



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, MARCH 25

Wellness: Seniorcise Silver	7:30 am	Wellness Center
Wellness: Seniorcise Gold	8:30 am	Wellness Center
Wellness: Strength n' Flex	9:30 am	Wellness Center
Wii Bowling	9:30 am	LP Parlor
Wellness: Strong & Stable	10:30 am	Wellness Center
A Friend in Need	11:00 am	LP Parlor
Wellness: Yoga	11:30 am	Wellness Center
Rummikub	1:30 pm	LP 3rd Floor Lobby
Wellness: Sit, Fit, Fun	1:30 pm	LP Parlor
Flower Arranging	2:30 pm	HC Terrace
SU: The Great Courses at TJ	4:00 pm	TJ Parlor
Gazebo Group	5:00 pm	Location Varies

TUESDAY, MARCH 26

Wellness: Cardio & Core	7:30 am	Wellness Center
Wellness: Strength n' Flex	9:00 am	Wellness Center
Target Shopping Bus	9:30 am	Sign up at LP Desk
SU: Watercolors	10:00 am	TJ Craft Room
Wellness: On-going Tai Chi	10:00 am	Wellness Center
Wellness: Seated Strength	10:30 am	HC Terrace
News Currents	11:00 am	LP Parlor
Wellness: Beginner Tai Chi	11:00 am	Wellness Center
Wellness: In-Depth Tai Chi	12:30 pm	Wellness Center
Wellness: Sit, Fit, Fun	1:30 pm	LP Parlor
SU: Great Decisions	2:00 pm	Wellness Center
Afternoon Music with Alan	2:00 pm	LP Parlor
Wheel of Fortune	7:00 pm	LP Parlor

WEDNESDAY, MARCH 27

Wellness: Seniorcise Silver	7:30 am	Wellness Center
Wellness: Seniorcise Gold	8:30 am	Wellness Center
Wellness: Strength n' Flex	9:30 am	Wellness Center
Communion	10:00 am	LP Parlor
Wellness: Seated Strength	10:30 am	HC Terrace
Wellness: Strong & Stable	10:30 am	Wellness Center
Wellness: Yoga	11:30 am	Wellness Center
Birthday/Anniversary Party	12:00 pm	LP Dining Room
Bible Study	1:00 pm	Bascom Library
Wellness: Intro to Thai Dance	1:30 pm	Wellness Center
Afternoon Movie	2:00 pm	HCC Terrace
SU: Literary League Book Club	3:00 pm	TJ Parlor
Jeopardy	7:30 pm	LP Parlor

On Campus Banking Hours Change

Columbia Bank will be changing their visiting/banking schedule at FTJ. Beginning in the month of March they will be at FTJ, in the Bascom Library, on the **first Thursday** of each month from **9:30 am to 10:30 am. One time per month only.**

HAPPY BIRTHDAY

March 3

Rosemary Kay
Louis Orrino

March 5

Ken Johnson
Barbara Farron

March 11

Mercy Smith

March 12

Marilynn Thomas

March 14

Darlene Alfredson
Betty Schindler

March 16

Lee Fisher

March 19

Helen Osborn

March 23

John Lynn
Bobby Brown

March 27

Marcia Winkle

March 26

Yvonne Zubalik

March 29

Betsy Henderson

THURSDAY, MARCH 28		
<i>Wellness: Cardio & Core</i>	7:30 am	Wellness Center
<i>Wellness: Strength n' Flex</i>	9:00 am	Wellness Center
Westgate Shopping Van	9:30 am	Sign up at LP Desk
Knit Wits Group	9:30 am	TJ Parlor
<i>Wellness: On-going Tai Chi</i>	10:00 am	Wellness Center
Remember the 50's	11:00 am	LP Parlor
<i>Wellness: In-Depth Tai Chi</i>	11:00 am	Wellness Center
Proctor District Van	1:15 pm	Sign up at LP Desk
<i>Wellness: Ballroom Dancing</i>	1:30 pm	Wellness Center
<i>Wellness: Balloon Volleyball</i>	1:30 pm	LP Parlor
Star of the Month	2:00 pm	LP Parlor
SU: Creative Writing	2:00 pm	TJ Multipurpose Room
All Campus Social	4:00 pm	LP Parlor
FRIDAY, MARCH 29		
<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
SU: Playing with Pastels	10:00 am	TJ Craft Room
World Cultures	10:00 am	HC Terrace
<i>Wellness: Strong & Stable</i>	10:30 am	Wellness Center
News Tidbits	11:00 am	HC Terrace
<i>Wellness: Yoga</i>	11:30 am	Wellness Center
LP Happy Hour	3:00 pm	LP Parlor
GA Happy Hour	3:30 pm	GA Lounge
TJ Wine & Cheese Social	4:00 pm	TJ Parlor
SATURDAY, MARCH 30		
Fun & Games	10:15 am	HC Terrace
News Tidbits	11:15 am	HC Terrace
Trivia Challenge	1:30 pm	LP Parlor
Saturday Cinema	6:30 pm	LP Parlor
NW Sinfonietta	6:30 pm	Sign up at LP Desk
SUNDAY, MARCH 31		
Worship Service	9:30 am	LP Parlor
Coffee Social	10:30 am	LP Parlor
Afternoon Movie	1:30 pm	LP Parlor
Armchair Travels	6:30 pm	LP Parlor



