

LIGHTHOUSE C E N T E R

June 2019

5016 A Street | Tacoma, WA 98408 | Open M-F 8 am - 3 pm (253) 426-1282

IN THE SPOTLIGHT



Constantino M. Ferrer was born and raised in Bacolor Pampanga (Philippines) on May 7, 1946. He was raised in the Philippines and received his education there. Constantino started a career with the government in 1968 for a short period. He ventured into Business Sales for awhile too. He met the girl of his dreams Conchita, in 1969 and they married in 1971. Conchita was an extremely talented dressmaker at the time. They immediately started a family after marrying.

Constantino retained a position at Safeway in Saudi Arabia and eventually became a Product Purchasing Assistant Supervisor there. He remained there for twenty years and retired from the workforce in 2001. Constantino and his wife both share three amazing children and currently have eleven grandchildren. They are extremely family oriented and make it a priority to spend as much time with them as possible. Two of their children relocated from the Philippines to the Washington State, which influenced Constantino and his wife to follow in 2009.

Constantino became a member of Lighthouse in June 2018, and came through the door running! He lends a helping hand every chance he gets. He is very generous with his efforts and time when he is here. He also has the voice of an angel and will serenade us from time to time. He consistently has a huge smile on his face and brings joy to the participants of the center. We are grateful to have him here at Lighthouse.

Constantino, Thank you for your dedication and generosity!

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253-426-1282

Father's Day Word Search



Q	U	X	Y	B	B	A	U	T	N	J	F	Z	F	G	J	W	E
B	Y	Z	D	T	Q	V	Z	N	R	K	Z	M	E	C	Z	T	C
X	I	J	D	Y	Y	L	P	A	Z	W	R	A	P	D	Y	D	F
Q	Z	N	A	L	M	U	M	C	C	O	V	C	A	Z	U	D	K
P	R	E	D	I	V	O	R	P	T	T	I	R	R	A	E	T	U
G	E	X	R	M	N	R	D	I	H	L	U	J	E	G	J	Q	Z
F	H	K	S	A	T	T	B	L	Q	J	T	L	N	L	I	E	J
U	T	Q	B	F	A	P	D	N	A	R	G	K	T	H	Z	F	D
N	A	V	Q	V	J	Y	J	Z	J	R	Z	X	Y	Y	J	G	B
V	F	W	V	E	L	Y	O	P	A	H	V	J	F	W	S	A	B
V	L	I	K	R	B	E	D	R	E	R	H	V	R	O	C	L	U
Q	R	S	Q	E	I	Q	Z	O	C	H	U	K	B	W	G	I	R
B	E	D	A	X	W	Z	P	T	N	F	V	C	K	W	O	H	I
O	A	O	R	B	X	Z	X	E	J	U	N	E	M	Z	W	V	I
W	L	M	M	F	V	E	A	C	L	H	O	O	M	H	N	P	R
I	N	X	D	U	R	V	S	T	R	O	P	S	S	V	N	J	N
C	B	P	Z	M	K	O	X	C	B	V	E	U	E	T	D	A	P
U	S	O	F	B	S	L	K	A	J	V	L	O	S	L	I	A	J

