

**415 S 13th Street, Tacoma, WA 98402**  
**Open Mon-Tues from 8am-3pm**  
**253-301-3369**  
**[www.kwacares.org/senior-centers](http://www.kwacares.org/senior-centers)**





# HARVEST TIME

## WORD SEARCH PUZZLE

AGRICULTURE  
AUTUMN  
BALE  
CLEAN  
CROPS  
CUT  
DIG UP  
FRUIT  
GATHER  
GLEAN  
GRAINS  
HUSK  
MARKET  
PICK  
PILE  
PLUCK  
PRICE  
PRODUCE  
PROFIT  
REAP  
RIPE  
SEASON  
SELECT  
SELL  
SORT  
STACK  
STORE  
WEIGH  
YIELD

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

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.  
Find and circle each word.



**BEACON**  
CENTER

**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.**

### Donations Wishlist

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

### **Just For Laughs Harvest Time Inspired**

1. How did the farmer find the cow?  
He tractor down.
2. What should the farmer say to the cow when it comes in his way?  
Mooooove!
3. What did the farmer say when one of his cows went missing? "Oh! I have made a terrible miss-steak."



<https://kidadl.com/funnies/jokes/farmer-jokes-that-are-sure-to-harvest-tons-of-laughs>






*kindness*

**Kindness** is most often taught from parents to children and is learned through observation and some direct teaching. Studies have shown that through programs and interventions, kindness can be taught and encouraged during the first 20 years of life. Further studies show that kindness interventions can help improve well-being with comparable results to teaching gratitude. Similar findings have shown that organizational level teaching of kindness can improve the well-being of adults in college. Kindness is not present as a course in most institutions. Numerous religions teach their members to be kind and religiosity is associated with greater well-being and longevity.

<https://en.wikipedia.org/wiki/Kindness>

# October Senior Nutrition Program

Mon	Tue	Wed	Thu	Fri
3 Spanish beef stew Tossed salad Tortilla chips Melon	4 Chicken caesar salad Apple	5 Caribbean pork chops w/ peppers Pineapple Cornbread	6 Flank steak Potatoes Arugula Asparagus	7 Wild rice & barley Chicken salad Broccoli Berries & whipped cream
10 Parmesan tilapia Pilaf Squash Brownie bits	11 Chicken pasta primavera Fettucine Melon	12 Pork fajitas w/ onions & zucchini Pinto beans Banana	13 Salmon Potato salad Broccoli Cauliflower Breadsticks	14 Chicken salsa salad Corn & beans Chips & salsa Fig newton
17 Turkey Broccoli Peas & bowties Orange	18 Fish sandwich Broccoli Cauliflower Ice cream	19 Beef & asparagus Rice Fig newton	20 Buckwheat & squash salad w/ chicken Lemon bar	21 Pork cutlet Baked potato Baked beans Coleslaw
24 Chicken tetrazzini Tossed salad w/ cabbage and garbanzo beans	25 Pineapple pork rice & coleslaw Tropical fruit salad	26 Florentine fish Zucchini & onion & tomatoes Cherry crisp	27 Mediterranean chicken wrap Spinach & beans Rice pudding	28 Fish taco Rice & beans Berries & whipped cream
31 Brown rice veggie bowl w/ cilantro dressing Sourdough roll				

This menu is subject to change  
Consuming mishandled leftover food may increase your risk of foodborne illness

