



January 2021 Lunch Menu



Menu subject to change without notice due to product availability. You can order up to 1 month in advance, but by at least the day before. If you see something you like on the menu, be sure to order it, we have had several days sell out in advance.

Call 425-333-4152 place your pick-up or delivery (if needed) order.

Monday	Tuesday	Wednesday	Thursday	Friday
				1 CLOSED Happy 2021 (We made it!)
4 National Spaghetti Day Green Beans Oranges Cheese Bread Dessert	5 Chicken Taco Salad Corn Muffin Fruit Dessert	6 Beef Enchiladas Refried Beans Green Salad Grapes Dessert	7 Turkey Tetrazzini Oranges Spinach Salad Dessert	8 Tuna Salad Bran Muffin Fresh Fruit Dessert
11 Bacon Cheese Burgers Potato Chips Grapes Green Salad Dessert	12 National Curried Chicken Day Jasmine Rice Oranges Spinach Salad Dessert	13 Chef Salad Corn Muffin Melon Dessert	14 Turkey Sandwich Spinach Salad Peaches Dessert	15 Birthday Lunch! Cheese Manicotti W/Meat Sauce Caesar Salad Peaches Cake
18 Center Closed for MLK Day	19 Meat Lovers Pizza Spring Green Salad Peaches Dessert	20 Chili Corn Muffin Cabbage Salad Grapes Dessert	21 Chicken Ala King Buttermilk Biscuit Broccoli Salad Pears Dessert	22 Ham & Swiss Croissant Fruit Salad Mixed Greens Dessert
25 Meatloaf Green beans Cantaloupe Whole Wheat Roll Dessert	26 Taco Baked Potato Green Salad Oranges Dessert	27 National Chocolate Cake Day Tuna Casserole Steamed Broccoli Peaches Dessert	28 Baked Ziti Cesar Salad Pears Garlic Roll Dessert	29 Turkey Soup Buttermilk Biscuit Oranges Garden Salad Dessert

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.



January 2021 Activities Calendar



Registration information can be found in the newsletter or at www.snovalleysenior.org. If you have questions about participating in these programs, please email kiraa@soundgenerations.org or call 425-333-4152

Monday	Tuesday	Wednesday	Thursday	Friday
Re-in-Carnation Donations accepted, 11am-2pm, Tue & Wed. Open Sat from Noon-4pm Shopping available by appointment during the week, call 425-333-0023 or go to www.snovalleysenior.org for more info.				1 CLOSED Happy 2021 (We made it!)
4 <u>10:00</u> Move it Mondays w/ Chelsey on FB Live <u>Noon-12:30</u> Lunch Pick-Up & Delivery	5 <u>9:00</u> Continental Café on Zoom <u>9:00</u> Gentle Chair Yoga online <u>Noon-12:30</u> Lunch Pick-Up & Delivery <u>4:00</u> Chai & Conversations	6 <u>Noon-12:30</u> Lunch Pick-Up & Delivery <u>2:00</u> Encompass Kinship Group on Zoom <u>12:45</u> Financial Services	7 <u>11:00</u> Brain Fitness on Zoom <u>Noon-12:30</u> Lunch Pick-Up & Delivery <u>4:00</u> Chai & Conversations	8 <u>8:30</u> Virtual/ in-person Bastyr Appointments <u>8:30</u> Reflexology Appointments <u>Noon-12:30</u> Lunch Pick-Up & Delivery
11 <u>8:15</u> Healthy Smiles <u>9:00</u> Pet Food Available <u>10:00</u> Move it Mondays w/ Chelsey on FB Live <u>Noon-12:30</u> Lunch Pick-Up & Delivery <u>1:00</u> 1-on-1 Zoom Help <u>1:30</u> Legal Advisor Appointments in-person	12 <u>9:00</u> Gentle Chair Yoga online <u>Noon-12:30</u> Lunch Pick-Up & Delivery <u>4:00</u> Chai & Conversations	13 <u>Noon-12:30</u> Lunch Pick-Up & Delivery <u>1:30</u> Annual Member Meeting on Zoom <u>2:00</u> Encompass Kinship Group on Zoom	14 <u>11:00</u> Brain Fitness on Zoom <u>Noon-12:30</u> Lunch Pick-Up & Delivery <u>4:00</u> Chai & Conversations	15 <u>8:30</u> Virtual/ in-person Bastyr Appointments <u>Noon-12:30</u> Birthday Lunch Pick-Up & Delivery
Center Closed for MLK Day	19 <u>9:00</u> Continental Café on Zoom <u>9:00</u> Gentle Chair Yoga online <u>Noon-12:30</u> Lunch Pick-Up & Delivery <u>4:00</u> Chai & Conversations	20 <u>10:00</u> End of Life Washington Presentation <u>Noon-12:30</u> Lunch Pick-Up & Delivery <u>1:30</u> Make New Friends Across the Miles <u>2:00</u> Encompass Kinship Group Meetings	21 <u>11:00</u> Brain Fitness on Zoom <u>Noon-12:30</u> Lunch Pick-Up & Delivery <u>4:00</u> Chai & Conversations	22 <u>8:30</u> Virtual/ in-person Bastyr Appointments <u>8:30</u> Reflexology Appointments <u>Noon-12:30</u> Lunch Pick-Up & Delivery Virtual Wine Tasting: Tomorrow, Jan 23
25 <u>10:00</u> Move it Mondays w/ Chelsey on FB Live <u>Noon-12:30</u> Lunch Pick-Up & Delivery <u>1:00</u> Book Club on Zoom	26 <u>9:00</u> Gentle Chair Yoga online <u>10:00</u> Five Pillars of Brain Health with AARP <u>Noon-12:30</u> Lunch Pick-Up & Delivery <u>4:00</u> Chai & Conversations	27 <u>Noon-12:30</u> Lunch Pick-Up & Delivery <u>2:00</u> Encompass Kinship Group Meetings	28 <u>10:00</u> Paul Tollner Presentation <u>11:00</u> Brain Fitness on Zoom <u>Noon-12:30</u> Lunch Pick-Up & Delivery <u>4:00</u> Chai & Conversations	29 <u>8:30</u> Virtual/ in-person Bastyr Appointments <u>Noon-12:30</u> Lunch Pick-Up & Delivery