



FRANKE  
TOBEY  
JONES

*Enjoy your age*

**Main Desk Phone**

752-6621 or Ext. 0

**Work Order Line**

Ext. 293

**“THE REZ”**

Ext. 290

Resident Store

Location: LP 1st Floor

Mon. and Thur.

10:00 am—12 Noon

**BISTRO**

Ext. 394

Location: LP 1st Floor

Next to Wellness Center

Monday-Friday

7:30am—3:00pm

Closed 10:45-11:15 Daily

**ON CAMPUS**

**BANKING**

1st Thursday

LP Bascom Library

9:30 am to 10:30 am

**RESIDENT COUNCIL**

**MEETING**

Monday, April 8

9:30 am

LP Parlor

**COFFEE WITH**

**JUDY**

Thursday, April 11

10:00 am

LP Parlor

**MONDAY, APRIL 1**

<i>Wellness: Seniorcise Silver</i>	7:30 am	<i>Wellness Center</i>
<i>Wellness: Seniorcise Gold</i>	8:30 am	<i>Wellness Center</i>
<i>Wellness: Strength n' Flex</i>	9:30 am	<i>Wellness Center</i>
<b>History of April Fools</b>	<b>9:30 am</b>	<b>HC Terrace</b>
<b>Floor Hockey</b>	<b>10:00 am</b>	<b>HC Terrace</b>
<i>Wellness: Strong &amp; Stable</i>	10:30 am	<i>Wellness Center</i>
<b>News Tidbits</b>	<b>11:00 am</b>	<b>HC Terrace</b>
<i>Wellness: Yoga</i>	11:30 am	<i>Wellness Center</i>
<b>Rummikub</b>	<b>1:30 pm</b>	<b>LP 3rd Floor Lobby</b>
<i>Wellness: Sit, Fit, Fun</i>	1:30 pm	<i>LP Parlor</i>
<b>Craft Group</b>	<b>2:30 pm</b>	<b>HC Terrace</b>
<b>SU: The Great Courses at TJ</b>	<b>4:00 pm</b>	<b>TJ Parlor</b>
<b>Gazebo Group</b>	<b>5:00 pm</b>	<b>Location Varies</b>

**TUESDAY, APRIL 2**

<i>Wellness: Cardio &amp; Core</i>	7:30 am	<i>Wellness Center</i>
<i>Wellness: Strength n' Flex</i>	9:00 am	<i>Wellness Center</i>
<b>Fred Meyer Shopping Bus</b>	<b>9:30 am</b>	<b>Sign up at LP Desk</b>
<b>Washers</b>	<b>9:30 am</b>	<b>HC Terrace</b>
<b>SU: Watercolors</b>	<b>10:00 am</b>	<b>TJ Craft Room</b>
<i>Wellness: On-going Tai Chi</i>	10:00 am	<i>Wellness Center</i>
<i>Wellness: Seated Strength</i>	10:30 am	<i>HC Terrace</i>
<b>SU: Brain Training Level 1</b>	<b>11:00 am</b>	<b>LP Parlor</b>
<i>Wellness: Beginner Tai Chi</i>	11:00 am	<i>Wellness Center</i>
<i>Wellness: In-Depth Tai Chi</i>	12:30 pm	<i>Wellness Center</i>
<i>Wellness: Sit, Fit, Fun</i>	1:30 pm	<i>LP Parlor</i>
<b>Dining Meeting</b>	<b>2:00 pm</b>	<b>LP Dining Room</b>
<b>SU: Brain Training Level 2</b>	<b>2:00 pm</b>	<b>Wellness Center</b>
<b>Random Trivia</b>	<b>3:00 pm</b>	<b>LP Dining Room</b>
<b>Wheel of Fortune</b>	<b>7:00 pm</b>	<b>LP Parlor</b>

