




Activity Calendar ~ April 2019

SeaTac Senior Program • 206.973.4690




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 8:45 Senior Walking 9:00 T-Mobile Park Trip	2 9:00 Foot care by appt 9:00 Mah Jongg 10:00 Coffee & Cards 11:45 Lunch 12:30 Canasta	3 8:45 Senior Walking 10:00 Wood Carving 10:30 Hanky Panky's 11:45 Lunch 12:30 Pinochle / Movie	4 9:00 Mah Jongg 11:45 Lunch 12:30 Village Theatre Trip—Curious Incident... 1:00 Free Legal Advice	5 8:45 Senior Walking 9:00 Cribbage 9:00 Wii Bowling/Golf 11:45 Lunch	6
7	8 8:45 Senior Walking	9 8:30 Lucky Eagle Casino 9:00 Mah Jongg 10:00 Coffee & Cards 11:45 Lunch 12:30 Canasta	10 8:45 Senior Walking 10:00 Wood Carving 10:30 Hanky Panky's 11:45 Lunch 12:30 Pinochle / Movie	11 9:00 Mah Jongg 11:45 Lunch	12 8:45 Senior Walking 9:00 Cribbage 9:00 Wii Bowling/Golf 11:45 Lunch	13
14	15 8:30 Poulsbo & Naval Museum Trip 8:45 Senior Walking	16 9:00 Mah Jongg 9:00 Senior Advisory 9:30 Senior Massage 10:00 Coffee & Cards 11:45 Lunch	17 8:45 Senior Walking 10:00 Wood Carving 10:30 Hanky Panky's 11:45 Birthday Lunch 12:30 Pinochle	18 9:00 Mah Jongg 11:45 Lunch 1:00 SHIBA by appt 1:00 Alzheimer's mtg	19 8:45 Senior Walking 9:00 Foot care by appt 9:00 Cribbage 9:00 Wii Bowling/Golf	20
21	22 8:45 Senior Walking 9:00 Sumner Antiques Trip	23 9:00 Foot care by appt. 9:00 Mah Jongg 10:00 Coffee & Cards 11:45 Lunch 12:30 Canasta	24 8:45 Senior Walking 10:00 Wood Carving 10:30 Hanky Panky's 11:45 Spring Luncheon 12:30 Pinochle 12:30 Metro Bus Class	25 9:00 Mah Jongg 11:45 Lunch	26 8:45 Senior Walking 9:00 Cribbage 9:00 Wii Bowling/Golf 11:45 Lunch	27
28	29 8:45 Senior Walking	30 9:00 Mah Jongg 10:00 Coffee & Cards 11:45 Lunch 12:30 Canasta	<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;"> <h3 style="color: #4a7ebb;">Spring Luncheon</h3> <p>Wednesday, April 24</p> </div>  </div>			



Menu ~ April 2019

Senior Nutrition Program • 206.973.4690



Monday	Tuesday	Wednesday	Thursday	Friday
1 	2 Vegetable Lasagna Salad Chocolate Pudding Pears	3 Salisbury Steak Potato With Gravy Carrots Spinach Salad Fig Newton's	4 Lime Fish Zucchini Pasta Salad & Breadsticks Strawberry Rhubarb Crisp	5 Egg Salad Sandwich Wild Rice & Chicken Soup Honeydew Melon
8	9 New Cod With Vegetables Brown Rice Oranges Gingersnaps	10 Beef Pot Roast Roasted Potato Vegetables Roll	11 Chicken Salad Sandwich Pumpkin Soup Tossed Salad Apple	12 Chicken Potato Pea Salad Dinner Roll Grapes Ice Cream
15	16 Beef Stir Fry Rice Oranges Fortune Cookies	17 Chicken Orzo Soup Baked Red Potato Spinach Birthday Cake Birthday Party	18 Turkey Cheese Burger Sweet Potato Fries Cabbage Salad Berries With Whip Cream	19 Grilled Cheese Sandwich Creamy Tomato Soup Green Salad Dessert
22	23 Chicken Tostada Chicken Tortilla Soup Plum Crisp Salsa & Sour Cream	24 Amandine Fish Broccoli Roll Orange Lemon Bar Spring Luncheon	25 Chicken Salad Sandwich Turkey Noodle Soup Carrot Pineapple Salad Cookie	26 Macaroni & Cheese Wheat Roll Glazed Carrots Melon
29	30 Chef Salad Breadsticks Peaches	<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. 		