



# Activity Calendar ~ October 2019

## SeaTac Senior Program • 206.973.4690




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1 Trip Regist. (resident)</b> 9:00 Foot care by apt 9:00 Mah Jongg 10:00 Coffee & Cards 11:45 Lunch 12:30 Crafts / Canasta	<b>2 Trip Registration (all)</b> 8:45 Senior Walking 10:00 Wood Carving 10:30 Hanky Panky's 11:45 Lunch 12:30 Pinochle / Movie	<b>3</b> 9:00 Mah Jongg 11:45 Lunch 12:30 Canasta <b>12:30 Village Theatre</b> <b>1:00 Legal advice by apt</b>	<b>4</b> 8:45 Senior Walking 9:00 Cribbage 9:00 Wii Bowling/Golf 11:45 Lunch	<b>5</b>
	<b>6</b>	<b>7</b> 8:45 Senior Walking	<b>8</b> <b>8:30 Lucky Eagle Casino</b> 9:00 Mah Jongg 10:00 Coffee & Cards 11:45 Lunch 12:30 Canasta	<b>9</b> 8:45 Senior Walking 10:00 Wood Carving 10:30 Hanky Panky's 11:45 Lunch 12:30 Pinochle / Movie	<b>10</b> 9:00 Mah Jongg 11:45 Lunch 12:30 Canasta	<b>11</b> 8:45 Senior Walking 9:00 Cribbage 9:00 Wii Bowling/Golf 11:45 Lunch
<b>13</b>	<b>14</b> 8:45 Senior Walking	<b>15</b> 9:00 Mah Jongg <b>9:00 Massage by apt</b> <b>9:30 Senior Advisory</b> 10:00 Coffee & Cards 11:45 Lunch 12:30 Crafts / Canasta	<b>16</b> 8:45 Senior Walking 10:00 Wood Carving 10:30 Hanky Panky's <b>11:45 BIRTHDAY LUNCH</b> 12:30 Pinochle / Movie	<b>17 9:00 Secret Garden Tea</b> 9:00 Mah Jongg 11:45 Lunch 12:30 Canasta <b>1:00 SHIBA by apt</b> <b>1:00 Alzheimer's mtg</b>	<b>18</b> 8:45 Senior Walking 9:00 Cribbage 9:00 Wii Bowling/Golf 11:45 Lunch	<b>19</b>
<b>20</b>	<b>21</b> 8:45 Senior Walking	<b>22</b> 9:00 Mah Jongg 10:00 Coffee & Cards 11:45 Lunch 12:30 Canasta	<b>23</b> 8:45 Senior Walking 10:00 Wood Carving 10:30 Hanky Panky's 11:45 Lunch 12:30 Pinochle / Movie	<b>24</b> <b>9:00 Foot care by apt</b> 9:00 Mah Jongg 11:45 Lunch 12:30 Canasta	<b>25</b> 8:45 Senior Walking 9:00 Cribbage 9:00 Wii Bowling/Golf 11:45 Lunch	<b>26</b>
<b>27</b>	<b>28</b> 8:45 Senior Walking	<b>29</b> 9:00 Mah Jongg 10:00 Coffee & Cards 11:45 Lunch 12:30 Crafts 12:30 Canasta	<b>30</b> 8:45 Senior Walking 10:00 Wood Carving 10:30 Hanky Panky's <b>11:45 HALLOWEEN LUNCH</b> 12:30 Pinochle / Movie	<b>31</b> 9:00 Mah Jongg 11:45 Lunch 12:30 Canasta		



# Menu ~ October 2019

## SeaTac Nutrition Program • 206.973.4690



Monday	Tuesday	Wednesday	Thursday	Friday	
<ul style="list-style-type: none"> <li>• Salad bar is available 11:15-11:35 AM.</li> <li>• The suggested donation for lunch is \$4 for individuals 60 or older.</li> <li>• SHAG Senior Housing is providing the birthday cake for our monthly Birthday Party.</li> <li>• Please bus your own dishes.</li> </ul> 	1 Vegetable Lasagna Salad Chocolate Pudding Pears	2 Fish & Chips Cole Slaw Pudding	3 Lime Fish Zucchini Pasta Salad & Breadsticks Strawberry Rhubarb Compote	4 Wild Rice & Chicken Soup Egg Salad Sandwich Honeydew Melon	
	8 New Cod With Vegetables Brown Rice Oranges Gingersnaps	9 Cajun Chicken Pasta Breadstick Salad Fruit Salad	10 Chicken Potato Pea Salad Dinner Roll Grapes Ice Cream	11 BBQ Pork Open Face Sandwich Sweet Potato Carrot Apple Salad Lemon Bar	
	15 Turkey Cheese Burger Sweet Potato Fries Cabbage Salad Berries With Whip Cream	16 Beef Stir Fry Rice Oranges Birthday Cake <b>Birthday Party</b>	17 Orzo Soup Chicken Baked Red Potato Spinach Rye Crackers	18 Lime Fish Zucchini Pasta Salad & Breadsticks Strawberry Rhubarb Compote	
	21	22 Turkey Noodle Soup Chicken Salad Sandwich Carrot Pineapple Salad Cookie	23 Amandine Fish Broccoli Roll Orange Lemon Bar	24 Potato & Beef Casserole Green Beans Peaches Prunes	25 Macaroni & Cheese Wheat Roll Glazed Carrots Melon
	28	29 Chef Salad Breadsticks Peaches Orange Sherbet	30 Salisbury Steak Potato With Gravy Carrots Spinach Salad Spooky Cookie <b>Halloween Party</b>	31 Chili Con Carne Cornbread Salad Oatmeal Cookie Watermelon	