




# Menu ~ December 2022

**SeaTac Nutrition Program • 11:45-12:30 PM • 206.973.4690**





Monday	Tuesday	Wednesday	Thursday	Friday
 <ul style="list-style-type: none"> <li>• Suggested donation of \$4.50 for ages 60+ and \$6.50 for under 60 years.</li> <li>• Punch cards are available for a suggested donation of \$45 for ten meals.</li> <li>• Meals will be given out on a first, come first served basis.</li> <li>• Currently no reserved orders will be available.</li> <li>• Menu is subject to change due to availability.</li> </ul>				
5	6 Vegetable Lasagna Green Beans Sautéed Cinnamon Apples	7 Pork Tenderloin Bake Spinach Butternut Squash Grapes & Oatmeal Cookie	8 Wild Rice Chicken Soup 1/2 Egg Salad Sandwich Oranges	9 Lemon Pepper Baked Cod Potatoes Au Gratin Pineapple Upside Down Cake
12	13 Salisbury Steak w/ Gravy Mashed Potatoes Sautéed Spinach Fig Newton	14 <b>Holiday Luncheon</b> Holiday Ham Mashed Potatoes & Gravy Green Beans & Roll Apple Pie <b>RESERVATION REQUIRED</b>	15 Pork Soft Tacos Mexicali Veggies Rice Salsa & Sour Cream	16 Clam Chowder Green Salad Roll Peaches
19	20	21	22	23
<b>SENIOR LUNCH CLOSED December 19-30</b> Due to floor maintenance				
26	27	28	29	30



# Activity Calendar ~ December 2022

**SeaTac Senior Program • 206.973.4690**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Foot Care, Legal Help, and SHIBA are by appointment only; call the senior desk at 206.973.4690.				1 11:45 Lunch 12:00 Pinochle 1:00 Mah Jongg 1:00 Legal help (by apt) 2:00 Tea at Queen Mary's	2 8:30 Indoor Walking 10:00 Wii Games 11:45 Lunch 1:00 Bridge 12:30 Mexican Train	3
4	5 8:30 Indoor Walking 9:00 Foot Care (by apt) 1:00 Bridge	6 9:00 Outdoor Walking 11:45 Lunch 12:30 Canasta 12:30 Crafts	7 8:30 Indoor Walking 10:30 Hanky Pankys 11:45 Lunch 12:00 Bridge 12:30 PSE Workshop Energy Assistance Info & Tips for saving energy	8 11:45 Lunch 12:00 Pinochle 1:00 Mah Jongg	9 8:30 Indoor Walking 10:00 Wii Games 11:45 Lunch 1:00 Bridge 12:30 Mexican Train	10 11:45 –6:00 Seattle Men's Chorus
11	12 9:00 Indoor Walking 8:30 Foot Care (by apt) 9:00 Foot Care (by apt) 1:00 Bridge	13 9:00 Foot Care (by apt) 9:00 Outdoor Walking 11:45 Lunch 12:30 Canasta	14 8:30 Indoor Walking 10:30 Hanky Panky Band 11:45 <b>HOLIDAY LUNCHEON</b> Reservation required	15 11:30 SHIBA (by apt) 11:45 Lunch 12:00 Pinochle 12:00 The Village "Cinderella" 1:00 Mah Jongg	16 8:30 Indoor Walking 10:00 Wii Games 11:45 Lunch 1:00 Bridge 12:30 Mexican Train	17
18	19 8:30 Indoor Walking 1:00 Bridge 3:00-9:00 The Lights at Warm Beach	20 9:00 Sr Advisory Mtg 9:00 Outdoor Walking 11:45 Lunch 12:30 Canasta 12:30 Crafts	21 8:30 Indoor Walking 9:45 Blood Pressure Check 11:45 Lunch 12:00 SHIBA (by apt) 12:30 Wellness Wednesday	22 11:45 Lunch 12:00 Pinochle 1:00 Mah Jongg	23 8:30 Indoor Walking 10:00 Wii Games 11:45 Lunch 1:00 Bridge 12:30 Mexican Train	24
25 Christmas Day 	26 Closed for Christmas Holiday	27 9:00 Outdoor Walking 11:45 Lunch 12:30 Canasta	28 8:30 Indoor Walking 10:30 Hanky Pankys 11:45 <b>End of Year Luncheon</b> Reservation Required	29 11:45 Lunch 12:00 Pinochle 1:00 Mah Jongg	30 8:30 Indoor Walking 10:00 Wii Games 11:45 Lunch 1:00 Bridge 12:30 Mexican Train	31