**WEDNESDAY, APRIL 3**

<i>Wellness: Seniorcise Silver</i>	7:30 am	<i>Wellness Center</i>
<i>Wellness: Seniorcise Gold</i>	8:30 am	<i>Wellness Center</i>
<i>Wellness: Strength n' Flex</i>	9:30 am	<i>Wellness Center</i>
<b>Communion</b>	<b>10:00 am</b>	<b>LP Parlor</b>
<i>Wellness: Seated Strength</i>	10:30 am	<i>HC Terrace</i>
<i>Wellness: Strong &amp; Stable</i>	10:30 am	<i>Wellness Center</i>
<i>Wellness: Yoga</i>	11:30 am	<i>Wellness Center</i>
<b>Bible Study</b>	<b>1:00 pm</b>	<b>Bascom Library</b>
<i>Wellness: Intro to Thai Dance</i>	1:30 pm	<i>Wellness Center</i>
<b>Afternoon Movie</b>	<b>2:00 pm</b>	<b>HCC Terrace</b>
<b>SU: Old Lesbian Oral History Project</b>	<b>2:00 pm</b>	<b>LP Parlor</b>
<b>TJ Afternoon Tea</b>	<b>3:00 pm</b>	<b>TJ Parlor</b>
<b>Jeopardy</b>	<b>7:30 pm</b>	<b>LP Parlor</b>

### HAPPY BIRTHDAY

April 9

Steve Didis  
Don Franklin

April 10

John Vipond

April 13

Joanne Keller

April 14

Bill Gill  
Mark Litchman

April 17

Tom Reeder  
Carolyn Huffman

April 20

Ann Martin

April 21

Marcia Kuska

April 23

Peter Jensen  
Marian Athow

April 24

Shirley Cockrill

April 25

Bernie Ekemo

April 26

Lorraine Kunz

April 28

Bill Keebler

### THURSDAY, APRIL 4

<i>Wellness: Cardio &amp; Core</i>	7:30 am	Wellness Center
<i>Wellness: Strength n' Flex</i>	9:00 am	Wellness Center
<b>Westgate Shopping Van</b>	<b>9:30 am</b>	<b>Sign up at LP Desk</b>
<b>Knit Wits Group</b>	<b>9:30 am</b>	<b>TJ Parlor</b>
<b>Free Rice Game</b>	<b>9:30 am</b>	<b>HC Terrace</b>
<i>Wellness: On-going Tai Chi</i>	10:00 am	Wellness Center
<b>Remember the 50's</b>	<b>11:00 am</b>	<b>LP Parlor</b>
<i>Wellness: In-Depth Tai Chi</i>	11:00 am	Wellness Center
<b>Proctor District Van</b>	<b>1:15 pm</b>	<b>Sign up at LP Desk</b>
<i>Wellness: Ballroom Dancing</i>	1:30 pm	Wellness Center
<i>Wellness: Balloon Volleyball</i>	1:30 pm	LP Parlor
<b>SU: Understanding Classical Music Series</b>	<b>2:00 pm</b>	<b>TJ Parlor</b>
<b>Daffodil Princesses Visit</b>	<b>2:30 pm– 4 pm</b>	<b>LP Parlor, HC Terrace, Our Place</b>
<b>SU: University Lecture Series</b>	<b>6:00 pm</b>	<b>LP Parlor</b>

### FRIDAY, APRIL 5

<i>Wellness: Seniorcise Silver</i>	7:30 am	Wellness Center
<i>Wellness: Seniorcise Gold</i>	8:30 am	Wellness Center
<i>Wellness: Strength n' Flex</i>	9:30 am	Wellness Center
<b>World Cultures</b>	<b>10:00 am</b>	<b>HC Terrace</b>
<i>Wellness: Strong &amp; Stable</i>	10:30 am	Wellness Center
<b>News Tidbits</b>	<b>11:00 am</b>	<b>HC Terrace</b>
<b>Lunch Bunch "Marzano's"</b>	<b>11:15 am</b>	<b>Sign up at Front Desk</b>
<i>Wellness: Yoga</i>	11:30 am	Wellness Center
<b>LP Happy Hour</b>	<b>3:00 pm</b>	<b>LP Parlor</b>
<b>GA Happy Hour</b>	<b>3:30 pm</b>	<b>GA Lounge</b>
<b>TJ Wine &amp; Cheese Social</b>	<b>4:00 pm</b>	<b>TJ Parlor</b>

