

# BEACON C E N T E R

May 2019

415 S 13th S | Tacoma, WA 98402 | Open M-F, 8 am - 3 pm | (253) 301-3369

## IN THE SPOTLIGHT

**Barbara Burton** is our spotlight participant for May! Born in Tokyo, Barbara moved to the U.S. at the age of 3. After graduating from Wilson High school Barbara attended Bates Vocational college for a nursing assistant program.

Starting in 1978 Barbara worked at Jefferson House Psych Facility for 25 years. At Tacoma General Hospital she worked with cancer patients for 15 years.

Barbara enjoys movies, country music, walking and all different kinds of animals. Growing up Barbara had a pet pig named "Burton" who grew to be 400 pounds! She also had a rooster and two dogs.

Barbara loves seniors and loves taking care of them. She has been here at Beacon Senior Activity Center for a year as a volunteer. Everyone knows when Barbara is here because of her warm greetings and of course, the candy dish full of chocolate treats at the front desk.



**415 S 13th St—Tacoma**

**Open M-F from 8a-3p**

**253-301-3369**

# Mother's Day

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

BREAKFAST  
 FAMILY  
 HEART  
 MAMA  
 MOMMY  
 UNIQUE

CARING  
 FLOWERS  
 KISSES  
 MAY  
 MOTHER

CHILDREN  
 FOREVER  
 LOVE  
 MOM  
 SPECIAL



 **MEAL SITE SCHEDULE**  
Ages 60+ are free! Ages  
KWA below 60 are charged \$6.

## MONDAY

**Korean, 10am - 1pm**

*KWA - 1st Floor Social Hall  
31635 23rd Ave. S, Federal Way*

**Vietnamese, 10:30am - 1pm**

*Indochinese Cultural and Service Center  
1427 E 40th Street, Tacoma*

## TUESDAY

**Cambodian, 10:30am - 1pm**

*Indochinese Cultural and Service Center  
1427 E 40th Street, Tacoma*

## WEDNESDAY

**Korean, 10am - 1pm**

*KWA - Social Hall  
123 E 96th Street, Tacoma*

## THURSDAY

**International, 10am - 1pm**

*KWA - Social Hall  
123 E 96th Street, Tacoma*

**Vietnamese, 10:30am - 1pm**

*Indochinese Cultural and Service Center  
1427 E 40th Street, Tacoma*

## FRIDAY

**Cambodian, 10:30am - 1pm**

*Indochinese Cultural and Service Center  
1427 E 40th Street, Tacoma*

**Korean, 10am - 1pm**

*KWA - 1st Floor Social Hall  
31635 23rd Ave. S, Federal Way*

## Benefits to Growing Your Own Garden



Growing your own vegetable garden can do more than provide tasty produce—gardening can improve your health, save you money and even boost your mood. Community gardens, backyard plots, and even window boxes are gaining in popularity, and

tomatoes are among the first seeds new gardeners plant. Whole generations of Americans have never eaten homegrown tomatoes—never experienced the beefy taste, the grassy aroma, the juiciness, and the silken texture of tomatoes right off the vine.

1. **GET THE NUTRITION YOU NEED & ENJOY TASTIER FOOD:** There's a good reason why many chefs use organic foods in their recipes—they taste better.
2. **SAVE MONEY:** Instead of spending hundreds of dollars and month at the grocery store on foods that don't really nourish you, spend time in the garden, outside, exercising, learning to grow your own food.
3. **SAVE ENERGY:** If you are growing your own food in the city, you are cutting down on transportation and pollution costs.

