



Activity Calendar ~ February 2019

SeaTac Senior Program • 206.973.4690





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 8:45 Senior Walking 9:00 Cribbage 9:00 Wii Bowling/Golf 11:45 Lunch 12:00 Indoor Flyer	2
3	4 8:45 Senior Walking 9:00 Foot care by appt	5 9:00 Mah Jongg 10:00 Coffee & Cards 11:45 Lunch 12:30 Canasta	6 8:45 Senior Walking 10:00 Wood Carving 10:30 Hanky Panky's 11:45 Lunch 12:30 Pinochle / Movie	7 9:00 Mah Jongg 11:45 Lunch 12:30 Village Theatre 1:00 Free Legal Advice by appt	8 8:45 Senior Walking 9:00 Cribbage 9:00 Wii Bowling/Golf 11:45 Lunch 12:00 Indoor Flyer	9
10	11 8:30 Red Wind Casino 8:45 Senior Walking	12 9:00 Mah Jongg 10:00 Coffee & Cards 11:45 Lunch 12:30 Canasta	13 8:45 Senior Walking 10:00 Wood Carving 10:30 Hanky Panky's 11:45 Sweetie's Lunch 12:30 Pinochle / Movie 5:00 Bunko	14 9:00 Mah Jongg 9:00 Foot care by appt 11:45 Lunch	15 8:45 Senior Walking 9:00 Cribbage 9:00 Wii Bowling/Golf 11:45 Lunch 12:00 Indoor Flyer	16
17	18 CLOSED FOR PRESIDENTS DAY	19 9:00 Mah Jongg 9:00 Senior Advisory 9:30 Senior Massage 10:00 Coffee & Cards 11:45 Lunch	20 8:45 Senior Walking 10:00 Wood Carving 10:30 Hanky Panky's 11:45 Birthday Lunch 12:30 Pinochle / Movie	21 9:00 Mah Jongg 10:00 Olive Branch Tea Trip 11:45 Lunch 1:00 SHIBA by appt 1:00 Alzheimer's mtg	22 8:45 Senior Walking 9:00 Cribbage 9:00 Wii Bowling/Golf 11:45 Lunch 12:00 Indoor Flyer	23
24	25 8:45 Senior Walking	26 9:00 Mah Jongg 10:00 Coffee & Cards 11:45 Lunch 12:30 Canasta	27 8:45 Senior Walking 10:00 Wood Carving 10:30 Hanky Panky's 11:45 Lunch 12:30 Pinochle / Movie	28 9:00 Mah Jongg 11:45 Lunch		



Menu ~ February 2019

Senior Nutrition Program • 206.973.4690



Monday	Tuesday	Wednesday	Thursday	Friday					
<ul style="list-style-type: none"> • 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	BBQ Pork Roll Coleslaw Potato Orange				
4		5	Lime Fish Peas and Carrots Breadstick Peach Crisp Green Salad	6	Beef and Pepper Steak Diced Red Potatoes Cooked Rhubarb	7	Corn Chowder Coleslaw Banana Roll	8	Lasagna Broccoli Baked Apple
11	Creamy Tomato Fettucine Riviera Blend Vegetables Roll Mango & Pineapple	12	Creamy Tomato Fettucine Riviera Blend Vegetables Roll Mango & Pineapple	13	SWEETIES LUNCHEON Lemon Pepper Tilapia Potatoes Au Gratin Spinach, Fruit Cocktail Pineapple Upside-Down Cake 	14	Vegetable Cobb Salad Breadstick Peaches	15	Oven Fried Chicken Gravy Broccoli Roll Orange
18	CLOSED FOR PRESIDENT'S DAY	19	Fish Sandwich Baked Red Potato Broccoli & Cauliflower Orange	20	Birthday Lunch Pork Tenderloin Bake Collard Greens Potato Grapes Birthday Cake	21	Chicken Gumbo Coleslaw Peaches Roll Oatmeal Raisin Cookie	22	Cream of Mushroom Soup Chicken Salad Sandwich Berry Crisp Whipped topping
25	Ham Macaroni Bake Key West Vegetable Roll Orange	26	Ham Macaroni Bake Key West Vegetable Roll Orange	27	Salsa Fish Rice w/ Mexicali Veggies White Corn Tortilla Pears Oatmeal Raisin Cookie	28	Beef Barley Soup Crackers Green Salad Cantaloupe Ginger Snap Cookie		