





Activity Calendar ~ November 2019

SeaTac Senior Program • 206.973.4690




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 No Walking or Wii Gym and Lobby Set-Up for the Holiday Bazaar 9:00 Cribbage 11:45 Lunch 2-4:00 Vendor Set-Up	2 9:00-3:00 SeaTac Holiday Bazaar At Community Center
3	4 8:45 Senior Walking 9:30 King County Election Tour	5 9:00 Mah Jongg 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 Mah Jongg 11:45 Lunch 1:00 Legal advice by apt	8 8:45 Senior Walking 9:00 Cribbage 9:00 Wii Bowling/Golf 11:45 Lunch 12:30 Mexican Train	9
10	11 Closed for Veteran's Day Holiday 11:00 Veteran's Memorial Dedication At Community Cntr	12 9:00 Foot Care by appt 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 Birthday Lunch 12:30 Pinochle / Movie	14 9:00 Mah Jongg 11:45 Lunch	15 8:45 Senior Walking 9:00 Foot Care by appt 9:00 Cribbage 9:00 Wii Bowling/Golf 11:45 Lunch 12:30 Mexican Train	16
17	18 8:45 Senior Walking 8:30 Red Wind Casino	19 9:00 Senior Advisory 9:00 Massage by appt 9:00 Mah Jongg 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 Lunch 12:30 Pinochle / Movie 4:00 Bunco	21 9:00 Foot Care by apt 9:00 Mah Jongg 11:45 Lunch 12:30 Village Theatre 1:00 SHIBA by appt 1:00 Alzheimer's mtg	22 8:45 Senior Walking 9:00 Cribbage 9:00 Wii Bowling/Golf 10:30 Thanksgiving Luncheon Reservation Required	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 / Movie	28 Closed for the Thanksgiving Day Holiday	29 Closed	30



Menu ~ November 2019

SeaTac Nutrition Program • 206.973.4690



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Single Serve Salads: The salad bar has been replaced with single serve salads from 11:15-11:35 AM, Tue/Thu/Fri.</p>		<ul style="list-style-type: none"> • 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. 		<p>1 BBQ Pork Roll Coleslaw Potato Orange</p>
<p>4</p> 	<p>5 Chicken Margarita Creamy Noodles Green Salad Peach Cobbler</p>	<p>6 Beef and Pepper Steak Diced Red Potatoes Cooked Rhubarb</p>	<p>7 Ham Macaroni Bake Key West Vegetable Roll Apple</p>	<p>8 Sweet & Sour Pork Chinese Chicken Soup Brown Rice Mandarin Orange Fortune Cookie</p>
<p>11 CLOSED for VETERANS DAY</p>	<p>12 Beef Chili Colorado Beans and Rice Broccoli & Cauliflower Tortilla Chips Ice Cream</p>	<p>13 Oven Fried Chicken Potatoes & Gravy Broccoli Roll Orange Birthday Party</p>	<p>14 Lemon Pepper Tilapia Potatoes Au Gratin Spinach Fruit Cocktail Pineapple Upside Cake</p>	<p>15 Vegetable Cobb Salad Breadstick Peaches</p>
<p>18</p>	<p>19 Fish Sandwich Baked Red Potato Broccoli & Cauliflower Orange</p>	<p>20 Pork Tenderloin Bake Collard Greens Potato Grapes Oatmeal Raisin Cookie</p>	<p>21 Chicken Fajitas Pinto Beans Mexican Rice Flour Tortilla Peaches</p>	<p>22 Thanksgiving Luncheon Roast Turkey Potatoes & Gravy Cranberry Sauce Green Beans Sweet Potatoes & Roll Pumpkin Pie Reservation Required</p>
<p>25</p>	<p>26 Cream of Mushroom Soup Chicken Salad Sandwich Berry Crisp Whipped topping</p>	<p>27 Vegetable Lasagna Broccoli Baked Apple</p>	<p>28 CLOSED Thanksgiving Day</p>	<p>29 CLOSED Thanksgiving Holiday</p>