# May Senior Nutrition Program 2019

Mon	Tue	Wed	Thu	Fri
<p><b>This menu is subject to change. Nutrition analysis includes 2% milk. Butter and salad dressing are optional and increases the fat &amp; calorie content of a meal.</b></p>		<p><b>1 Beef and Bean Burrito</b> Brown Rice Pinto Beans</p>	<p><b>2 Mexican Meatloaf</b> Mashed potatoes Green Salad Cantaloupe</p>	<p><b>3 Bbq Pork Roll</b> Coleslaw Potato Orange</p>
<p><b>6 Lime Fish</b> Peas and Carrots Breadstick Strawberry-Rhubarb Crisp Green Salad</p>	<p><b>7 Pork Luau</b> Rice w/Soy sauce Coleslaw Tropical Fruit Salad Hawaiian Roll</p>	<p><b>8 Beef and Pepper Steak</b> Diced Red Potatoes Cooked Rhubarb</p>	<p><b>9 Corn Chowder</b> Coleslaw Banana Roll</p>	<p><b>10 Vegetable Lasagna</b> Broccoli Baked Apple</p>
<p><b>13 Creamy Pork Tomato Fettucine</b> Riviera Blend Vegetable Roll Mango</p>	<p><b>14 Lemon Pepper Tilapia</b> Potatoes Au Gratin Spinach Fruit Cocktail Pineapple Upside</p>	<p><b>15 Vegetable Cobb Salad</b> Breadstick Peaches</p>	<p><b>16 Beef Chili Colorado</b> Beans and Rice Broccoli &amp; Cauliflower Tortilla Chips Ice Cream</p>	<p><b>17 Oven Fried Chicken</b> Potatoes &amp; Gravy Broccoli Roll Orange</p>
<p><b>20 Chicken Margarita</b> Creamy Noodles Green Salad Peaches</p>	<p><b>21 Fish Sandwich</b> Baked Red Potato Broccoli &amp; Cauliflower Orange</p>	<p><b>22 Ham Macaroni Bake</b> Key West Vegetable Roll Apple</p>	<p><b>23 Pork Tenderloin Bake</b> Collard Greens Potato Grapes Oatmeal Raisin Cookie</p>	<p><b>24 Cream of Mushroom Soup</b> Chicken Salad Sandwich Berry Crisp Whipped topping</p>
	<p><b>28 Sweet &amp; Sour Pork</b> Chinese Chicken Soup Brown Rice</p>	<p><b>29 Beef Barley Soup</b> Crackers Green Salad Cantaloupe Ginger Snap</p>	<p><b>30 Salsa Fish</b> Rice w/ Mexicali Veggies White Corn Tortilla Pear Ice Cream</p>	<p><b>31 Vegetarian Stuffed Peppers</b> Cantaloupe Lemon Bar</p>

**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

## 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

### Donations Wish List

**Bingo prizes**  
**Tissues**  
**Stuffed Animals**  
**Candy Bars**

### Just For Laughs

### Mother's Day Inspired

**Daughter:** Mom, what's it like to have the greatest daughter in the world?

**Mom:** I don't know dear, you'd have to ask



Memorial Day, originally called Decoration Day, is a day of remembrance for those who have died in service of the United States of America. Over two dozen cities and towns claim to be the birthplace of Memorial

Day. While Waterloo N.Y. was officially declared the birthplace of Memorial Day by President Lyndon Johnson in May 1966, it's difficult to prove conclusively the origins of the day.

Regardless of the exact date or location of its origins, one thing is clear – Memorial Day was borne out of the Civil War and a desire to honor our dead. It was officially proclaimed on 5 May 1868 by General John Logan, national commander of the Grand Army of the Republic, in his General Order No. 11. "The 30th of May, 1868, is designated for the purpose of strewing with flowers, or otherwise decorating the graves of comrades who died in defense of their country during the late rebellion, and whose bodies now lie in almost every city, village and hamlet churchyard in the land," he proclaimed. The date of Decoration Day, as he called it, was chosen because it wasn't the anniversary of any particular battle.

On the first Decoration Day, General James Garfield made a speech at Arlington National Cemetery, and 5,000 participants decorated the graves of the 20,000 Union and Confederate soldiers buried there.

The first state to officially recognize the holiday was New York in 1873. By 1890 it was recognized by all of the northern states. The South refused to acknowledge the day, honoring their dead on separate days until after World War I (when the holiday changed from honoring just those who died fighting in the Civil War to honoring Americans who died fighting in any war).

It is now observed in almost every state on the last Monday in May with Congressional passage of the National Holiday Act of 1971 (P.L. 90 – 363). This helped ensure a three day weekend for Federal holidays, though several southern states have an additional separate day for honoring the Confederate war dead: January 19th in Texas; April 26th in Alabama, Florida, Georgia, and Mississippi; May 10th in South Carolina; and June 3rd (Jefferson Davis' birthday) in Louisiana and Tennessee.

[http://www.usmemorialday.org/?page\\_id=2](http://www.usmemorialday.org/?page_id=2)

