




Activity Calendar ~ November 2018

SeaTac Senior Program • 206.973.4690





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:00 Mah Jongg 11:45 Lunch 1:00 Legal Advice by appt.	2 8:45 Senior Walking 9:00 Cribbage 9:00 Wii Bowling/Golf 11:45 Lunch 12:00 Indoor Flyer	3
4	5 8:45 Senior Walking	6 9:00 Footcare by appt 9:00 Mah Jongg 9:30 Pasefika 10:00 Coffee & Cards 11:45 Lunch 12:30 Canasta	7 8:45 Senior Walking 10:00 Wood Carving 10:30 Hanky Panky's 11:45 Birthday Lunch 12:30 Pinochle 12:30 Movie	8 9:00 Driver's Safety 9:00 Mah Jongg 11:45 Lunch	9 9:00 Cribbage 11:45 Lunch Drop-in activities will not be held due to holiday bazaar set-up	10 HOLIDAY BAZAAR
11 Veteran's Day 	12 CLOSED FOR VETERAN'S DAY HOLIDAY	13 9:00 Mah Jongg 9:30 Pasefika 10:00 Coffee & Cards 11:45 Lunch 12:30 Canasta	14 8:45 Senior Walking 10:00 Wood Carving 10:30 Hanky Panky's 11:45 Lunch 12:30 Pinochle 12:30 Movie	15 9:00 Mah Jongg 11:45 Lunch 1:00 SHIBA by appt. 1:00 Alzheimers mtg.	16 8:45 Senior Walking 9:00 Wii / Cribbage 11:45 THANKSGIVING LUNCHEON - RESERVATION ONLY 12:00 Indoor Flyer	17
18	19 8:30 Red Wind Casino 8:45 Senior Walking	20 9:00 Mah Jongg 9:30 Pasefika 10:00 Coffee & Cards 11:45 Lunch 12:30 Canasta	21 8:45 Senior Walking 10:00 Wood Carving 10:30 Hanky Panky's 11:45 Lunch 12:30 Pinochle 12:30 Movie	22 CLOSED FOR THANKSGIVING HOLIDAY	23 CLOSED FOR THANKSGIVING HOLIDAY 	24
25	26 8:45 Senior Walking 9:00 Footcare by appt.	27 9:00 Mah Jongg 9:30 Pasefika 10:00 Coffee & Cards 11:45 Lunch 12:30 Canasta 2:00 Garden D'Lights	28 8:45 Senior Walking 10:00 Wood Carving 10:30 Hanky Panky's 11:45 Lunch 12:30 Pinochle 12:30 Movie	29 9:00 Mah Jongg 11:45 Lunch 12:30 Village Theatre - Matilda	30 8:45 Senior Walking 9:00 Cribbage 9:00 Wii Bowling/Golf 11:45 Lunch 12:00 Indoor Flyer	



Menu ~ November 2018

SeaTac Nutrition Program • 206.973.4690



Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> • Beginning November 1, single serve salads will be served in place of the salad bar. This is likely to be in place until spring. • The suggested donation for lunch is \$4 for individuals 60 or older. • SHAG Senior Housing is providing the birthday cake for our monthly Birthday Party. • Please bus your own dishes. 			1 Chicken Salad Sandwich Cream of Mushroom soup Green Salad Berry Crisp	2 BBQ Pork on a Bun Coleslaw Potato Green Salad Berries w/topping
5  Catholic COMMUNITY Services <small>OF WESTERN WASHINGTON</small>	6 Pork Luau Rice w/Soy sauce Coleslaw Tropical Fruit Salad Bread Green Salad	7 Beef Pepper Steak Brown Rice Birthday Cake Birthday Party	8 Corn Chowder Coleslaw Banana Roll Green Salad	9 Vegetable Lasagna Broccoli Baked Apple Green Salad
12 Closed for VETERAN'S DAY	13 Creamy Tomato Fettucine Riviera Blend Vegetable Roll Green Salad Mango & Pineapple	14 Lemon Pepper Tilapia Potatoes Au Gratin Spinach Fruit Cocktail Pineapple Upside Cake	15 Beef Chili Colorado Beans and Rice Tortilla Chips Ice Cream Green Salad	16 Thanksgiving Luncheon Roast Turkey w/ Gravy Candied Yams & Mixed Vegetables Mashed Potatoes Roll & Cranberry Sauce Pumpkin Pie w/whip topping Reservation Only
19	20 Beef Tips Brown Rice Spinach Cornbread and Honey Mixed Berries Green Salad	21 Oven Fried Chicken Gravy Broccoli Roll Orange	22 Closed for Thanksgiving Day Holiday 	23 Closed for Thanksgiving Day Holiday
26	27 Ham Macaroni Bake Key West Vegetable Roll Orange Green Salad	28 Vegetarian Stuffed Peppers Cantaloupe Lemon Bar	29 Beef Barley Soup Crackers Entrée Green Salad Cantaloupe Ginger Snap Cookie	30 Pork Tenderloin Bake Collard Greens Potato Grapes Oatmeal Raisin Cookie Green Salad