



Activity Calendar ~ August 2019

SeaTac Senior Program • 206.973.4690



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Beach Party Lunch ~ Wednesday, August 28				1 9:00 Mah Jongg 11:45 Lunch 1:00 Legal advice by apt	2 8:45 Senior Walking 9:00 Cribbage 9:00 Wii Bowling/Golf 11:45 Lunch	3
4	5 8:45 Senior Walking	6 9:00 Foot Care by appt 9:00 Mah Jongg 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 Lunch 12:30 Pinochle / Movie	8 9:00 Mah Jongg 11:45 Lunch	9 8:45 Senior Walking 9:00 Foot Care by appt 9:00 Cribbage 9:00 Wii Bowling/Golf 11:45 Lunch	10
11	12 8:30 Red Wind Casino 8:45 Senior Walking	13 9:00 Crafts 9:00 Mah Jongg 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 / Movie	15 9:00 Mah Jongg 11:45 Lunch 1:00 SHIBA by appt 1:00 Alzheimer's mtg	16 8:45 Senior Walking 9:00 Cribbage 9:00 Wii Bowling/Golf 11:45 Lunch	17
18	19 8:45 Senior Walking 9:00 Crystal Mountain Gondola	20 9:00 Massage by appt 9:00 Mah Jongg 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 BIRTHDAY LUNCH 12:30 Pinochle / Movie	22 9:00 Mah Jongg 11:45 Lunch	23 8:45 Senior Walking 9:00 Cribbage 9:00 Wii Bowling/Golf 11:45 Lunch	24
25	26 8:45 Senior Walking 9:00 Evergreen State Fair	27 9:00 Crafts 9:00 Mah Jongg 10:00 Coffee & Cards 11:45 Lunch 12:30 Canasta	28 8:45 Senior Walking 10:00 Wood Carving 10:30 Hanky Panky's 11:45 BEACH PARTY LUNCH 12:30 Pinochle / Movie	29 9:00 Mah Jongg 11:45 Lunch	30 8:45 Senior Walking 9:00 Cribbage 9:00 Wii Bowling/Golf 11:45 Lunch	31



Menu ~ August 2019

SeaTac Nutrition Program • 206.973.4690



Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> • Salad bar is available 11:15-11:35 AM. • 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 Mexican Meatloaf Mashed potatoes Cantaloupe	2 BBQ Pork Roll Coleslaw Potato Orange Ice Cream Treat
5	6 Lime Fish Peas and Carrots Breadstick Strawberry-Rhubarb Crisp	7 Beef and Pepper Steak Diced Red Potatoes Cooked Rhubarb	8 Chicken Fajitas Pinto Beans Mexican Rice Flour Tortilla Peaches	9 Vegetable Lasagna Broccoli Baked Apple Ice Cream
12	13 Lemon Pepper Tilapia Potatoes Au Gratin Spinach Fruit Cocktail Pineapple Upside Cake	14 Oven Fried Chicken Potatoes & Gravy Broccoli Roll Orange	15 Beef Chili Colorado Beans and Rice Broccoli & Cauliflower Tortilla Chips Ice Cream	16 Vegetable Cobb Salad Breadstick Peaches Ice Cream Treat
19	20 Fish Sandwich Baked Red Potato Broccoli & Cauliflower Orange	21 Ham Macaroni Bake Key West Vegetable Roll Apple	22 Pork Tenderloin Bake Collard Greens Potato Grapes Oatmeal Raisin Cookie	23 Cream of Mushroom Soup Chicken Salad Sandwich Berry Crisp Ice Cream
26	27 Sweet & Sour Pork Chinese Chicken Soup Brown Rice Mandarin Orange Fortune Cookie	28 BEACH PARTY Cheeseburger & Fixins Coleslaw & Steak Fries Homemade Baked Beans Watermelon	29 Beef Barley Soup Crackers Cantaloupe Ginger Snap Cookie	30 Vegetarian Stuffed Peppers Cantaloupe Lemon Bar Ice Cream Treat