MON	TUE	WED	THU	FRI
		<p>1  <b>10:30a-11:30 Brain Fitness</b>  <b>12:15p - 12:30p Name that tune</b>            1p-1:30p Computer and Smart Phone class            1p-3p Karaoke</p>	<p>2  <b>10a - 1p Bowling Field Trip</b>            12:30p - 1p BINGO            1p - 2p Gentle Yoga</p>	<p>3  <b>10a-12p Cinco De Mayo Celebration</b>  <b>11a-12p Line Dancing</b>            12:30p - 1p BINGO            1p - 3p Karaoke</p>
<p>6            9a - 12p Puzzles            1p - 2p Gentle Yoga</p>	<p>7            10a-12p Quilting Class  <b>10a-11a Making Flower Corsages for Mother's Day</b>            10:30a Popcorn  <b>11-1:30 Painting w/Gayllynn</b>            12:30-1p BINGO</p>	<p>8  <b>10a-12p Virtual Bowling</b>  <b>11-12 Card Tournament</b>  <b>12:15p-12:30p Trivia</b>            1p-3p Karaoke            1p-1:30 Computer and Smart Phone class</p>	<p>9  <b>10a-12p Focus Group &amp; Activity Planning</b>            12:30p-1p BINGO            1p-2p Gentle Yoga</p>	<p>10  <b>9:30-10:30 Mother's day Celebration</b>  <b>10:45a-11:45p Tacoma Fire department Presentation</b>            12:30p-1p BINGO  <b>1p-2p Jeopardy</b></p>
<p>13            9a - 12p Puzzles  <b>12:15 - 12:30 National Apple pie day</b>            1p-2p Gentle Yoga</p>	<p>14  <b>10a-10:15 Walk with music</b>            10a-12p Quilting Class            10:30a Popcorn  <b>11-1:30 Painting w/Gayllynn</b>            12:30-1p BINGO</p>	<p>15  <b>10:30 - 11:30 Brain Fitness</b>  <b>12:15p - 12:30p Name that tune</b>  <b>12:30-12:45 Crazy hat day</b>            1p-3p Karaoke            1-1:30p Computer and Smart Phone Class</p>	<p>16  <b>10a-12p Birthday Dance</b>  <b>12-12:15p Laugh a Little</b>            12:30-1p BINGO            1p - 2p Gentle Yoga</p>	<p>17  <b>10a-10:15 Walk with music</b>  <b>10:30a Popcorn</b>  <b>11a-12p Line Dancing</b>            12:30-1p Bingo            1-3p Karaoke</p>
<p>20            9a - 12p Puzzles            10a-12p Ping Pong            1p - 2p Gentle Yoga</p>	<p>21  <b>10a-10:15 Walk with music</b>            10a-12p Quilting Class            10:30a Popcorn  <b>11-1:30 Painting w/Gayllynn</b>            12:30-1 BINGO</p>	<p>22  <b>10a-12p Virtual Bowling</b>  <b>12:15p-12:30p Trivia</b>  <b>12:30p-1:30p Candle making</b>            1-3p Karaoke            1-1:30p Computer and Smart Phone Class</p>	<p>23  <b>9:30-11:30 Farmers market Field Trip</b>  <b>10a-12p Ping Pong Tournament</b>  <b>12:15 - 1:30p Build Your Own Sundae</b>            12:30-1p BINGO            1p - 2p Gentle Yoga</p>	<p>24  <b>10a-12p Movie Time w/Popcorn</b>  <b>11 - 12:30p Lunch Bunch Field Trip</b>            12:30-1p BINGO            1-3p Karaoke</p>
<p>27  <b>CENTER CLOSED</b> in observance of Memorial Day  </p>	<p>28  <b>10a-10:15 Walk with music</b>            10a-12p Quilting Class            10:30a Popcorn  <b>11a-12p Domino Tournament</b>  <b>11-1:30 Painting w/Gayllynn</b>            12:30-1 BINGO</p>	<p>29            10a-12p Virtual Bowling  <b>12:15p - 12:30p Name that tune</b>            1p-3p Karaoke            1p - 2p Jeopardy            1-1:30p Computer and Smart Phone Class</p>	<p>30            11a-12p <b>Domino Tournament</b>            12:30p - 1p BINGO            1p - 2p Gentle Yoga</p>	<p>31  <b>10a-10:15 Walk with music</b>  <b>10:30a Popcorn</b>            12:30p - 1p BINGO            1p - 3p Karaoke</p>

## What's Going on at Beacon Senior Activity Center?

### Walk With Music

Tuesdays and Fridays 10:00am to 10:15am

Stay healthy while listening to your favorite music.

### Making Flower Corsages

Tuesday, May 7, 10:00am to 11:00am

Making Flower Corsages for Mother's Day

### Mother's Day Celebration

Friday, May 10, 9:30am to 10:30am

This year we would like to show our appreciation to all the mothers here at Beacon.

### Tacoma Fire Department Presentation

Friday, May 10, 10:45am to 11:45am

The Tacoma City Fire Department will be coming to our center to teach participants about safety and what to do in case of emergency

### National Apple Pie Day

Monday, May 13, 12:15pm—12:30pm

For National apple pie day we will be having our very own cook Sandra Whickman demonstrate how to make a delicious apple pie.

### Candle Making

Wednesday, May 22, 12:30pm-1:30pm

Choose your favorite scent and make your very own candle

### Farmer's Market Field Trip

Thursday, May 23, 9:30am to 11:30am

Come to the local farmers market and pick out some healthy treats

## Birthday Dance

Thursday, May 16th

10AM—12PM

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



### 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](http://KWACares.org), call KWA's Pierce County office at **253-535-4202**, or email KWA at [info@KWACares.org](mailto:info@KWACares.org).