Thai Dance Showcase

Enjoy a short Thai Dance performance, meet new people in our community, and experience a taste of Thai Culture with refreshments.

3:00 pm, Wellness Center
Wednesday, April 3



Upcoming Trips Sign Up at the LP Front Desk

Symphony Tacoma– “Rainier Sunrise”

Saturday, March 23 Bus departs at 6:30 pm

Sign up by Thursday March 21 **Cost: Ticket \$40-\$82**

In the words of the Symphony Tacoma, “The evening’s performance will consist of elegant and melodic works attributed to chamber music. *Rainier Sunrise* by Seattle native Karel Butz “captures the peaceful emotions associated with the grandeur and beauty of Mount Rainier’s Sunrise Trail.”

Stravinsky’s *Pulcinella* Suite was originally written as a ballet reconstructed from Baroque compositions by Giambattista Pergolesi. Wagner’s *Siegfried Idyll* was a birthday gift to his wife and dedicated to their newborn son. One of the most celebrated duets ever written, Mozart’s Sinfonia Concertante for Violin and Viola will feature Symphony Tacoma’s Concertmaster Svend Rønning and Principal Violist Thane Lewis.” Come and enjoy an evening filled with breathtaking music.

Please sign up at the front desk.

NW Sinfonietta– “Italian Inspirations”

Saturday, March 30 Bus departs at 6:30 pm

Sign up by Thursday March 28 **Cost: Ticket \$27—\$62**

Enjoy an evening filled with the sounds of Boccherini: Symphony No. 6 in D minor, also known as 'The Devil's House'. Castelnuovo-Tedesco: Guitar Concerto, Op. 99 and finally Mendelssohn's: Symphony No. 4, entitled 'Italian.' Bring your friends and enjoy the up close and personal feeling you get from listening to the NW Sinfonietta's Chamber Orchestra.

Please sign up at the 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.



A bamboozable is a saying/phrase that is made up of a display of words, in an interesting way. The object is to try to figure out the well-known saying, person, place, or thing that each bamboozable is meant to represent.

<p>GIVE GET GIVE GET GIVE GET GIVE GET</p>	<p>ROOD</p>	<p>GO May 8 May 8</p>
<p>IMPOSSIBL</p>	<p>NOON T</p>	<p>UNOTU</p>

Don't forget to turn in your completed puzzles for a chance to win a \$15 gift certificate of your choice!

CONGRATULATIONS
February Puzzle Winner
Yonne Zubalik



WEEKLY RIDDLE

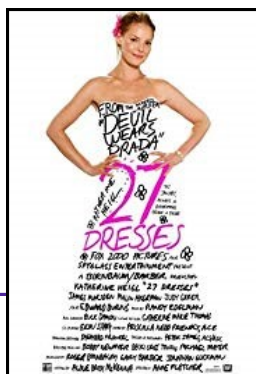
I hurt the most when lost, yet also when not had at all. I'm sometimes the hardest to express, but the easiest to ignore. I can be given to many, or just one. What am I?

SATURDAY
March 30 at 6:30 pm
LP Parlor

SUNDAY
March 31 at 1:30 pm
LP Parlor

27 Dresses

After serving as a bridesmaid 27 times, a young woman wrestles with the idea of standing by her sister's side as her sibling marries the man she's secretly in love with.



Hidden Figures

The story of a team of female African-American mathematicians who served a vital role in NASA during the early years of the U.S. space program.



All Campus Social

You are invited to join us in the Lillian Pratt Parlor at **4:00 pm on Thursday the 28th of February** for an All Campus Social.

Enjoy a relaxing glass of wine or sparkling cider as you visit with your fellow residents.
Light refreshments will be provided.



Great Decisions Discussion Group - Refugees and Global Migration

Today, no countries have open borders. Every state in today’s global system has its own laws and policies about who is permitted to cross its borders, and how they will do so. Who determines whether someone is a refugee or a migrant? How have different countries, including the United States, reacted to migration? How effective are the international laws, policies and organizations that have evolved to assist and protect refugees and migrants?