DADDY
GRANDPA
PROVIDER
LOVE



PARENT
JUNE
WISDOM
SPORTS



FATHER
PROTECT
FAMILY
FUN



myunentitledlife.com





MEAL SITE SCHEDULE

Over 60 years old - \$3 donation requested

Under 60 years old - \$6

MONDAY

Korean, 10a—1p

KWA - 1st Floor Social Hall

31635 23rd Avenue S, Federal Way

Vietnamese, 10:30a—1p

Indochinese Cultural & Service Center

1427 E 40th Street, Tacoma

TUESDAY

Cambodian, 10:30a—1pm

Indochinese Cultural & Service Center

1427 E 40th Street, Tacoma

WEDNESDAY

Korean, 10a—1p

KWA - Social Hall

123 E 96th Street, Tacoma

THURSDAY

International, 10a—1p

KWA - Social Hall

123 E 96th Street, Tacoma

Vietnamese, 10:30a—1p

Indochinese Cultural & Service Center

1427 E 40th Street, Tacoma

FRIDAY

Cambodian, 10:30a—1pm

Indochinese Cultural & Service Center

1427 E 40th Street, Tacoma

WEDNESDAY

Korean, 10a—1p

KWA - 1st Floor Social Hall

31635 23rd Avenue S, Federal Way



Famous Father's Day Steak Diane

Ingredients: 1 tablespoon unsalted butter

1/2 tablespoon extra-virgin olive oil

Four 3-ounce beef tenderloin medallions, pounded 3/4 inch thick

Kosher salt and freshly ground pepper

1 small shallot, minced

1 garlic clove, minced

1/4 pound button mushrooms, sliced 1/4 inch thick

1/4 cup Cognac or other brandy

Hot sauce, such as Tabasco

Directions: In a large skillet, melt the butter in the olive oil. Season the meat with salt and pepper and cook over high heat until lightly browned on the bottom, about 1 minute. Turn the medallions and cook for 45 seconds longer, then transfer to a plate and tent with foil. Add the shallot and garlic to the skillet and cook over moderate heat, stirring, until fragrant, about 20 seconds. Add the mushrooms, season with salt and pepper and cook until softened, about 2 minutes. Remove from the heat, add the Cognac and carefully ignite it with a long match. When the flames die down, add the mustard and cream and stir over moderate heat for 1 minute. Whisk in the veal demi-glace, Worcestershire sauce, scallions and parsley and season with salt, pepper and hot sauce. Add the meat and any accumulated juices to the saucepan and turn to coat. Simmer until heated through, about 1 minute. Transfer the meat to plates, spoon the sauce on top and serve.

June Senior Nutrition Program 2019

Mon	Tue	Wed	Thu	Fri
3 Chipotle Meatballs Rice Broccoli Peaches	4 Chicken Cacciatore Baked Zucchini Wheat Rolls Pears	5 Florentine Fish Baked Red Potato Cherry Crisp	6 Beef and Bean Burrito Brown Rice Pinto Beans Strawberries	7 Vegetable Soup Apple Peanut Butter Raisin Salad Carrot Cake
10 Hungarian Goulash Broccoli Pound Cake Strawberries	11 Baked Cod Brown Rice Garden Salad Oranges Oatmeal Cookie	12 BBQ Chicken Potato/Pasta Salad Baked Beans Tangerines	13 Steak Ranchero Brown Rice Applesauce	14 Spinach Pasta Bake Carrot & Raisin Salad Berries
17 Broccoli Cheese Soup Turkey Sandwich Lettuce Tomato Apple Crisp	18 Philly Cheese Steak Green Salad Grapes	19 Baja Chicken Cilantro Rice Mixed Veggies Orange	20 Pork Carnitas Tomato & Cucumber Salad Banana	21 Beef Macaroni Broccoli Cantaloupe Wheat Roll
24 Fish and Chips Cole Slaw Chocolate Pudding	25 Chicken & Cheese Soft Taco Lettuce & Tomato Spanish Rice Mandarin Oranges	26 Split Pea Soup Baked Sweet Potato Wheat Roll Strawberry Rhubarb Crisp	27 Salmon Filet Wild Rice Wheat Roll Green Salad Mandarin Orange	28 Beef Tips Brown Rice Spinach Cornbread & Honey Mixed Berries
HAPPY FATHER'S Day!		HAPPY FATHER'S Day!		HAPPY FATHER'S Day!

Nutrition Program
 is a service of
Catholic Community Services

Senior Nutrition Program
 5705 Main St SW
 Lakewood WA 98499
 253-474-1200



Need information on nutritional values in our meals?

