

Menu ~ Congregate Meal Program

June 2025

11:45 a.m.-12:30 p.m.

206-973-4690

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Tomato Soup & Grilled Cheese Sandwich Tomato Soup & Grilled Cheese Sandwich	4 Beefy Tater Tot Casserole GF Vegan Tater Tot Casserole w/ Kidney Beans	5 Turkey Soft Tacos with Refried Beans Black Bean Soft Tacos with Refried Beans	6 Sloppy Joes with Coleslaw Vegan Sloppy Joe with Coleslaw
9	10 Bean & Cheese Burrito with Salsa GF Vegan Bean & Cheese Burrito with Salsa	11 FATHER'S DAY BBQ Chicken with Corn on the Cob & Bread Roll BBQ Veggies with Corn on the Cob & Bread Roll	12 Pineapple & Char Siu Fried Rice Pineapple & Tofu Fried Rice	13 Pepperoni & Cheese Pizza with Green Beans Cheese Pizza with Green Beans
16	17 Chicken Corn Chowder with Petite Ciabatta Chickpea Corn Chowder with Petite Ciabatta	18 BIRTHDAY PARTY Orange Chicken & Steamed Vegetable with Brown Rice Orange Tofu & Steamed Vegetable with Rice	19 CLOSED FOR JUNETEENTH	20 Pancakes, Pork Bacon, Hashbrowns French Toast, Veggie Sausage, Hashbrowns
23	24 Biscuits and Turkey Gravy with O'Brien Potatoes GF Biscuits and Vegetarian Gravy with O'Brien Potatoes	25 Chicken & Vegetable Yakisoba Tofu & Vegetable Yakisoba	26 Carnitas & Black Bean Rice Bowl Black Bean Chipotle Rice Bowl	27 Japanese Beef & Vegetable Curry with Rice Japanese Tofu & Vegetable Curry with Rice

*Vegetarian/Vegan Alternative – GF Gluten Free – must order at least 2 business days in advance

Activity Calendar

June 2025

SeaTac Senior Program

206-973-4690

Monday	Tuesday	Wednesday	Thursday	Friday
2 8:30 Seniors Working Out 1:00 Bridge	3 9:00 Outdoor Walking 11:45 Lunch 12:30 Crafts 12:30 Canasta 3:00 Creative Movement	4 8:30 Seniors Working Out 10:30 Hanky Panky Band 11:45 Lunch 12:30 Movie Matinee	5 1:00 Legal Assistance** 10:00 Zumba Gold 11:45 Lunch 12:00 Pinochle	6 8:30 Seniors Working Out 10:00 Newcomers Social 10:00 Wii Games 11:45 Lunch 1:00 Bridge
9 8:30 Seniors Working Out 9:00 Trip: Kent Museum 1:00 Bridge	10 8:45 Walking w/Nina Lake Wilderness 11:45 Lunch 12:30 Canasta 3:00 Creative Movement	11 8:30 Seniors Working Out 10:30-12:30 PSE Energy Assistance Pop-up 10:30 Hanky Panky Band 11:45 Father's Day Lunch 12:30 Movie Matinee	12 11:30 SHIBA** 11:45 Lunch 12:00 Pinochle	13 8:30 Seniors Wkng Out 10:00 Wii Games 10:00 Creative Writing 11:00 Tech Help ** 11:45 Lunch 1:00 Bridge
16 8:30 Seniors Working Out 1:00 Bridge	17 9:00 Outdoor Walking 11:45 Lunch 12:30 Crafts 12:30 Canasta 3:00 Creative Movement	18 8:30 Seniors Working Out 10:30 Hanky Panky Band 11:45 Birthday Lunch 12:30 Movie Matinee	19 <p style="text-align: center;">CLOSED FOR JUNETEENTH</p>	20 8:30 Seniors Working Out 10:00 Wii Games 11:45 Lunch 12:30 Bunco 1:00 Bridge
23 8:30 Seniors Working Out 1:00 Bridge	24 8:45 Walking w/Nina Seahurst Park 11:45 Lunch 12:30 Canasta 3:00 Creative Movement	25 8:30 Seniors Working Out 10:30 Hanky Panky Band 11:45 Lunch 12:30 Movie Matinee	26 10:00 Zumba Gold 11:45 Lunch 12:00 Pinochle	27 8:30 Seniors Working Out 10:00 Wii Games 11:45 Lunch 1:00 Bridge
30 8:30 Seniors Working Out 1:00 Bridge	** These services are by appointment only. Foot Care dates for June are to be determined. Weekend Trip: Sunday, June 1, 12:30 pm: Grease at Tacoma Musical Playhouse			