What’s going on at Lighthouse Senior Activity Center in January?

The center will be **closed** on **Jan. 1** in observance of **New Year’s Day** and **Jan. 20** in observance of **Martin Luther King Day**.

**Monday Movie Madness**
Please see the calendar for show times and dates.

**Knit Crochet Class**
Tuesday, January 7 & 14, 12:45p

**Advisory Committee Meeting**
Thursday, January 9, 12:45p

**Making Lotion Bars**
Tuesday, January 14, 12:45p

**Miniature Golfing Field Trip-Tower Lanes**
Thursday, January 23, 10:00a

**Making Scented Bath Bombs**
Tuesday, January 28, 12:45p

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**Birthday Dance**
Friday, January 17, 2019
10a—12p
Celebrate your birthday with us every third Friday of the month. Enjoy live music, dancing, and birthday cake.

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Do you need personal care in your home?
Korean Women’s Association (KWA) has caregivers available 24 hours a day, 7 days a week, to provide non-medical in-home care services.

If you’d like more information, visit the KWA website at [KWACares.org](http://KWACares.org), call KWA’s Pierce County office at 253-535-4202 or email KWA at info@KWACares.org.

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The **Golden Rules for Life!**

1. **Clean Up**
   Clean up your surroundings—house, body and even your mind.

2. **Dress Up**
   Have a good appearance always.

3. **Open Up**
   Open your heart and be generous. To give is to receive.

4. **Listen Up**
   Be a good listener and talk less. Maybe there is reason why we have 2 ears and 1 mouth.

5. **Show Up**
   Making new friends and interacting with others are helpful in preventing depression or dementia, according to psychiatrists. Please show up at Lighthouse Center!

6. **Give Up**
   Give up boldly! Rid yourself of greed. Give up what you can’t do, what is beyond your ability.

7. **Cheer Up**
   Be bright, pleasant and laugh, and the world will laugh with you!
What do you know about the Pierce County Aging and Disability Resource Center?

The ADRC has information or referrals to providers for numerous services — from in-home care, health care, housing alternatives, legal services, nutrition, transportation, Medicaid/ Medicare, SHIBA benefits, adult day care services and much more.

CALL: 253-798-4600 or 800-562-0332
EMAIL: ADRC@co.pierce.wa.us.

New Year's Day, also simply called New Year or New Year's, is observed on January 1, the first day of the year on the modern Gregorian calendar as well as the Julian calendar.

In pre-Christian Rome under the Julian calendar, the day was dedicated to Janus, god of gateways and beginnings, for whom January is also named. As a date in the Gregorian calendar of Christendom, New Year’s Day liturgically marked the Feast of the Naming and Circumcision of Jesus, which is still observed as such in the Anglican Church and Lutheran Church.

In present day, with most countries now using the Gregorian calendar as their de facto calendar, New Year’s Day is probably the most celebrated public holiday, often observed with fireworks at the stroke of midnight as the new year starts in each time zone. Other global New Year’s Day traditions include making New Year’s resolutions and calling one’s friends and family.

https://en.wikipedia.org/wiki/New_Year%27s_Day

Donations  Wish List
Bingo prizes  
Coffee (regular)  
Individually wrapped candies

Inspirational Quote
New Year’s Inspired

I have only one resolution. To rediscover the difference between wants and needs. May I have all I need and want all I have. Happy New Year!

source: http://www.jokes4us.com/holidayjokes/newyearsjokes.html
### January Senior Nutrition Program

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
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</table>
| 1 CLOSED in observance of New year's Day | 2 Amandine Fish Broccoli Wheat Roll Orange Lemon Bar | 3 Sweet & Sour Pork Vegetables Rice Fortune Cookie Ice Cream | **Compote** | **Zucchini Linguine**
| 6 Swiss Cheese Burger Lettuce & Tomatoes Sweet Potatoes Fries Mixed Berries | 7 Wild Rice Chicken 1/2 Egg Salad Sandwich Oranges | 8 Pork Tenderloin Bake Spinach Butternut Squash Grapes Oatmeal Cookies | **6 Swiss Cheese Burger** | **Strawberry & Carrot Salad**
| **Lime Fish Zucchini Linguine Strawberries & Rhubarb Compost** | 13 Salisbury Steak w/ Gravy Mashed Potatoes Sautéed Spinach Rice Salsa, Guacamole, Sour Cream | 15 Oven Fried Chicken Roasted Potatoes Broccoli Wheat Roll | **Pork Tenderloin** | **Lettuce, Tomato Pie**
| 20 CLOSED | 21 Chicken Fajita W/ Bell Peppers & Zucchini Rice Salsa, Guacamole, Sour Cream | 22 Macaroni & Cheese Brussel Sprouts Wheat Roll Strawberries | **Macaroni & Cheese** | **Strawberry & Carrot Salad**
| 27 Beef & Pepper Steak Brussel Sprouts Pound Cake W Strawberries Whip Cream | 28 Honey Dijon Chicken Potatoes Beets Peaches | 29 Vegetarian Shepard's Pie Lettuce, Tomato Carrot Salad Fig Newton | **Macaroni & Cheese** | **Zucchini Linguine**

This menu is subject to change. Nutrition analysis includes 2% milk. Butter and salad dressing are optional and increases the fat & calorie content of a meal.

### Bombay Samosas

**Ingredients:**
- onion 1 small, finely chopped
- garlic 2 cloves, crushed & ginger a small chunk, grated cooking oil 1/2 cup
- curry powder 3 tsp, mixed with 1 tsp mustard seeds
- potatoes 250g, peeled and diced small
- green beans 75g fine, cut into ¼ cm lengths & frozen peas 50g
- filo pastry 4 sheets, each roughly 37 x 32cm

**Directions:**

**Step 1:**
Fry the onion, garlic and ginger in a spray of oil for 3 minutes then stir in the curry powder and mustard seeds. Add the potatoes and beans with 400ml water. Cook for 20 minutes until veg is soft and liquid evaporated. Add the peas for the last 5 minutes. Heat the oven to 200C/fan 180C/gas 6

**Step 2:**
Spray a sheet of filo pastry with oil then cut into three strips. Put 2 tbsp of mix at the top of a strip and fold over itself into a triangle. Continue folding down the length of the pastry to make a samosa shape. Put on a non-stick baking tray. Repeat with rest of pastry and filling. Bake for 18-20 minutes until golden brown.

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<tbody>
<tr>
<td><strong>Happy New Year!</strong></td>
<td><strong>CLOSED</strong></td>
<td><strong>11:00-11:30 Quilting</strong></td>
<td><strong>11:30-12:00 Basic SAIL</strong></td>
<td><strong>12:00-12:30 Open Quilting</strong></td>
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<tr>
<td>MARDI GRAS</td>
<td><strong>11:30-12:00 Basic SAIL</strong></td>
<td><strong>10:00-10:30 Brain Fitness</strong></td>
<td><strong>11:00-11:30 Quilting</strong></td>
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<td><strong>9:00-9:30 Intermediate SAIL</strong></td>
<td><strong>10:00-10:30 Skittles</strong></td>
<td><strong>12:00-12:30 Open Quilting</strong></td>
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