### SATURDAY, APRIL 6

<b>Fun &amp; Games</b>	<b>10:15 am</b>	<b>HC Terrace</b>
<b>News Tidbits</b>	<b>11:15 am</b>	<b>HC Terrace</b>
<b>Tacoma Musical Playhouse</b>	<b>1:15 pm</b>	<b>Sign up at LP Desk</b>
<b>Music with Roberta</b>	<b>1:30 pm</b>	<b>LP Parlor</b>
<b>Saturday Cinema</b>	<b>6:30 pm</b>	<b>LP Parlor</b>

### SUNDAY, APRIL 7

<b>Worship Service</b>	<b>9:30 am</b>	<b>LP Parlor</b>
<b>Coffee Social</b>	<b>10:30 am</b>	<b>LP Parlor</b>
<b>Afternoon Movie</b>	<b>1:30 pm</b>	<b>LP Parlor</b>
<b>Armchair Travels</b>	<b>6:30 pm</b>	<b>LP Parlor</b>



**Upcoming Trips  
Sign Up at the LP Front Desk**

**Lunch Bunch: Marzano Italian Restaurant**

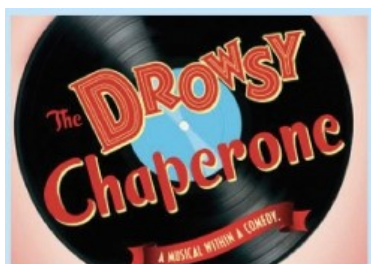
**Friday, April 5** Bus departs at 11:00am

**Sign up by Thursday April 4 Cost: Meal**

We are going to Marzano Italian Restaurant, where they serve authentic Italian cuisine with a select Northwest tenor. At Marzano they believe consistency, creative inspiration and effortless hospitality are the vital ingredients that make their neighborhood restaurant distinctive. They have been conveniently located near Pacific Lutheran University, in Parkland, WA for over 20 years. Join us for a wonderful time.

**Space is limited to 20 residents** for this trip due to limited space at the restaurant.

**Please sign up at the front desk.**



**Tacoma Musical Playhouse– “The Drowsy Chaperone”**

**Saturday, April 6** Bus departs at 1:15 pm

**Sign up by Friday April 5 Cost: Ticket \$27**

With the houselights down, a man in a chair appears on stage and puts on his favorite record: the cast recording of a fictitious 1928 musical. The recording comes to life and *The Drowsy Chaperone* begins as the man in the chair looks on. Mix in two lovers on the eve of their wedding, a bumbling best man, a desperate theater producer, a not-so-bright hostess, two gangsters posing as pastry chefs, a misguided Don Juan and an intoxicated chaperone, and you have the ingredients for an evening of madcap delight.

**Please sign up at the front desk.**

**Symphony Tacoma– “Saxophone Fusion”**

**Saturday, April 20** Bus departs at 6:30 pm

**Sign up by Thursday April 18 Cost: Ticket \$40-\$82**

In the words of the Symphony Tacoma, “Diverse cultures and rare influences present a wide representation of our society. Fanny Mendelssohn’s Overture in C was her only-known full orchestral work, written at a time when musical careers were considered inappropriate for women. Puerto Rico native Roberto Sierra’s *Caribbean Rhapsody*, written for saxophone virtuoso James Carter, combines classical and Latin jazz influences. Poulenc’s satirical Sinfonietta represents works by *Les Six*, a group of young composers who sought to free French music from foreign domination in post-World War I Europe. Milhaud’s *La création du monde* tells the creation story according to African folk mythology with influences of Harlem Renaissance jazz and a multimedia film with art visuals, from African tribal sculptures to works by Picasso and Gauguin.