Request a copy of the calorie, sodium and carbohydrate content. for this menu from the cook.

**What do you know
about the Pierce
County Aging and Dis-
ability Resource Cen-
ter?**



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.

Donations Wish List

**Bingo prizes
Coffee (regular)
Individually wrapped candy**

Just For Laughs

Father's Day Inspired

"Dad, are bugs good to eat?" asked the boy.

"Let's not talk about such things at the dinner table, son," his father replied.

After dinner the father inquired, "Now, son, what did you want to ask me?"


"Oh, nothing," the boy said. "There was a bug in your soup, but now it's gone."

— Submitted by Mark Y., Glendora, Calif.

<https://boyslife.org/features/20917/20-funny-jokes-for-fathers-day/>



Father's Day is a celebration honoring fathers and celebrating fatherhood, paternal bonds, and the influence of fathers in society. In Catholic Europe, it has been celebrated on March 19 (Saint Joseph's Day) since the Middle Ages. This celebration was brought by the Spanish and Portuguese to Latin America, where March 19 is often still used for it, though many countries in Europe and the Americas have adopted the U.S. date, which is the third Sunday of June. It is celebrated on various days in many parts of the world, most commonly in the months of March, April and June. It complements similar celebrations honoring family members, such as Mother's Day, Siblings Day, and Grandparents' Day.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>9:30-10:30 Intermediate SAIL 10-11 Card making 11-12 Basic SAIL 12:30-2:30 Monday Movie Madness Movie: Meet Joe Black</p> 	<p>4</p> <p>8:30-9:30 Basic SAIL 9:30-2 Bridge 9:45-10:45 Gentle Yoga 12:30-1:30 Short Story Club 10:45-11:30 Sit-down Exercise 12:45-2:00 Outdoor Produce and Flower Planting with Georgia & Claralene</p>	<p>5</p> <p>9:30-10:30 Intermediate SAIL 11-12 Basic SAIL 11:30-2 Woodcarving 12:30-1:30 Bingo</p> 	<p>6</p> <p>8:30-9:30 Basic SAIL 9:45-10:45 Gentle Yoga 9:30-11:30 Quilting 9:30-12:30 Progressive Pinochle 11:00-2:30 Painting w/Gayllynn 12:30-2:30 Quilting 12:30-1:30 Advisory Meeting with Kristine</p>	<p>7</p> <p>9:30-10:30 Intermediate SAIL 10-2 Open Quilting 10-2 Wood Carving 2 11-12 Basic SAIL 12:30-1:30 Bingo 1:00-3:00 Line Dancing with Paul & Alice</p>
<p>10</p> <p>9-2:00 Senior Foot Care 9:30-10:30 Intermediate SAIL 10-11 Card making 10:00-11:00 Beginner Computer Class 11-12 Basic SAIL 1:00-1:30 Learning To Make Healthy Smoothies with Grace</p>	<p>11</p> <p>8:30-9:30 Basic SAIL 9:30-2 Bridge 9:45-10:45 Gentle Yoga 11:30-12:00 Korean Traditional Music and Dance 12:30-1:30 Short Story Club</p> 	<p>12</p> <p>9:30-10:30 Intermediate SAIL 11-12 Basic SAIL 11:30-2 Woodcarving 12:30-1:30 Bingo</p> 	<p>13</p> <p>8:30-9:30 Basic SAIL 9:30-12:30 Progressive Pinochle 10:30-11:00 Brain Fitness 11:00-2:00 Painting w/Gayllynn 12:30-2:30 Quilting</p> 	<p>14</p> <p>9:30-10:30 Intermediate SAIL 10:00-12:00 Father's Day Hawaiian Luau 10-2 Open Quilting 10-2 Wood Carving 2 11-12 Basic SAIL 12:30-1:30 Bingo</p>
<p>17</p> <p>9:00-2:00 Senior Foot Care 9:30-10:30 Intermediate SAIL 10-11 Card making 10:00-11:00 Beginner Computer Class 11-12 Basic SAIL 12:30-2:30 Monday Movie Madness Movie: Two Weeks Notice</p> 	<p>18</p> <p>8:30-9:30 Basic SAIL 9:30-2 Bridge 9:45-10:45 Gentle Yoga 10:45-11:30 Sit-down Exercise 12:45-2:00 Kings Corner Contest Who will be the winner?</p> 	<p>19</p> <p>9:30-10:30 Intermediate SAIL 11-12 Basic SAIL 11:30-2 Woodcarving 12:30-1:30 Bingo</p> 	<p>20</p> <p>8:30-9:30 Basic SAIL 9:30-11:30 Quilting 9:30-12:30 Progressive Pinochle 9:30-11:30 Farmer's Market Field Trip 11:00-2:00 Painting w/Gayllynn 12:30-2:30 Quilting 12:45-2:00 Word Search Contest</p>	<p>21</p> <p>10-12 Birthday Dance 10-2 Open Quilting 10-2 Wood Carving 2 12:30-1:30 Bingo 1:00-3:00 Line Dancing With Paul & Alice</p> 
<p>24</p> <p>9:30-10:30 Intermediate SAIL 10-11 Card making 10:00-11:00 Beginner Computer Class 11-12 Basic SAIL</p> 	<p>25</p> <p>8:30-9:30 Basic SAIL 9:30-2 Bridge 9:45-10:45 Gentle Yoga 10:45-11:30 Sit-down Exercise 12:45-2:00 Swinging 60's Karaoke</p> 	<p>26</p> <p>9:30-10:30 Intermediate SAIL 11-12 Basic SAIL 11:30-2 Woodcarving 12:15 Trivia Questions and prizes!!! 12:30-1:30 Bingo</p> 	<p>27</p> <p>8:30-9:30 Basic SAIL 9:30-12:30 Progressive Pinochle 9:30-11:30 Quilting 9:45-10:45 Gentle Yoga 11:00-2:30 Painting w/Gayllynn 12:30-2:30 Quilting Crazy Hat Day!! 12:30 Crazy Hat Contestant</p>	<p>28</p> <p>9:30-10:30 Intermediate SAIL 10-2 Open Quilting 10-2 Wood Carving 2 10:30-11:30 Brain Fitness 11-12 Basic SAIL 12:30-1:30 Bingo</p>

