



Activity Calendar ~ September 2019

SeaTac Senior Program • 206.973.4690




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 CLOSED FOR LABOR DAY	3 9:00 Foot care by apt 9:00 Mah Jongg 10:00 Coffee & Cards 11:45 Lunch 12:30 Crafts 12:30 Canasta	4 8:45 Senior Walking 10:00 Wood Carving 10:30 Hanky Panky's 11:45 Lunch 12:30 Pinochle / Movie	5 9:00 AARP Driver's Safety 9:00 Mah Jongg 11:45 Lunch 12:30 Canasta 1:00 Legal Advice by apt	6 8:45 Senior Walking 9:00 Cribbage 9:00 Wii Bowling/Golf 11:45 Lunch	7
8	9 8:45 Senior Walking 9:00 Tulalip Casino	10 9:00 Mah Jongg 10:00 Coffee & Cards 11:45 Lunch 12:30 Canasta	11 8:45 Senior Walking 10:00 Wood Carving 10:30 Hanky Panky's 11:45 Lunch 12:30 Pinochle / Movie	12 9:00 Mah Jongg 9:30 UW Center for Urban Horticulture 11:45 Lunch 12:30 Canasta	13 8:45 Senior Walking 9:00 Cribbage 9:00 Wii Bowling/Golf 11:45 Lunch	14
15	16 7:00 Mt. St. Helens 8:45 Senior Walking	17 9:00 Mah Jongg 9:00 Massage by apt 9:00 Senior Advisory 10:00 Coffee & Cards 11:45 Lunch 12:30 Canasta	18 8:45 Senior Walking 10:00 Wood Carving 10:30 Hanky Panky's 11:45 BIRTHDAY LUNCH 12:30 Pinochle / Movie	19 9:00 Mah Jongg 11:45 Lunch 12:30 Canasta 1:00 SHIBA by apt 1:00 Alzheimer's mtg	20 8:45 Senior Walking 9:00 Footcare by apt 9:00 Cribbage 9:00 Wii Bowling/Golf 11:45 Lunch	21
22	23 8:45 Senior Walking	24 9:00 Mah Jongg 10:00 Coffee & Cards 11:45 Lunch 12:30 Canasta	25 8:45 Senior Walking 10:00 Wood Carving 10:30 Hanky Panky's 11:45 WESTERN LUNCH 12:30 Pinochle / Movie	26 9:00 Mah Jongg 10:00 McMenamin's 11:45 Lunch 12:30 Canasta	27 8:45 Senior Walking 9:00 Cribbage 9:00 Wii Bowling/Golf 11:45 Lunch	28
29	30 8:45 Senior Walking					



Menu ~ September 2019

SeaTac Nutrition Program • 206.973.4690



Monday	Tuesday	Wednesday	Thursday	Friday
2 Closed Labor Day Holiday	3 Florentine Fish Baked Red Potato Cherry Crisp	4 Chicken Cacciatore Baked Zucchini Wheat Rolls Pears	5 Beef and Bean Burrito Brown Rice Pinto Beans Strawberries & Yogurt	6 Pork Chops Baked Beans Cucumber Tomato Salad Rice Pudding
<ul style="list-style-type: none"> • Salad bar is open 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. 	10 Baked Cod Brown Rice Garden Salad Oranges Oatmeal Cookie	11 BBQ Chicken Potato/Pasta Salad Baked Beans Tangerines	12 Steak Ranchero Brown Rice Applesauce	13 Spinach Pasta Bake Carrot & Raisin Salad Berries
	17 Chicken & Cheese Soft Taco Lettuce & Tomato Spanish Rice Mandarin Oranges	18 Salmon Filet Wild Rice Wheat Roll Green Salad Mandarin Oranges Birthday Cake Birthday Party	19 Split Pea Soup Wheat Roll Baked Sweet Potato Strawberry Rhubarb Crisp	20 Beef Tips Brown Rice Spinach Cornbread and Honey Mixed Berries
	24 Baja Chicken Cilantro Rice Mixed Veggies Orange	25 Philly Cheese Steak Green Salad Grapes Wranglers Surprise Western Day	26 Pork Carnitas Tomato & Cucumber Salad Banana	27 Beef Macaroni Broccoli Cantaloupe Wheat Roll