



# Activity Calendar ~ June 2019

## SeaTac Senior Program • 206.973.4690



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Father's Day Luncheon</b> Wednesday, June 12						<b>1</b>
<b>2</b>	<b>3</b> 8:00 Heronswood <b>Garden Trip</b> 8:45 Senior Walking	<b>4</b> 9:00 Mah Jongg 10:00 Coffee & Cards 11:45 Lunch 12:30 Canasta	<b>5</b> 8:45 Senior Walking 10:00 Wood Carving 10:30 Hanky Panky's 11:45 Lunch 12:30 Pinochle / Movie	<b>6</b> 9:00 Mah Jongg 11:45 Lunch <b>1:00 Legal advice by apt</b>	<b>7</b> 8:45 Senior Walking 9:00 Cribbage 9:00 Wii Bowling/Golf 11:45 Lunch	<b>8</b>
<b>9</b>	<b>10</b> 8:45 Senior Walking <b>9:00 Tulalip Casino Trip</b>	<b>11</b> <b>9:00 Foot care by appt</b> 9:00 Mah Jongg 10:00 Coffee & Cards 11:45 Lunch 12:30 Canasta	<b>12</b> 8:45 Senior Walking <b>9:30 Progressive Picnic</b> 10:00 Wood Carving 10:30 Hanky Panky's <b>11:45 Father's Day Lunch</b> 12:30 Pinochle / Movie	<b>13</b> <b>9:00 Mah Jongg Party</b> (Please sign up) 11:45 Lunch	<b>14</b> 8:45 Senior Walking 9:00 Cribbage 9:00 Wii Bowling/Golf 11:45 Lunch	<b>15</b>
<b>16</b>	<b>17</b> <b>8:30 Winslow &amp; Memorial Trip</b> 8:45 Senior Walking	<b>18</b> 9:00 Mah Jongg <b>9:00 Senior Advisory</b> <b>9:30 Senior Massage</b> 10:00 Coffee & Cards 11:45 Lunch	<b>19</b> 8:45 Senior Walking 10:00 Wood Carving 10:30 Hanky Panky's 11:45 Lunch 12:30 Pinochle/Movie <b>Birthday Lunch</b>	<b>20</b> 9:00 Mah Jongg 11:45 Lunch <b>1:00 SHIBA by appt</b> <b>1:00 Alzheimer's mtg</b>	<b>21</b> 8:45 Senior Walking <b>9:00 Foot care by appt</b> 9:00 Cribbage 9:00 Wii Bowling/Golf 11:45 Lunch	<b>22</b>
<b>23</b>  <b>30</b>	<b>24</b> 8:45 Senior Walking <b>9:00 Fort Nisqually Trip</b>	<b>25</b> <b>9:00 Foot care by appt</b> 9:00 Mah Jongg 10:00 Coffee & Cards 11:45 Lunch 12:30 Canasta	<b>26</b> 8:45 Senior Walking 10:00 Wood Carving 10:30 Hanky Panky's 11:45 Lunch 12:30 Pinochle / Movie	<b>27</b> 9:00 Mah Jongg 11:45 Lunch	<b>28</b> 8:45 Senior Walking 9:00 Cribbage 9:00 Wii Bowling/Golf 11:45 Lunch	<b>29</b>



# Menu ~ June 2019

## SeaTac Nutrition Program • 206.973.4690



Monday	Tuesday	Wednesday	Thursday	Friday
3	4 <b>Chicken Cacciatore</b> Baked Zucchini Wheat Rolls Pears	5 <b>Florentine Fish</b> Baked Red Potato Cherry Crisp	6 <b>Beef and Bean Burrito</b> Brown Rice Pinto Beans Strawberries & Yogurt	7 <b>Vegetable Soup</b> Apple Peanut Butter Raisin Salad Carrot Cake
10	11 <b>Baked Cod</b> Brown Rice Garden Salad Oranges Oatmeal Cookie	12 <b>Hamburger</b> Boston Baked Beans Chips, Watermelon Ice Cream <b>Father's Day Luncheon</b>	13 <b>BBQ Chicken</b> Potato/Pasta Salad Baked Beans Tangerines	14 <b>Spinach Pasta Bake</b> Carrot & Raisin Salad Berries
17	18 <b>Broccoli Cheese Soup</b> Turkey Sandwich Lettuce Tomato Apple Crisp	19 <b>Salmon Filet</b> Wild Rice Wheat Roll Green Salad Mandarin Orange <b>Birthday Party</b>	20 <b>Pork Carnitas</b> Tomato & Cucumber Salad Banana	21 <b>Beef Macaroni</b> Broccoli Cantaloupe Wheat Roll
24	25 <b>Chicken &amp; Cheese</b> Soft Taco Lettuce & Tomato Spanish Rice Mandarin Oranges	26 <b>Fish and Chips</b> Cole Slaw Chocolate Pudding	27 <b>Philly Cheese Steak</b> Green Salad Grapes	28 <b>Beef Tips</b> Brown Rice Spinach Cornbread and Honey Mixed Berries

- 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.