



Menu ~ January 2024

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



Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED New Year's Day Holiday	2	3	4	5
NO LUNCH. Floors are being refurbished.				
8	9	10	11	12
NO LUNCH. Floors are being refurbished.				
15 CLOSED Martin Luther King Jr. Day Holiday	16 Mac and Cheese Vegetables Cookie	17 BIRTHDAY PARTY! Chicken Caesar Salad Baked Apple Birthday Cake	18 Parmesan Tilapia W/ Pilaf Squash Brownie Bits	19 Corn Chowder 1/2 Chicken Salad Sandwich Banana
22	23 Ham & Cheese Sandwich Vegetable Soup Ice Cream	24 Tuna Noodle Casserole W/ Peas Carrot & Raisin Salad Peaches	25 Pork Fajitas W/ Onion & Zucchini Pinto Beans Banana	26 Chicken Pasta Primavera Fettuccine Melon
29	30 Veggie & Chicken Wrap Jello w/Fruit Banana	31 Fish Sandwich Malibu Blend Veggies Orange Ice Cream	<ul style="list-style-type: none"> • Suggested donation of \$4.50 for ages 60+ and \$6.50 for under 60. • Punch cards are available for a suggested donation of \$45 for ten meals. • Meals will be given out on a first, come first served basis. • Currently no reserved orders will be available. • Menu is subject to change due to availability. 	



Activity Calendar ~ January 2024

SeaTac Senior Program • 206.973.4690



Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED FOR NEW YEAR'S DAY	2 9:00 Outdoor Walking 12:30 Crafts 12:30 Canasta	3 12:00 Bridge	4 12:00 Pinochle 1:00 Legal Help** 5:15 Trip - Astra Lumina	5 10:00 Newcomers Social 1:00 Bridge
8 9:00 Foot Care** 1:00 Bridge	9 9:00 Outdoor Walking 12:30 Canasta	10	11 12:00 Pinochle	12 10:00 Writing Group 10:00 Wii Games 11:00 Tech Support** 1:00 Bridge
15 CLOSED FOR MARTIN LUTHER KING JR DAY	16 9:00 Senior Advisory 9:00 Massage** 9:00 Outdoor Walking 10:30 Book Club 11:45 Lunch 12:30 Crafts/Canasta	17 10:30 Hanky Panky Band 11:45 Birthday Lunch 12:00 Bridge	18 11:30 SHIBA** 11:45 Lunch 12:00 Pinochle	19 8:30 Senior Workout 10:00 Wii Games 10:45 Trip - NAAM 11:45 Lunch 1:00 Bridge
22 8:30 Senior Workout 9:00 Foot Care** 1:00 Bridge	23 9:00 Outdoor Walking 11:45 Lunch 12:30 Canasta	24 10:30 Hanky Panky Band 11:45 Lunch	25 11:45 Lunch 12:00 Pinochle	26 8:30 Senior Workout 10:00 Wii Games 11:45 Lunch 1:00 Bridge
29 8:30 Senior Workout 9:00 Foot Care** 1:00 Bridge	30 9:00 Outdoor Walking 11:45 Lunch 12:30 Crafts 12:30 Canasta	31 10:30 Hanky Panky Band 11:45 Lunch	JAN. 1-12 ~ Banquet Room & Gym CLOSED No lunches served or Senior Workout. Weekend Trip: Harlem Globetrotters, Saturday, January 27, 12-4:30 PM ** These services are by appointment only.	