



Activity Calendar ~ March 2020

SeaTac Senior Program • 206.973.4690



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	2 8:45 Senior Walking	3 Trip/class registration (residents) 9:00 Mah Jongg 10:00 Coffee & Cards 11:45 Lunch 12:30 Canasta/Crafts	4 Trip/class registration 8:45 Senior Walking 10:00 Wood Carving 10:30 Hanky Panky's 11:45 Lunch 12:30 Movie	5 9:00 Driver Safety 9:00 Mah Jongg 9:30 Attic Secrets Trip 11:45 Lunch 12:30 Canasta 1:00 Legal Help by apt	6 8:45 Senior Walking 9:00 Cribbage 9:00 Wii Bowling/Golf 11:45 Lunch 12:30 Mexican Train	7	
8 Daylight Savings Time Begins (Set your clocks forward one hour.)	9 8:30 Tulalip Casino Trip 8:45 Senior Walking 10:00 Light Rail Classpt 1	10 9:00 Foot care by apt 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 St. Patty's Lunch Reservations Required 12:30 Hearing Class	12 9:00 Mah Jongg 11:45 Lunch 12:30 Canasta	13 8:30 Quilters Anon 8:45 Senior Walking 9:00 Cribbage/Wii 10:00 Light Rail Classpt 2 11:45 Lunch 12:30 Mexican Train	14	
15	16 8:45 Senior Walking 11:00 Luck o' the Irish Lunch Trip	17 9:00 Massage by apt 9:00 Senior Advisory 9:00 Mah Jongg 10:00 Coffee & Cards 11:45 Lunch 12:30 Canasta/Crafts	18 8:45 Senior Walking 10:00 Wood Carving 10:30 Hanky Panky's 11:45 Lunch 12:30 Movie 12:30 Hospitalization class	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 Cribbage 9:00 Wii Bowling/Golf 11:45 Lunch 12:30 Mexican Train	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 Lunch 12:30 Movie 12:30 Sugar class	26 9:00 Wing Luke & Chinatown trip 9:00 Mah Jongg 11:45 Lunch 12:30 Canasta	27 8:45 Senior Walking 9:00 Cribbage 9:00 Wii Bowling/Golf 11:45 Lunch 12:30 Mexican Train	28	
29	30 8:45 Senior Walking	31 9:00 Foot care by apt 9:00 Mah Jongg 10:00 Coffee & Cards 11:45 Lunch 12:30 Canasta	<i>Pinochle every Wednesday at 12:30</i>				



Menu ~ March 2020

SeaTac Nutrition Program • 206.973.4690



Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Beef & Rice Burrito Salsa, Guacamole Sour Cream Cucumber Tomato Salad Sautéed Cinnamon Apples	4 Amandine Fish Broccoli Wheat Roll Orange Lemon Bar	5 Vegetarian Shepherd's Pie Lettuce, Tomato Carrot Salad Fig Newton	6 Sweet & Sour Pork Vegetables Rice Fortune Cookie Ice Cream
9	10 Wild Rice Chicken Soup 1/2 Egg Salad Sandwich Oranges	11 St. Patty's Day Lunch Corned Beef Cabbage, Potatoes Carrots, Biscuit Apple Crisp Reservations Required	12 Chefs Salad W/ Turkey Cheese & Egg Beans & Peas Breadsticks Peaches	13 Vegetable Lasagna Green Beans Sautéed Cinnamon Apples
16	17 Salisbury Steak w/ Gravy Mashed Potatoes Sautéed Spinach Fig Newton	18 Birthday Lunch Oven Fried Chicken Roasted Potatoes Broccoli Wheat Roll, Orange Birthday Cake	19 Beef Barley Soup Caesar Salad Fresh Apple Ginger Snaps	20 Pork Soft Tacos Mexicali Veggies Rice Salsa & Sour Cream Banana
23	24 Beef Spaghetti Parmesan Cheese Green Beans Garlic Bread Pears	25 Macaroni & Cheese Brussel Sprouts Wheat Roll Strawberries	26 Beef Chili Con Carne Yellow Squash Cornbread Pears	27 Lemon Pepper Baked Cod Potatoes Au Gratin Spinach Pineapple Upside Down Cake
30	31 Honey Dijon Chicken Potatoes Beets Peaches	<ul style="list-style-type: none"> • The suggested donation for lunch is \$4.50 for individuals 60 or older. • SHAG Senior Housing is providing the birthday cake for our monthly Birthday Party. • Please bus your own dishes. 		 <p>Catholic COMMUNITY Services <small>OF WESTERN WASHINGTON</small></p>