



Activity Calendar ~ March 2019

SeaTac Senior Program • 206.973.4690



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 St. Patrick's Day Lunch Wednesday, March 13 Reservations Required					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 Tulalip Casino Trip	5 9:00 Mah Jongg 9:00 Foot care by appt 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 9:00-5:30 Driver Safety 9:00 Mah Jongg 11:45 Lunch 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 Daylight Saving Time Begins	11 8:45 Senior Walking 10:30 Irish Lunch Trip	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 St. Patty's Lunch 12:30 Pinochle / Movie	14 9:00 Mah Jongg 11:45 Lunch	15 8:45 Senior Walking 9:00 Quilter's Show Trip 9:00 Foot care by appt 9:00 Cribbage/ Wii 11:45 Lunch	16
17	18 8:45 Senior Walking 9:00 Klondike Museum Trip	19 9:00 Mah Jongg 9:00 Senior Advisory 9:30 Senior Massage 10:00 Coffee & Cards 11:45 Lunch 12:30 Canasta	20 8:45 Senior Walking 10:00 Wood Carving 10:30 Hanky Panky's 11:45 Birthday Lunch 12:30 Pinochle 12:30 Better Hearing Class	21 8:45 Gates Found. Trip 9:00 Mah Jongg 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	28 9:00 Mah Jongg 11:45 Lunch	29 8:45 Senior Walking 9:00 Cribbage 9:00 Wii Bowling/Golf 11:45 Lunch	30
31						



Menu ~ March 2019

SeaTac 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 Pork Chops Baked Beans Cucumber Tomato Salad Rice Pudding
4	5 Chicken Cacciatore Baked Zucchini Wheat Rolls Pears	6 Florentine Fish Baked Red Potato Cherry Crisp	7 Beef and Bean Burrito Brown Rice Pinto Beans Strawberries & Yogurt	8 Vegetable Soup Apple Peanut Butter Raisin Salad Carrot Cake
11	12 Baked Cod Brown Rice Garden Salad Oranges Oatmeal Cookie	13 St. Patrick's Day Lunch Corned Beef & Cabbage Carrots Biscuit Dessert Reservation Required 	14 Steak Ranchero Brown Rice Applesauce	15 BBQ Chicken Potato/Pasta Salad Baked Beans Tangerines
	19 Philly Cheese Steak Green Salad Grapes	20 Hungarian Goulash Broccoli Green Salad Birthday Cake Birthday Party	21 Broccoli Cheese Soup Turkey Sandwich Lettuce Tomato Apple Crisp	22 Fish and Chips Cole Slaw Chocolate Pudding
25	26 Chicken & Cheese Soft Taco Lettuce & Tomato Spanish Rice Mandarin Oranges	27 Split Pea Soup Wheat Roll Baked Sweet Potato Strawberry Rhubarb Crisp	28 Salmon Filet Wild Rice Wheat Roll Green Salad Mandarin Oranges	29 Beef Tips Brown Rice Spinach Cornbread and Honey Mixed Berry