



# September 2020 Lunch Menu



**Menu subject to change without notice due to product availability. Call 425-333-4152 the day before to place your pick-up or delivery (if needed) order.**

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Taco Salad Corn Muffin Grapes Dessert	Coconut Chicken Strips Pea Salad Apricots Dessert	Chili Baked Potato Garden Salad Mixed Fruit Dessert	Turkey Sandwich Broccoli Salad Cantaloupe Dessert
7	8	9	10	11
<b>CENTER IS CLOSED FOR LABOR DAY</b>	Stuffed Peppers Peaches Tomato & Cucumber Salad Dinner Roll Dessert	Beef Stew Buttermilk Biscuit Green Beans Apricots Dessert	Tomato Soup Grilled Cheese Sandwich Oranges Dessert	Ruben Sandwich Potato Salad Mixed Fruit Dessert
14	15	16	17	18
Sausage Rigatoni Cesar Salad Sliced Melon Dessert	Thank you Happy Valley Grange for sponsoring food White Chicken Chili Corn Muffin Coleslaw Fruit Dessert	Hot Meatloaf Sandwich Green Salad Mandarin Oranges Dessert	National Cheese Burger Day Potato Chips Orzo Salad Grapes Dessert	<b>Birthday Lunch</b> Baked Ham Scalloped Potatoes Green Beans Dinner Roll Fruit Jello Cake
21	22	23	24	25
<b>International Eat an Apple Day!</b> Sloppy Joe's Garden Salad Mixed Fruit Dessert	Fish & Tots Coleslaw Grapes Dessert	Ham & Swiss Sandwich Spinach Salad Apricots Dessert	Chicken Taquitos Refried Beans Mixed Greens Pears Dessert	Baked Chicken Tomato Pesto Pasta Applesauce Green Salad Dessert
28	29	30	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.	
Chicken Salad Grapes Banana Muffin Dessert	Egg Salad Croissant Mixed Spring Greens Fruit Dessert	Beef Stroganoff Green Salad Apricots Dessert		



# September 2020 Activities Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> <u>8:15</u> Healthy Smiles <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	<b>2</b> <u>Noon-12:30</u> Lunch Pick-Up & Delivery <u>12:45</u> Financial Advisor Appointments in-person <u>1:00</u> Encompass Kinship Group Meetings on Zoom	<b>3</b> <u>11:00</u> Brain Fitness on Zoom <u>Noon-12:30</u> Lunch Pick-Up & Delivery	<b>4</b> <u>8:30am</u> Virtual Bastyr Appointments <u>Noon-12:30</u> Lunch Pick-Up & Delivery
<b>7</b>  <b>CENTER IS CLOSED FOR LABOR DAY</b>	<b>8</b> <u>9:00</u> Pet Food Arrives <u>9:00</u> Gentle Chair Yoga online <u>Noon-12:30</u> Lunch Pick-Up & Delivery	<b>9</b> <u>8:15</u> Healthy Smiles <u>Noon-12:30</u> Lunch Pick-Up & Delivery <u>1:00</u> Encompass Kinship Group Meetings on Zoom	<b>10</b> <u>8:15</u> Healthy Smiles <u>11:00</u> Brain Fitness on Zoom <u>Noon-12:30</u> Lunch Pick-Up & Delivery	<b>11</b> <u>8:30am</u> Virtual Bastyr Appointments <u>8:30am</u> Reflexology Appointments in-person <u>Noon-12:30</u> Lunch Pick-Up & Delivery
<b>14</b> <u>10:00</u> Move it Mondays w/ Chelsey on FB Live <u>Noon-12:30</u> Lunch Pick-Up & Delivery <u>1:30</u> Legal Advisor Appointments in-person	<b>15</b> <u>9:00</u> Continental Café on Zoom <u>9:00</u> Gentle Chair Yoga online <u>10:00</u> Low Tech Solutions for Independent Living on Zoom <u>Noon-12:30</u> Lunch Pick-Up & Delivery	<b>16</b> <u>Noon-12:30</u> Lunch Pick-Up & Delivery <u>1:00</u> Encompass Kinship Group Meetings on Zoom <u>1:30</u> Make New Friends Across the Miles	<b>17</b> <u>11:00</u> Brain Fitness on Zoom <u>Noon-12:30</u> Lunch Pick-Up & Delivery	<b>18</b> <u>8:30am</u> Virtual Bastyr Appointments <u>Noon-12:30</u> Birthday Lunch Pick-Up & Delivery  <b>6:30pm Rainbow FanFest Trivia</b>
<b>21</b> <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> Simple Steps to Prevent Falls on Zoom	<b>22</b> <u>9:00</u> Gentle Chair Yoga online <u>10:00</u> Fall Prevention Jeopardy on Zoom <u>Noon-12:30</u> Lunch Pick-Up & Delivery	<b>23</b> <u>10:00</u> Fall Prevention w/ King County on Zoom <u>Noon-12:30</u> Lunch Pick-Up & Delivery <u>1:00</u> Encompass Kinship Group Meetings on Zoom	<b>24</b> <u>10:00</u> How to Get Up After a Fall on FB Live <u>11:00</u> Brain Fitness on Zoom <u>Noon-12:30</u> Lunch Pick-Up & Delivery	<b>25</b> <u>8:30am</u> Virtual Bastyr Appointments <u>8:30am</u> Reflexology Appointments in-person <u>Noon-12:30</u> Lunch Pick-Up & Delivery w/ fun giveaways!
<b>28</b> <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	<b>29</b> <u>8:15</u> Healthy Smiles <u>9:00</u> Gentle Chair Yoga online <u>10:00</u> Racial Justice Conversation <u>Noon-12:30</u> Lunch Pick-Up & Delivery <u>1:00</u> Fall Painting Class	<b>30</b> <u>Noon-12:30</u> Lunch Pick-Up & Delivery <u>1:00</u> Encompass Kinship Group Meetings on Zoom <b>Deadline for Early Bird Auction Party Packs!</b>	Registration information can be found in the newsletter or on our website. If you have questions about participating in these programs, please email <a href="mailto:kiraa@soundgenerations.org">kiraa@soundgenerations.org</a> or call 425-333-4152	