What's going on at Lighthouse Senior Activity Center?

Outdoor Produce and Flower Planting with Georgia & Claralene

Tuesday, June 4, 12:45p—2:00p

Advisory Meeting

Thursday, June 6, 12:30p—1:30p

Beginner Line Dancing

Friday, June 7th & 21st, 1:30p—3:00p

Learning To Make Healthy Smoothies with Grace

Monday, June 10, 1:00p—1:30p

Korean Traditional Music and Dance

Tuesday, June 11, 11:30a—12:00p

Father's Day Hawaiian Luau

Friday, June 14, 10:00a—12:00p

Kings Corner Contest

Tuesday, June 18, 12:45p—2:00p

Farmer's Market Field Trip

Thursday, June 20, 9:30a—11:30a

Swinging 60's Karaoke

Tuesday, June 21, 12:45p—2:00p

Trivia Questions and prizes

Wednesday June 22, 12:15p

Crazy Hat Day Contestant Judging

Thursday, June 27, 12:30p

The craziest most creative hat wins the key prize!!

Lighthouse Advisory Committee

Hermine Soler

Vera Isbel

Renee Haney

Billie Cook

Tess Camilon

Birthday Dance

Friday, June 21, 2019

10a—12p

Celebrate your birthday with us every third Friday of the month. Enjoy live music, dancing, and



Do you need personal care in your home?

Korean Women's Association 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**, call KWA's Pierce County office at **253-535-4202**, or email KWA at **info@KWACares.org**.

