



Activity Calendar ~ July 2018

SeaTac Senior Program • 206.973.4690



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 8:45 Senior Walking	3 9:00 Footcare by appt. 10:00 Coffee & Cards 10:30 Hanky Panky's 11:45 July 4th Lunch 12:30 Canasta	4 CLOSED FOR JULY 4TH HOLIDAY	5 9:00 Mah Jongg 11:45 Lunch 1:00 Legal Advice by Apt	6 8:45 Senior Walking 9:00 Cribbage 9:00 Wii Bowling/Golf 11:45 Lunch 12:00 Indoor Flyer	7
8	9 8:45 Senior Walking	10 9:30 Lucky Eagle Casino 10:00 Coffee & Cards 11:45 Lunch 12:30 Canasta	11 8:45 Senior Walking 10:00 Wood Carving 10:30 Hanky Panky's 11:45 Lunch 12:30 Pinochle/Movie 5:00 Bunko	12 9:00 Mah Jongg 11:45 Lunch	13 8:45 Senior Walking 9:00 Footcare by appt. 9:00 Cribbage 9:00 Wii Bowling/Golf 11:45 Lunch 12:00 Indoor Flyer	14
15	16 7:30 Sequim Motor Coach 8:45 Senior Walking	17 9:00 Senior Massage 9:00 Senior Advisory 9:00 Senior Massage 10:00 Coffee & Cards 11:45 Lunch 12:30 Canasta	18 8:45 Senior Walking 10:00 Wood Carving 10:30 Hanky Panky's 11:45 Birthday Lunch 12:30 Pinochle 12:30 Movie	19 9:00 Mah Jongg 9:30 King Co. Fair 11:45 Lunch 1:00 Alzheimer's Meeting 1:00 SHIBA by Appt.	20 9:00 Footcare by appt. 8:45 Senior Walking 9:00 Cribbage 9:00 Wii Bowling/Golf 11:45 Lunch 12:00 Indoor Flyer	21
22	23 10:00 Mexican Train	24 10:00 Coffee & Cards 12:30 Canasta	25 10:00 Wood Carving 12:30 Pinochle 12:30 Movie	26 9:00 Mah Jongg 10:00 Renton River Days	27 9:00 Cribbage 9:00 Wii Bowling/Golf	28
29	30 10:00 Scrabble	31 10:00 Coffee & Cards 12:30 Canasta	<p>Reminder: Due to floor refinishing, the banquet room and gym will be closed July 22 through August 3. There will be no lunch or gym activities during this time.</p>			



Menu ~ July 2018

SeaTac Nutrition Program • 206.973.4690



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <ul style="list-style-type: none"> • The suggested donation for lunch is \$4 for individuals 60 or older. • On Tuesdays, Thursdays and Fridays, salad is available starting at 11:15 a.m. • To accommodate dietary needs, an alternate meal may be available. If you need an alternate, please advise the kitchen by 10:30 a.m. • Please bus your own dishes. 	<p>3</p> <p>Independence Day Luncheon Hamburger W/Fries Coleslaw Baked Beans Fruit Medley No Salad Bar</p> 	<p>4</p> <p style="text-align: center;">Closed for the Independence Day Holiday</p>	<p>5</p> <p>Lemon Pepper Fish Romano Cheese Potatoes Spinach Tropical Fruit Pineapple-Orange Juice Salad Bar</p>	<p>6</p> <p>Beef Tips Brown Rice Spinach Corn Bread Apricots Salad Bar Ice Cream Treat</p>
<p>9</p>	<p>10</p> <p>Beef Lasagna Green Beans Salad Garlic Bread Plum & Brownie</p>	<p>11</p> <p>Sloppy Joe Tomato & Cucumber Salad Green Peas Apricots Brownie</p>	<p>12</p> <p>Beef Barley Soup Caesar Salad Melon Ginger Snaps Salad Bar</p>	<p>13</p> <p>Ham Macaroni Bake Key West Vegetables Roll Orange Slices Salad Bar Ice Cream Treat</p>
<p>16</p> 	<p>17</p> <p>Chicken Teriyaki Rice Asian Vegetables Pears Fortune Cookie</p>	<p>18</p> <p>Country Fried Steak Potatoes Peas & Carrots Whole Wheat Roll Pears Birthday Cake</p> <p style="text-align: center;">Birthday Lunch</p>	<p>19</p> <p>Beef Chili Colorado Spanish Rice Black Bean Salsa Chips Mixed Fruit Orange Sherbet</p>	<p>20</p> <p>Pork Tenderloin Bake Mashed Potatoes Baby Carrots Wheat Roll Kiwi & Oatmeal Raisin Cookie Ice Cream Treats</p>
<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>
<div style="border: 2px solid black; background-color: yellow; padding: 10px; margin: 0 auto; width: 80%;"> <p>The Gym and Banquet Room will be closed for the floor re-finishing project starting Sunday, July 22 through Sunday, August 5. Senior Program will still be open for drop in activities Monday-Friday 8:30-4:00 PM.</p> </div>				
<p>30</p>				