



Menu ~ April 2024

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



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|--|--|--|--|
| | 2 NEW! Multicultural Meal from Food Innovation Network | 3 Turkey & Broccoli Peas & Bowties Orange | 4 Pork Fajitas W/ Onion & Zucchini Pinto Beans Banana | 5 Waffles W/Strawberries Scrambled Eggs Orange Juice |
| 8 | 9 NEW! Multicultural Meal from Food Innovation Network | 10 Beef Chili Con Carne Sautéed Carrots Spinach Cornbread Pears | 11 Corn Chowder 1/2 Chicken Salad Sandwich Banana | 12 Florentine Fish Zucchini & Onion & Tomatoes Cherry Crisp |
| 15 | 16 NEW! Multicultural Meal from Food Innovation Network | 17 BIRTHDAY LUNCH Mediterranean Chicken Wrap w/ Spinach & Cannellini Beans Dessert | 18 Parmesan Tilapia w/ Pilaf Squash Brownie Bits | 19 Beef Stew Coleslaw Wheat Roll Peaches |
| 22 | 23 NEW! Multicultural Meal from Food Innovation Network | 24 Chicken Caesar Salad Baked Apple | 25 Caribbean Pork Chops w/ Peppers Pineapple Cornbread | 26 Turkey Burger Sweet Potato Fries Coleslaw Applesauce |
| 29 | 30 NEW! Multicultural Meal from Food Innovation Network | <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. | | |

Tuesday Multicultural Meal
Menus will be posted in the senior lobby one week in advance, or call us at 206-973-4690.



Activity Calendar ~ April 2024

SeaTac Senior Program • 206.973.4690



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|---|
| 1 8:30 Senior Workout 9:30 Mystery Trip 1:00 Bridge | 2 9:00 Outdoor Walking 11:45 Lunch 12:30 Crafts 12:30 Canasta | 3 8:30 Senior Workout 10:30 Hanky Panky Band 11:45 Lunch 12:00 Bridge | 4 11:45 Lunch 12:00 Pinochle 1:00 Legal Help** | 5 8:30 Senior Workout 10:00 Newcomers Social 10:00 Wii Games 11:45 Lunch 1:00 Bridge |
| 8 8:00 Trip: Suquamish 8:30 Senior Workout 9:00 Foot Care** 1:00 Bridge | 9 9:00 Outdoor Walking 11:45 Lunch 12:30 Canasta | 10 8:30 Senior Workout 10:30 Hanky Panky Band 11:45 Lunch | 11 11:45 Lunch 12:00 Pinochle | 12 8:30 Senior Workout 9:00 Foot Care** 10:00 Writing Grp/Wii 11:00 Tech Help** 11:45 Lunch / 1:00 Bridge |
| 15 8:30 Senior Workout 8:45 Trip: FlowerWorld 1:00 Bridge | 16 9:00 Senior Advisory 10:30 Book Club 11:45 Lunch 12:30 Crafts 12:30 Canasta | 17 8:30 Senior Workout 10-2:00 DSHS mobile office in parking lot 10:30 Hanky Panky Band 11:45 Birthday Lunch 12:00 Bridge 12:30 Class: Container Gardening | 18 11:30 SHIBA** 11:45 Lunch 12:00 Pinochle | 19 8:30 Senior Workout 10:00 Wii Games 11:45 Lunch 1:00 Bridge 2:00 Line Dance Party |
| 22 8:30 Senior Workout 1:00 Bridge | 23 9:00 Massage** 9:00 Outdoor Walking 11:45 Lunch 12:30 Canasta | 24 8:30 Senior Workout 10:30 Hanky Panky Band 12:30 Class: Dementia Legal Planning | 25 11:45 Lunch 12:00 Pinochle | 26 8:15 Trip: Alpacas 8:30 Senior Workout 10:00 Wii Games 11:45 Lunch 1:00 Bridge |
| 29 8:30 Senior Workout 1:00 Bridge | 30 8:45 Walk: Seward Park 11:45 Lunch 12:30 Canasta |  | | |

DSHS Mobile Office will be in the Senior parking lot on Wednesday, April 17, 10:00 AM–2:00 PM.

** These services are by appointment only.