**Please sign up at the front desk.**



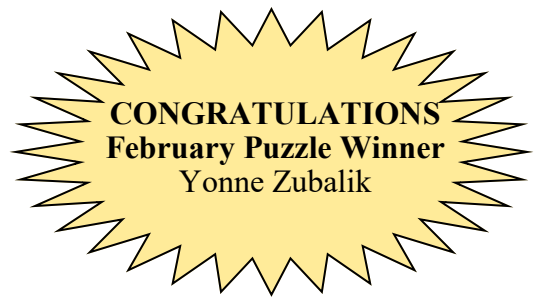
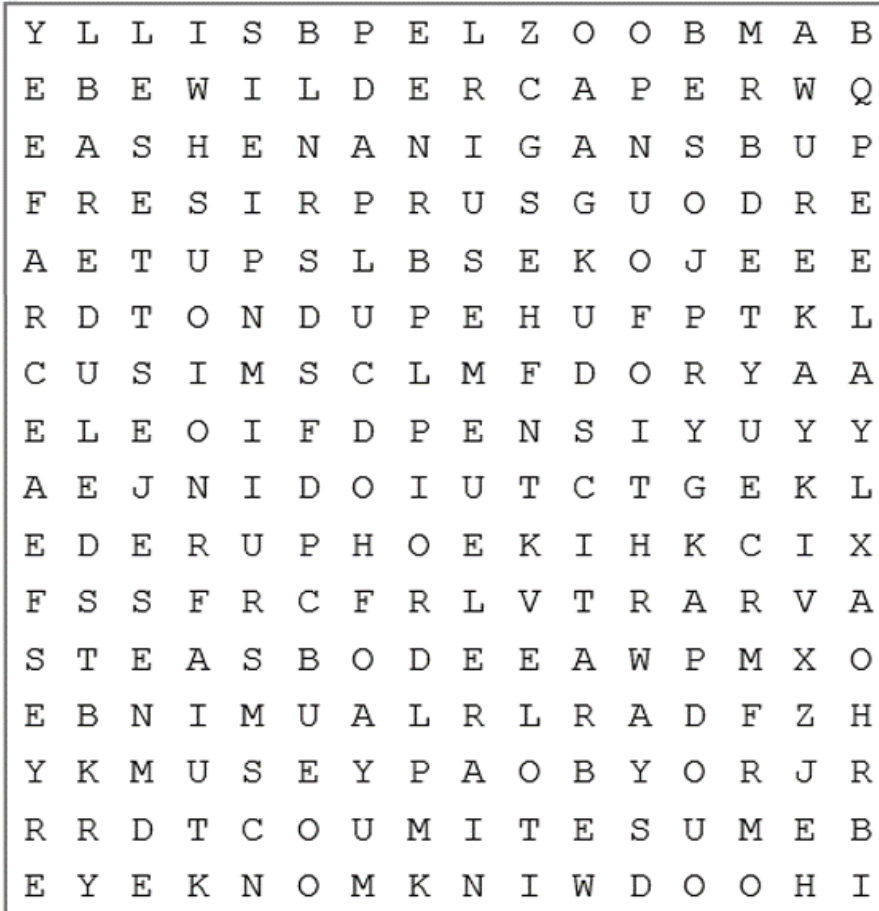
**Day Trip: Locks, Lakes & Lunch Cruise**

**Wednesday, July 17** Bus departs at 9:00 am

**Sign up by Friday April 12 Cost: Cruise \$50, Anything you Purchase and Dinner Meal**

Franke Tobey Jones will be going to Seattle for a Locks, Lakes and Lunch Cruise. You will get a chance to experience Seattle history with a relaxing two-hour cruise through the historic Ballard Locks and Seattle’s Ship Canal on a beautiful Waterways yacht. Your mid-day excursion includes a three-course plated lunch and your Captain’s narration of the sights. After we return from the cruise there will be time for “being a tourist” as we go to the Pike Place Market and the Seattle Waterfront. We will then enjoy dinner at Verrazano’s Restaurant in Federal Way before heading back to Franke Tobey Jones. Look for a trip information and sign up form to be delivered via FTJ internal mail.

