



# Activity Calendar ~ February 2020

**SeaTac Senior Program • 206.973.4690**




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 8:45 Senior Walking <b>10:00 Mox Boarding House Trip</b>	4 9:00 Mah Jongg 10:00 Coffee & Cards 11:45 Lunch 12:30 Canasta	5 8:45 Senior Walking 10:00 Wood Carving 10:30 Hanky Panky's 11:45 Lunch 12:30 Pinochle / Movie	6 9:00 Mah Jongg 11:45 Lunch 12:30 Canasta <b>12:30 Village Theatre Trip</b> <b>1:00 Legal Help by apt</b>	7 8:45 Senior Walking 9:00 Cribbage 9:00 Wii Bowling/Golf 11:45 Lunch 12:30 Mexican Train	8
9 <b>12:30 Beehive: The Musical Trip</b>	10 8:30 Red Wind Casino Trip 8:45 Senior Walking	11 <b>9:00 Foot Care by apt</b> 9:00 Mah Jongg 10:00 Coffee & Cards 11:45 Lunch 12:30 Canasta	12 8:45 Senior Walking 10:00 Wood Carving 10:30 Hanky Panky's <b>11:45 Sweeties' Lunch</b> 12:30 Pinochle <b>12:30 AARP Fraud Class</b>	13 9:00 Mah Jongg 11:45 Lunch 12:30 Canasta	14 8:45 Senior Walking 9:00 Cribbage 9:00 Wii Bowling/Golf 11:45 Lunch 12:30 Mexican Train	15
16	17 <b>CLOSED FOR PRESIDENT'S DAY HOLIDAY</b>	18 <b>9:00 Massage by apt</b> <b>9:00 Senior Advisory</b> 9:00 Mah Jongg 10:00 Coffee & Cards 11:45 Lunch 12:30 Canasta	19 8:45 Senior Walking 10:00 Wood Carving 10:30 Hanky Panky's 11:45 Birthday Lunch 12:30 Pinochle / Movie	20 9:00 Mah Jongg 11:45 Lunch 12:30 Canasta <b>1:00 SHIBA by apt</b> <b>1:00 Alzheimer's mtg</b>	21 8:45 Senior Walking 9:00 Cribbage 9:00 Wii Bowling/Golf 11:45 Lunch 12:30 Mexican Train	22
23	24 8:45 Senior Walking <b>9:00 Burke Museum Trip</b>	25 <b>9:00 Foot Care by apt</b> 9:00 Mah Jongg 10:00 Coffee & Cards 11:45 Lunch 12:30 Canasta	26 8:45 Senior Walking 10:00 Wood Carving 10:30 Hanky Panky's 11:45 Lunch 12:30 Pinochle / Movie	27 9:00 Mah Jongg 11:45 Lunch 12:30 Canasta	28 8:45 Senior Walking 9:00 Cribbage 9:00 Wii Bowling/Golf 11:45 Lunch 12:30 Mexican Train	29 SeaTac 30th Birthday Celebration



# Menu ~ February 2020

## SeaTac Nutrition Program • 206.973.4690



Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>• The suggested donation for lunch is \$4.50 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> 	<p>4 Chicken Cacciatore Zucchini &amp; Tomato Medley Wheat Roll Pears</p>	<p>5 Meatloaf Potatoes &amp; Gravy Carrots Oranges</p>	<p>6 Philly Cheese Sandwich Brussel Sprouts Grapes</p>	<p>7 Corn Chowder Wheat Roll Coleslaw Banana</p>
	<p>11 Chicken Cheese Taco Cauliflower Salsa Guacamole Caramelized Bananas</p>	<p>12 Salmon Filet Wild Rice Caesar Salad Ice Cream Rhubarb Sauce</p>	<p>13 Broccoli Cheese Soup 1/2 Turkey Sandwich Apple Crisp</p>	<p>14 Pork Chops With Apples Cucumber Tomato Feta Salad Rice Pudding</p>
<p><b>17 CLOSED FOR PRESIDENT'S DAY HOLIDAY</b></p>	<p>18 Hungarian Goulash Broccoli Pound Cake Strawberries Whip Cream</p>	<p>19 Beef Stir Fry Fried Rice W/ Egg Peas &amp; Carrots Fortune Cookie Birthday Cake  Birthday Party</p>	<p>20 BBQ Chicken Pasta Salad Green Beans BBQ Pinto Beans Ice Cream Pineapple Sauce</p>	<p>21 Creamy Tomato Fettuccine Green &amp; Yellow String Beans Wheat Rolls Tropical Fruit Cocktail</p>
<p>24</p>	<p>25 Split Pea Soup 1/2 Ham Sandwich Berry Crisp</p>	<p>26 Beef Macaroni Broccoli Wheat Roll Applesauce</p>	<p>27 Fish &amp; Chips Coleslaw Yogurt Strawberry Rhubarb Compote</p>	<p>28 BBQ Pork Open Face Sandwich Green Beans Carrot Raisin Salad</p>