

December 2023 Lunch Menu

Menu subject to change without notice. You may order up to 1 month in advance, if you order the day of we may not be able to accommodate you. Call 425-333-4152 place your order. Lunch is served at noon.
 \$5 suggested donation for seniors 60+, \$10 guests under 60. The Sno-Valley Senior Center serves a hot lunch at noon, made from scratch by Chef Eve Chasengnou and our crew of talented volunteers. Many meals feature fresh organic produce from local farms.

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Italian Wedding Soup with Meatballs Caesar Salad Bread Fruit & Dessert
4 Greek Chicken Gyro Green Salad Bread Fruit & Dessert	5 Stuffed Squash Salad Bread Fruit & Dessert	6 Turkey Chili Sweet Potatoes Salad Cornbread Fruit & Dessert	7 Bulgogi Pork Rice Veggies Bread Fruit & Dessert	8 Pizza Party Salad Fruit Dessert
11 Beef Stew Veggies Bread Fruit & Dessert	12 Shrimp Tacos Rice Beans Fruit & Dessert	13 Monte Cristo Veggie Hash Fruit & Dessert	14 Japanese Chicken Curry Rice Veggies Bread Fruit & Dessert	15 BIRTHDAY LUNCH! Pork Roast Potatoes Veggies Bread Fruit & Dessert 
18 Laksa Noodle Soup Salad Bread Fruit & Dessert	19 Chowder Salad Bread Fruit & Dessert	20 Sausage Rolls Salad Fruit Lamington	21 Grilled Cheese Tomato Soup Salad Fruit & Dessert	22 HOLIDAY LUNCH! Ham Potatoes Veggies Bread Fruit & Dessert 
25 	26 		28 	29

All food prepared at this site is home made. (HM) The USDA prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, age or disability.

December 2023 Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Hyde Shuttle provides door-to-door service throughout the Snoqualmie Valley. They can take you to the store, the Sno-Valley Senior Center, local medical appointments or errands. Call 206-727-6262 to schedule a ride or call 425-333-4152 to learn more.</p>			<div style="border: 2px solid red; padding: 5px;"> <p>* Indicates that this program takes place online or at another location.</p> </div>	<p>1 8:45 Enhance Fitness 10:00 Bridge Group 10:30 Scrabble & Games! 1:00 Dominoes & Games!</p> <p style="text-align: center;">HOLIDAY BAZAAR Sat Dec 2nd 9am-3pm</p>
<p>4 8:15 Gentle Chair Yoga 8:45 Enhance Fitness 9:00 Medicare Appts. 10:00 FishHeads 6:30 Zumba</p>	<p>5 9:00 SAGE Foot/Nail Care 9:30 Gentle Chair Yoga 11:00 CAMP Art Workshop 1:00 KCLS Talk Time*</p>	<p>6 50% off at RIC for members 8:00 Table Tennis 8:45 Enhance Fitness 10:00 Carepoint- FC* 11:00 Will Bowling 1:00 Glass Fusing Class 1:00 Zoom Encompass Kinship Group Mtg*</p>	<p>7 8:30 Handwork Group 10:00 POCAAN 11:00 Brain Fitness 1:00 Grief Support Group 1:00 Emergency Preparedness 2:30 SVCS Library Mtg 2:30 Tai Chi/ QiGong</p>	<p>8 8:30 Reflexology Appts 8:45 Enhance Fitness 10:00 Bridge Group 10:30 Scrabble & Games! 1:00 Dominoes & Games! 4:45 Nutcracker & Dinner</p> <p style="text-align: center;">7:00pm RAINBOW BINGO!</p>
<p>11 8:00 Pet Food Available 8:15 Gentle Chair Yoga 8:45 Enhance Fitness 9:00 Medicare Appts. 11:00 Monday's w/ Mary 11:00 Laughter Yoga 1:00 Drums Alive 1:30 Legal Appts 2:00 Creating Connections 6:30 Zumba</p>	<p>12 9:00 SAGE Foot/Nail Care 9:30 Gentle Chair Yoga 9:30 Shopping Trip to Monroe 11:00 Card Making Class 1:00 KCLS Talk Time* 1:00 Sno-Valley Singers 1:00 Sound Bath 2:00 Afternoon Tea</p>	<p>13 8:00 Table Tennis 8:45 Enhance Fitness 9:30 Glass, Lunch & Christmas Shop Trip! 10:00 Carepoint- FC* 11:00 Will Bowling 1:00 Zoom Encompass Kinship Group Mtg* 2:00 Carnation Library Talk*</p>	<p>14 8:00 Footcare 8:30 Handwork Group 11:00 Brain Fitness 1:00 Caregiver Support 1:00 Hospice Talk 4:00 Paint & Sip</p>	<p>15 8:45 Enhance Fitness 10:00 Bridge Group 10:30 Scrabble & Games! 12:00 Birthday Lunch 1:00 Dominoes & Games!</p> 
<p>18 8:15 Gentle Chair Yoga 8:45 Enhance Fitness 9:00 Medicare Appts. 9:30 SeaMar Spanish Speaking Seniors 10:30 Spanish Talk Time 11:00 12 Days of Goodness* 1:00 Book Club 2:00 Movie and Popcorn 6:30 Zumba</p>	<p>19 9:00 SAGE Foot/Nail Care 9:30 Gentle Chair Yoga 12:30 Reiki Appts 1:00 KCLS Talk Time* 2:00 Bunco 6:30 LGBTQ+ Caregiver Support Group online*</p>	<p>20 8:00 Table Tennis 8:45 Enhance Fitness 10:00 Armchair Travel to Australia 10:00 Carepoint- FC* 11:00 Wii Bowling 1:00 Day Bingo—FREE! 1:00 Zoom Encompass Kinship Group Mtg*</p>	<p>21 8:30 Handwork Group 10:00 POCAAN 11:00 Brain Fitness 1:00 Grief Support Group</p>	<p>22 8:45 Enhance Fitness 10:00 Bridge Group 10:30 Scrabble & Games! 12:00 Holiday Lunch 1:00 Dominoes & Games!</p> 
<p>25</p> 	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>
<p>Happy Holidays! Senior Center is Closed until January 2nd!</p>				