



# Activity Calendar ~ December 2019

## SeaTac Senior Program • 206.973.4690



| Sunday | Monday   | Tuesday   | Wednesday  | Thursday   | Friday  | Saturday  |
|--------|--|---|--|--|---|---|
| 1      | 2<br>8:45 Senior Walking                                     | 3<br>9:00 Foot Care by appt<br>9:00 Mah Jongg<br>10:00 Coffee & Cards<br>11:45 Lunch<br>12:30 Canasta                     | 4<br>8:45 Senior Walking<br>10:00 Wood Carving<br>10:30 Hanky Panky's<br>11:45 Lunch<br>12:30 Pinochle / Movie                   | 5<br>9:00 Mah Jongg<br>9:15 Victorian Country Christmas Trip<br>11:45 Lunch<br>12:30 Canasta       | 6 8:45 Senior Walking<br>9:00 Cribbage<br>9:00 Wii Bowling/Golf<br>11:45 Lunch<br>12:30 Mexican Train                             | 7<br>11:30 Seattle Symphony Holiday On the Light Rail |
| 8      | 9<br>8:45 Senior Walking                                     | 10<br>9:00 Foot Care by appt<br>9:00 Mah Jongg<br>10:00 Coffee & Cards<br>11:45 Lunch<br>12:30 Canasta                    | 11<br>8:45 Senior Walking<br>10:00 Wood Carving<br>10:30 Hanky Panky's<br>11:45 Birthday Lunch<br>12:30 Pinochle / Movie         | 12<br>9:00 Mah Jongg<br>11:45 Lunch<br>12:30 Canasta   | 13 8:45 Senior Walking<br>9:00 Cribbage<br>9:00 Wii Bowling/Golf<br>11:45 Lunch<br>12:30 Mexican Train                            | 14  |
| 15     | 16<br>8:45 Senior Walking<br>11:15 Tea at the Meeker Mansion | 17 9:00 Massage by appt<br>9:00 Senior Advisory<br>9:00 Mah Jongg<br>10:00 Coffee & Cards<br>11:45 Lunch<br>12:30 Canasta | 18 Holiday Luncheon<br>8:45 Senior Walking<br>10:00 Wood Carving<br>10:30 Hanky Panky's<br>11:45 Lunch<br>12:30 Pinochle / Movie | 19<br>9:00 Mah Jongg<br>11:45 Lunch<br>12:30 Canasta<br>1:00 SHIBA by appt<br>1:00 Alzheimer's mtg | 20 8:45 Senior Walking<br>9:00 Foot Care by Appt.<br>9:00 Cribbage<br>9:00 Wii Bowling/Golf<br>11:45 Lunch<br>12:30 Mexican Train | 21  |
| 22     | 23<br>8:45 Senior Walking                                    | 24<br>No Lunch<br>9:00 Mah Jongg<br>10:00 Coffee & Cards<br>12:30 Canasta   | 25<br>Closed for the Christmas Day Holiday   | 26<br>No Lunch<br>9:00 Mah Jongg<br>12:30 Canasta  | 27<br>No Lunch<br>8:45 Senior Walking<br>9:00 Cribbage<br>9:00 Wii Bowling/Golf   | 28  |
| 29     | 30<br>No Senior Walking                                      | 31 No Lunch<br>9:00 Mah Jongg<br>10:00 Coffee & Cards<br>12:30 Canasta  | 1<br>Closed for the New Year's Day Holiday   |  |   |   |



# Menu ~ December 2019

## SeaTac Nutrition Program • 206.973.4690



| Monday  | Tuesday   | Wednesday   | Thursday  | Friday  |
|---|---|---|---|---|
| <p><b>Single Serve Salads:</b><br/>The salad bar has been replaced with single serve salads from 11:15-11:35 AM, Tue/Thu/Fri.</p> <ul style="list-style-type: none"> <li>• The suggested donation for lunch is \$4 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><b>3</b> Broccoli Cheese Soup<br/>Turkey Sandwich<br/>Lettuce Tomato<br/>Apple Crisp</p>   | <p><b>4</b> Salmon Filet<br/>Wild Rice<br/>Wheat Roll<br/>Green Salad<br/>Mandarin Oranges</p>  | <p><b>5</b> Philly Cheese Steak<br/>Green Salad<br/>Grapes</p>                            | <p><b>6</b> Pork Chops<br/>Baked Beans<br/>Cucumber Tomato Salad<br/>Rice Pudding</p> |
|   | <p><b>10</b> Vegetable Soup<br/>1/2 Ham &amp; Cheese Sandwich<br/>Apple</p>   | <p><b>11</b> Fish and Chips<br/>Cole Slaw<br/>Chocolate Pudding<br/>Birthday Cake<br/>Birthday Party</p>  | <p><b>12</b> Beef Macaroni<br/>Broccoli<br/>Cantaloupe<br/>Wheat Roll</p>                 | <p><b>13</b> Spinach Pasta Bake<br/>Carrot &amp; Raisin Salad<br/>Berries</p>         |
|   | <p><b>17</b> BBQ Chicken<br/>Potato/Pasta Salad<br/>Baked Beans<br/>Tangerines</p>  | <p><b>18</b> Holiday Luncheon<br/>Ham<br/>Mashed Potatoes &amp; Gravy<br/>Green Beans<br/>Hawaiian Roll<br/>Peaches &amp; Ice Cream<br/><b>Reservation Required</b></p> | <p><b>19</b> Baked Cod<br/>Brown Rice<br/>Garden Salad<br/>Oranges<br/>Oatmeal Cookie</p> | <p><b>20</b> Steak Ranchero<br/>Brown Rice<br/>Applesauce</p>                         |
|   | <p><b>24</b><br/>Lunch Program will be closed Tuesday, December 24, 2019 and will re-open on Tuesday, January 7, 2020<br/><br/>Floor re-finishing Project</p> | <p><b>25</b><br/>Closed for the Christmas Holiday</p>                              | <p><b>26</b> No Lunch</p>   | <p><b>27</b> No Lunch</p>   |
| <p><b>30</b></p>  | <p><b>31</b> No Lunch</p>   | <p>Jan. 1<br/>Closed for the New Year's Day Holiday</p>   | <p>Jan. 2 No Lunch</p>  | <p>Jan. 3 No Lunch</p>  |