cal)</td>
<td></td>
</tr>
<tr>
<td><strong>Veg:</strong> Zucchini &amp; Corn (121 cal)</td>
<td><strong>Veg:</strong> Provincial Tomatoes (155 cal)</td>
<td><strong>Veg:</strong> Summer Roasted Vegetables (115 cal)</td>
<td><strong>Veg:</strong> Creamed Corn (184 cal)</td>
<td><strong>Veg:</strong> Green Peas (115 cal)</td>
<td></td>
</tr>
</tbody>
</table>

**SUNDAY**

**Soup:** Beef Orzo (139 Cal)  
**Entrée:** Burgundy Beef Tips with Egg Noodles (776 cal)  
**Veg:** Balsamic Roasted Vegetables (90 cal)

**Buckwald’s**

**BUCKWALD’S LUNCH FEATURES—X16130**

**MENU FOR LUNCH ONLY | LUNCH AVAILABLE MONDAY—SATURDAY, 11AM—2PM | SEE DINNER MENU INSIDE**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
</table>
| **LUNCH:** Soup ($2.09): French Onion  
**Entrées ($4.89):** Lemon Pepper Roasted Chicken, Quarter OR Alaskan Salmon  
**Sides:** Wild Rice; Mashed Potatoes with Gravy, Sautéed Vegetables; Fresh Braised Greens  
**Dessert:** Strawberry Cheesecake | **LUNCH:** Soup ($2.09): Cream of Turkey  
**Entrées ($4.89):** Garlic Herb Meatloaf, OR Maryland Crab Cake  
**Sides:** Mashed Red Potatoes with Gravy, Steamed Carrots; Braised Cabbage  
**Dessert:** Coconut Cream Pie | **LUNCH:** Soup ($2.09): Curry Butternut Squash  
**Entrées ($4.89):** Chicken Florentine, OR Lamb Stew  
**Sides:** Couscous with Parsley; Mashed Potatoes with Gravy, Italian Flat Beans; Chard Bacon Brussels Sprouts  
**Dessert:** Layered Carrot Cake | **LUNCH:** Soup ($2.09): Italian Chowder  
**Entrées ($4.89):** Stuffed Cabbage OR Braised Pork  
**Sides:** Garlic Orzo; Mashed Potatoes with Gravy, Sauautéed Spinach; Parmesan Tomato  
**Dessert:** Lemon Cream Cake | **LUNCH:** Soup ($2.09): Manhattan Clam Chowder  
**Entrées ($4.89):** Vegetable Lasagna, OR Classic Chicken Cacciatore  
**Sides:** Fingerling Potato; Mashed Potatoes with Gravy, Broccoli; Roasted Beets  
**Dessert:** Chocolate Cake | **LUNCH:** Soup ($2.09): Cream of Asparagus  
**Entrées ($4.89):** Dry Rubbed Baby Back Ribs OR Turkey Tetrazzini  
**Sides:** Corn Bread Stuffing; Mashed Potatoes with Gravy, Sweet Potato Casserole; Peas & Mushrooms  
**Dessert:** Key Lime Cake |
## SOUPS

<table>
<thead>
<tr>
<th>Item</th>
<th>Price/CAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHILI CON CARNE</td>
<td>2.79 cup (298 CAL)/3.49 bowl (447 CAL)</td>
</tr>
<tr>
<td>CLASSIC CHICKEN NOODLE</td>
<td>2.19 cup (58 CAL)/2.99 bowl (77 CAL)</td>
</tr>
<tr>
<td>SOUP DU JOUR (2.19 cup/2.99 bowl) (ASK FOR CAL COUNT)</td>
<td>Made fresh daily by our chefs, ask for today's selection</td>
</tr>
</tbody>
</table>

## ENTRÉE SALADS

<table>
<thead>
<tr>
<th>Item</th>
<th>Price/CAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>6.69 ARIZONA CHICKEN &amp; SPINACH</td>
<td>(466 CAL) Fresh Baby Spinach Topped with Grilled Chicken Breast, Mushrooms, Candied Pecans, Raspberries, Apple and Raspberry Vinaigrette</td>
</tr>
<tr>
<td>6.29 GRILLED HONEY MUSTARD CHICKEN SALAD</td>
<td>(497 CAL) Mustard Marinated Chicken, Strawberries, Red Onion, Mushrooms, Sunflower Seeds and Croutons over Spinach</td>
</tr>
</tbody>
</table>

## SANDWICHES

<table>
<thead>
<tr>
<th>Item</th>
<th>Price/CAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>4.59 HALF SANDWICH/CUP OF SOUP DU JOUR</td>
<td>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 $5.99. Gluten Free Bread Available</td>
</tr>
<tr>
<td>3.29 GRILLED HOT DOG</td>
<td>(374 CAL) All-Beef Frank served on a Bun; Toppings: Onions, Chili, Cheese, Sauerkraut</td>
</tr>
<tr>
<td>5.49 CUBAN PANINI</td>
<td>(797 CAL) Sliced Pork Loin, Ham, Pickles, Swiss Cheese, Mustard Spread on a Hoagie Roll</td>
</tr>
<tr>
<td>5.29 TEXAS BBQ PULLED PORK QUESADILLA</td>
<td>(564 CAL) with Vinegar Slaw</td>
</tr>
<tr>
<td>4.59 B.L.T</td>
<td>(344 CAL) Toasted Wheat Bread with Crispy Bacon, Lettuce, Tomato and Mayonnaise—Add Sliced Turkey or Black Forest Ham for $1; Gluten Free Bread Available</td>
</tr>
</tbody>
</table>