**Please sign up at the front desk.**



APRIL  
 BAMBOOZLE  
 BEFUDDLE  
 BEMUSE  
 BEWILDER  
 CAPER  
 DELUDE  
 DUMBFOUND  
 DUPE  
 FARCE

FIRST  
 HOAX  
 HOODWINK  
 JEST  
 JOKES  
 LAUGHTER  
 LEVITY  
 MALARKEY  
 MISCHIEF  
 MONKEY

BUSINESS  
 PRANK  
 PREPOSTEROUS  
 SHENANIGANS  
 SILLY  
 SURPRISE  
 TOMFOOLERY  
 TRICK  
 WACKY



### WEEKLY RIDDLE

What runs around the whole yard without moving?

**SATURDAY**  
 April 6 at 6:30 pm  
 LP Parlor

**SUNDAY**  
 April 7 at 1:30 pm  
 LP Parlor

### *Forrest Gump*

The presidencies of Kennedy and Johnson, the events of Vietnam, Watergate, and other history unfold through the perspective of an Alabama man with an IQ of 75.



### *The Incredible Mrs. Ritchie*

A troubled teen is given the chance to redeem his criminal debt to society.



## A Call to Resident Artists!

Our current Resident Art Exhibit will be taken down and a new exhibit will be hung on April 27, 2019.



All residents are invited to submit artwork they have created to be placed in the Resident Art Gallery for the upcoming exhibit. Needlework, woodwork, watercolors, sculpture, paintings, drawings, quilting and photographs are just some of the items that can be submitted.

Please contact a member of the Art Committee to submit your art work.

Committee members are Phyllis Larsen, Shelby Clayson, Bernice Ekemo, Orv Harrelson, Barbara Miener & Anne Roberts.

### Thai Dance Showcase

Enjoy a short Thai Dance performance, meet new people in our community, and experience a taste of Thai Culture with refreshments. Due to illness this has been tentatively rescheduled to the below date



**3:00 pm, Wellness Center  
Wednesday, April 17**

### Spring Carnival Party

On **Friday, April 12th from 11:00 to 1:00** in the **Wellness Center** we invite all Wellness Participants to join us for our Spring Carnival Party.

Since the party is Carnival themed please feel free to dress up to match the theme. Be creative as you like with your attire. We will have carnival games and prizes and a special event where you have the opportunity to get back at one of your instructors for all the years of punishment.

This is a potluck event so if you are interested in bringing a dish please sign up in the Wellness Center. If you are new to FTJ and would like to get to know the instructors and Wellness Participants this is a perfect opportunity. Contact the Wellness Center for more info.

### Our Stories, Our Voices: The Old Lesbian Oral Herstory Project

When interviewed for the Old Lesbian Oral Herstory Project (OLOHP), Jean, born in 1927, talked about losing Bobbie. “We had never held hands out in public, but before they put her in the ambulance, I kissed her on the forehead and whispered that I loved her.” That was the first time Jean had ever had the courage to publicly show affection to Bobbie. They had been together more than 35 years. Although many things have changed for lesbians now, it is essential that we remember and honor the lives of the women who came before us. OLOHP presentations not only share information about the Project (which gathers and documents the life stories of lesbians 70 and older) and how it works but it also includes readings of excerpts taken from the collection of over 600 interviews.

