




January 2022 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. Suggested donation is \$5 per meal, EBT is accepted. Call 425-333-4152 place your order.

Monday	Tuesday	Wednesday	Thursday	Friday
3 Cheeseburger Potato Chips Garden Salad Grapes Dessert	4 Chef Salad Corn Muffin Sliced Melon Dessert	5 Crispy Chicken Sandwich Broccoli Salad Grapes Dessert	6 Beef Stroganoff Peas & Carrots Apricots Dessert	7 Tuna Sandwich Lentil Veggie Soup Oranges Dessert
10 Chicken Noodle Soup Garlic Roll Garden Salad Grapes Dessert	11 Bratwurst W/ Peppers & Onions Potato Salad Pineapple Dessert	12 Cheesy Beef & Macaroni Casserole Oranges Spinach Salad Dessert	13 Meat Lover's Pizza Garden Salad Watermelon Dessert	14 Baked Ziti Caesar Salad Grapes Garlic Roll Dessert
17 Sno-Valley Senior Center is CLOSED in observance of Martin Luther King Jr. Day	18 Italian Sausage Stuffed Peppers Green Salad Mixed Fruit WW Roll Dessert	19 Egg Salad Sandwich Spinach Salad Apricots Dessert	20 Ham & Swiss Sandwiches Fruit Salad Spinach Salad Dessert	21 Cheese Manicotti W/Meat Sauce Caesar Salad Peaches Cake Birthday Lunch!
24 National Peanut Butter Day! Turkey Sandwich 3 Bean Salad Oranges Dessert	25 BBQ Chicken Sandwiches Coleslaw Peaches Dessert	26 Fish & Tots Coleslaw Cantaloupe Dessert	27 National Strawberry Ice Cream Day! Hot Dog Green Salad Watermelon Potato Chips Dessert	28 Taco Salad Corn Muffin Oranges Dessert
31 Chicken Enchiladas Green Salad Peaches 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 2022 Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p><u>RE-OPENED after the Holidays!</u></p> <p><u>8:00</u> Table Tennis <u>8:15</u> Healthy Smiles <u>9:00</u> EnhanceFitness <u>10:30</u> Chair Yoga <u>1:00</u> Artist Open Studio</p>	<p>4</p> <p><u>8:45</u> Functional Yoga w/ Jennifer online <u>4:00</u> Zoom Chai & Chat <u>5:00</u> In-person Encompass Group in Issaquah</p>	<p>5</p> <p><u>8:00</u> Table Tennis <u>9:00</u> EnhanceFitness <u>11:00</u> Wii Bowling <u>12:45</u> Financial Services <u>1:00</u> Zoom Encompass Kinship Group Meeting</p> <p>SVSC Members get 50% off at Re-in-Carnation!</p>	<p>6</p> <p><u>10:00</u> Handwork Group <u>11:00</u> Brain Fitness <u>1:00</u> Grief Support Group <u>1:00</u> Drop-in Tech Help <u>4:00</u> Zoom Chai & Chat</p>	<p>7</p> <p><u>8:00</u> Table Tennis <u>9:00</u> EnhanceFitness <u>10:00</u> Bridge Group <u>11:00</u> Wii Bowling <u>1:00</u> Dominoes</p>
<p>10</p> <p><u>8:00</u> Table Tennis <u>8:00</u> Pet Food Arrives <u>9:00</u> EnhanceFitness <u>9:00</u> Medicare Appts. <u>10:30</u> Chair Yoga <u>1:00</u> Artist Open Studio <u>1:00</u> Drums Alive w/ Renee <u>1:30</u> Legal Services</p>	<p>11</p> <p><u>8:45</u> Functional Yoga w/ Jennifer online <u>9:00</u> Seattle Aquarium Trip <u>1:00</u> Singing Group <u>4:00</u> Zoom Chai & Chat</p>	<p>12</p> <p><u>8:00</u> Table Tennis <u>9:00</u> EnhanceFitness <u>11:00</u> Wii Bowling <u>12:30</u> Annual Member Meeting <u>1:00</u> Zoom Encompass Kinship Group Meeting <u>1:30</u> How about some good ole' Country Music!</p>	<p>13</p> <p><u>8:00</u> Footcare <u>10:00</u> Handwork Group <u>11:00</u> Brain Fitness <u>1:00</u> Caregiver Support Group <u>1:00</u> Drop-in Tech Help <u>4:00</u> Zoom Chai & Chat</p>	<p>14</p> <p><u>8:00</u> Table Tennis <u>8:30</u> Reflexology Appointments <u>9:00</u> EnhanceFitness <u>10:00</u> Bridge Group <u>11:00</u> Wii Bowling <u>1:00</u> Dominoes</p>