## ENTRÉES

<table>
<thead>
<tr>
<th>Item</th>
<th>Price/CAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>4.39 OMELET YOUR WAY</td>
<td>(423 CAL) Two Egg Omelet with Your Choice of Vegetables, Meats and Cheeses—build it your way!</td>
</tr>
<tr>
<td>4.99 CHICKEN FINGERS</td>
<td>(223 CAL) Chicken Tenderloins Coated in Bread Crumbs with choice of BBQ, Ranch or Honey Mustard Dipping Sauce</td>
</tr>
<tr>
<td>5.29 HALF ROASTED CHICKEN</td>
<td>(300 CAL)</td>
</tr>
<tr>
<td>4.79 CHEESE PIZZA</td>
<td>(420 CAL) Traditional Crust Topped with Sauce and Mozzarella Cheese</td>
</tr>
<tr>
<td>5.79 CARVED PIT HAM</td>
<td>(352 CAL) with Brown Sugar Pineapple Glaze</td>
</tr>
<tr>
<td>5.79 THERE WILL BE NO BE-CREATIVE STATION UNTIL FURTHER NOTICE.</td>
<td>(ASK FOR CALS) Ask a server for today's selection!</td>
</tr>
<tr>
<td>5.99 ENTRÉE DU JOUR</td>
<td>(ASK FOR CALS) Ask a server for today's selection!</td>
</tr>
</tbody>
</table>

## SIDES

<table>
<thead>
<tr>
<th>Item</th>
<th>Price/CAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh Fruit Cup</td>
<td>(104 CAL) ..........1.09</td>
</tr>
<tr>
<td>Side Salad</td>
<td>(32 CAL) ..........1.09</td>
</tr>
<tr>
<td>Avocado</td>
<td>(125 CAL) ..........0.89</td>
</tr>
<tr>
<td>Green &amp; Yellow Squash</td>
<td>(194 CAL) ..........0.89</td>
</tr>
<tr>
<td>Sautéed Spinach</td>
<td>(134 CAL) ..........0.89</td>
</tr>
<tr>
<td>Broccoli</td>
<td>(105 CAL) ..........0.89</td>
</tr>
<tr>
<td>Steamed Carrots</td>
<td>..................89¢</td>
</tr>
<tr>
<td>Macaroni Salad</td>
<td>..................89¢</td>
</tr>
<tr>
<td>Scalloped Potatoes</td>
<td>..................89¢</td>
</tr>
<tr>
<td>Glazed Carrots</td>
<td>..................89¢</td>
</tr>
<tr>
<td>French Fries</td>
<td>..................69¢</td>
</tr>
<tr>
<td>Sweet Potato Fries</td>
<td>..................89¢</td>
</tr>
<tr>
<td>Plain</td>
<td>(102 CAL) or Sweet (104 CAL)</td>
</tr>
<tr>
<td>Baked Potato</td>
<td>..................89¢</td>
</tr>
<tr>
<td>Onion Rings</td>
<td>(257 CAL) ..........1.09</td>
</tr>
<tr>
<td>Vegetable du Jour</td>
<td>..................89¢</td>
</tr>
</tbody>
</table>

## PLAZA BISTRO BREAKFAST MENU

**BREAKFAST 7:00—10:30AM** (TO 11:30AM ON SUNDAYS) SEE VENUE FOR FULL MENU

<table>
<thead>
<tr>
<th>Item</th>
<th>Price/CAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>EGGS BENEDICT</td>
<td>(550 CAL) ..........$4.59</td>
</tr>
<tr>
<td>MIXED BERRY COMPOTE</td>
<td>(55 CAL) ..................59¢</td>
</tr>
</tbody>
</table>

Add to any order as a topping!
BUCKWALD’S

DINNER TUESDAY—SATURDAY, 4-7PM | CLOSED SUNDAYS AND MONDAYS,
CALL x16130

SOUP

SOUP DU JOUR
House Made Featured Soup of the Day
Ask Your Server for Today’s Selection, $2.19 — ask server for calories

ENTRÉE SALADS

STRAWBERRY AVOCADO SPINACH SALAD
Fresh Spinach, Avocado, Feta Cheese, Sliced Almonds, Strawberries, Grilled Chicken & Balsamic Vinaigrette, $6.99
(541 calories)

CAESAR
Chopped Romaine with Shredded Parmesan and Focaccia Croutons, $3.59 (305 calories)
Add Grilled Chicken—$6.29 (+153 calories)
Add Grilled Shrimp—$6.79 (+223 calories)