**Wednesday, April 3  
2:00 pm in the Lillian Pratt Parlor**



MENU			
Apr 1st - Apr 7th			
			Mindful Special
			Bulgogi Meatballs w Rice & Broccoli
	BREAKFAST	DINNER	SUPPER
	Apricot	Tossed Green Salad	Asst. Cracker Basket
M	Oatmeal	Chickpea Salad	Beef & Country Vegetable Soup
O	Scrambled Eggs	Roast Beef	Fruited Jell-O
N	Waffles	Chicken & Dumplings	Mushroom Cheese Strata
D	Bacon	Mashed Potatoes	Sloppy Joe Sandwich
A	Toast	Spinach /Baked Cauliflower	Cookies & Cream Blondie
Y	Asst. Fruit Juices	Angel Food w Strawberries	Fresh Fruit Basket
	Asst. Cold Cereal	Milk	Milk
1	Milk		
T	Bananas	Tossed Green Salad	Asst. Cracker Basket
U	Oatmeal	Marinated Vegetable Salad	Turkey Rice Soup
E	Poached Eggs	Turkey Cutlet Cordon Blue	Cottage Cheese
S	Grilled Ham	Crispy Parmesan Flounder	Clubhouse Sandwich
D	Toast	Rissole Potatoes	Smoked Salmon Lasagna
A	Asst. Fruit Juices	Buttered Corn / Vegetable Blend	Assorted Desserts
Y	Asst. Cold Cereal	Lemon Chiffon Pie	Fresh Fruit Basket
2	Milk	Milk	Milk
W	Breakfast Special		
E	Sausage, Egg, Cheese Biscuit	Tossed Green Salad	Asst. Cracker Basket
D	Peaches	Garden Pasta Salad	Chunky Cream of Vegetable Soup
N	Oatmeal	Broiled Pork Chop	Fattoush Salad
E	Fried Eggs	Herb Baked Chicken	Tuna Noodle Casserole
S	Sausage	Grilled Liver & Onions	Patty Melt Sandwich
D	Toast	Scalloped Chive Potatoes	Chocolate Mousse
A	Asst. Fruit Juices	Baked Squash / Braised Kale	Fresh Fruit Basket
Y	Asst. Cold Cereal	Cream Puff	Milk
3	Milk	Milk	
T	Pears		
H	Malto Meal	Tossed Green Salad	Asst. Cracker Basket
U	Cheese Omelet	Cranberry Rice Salad	Senate Bean Soup
R	Hash Browns	Meatloaf	Fruit Cup
S	Bacon	Baked Trout	Vegetable Tamale Pie
D	Toast	Cheddar & Bacon Mashed Potatoes	Turkey Dip Sandwich
A	Asst. Fruit Juices	Fried Cabbage / Green Beans	Home-style Oatmeal Cookie
Y	Asst. Cold Cereal	Yellow Cake w Frosting	Fresh Fruit Basket
4	Milk	Milk	Milk
	Bananas		
F	Oatmeal	Tossed Green Salad	Asst. Cracker Basket
R	Poached Egg	Cantaloupe Salad	Manhattan Clam Chowder
I	Honey Bran Muffin	Beef Roulades	Tossed Salad
D	Corned Beef Hash	Seafood Alfredo	Salmon Cake Sandwich
A	Toast	Fettuccine	Margherita Pizza
Y	Asst. Fruit Juices	Buttered Carrots / Broccoli	Brownie Macaroons
	Asst. Cold Cereal	Ice Cream Sundae	Fresh Fruit Basket
5	Milk		Milk
S			
A	Peaches	Tossed Green Salad	Asst. Cracker Basket
T	Oatmeal	Carrot Raisin Salad	Cream of Celery Soup
U	French Toast	Turkey Salisbury Steak	Cole Slaw
R	Scrambled Eggs	Braised Beef Tips	Polish Sausage & Potato Skillet
D	Bacon	Rice Pilaf	BBQ Chicken Sandwich
A	Asst. Fruit Juices	Roasted Tomatoes/ Succotash	Assorted Cookies
Y	Asst. Cold Cereal	Chocolate Cake	Fresh Fruit Basket
6	Milk	Milk	Milk
	Bananas		
S	Oatmeal	Tossed Green Salad	Asst. Cracker Basket
U	Fried Eggs	Deviled Eggs	Minestrone Soup
N	Bacon	Roasted Chicken w Mint & Orange	Tossed Salad
D	Hash Browns	London Broil	Tomato Mozzarella Sandwich
A	Toast	Roasted Sweet Potato	Spaghetti w Meat sauce
Y	Asst. Fruit Juices	Baby Carrots / Green Beans	Linzi Bar
	Asst. Cold Cereal	Dinner Rolls	Fresh Fruit Basket
7	Milk	Dutch Apple Pie	Milk