**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.**

## Suggested Donation

Over 60 years old - \$3.50 / Under 60 years old - \$6.00

KING COUNTY LOCATIONS		
Name		Location
Auburn	M - F	808 9th St SE, Auburn
Bellevue	M,Tu,W,F	4063 148th Ave NE, Bellevue
Black Diamond	Tu & Th	31605 3rd Ave, Black Diamond
Des Moines	M - Th	2045 S 216th St, Des Moines
Enumclaw	M - F	1350 Cole St, Enumclaw
Federal Way	F	876 S 333rd St, Federal Way
Issaquah	Tu & F	75 NE Creek Way, Issaquah
Kirkland	M,Tu,W,F	352 Kirkland Ave, Kirkland
Pacific	Tu - F	133 3rd Ave SE, Pacific
Redmond	M - F	8703 160th Ave NE, Redmond
SeaTac	Tu - F	13735 24th Ave S, SeaTac
Tukwila	Tu	12424 42nd Ave S, Seattle
PIERCE COUNTY LOCATIONS		
Name		Location
African American	Th	1323 S. Yakima, Tacoma
Beacon	M - F	415 S. 13th St., Tacoma
Buckley	M,W,F	811 Main St., Buckley
Eatonville	M,W,F	305 West Center St.
Fife	W & F	2111 54th Ave East, Fife
Gig Harbor	M & W	8502 Skansie Ave, G.H.
Japanese	W	14916 SW Washington, Tillicum
Lakewood	M & W	5705 Main St. S.W. Lakewood
Lighthouse	M - F	5016 S. A St., Tacoma
Parkland	M & F	12115 Park Ave. S., Parkland
Portland	Tu & Th	3513 E. Portland Ave.
Puyallup	M,W,F	210 West Pioneer, Puyallup
Ruston	Tu - F	4716 N. Baltimore, Ruston
Steilacoom	Tu,W,F	2301 Worthington, Steilacoom
Sumner	M - F	15506 62nd St. East, Sumner
Tillicum	M & Th	14916 SW Washington, Tillicum

## Almond Pear Tart

**Ingredients:** Pastry for single-crust pie (9 inches)  
3/4 cup plus 2 teaspoons sugar, divided, 3 tablespoons all-purpose flour, 4 cups sliced peeled fresh pears (about 4 medium), and 3 tablespoons sliced almonds



- Directions:**
- On a lightly floured surface, roll dough into a 10-inch circle. Transfer to a parchment-lined baking sheet.
  - In a large bowl, combine 3/4 cup sugar and flour; add pears and toss to coat. Spoon over the crust to within 2 inches of edges. Fold up edges of crust over filling, leaving center uncovered. Sprinkle with remaining sugar.
  - Bake at 450° for 15 minutes or until crust is golden and filling is bubbly. Sprinkle with almonds; bake 5 minutes longer. Using the parchment, slide tart onto a wire rack to cool.