BUCKY’S BYO

BUCKY’S BYO (BUILD YOUR OWN) STEAK BURGER
House Made Burgers Featuring Buckwald’s Unique Blend of Premium Cuts of Short Rib, Brisket & Chuck, $6.99

Choose Patty
Beef (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 .50¢
American (47 calories), Swiss (52 calories), Cheddar (50 calories) or Blue Cheese (100 calories)

Choose Toppings .50¢
Mushrooms (28 calories), Bacon (112 calories), Onions (23 calories), Avocado (45 calories)

Choose Sauce
Mayo (34 calories), Ketchup (14 calories), Mustard (9 calories)

ALL BURGERS COME WITH LETTUCE, TOMATO, PICKLES AND ONION
ALL ADDITIONAL TOPPINGS ARE .50¢ EACH

BURGERS ARE COOKED TO 155°F INTERNAL TEMPERATURE BY MARICOPA COUNTY DEPT. OF HEALTH STANDARDS

SIDES

Onion Rings — 299 calories
Seasoned Fries — 197 calories
Creamy Garlic Parmesan Orzo — 273 calories
Corn & Zucchini Sauté — 152 calories
Grilled Asparagus — 154 calories
Red Wine & Garlic Mushrooms — 168 calories
Baked Parmesan Zucchini — 151 calories
Chipotle Mashed Potatoes with Goat Cheese & Caramelized Shallots — 123 calories
Baked Potato— 211 calories
Baked Sweet Potato— 99 calories

All Sides—$1.09
Add Garden Bar to any Entrée for $3.29, or enjoy as your meal for $4.99—add Side Salad to any order for $1.09

*HEALTH ADVISORY: WE CHOOSE TO COOK BEEF AND LAMB TO ORDER.
CONSUMING RAW OR UNDERCOOKED MEATS MAY INCREASE YOUR RISK OF FOOD-BORNE ILLNESS.
ENTRÉES

CAJUN PORK TENDERLOIN
A Moist and Juicy Cajun Seasoned Pork Tenderloin Wrapped in Crispy Bacon and Glazed in an Apricot Dijon Sauce, $8.99 (312 calories)

BASEBALL CUT TOP SIRLOIN
Char broiled 8oz Center Cut Top Sirloin (called a baseball cut due to its rounded shape) served with optional Béarnaise or Brandy Peppercorn Sauce, $12.99 (467 calories)

CHICKEN SCHNITZEL
Breaded and Fried Chicken Breast with a Celery and Radish Salad, $8.99 (345 calories)

GRILLED RIBEYE
Grilled Ribeye Steak with Greek Relish, $11.99 (562 calories)

THE LIGHTER SIDE

TUSCAN STYLE STUFFED MUSHROOMS (GLUTEN FREE)
Goat Cheese & Spinach Stuffed Portobello Mushrooms in a Creamy Sun Dried Tomato Sauce, $6.99 (365 calories)

CREAMY ARTICHOKE & PINE NUTS PASTA
Bow Tie Pasta with Artichoke Hearts, Crème Fraiche, Lemon & Parmesan Sauce, Topped with Toasted Pine Nuts & Sweet Peas, $6.99
Gluten Free Pasta, (439 cal)
Add Chicken, $2.69 (153 cal)
Add Grilled Shrimp, $3.19 (223 cal)

SEA BASS
Pan Seared Sea Bass with Cannellini Bean Stew, $9.99 (345 calories)

SAUTÉED KALE & MUSHROOMS WITH RAVIOLI
Chopped Kale, Portobella Mushrooms, Ripe Tomatoes, Cheese Raviolis and Parmesan Cheese, $7.99 (378 calories)

CATCH

SEARED SALMON FILET
Seasoned and Seared served with a Lemon Basil Butter, $9.99 (311 calories)

SEALED SALMON FILET
Seasoned and Seared served with a Lemon Basil Butter, $9.99 (311 calories)

BUCKWALD’S AND PLAZA BISTRO ORDERS ARE FOR PICKUP & DELIVERY ONLY

BUCKWALD’S, X16130 | PLAZA BISTRO, X12908

BUCKWALD’S WILL BE CLOSED ON MONDAYS TEMPORARILY
TUESDAY WILL FEATURE OUR REGULAR MENU LISTED ABOVE
HOOTENANANNY HAS BEEN TEMPORARILY SUSPENDED ON WEDNESDAY EVENINGS

ANNOUNCEMENTS

CHEF’S SPECIALS
Available Tuesday—Saturday

CHEF’S BLUE PLATE:
PORK TENDERLOIN
Fresh Pork Tenderloin Stuffed with Dried Cherries, Spinach, Onion, & Orange Zest, Over Yukon Gold Mashed Potatoes, $5.99 (597 calories)

CHEF’S ACTION STATION:
MOROCCAN MUSHROOMS WITH COUSCOUS
Chickpeas, Tomatoes, Mushrooms, Sliced Red Onions and Cumin, Over Apricot Honey Couscous, $6.99 (245 calories)