<p>17</p> <p style="text-align: center;">Sno-Valley Senior Center is CLOSED in observance of Martin Luther King Jr. Day</p>	<p>18</p> <p><u>8:15</u> Healthy Smiles <u>8:45</u> Functional Yoga w/ Jennifer online <u>9:30</u> Shopping Trip to Monroe <u>1:00</u> Afternoon Bunco <u>4:00</u> Zoom Chai & Chat</p>	<p>19</p> <p><u>8:00</u> Table Tennis <u>9:00</u> EnhanceFitness <u>10:00</u> Armchair Travel to Indonesia (zoom available) <u>11:00</u> Wii Bowling <u>1:00</u> Trimazing Cooking Class <u>1:00</u> Zoom Encompass Kinship Group Meeting</p>	<p>20</p> <p><u>10:00</u> Handwork Group <u>11:00</u> Brain Fitness <u>1:00</u> Grief Support Group <u>1:00</u> Drop-in Tech Help <u>4:00</u> Zoom Chai & Chat</p>	<p>21</p> <p><u>8:00</u> Table Tennis <u>9:00</u> EnhanceFitness <u>10:00</u> Bridge Group <u>11:00</u> Wii Bowling <u>1:00</u> Dominoes</p> <p style="text-align: center;">Birthday Lunch!</p>
<p>24</p> <p><u>8:00</u> Table Tennis <u>9:00</u> EnhanceFitness <u>9:00</u> Medicare Appts. <u>9:00</u> SeaMar Spanish Acitivities <u>10:30</u> Chair Yoga <u>11:00</u> Hopelink Transportation Information <u>1:00</u> Artist Open Studio</p>	<p>25</p> <p><u>8:45</u> Functional Yoga w/ Jennifer online <u>9:00</u> Cont. Café on Zoom <u>1:00</u> Singing Group <u>4:00</u> Zoom Chai & Chat</p>	<p>26</p> <p><u>8:00</u> Table Tennis <u>9:00</u> EnhanceFitness <u>11:00</u> Wii Bowling <u>1:00</u> Trimazing Cooking Class <u>1:00</u> Zoom Encompass Kinship Group Meeting</p>	<p>27</p> <p><u>10:00</u> Handwork Group <u>10:30</u> In-Person Kinship Group <u>11:00</u> Brain Fitness <u>1:00</u> Caregiver Support Group <u>1:00</u> Drop-in Tech Help <u>4:00</u> Zoom Chai & Chat <u>4:30</u> Cirque du Soleil Trip</p>	<p>28</p> <p><u>8:00</u> Table Tennis <u>8:30</u> Reflexology Appointments <u>9:00</u> EnhanceFitness <u>10:00</u> Bridge Group <u>11:00</u> Wii Bowling <u>1:00</u> Dominoes</p> <p style="text-align: center;">Baby Boomer Bootcamp Saturday, Jan 29 from 1:30-5:00pm</p>
<p>31</p> <p><u>8:00</u> Table Tennis <u>9:00</u> EnhanceFitness <u>9:00</u> Medicare Appts. <u>10:30</u> Chair Yoga <u>1:00</u> Artist Open Studio <u>1:00</u> Bookclub</p>	<p>If you're looking to attend this programming but have a hard time driving or finding a ride, consider using the Hyde Shuttle!</p> <p>Hyde Shuttle provides door-to-door service throughout the Snoqualmie Valley. Our drivers can take you to the store, the Sno-Valley Senior Center, local medical appointments, or local errands. Call 206-727-6262 to schedule a ride or call 425-333-4152 to learn more about this service!</p> <div style="text-align: right;">  </div>			