<https://www.tasteofhome.com/recipes/almond-pear-tart/>



Monday	Tuesday	Wednesday	Thursday	Friday
<div>3</div> <div><b>Card Games</b> Mondays &amp; Tuesdays, 8:00am-3:00pm <b>Wii:</b> Mondays, 11:00am-12:00pm <b>Game Table</b> Mondays &amp; Tuesdays, 8:00am-3:00pm <b>Word Search Contest</b> 10:30am-11:00am <b>Trivia</b> Mondays, 11:00am-11:30am</div>	<div>4</div> <div><b>Popcorn Social</b> Tuesdays, 10:30am-11:00am <b>Arts, Crafts, &amp; Drawing</b> Mondays &amp; Tuesdays, 8:00am-3:00pm <b>Brain Fitness</b> Tuesdays, 12:30pm-1:30pm <b>Bingo</b> Tuesdays, 1:00pm-1:30pm</div>	<div>5</div> <div><b>To-go lunches</b> <b>12:00pm-12:30pm</b> </div>	<div>6</div> <div><b>To-go lunches</b> <b>12:00pm-12:30pm</b> </div>	<div>7</div> <div><b>To-go lunches</b> <b>12:00pm-12:30pm</b> </div>
<div>10</div> <div><b>Card Games</b> Mondays &amp; Tuesdays, 8:00am-3:00pm <b>Wii:</b> Mondays, 11:00am-12:00pm <b>Game Table</b> Mondays &amp; Tuesdays, 8:00am-3:00pm <b>Trivia</b> Mondays, 11:00am-11:30am</div>	<div>11</div> <div><b>Yoga:</b> Tuesdays, 10:00am-11:00am <b>Popcorn Social</b> Tuesdays, 10:30am-11:00am <b>Arts, Crafts, &amp; Drawing</b> Mondays &amp; Tuesdays, 8:00am-3:00pm <b>Brain Fitness</b> Tuesdays, 12:30pm-1:30pm <b>Bingo</b> Tuesdays, 1:00pm-1:30pm</div>	<div>12</div> <div><b>To-go lunches</b> <b>12:00pm-12:30pm</b> </div>	<div>13</div> <div><b>To-go lunches</b> <b>12:00pm-12:30pm</b> </div>	<div>14</div> <div><b>To-go lunches</b> <b>12:00pm-12:30pm</b> </div>
<div>17</div> <div><b>Card Games</b> Mondays &amp; Tuesdays, 8:00am-3:00pm <b>Wii:</b> Mondays, 11:00am-12:00pm <b>Game Table</b> Mondays &amp; Tuesdays, 8:00am-3:00pm <b>Word Search Contest</b> 10:30am-11:00am <b>Trivia</b> Mondays, 11:00am-11:30am</div>	<div>18</div> <div><b>Yoga:</b> Tuesdays, 10:00am-11:00am <b>Popcorn Social</b> Tuesdays, 10:30am-11:00am <b>Arts, Crafts, &amp; Drawing</b> Mondays &amp; Tuesdays, 8:00am-3:00pm <b>Let's Be Social Potluck</b> Tuesday, 10:00am-12:00pm <b>Brain Fitness</b> Tuesdays, 12:30pm-1:30pm <b>Bingo</b> Tuesdays, 1:00pm-1:30pm</div>	<div>19</div> <div><b>To-go lunches</b> <b>12:00pm-12:30pm</b> </div>	<div>20</div> <div><b>To-go lunches</b> <b>12:00pm-12:30pm</b> </div>	<div>21</div> <div><b>To-go lunches</b> <b>12:00pm-12:30pm</b>  <b>Birthday Dance</b> <b>at Lighthouse</b> <b>Activity Center</b> <b>10:00am-12:00pm</b></div>
<div>24</div> <div><b>Card Games</b> Mondays &amp; Tuesdays, 8:00am-3:00pm <b>Karaoke:</b> 11:00am-12:00pm <b>Wii:</b> Mondays, 11:00am-12:00pm <b>Game Table</b> Mondays &amp; Tuesdays, 8:00am-3:00pm <b>Trivia</b> Mondays, 11:00am-11:30am</div>	<div>25</div> <div><b>Yoga:</b> Tuesdays, 10:00am-11:00am <b>Popcorn Social</b> Tuesdays, 10:30am-11:00am <b>Arts, Crafts, &amp; Drawing</b> Mondays &amp; Tuesdays, 8:00am-3:00pm <b>Brain Fitness</b> Tuesdays, 11:00am-11:30am <b>Remembering Those Who Have Passed</b> <b>Away Memorial</b> Tuesday, 1:00pm-2:00pm</div>	<div>26</div> <div><b>To-go lunches</b> <b>12:00pm-12:30pm</b> </div>	<div>27</div> <div><b>To-go lunches</b> <b>12:00pm-12:30pm</b> </div>	<div>28</div> <div><b>To-go lunches</b> <b>12:00pm-12:30pm</b> </div>
<div>31</div> <div><b>Card Games</b> Mondays &amp; Tuesdays, 8:00am-3:00pm <b>Harvest Time Potluck Celebration</b> 10:00am-12:00pm <b>Game Table</b> Mondays &amp; Tuesdays, 8:00am-3:00pm <b>Trivia</b> Mondays, 12:00pm-12:30pm</div>	<div></div>	<div></div>	<div></div>	<div></div>