**2:00 pm, Wellness Center
Tuesday, March 26**

Creative Writing: Storytelling Through Poetry

Join writer Anthea Hubanks for this six-week series of workshops exploring poetry and storytelling from January 10 – March 28. Learn to tell stories by writing and reading poems in a fun, intimate, and relaxed atmosphere. Whether you would like to tell your own story, the story of an historical event, or a fictional story, each can become wonderful fodder for creating poems. Please contact Jana at 253-756-6219 to sign up for this class as space is limited.

**2:00 – 3:30 pm, TJ Multipurpose Room
Thursday, March 28**

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 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			
Mar 25th - Mar 31st			
Mindful Offer			
Aztec Burger			
	BREAKFAST	DINNER	SUPPER
	Warm Apple Sauce		
M	Oatmeal	Tossed Green Salad	Asst. Cracker Basket
O	Yogurt Parfait	Melon Cup	Curried Carrot Soup
N	Scrambled Eggs	Fried Trout	Macaroni Salad
D	Sausage	Stuffed Cabbage	Sweet Pea & Farro Risotto
A	Toast	Home Fried Potato	Cool Ranch Beef Sliders
Y	Asst. Fruit Juices	Baked Squash / Lima Beans	Lemon Pudding
	Asst. Cold Cereal	Peaches & Cream Pie	Fresh Fruit Basket
25	Milk	Milk	Milk
T	Bananas	Tossed Green Salad	Asst. Cracker Basket
U	Cream of Wheat	Apple Wild Rice Salad	Cream Of Chicken Soup
E	Poached Eggs	Baked Pork Chop	Carrot Pineapple Gelatin
S	Coffee Cake	Fried Chicken	Ham, Egg & Cheese Kaiser
D	Grilled Ham/Toast	Mashed Potatoes	Ravioli w Mariana Sauce
A	Asst. Fruit Juices	Buttered Corn/French Cut Beans	Asst. Desserts
Y	Asst. Cold Cereal	Turtle Cake	Fresh Fruit Basket
26	Milk	Milk	Milk
W	*** Breakfast Special ***		
E	Breakfast Bowl	Tossed Green Salad	Asst. Cracker Basket
D	Grapefruit/ Oatmeal	Hummus Plate	French Market Soup
N	Omelet	Mediterranean Turkey Patty	Chilled Fruit Cocktail
E	Hash Browns	Potato Crusted Cod	Taco Stuffed Potatoes
S	Bacon	Rice Pilaf	Four Cheese Creamy Macaroni Bake
D	Toast	Roasted Yellow Squash/ Buttered Peas	Blondie's
A	Asst. Fruit Juices	Bread Pudding	Fresh Fruit Basket
Y	Asst. Cold Cereal	Milk	Milk
27	Milk		
T	Oranges		
H	Oatmeal	Tossed Green Salad	Asst. Cracker Basket
U	Scrambled Eggs	Orzo & Bean Salad	Cream Of Broccoli Soup
R	Sweet Rolls	Beef Stew	Tossed Green Salad
S	Bacon	Crispy Baked Tilapia	Ham & Spinach Frittata
D	Toast	Roasted Red Potatoes	Grilled Turkey Melt
A	Asst. Fruit Juices	Vegetable Medley / Beets	Cookies
Y	Asst. Cold Cereal	Chocolate Cream Pie	Fresh Fruit Basket
28	Milk	Milk	Milk
	Bananas		
F	Oatmeal	Tossed Green Salad	Asst. Cracker Basket
R	Poached Eggs	Cucumber Onion Salad	New England Clam Chowder
I	French Toast	Grilled Shrimp Skewer	Coleslaw
D	Bacon	Italian Meatballs	Vegetable Supreme Pizza
A	Toast	Spaghetti	Fish Sandwich
Y	Asst. Fruit Juices	Spinach / Grilled Zucchini	Assorted Ice Cream
	Asst. Cold Cereal	Carrot Cake	Fresh Fruit Basket
29	Milk	Milk	Milk
S	Peaches		
A	Oatmeal	Tossed Green Salad	Asst. Cracker Basket
T	Scrambled Eggs	Caesar Salad	Navy Bean Soup
U	Muffins	Hungarian Goulash	Mixed Green Salad
R	Ham	Crispy Baked Chicken Breast	Cheese Steak Sandwich
D	Toast	Buttered Noodles	Diablo Basil Rotini
A	Asst. Fruit Juices	Creamed Corn / Broccoli Cauliflower	Applesauce Bar
Y	Asst. Cold Cereal	Cherry Crisp	Fresh Fruit Basket
30	Milk	Milk	Milk
	Pears		
S	Oatmeal	Tossed Green Salad	Asst. Cracker Basket
U	Fried Eggs	Waldorf Salad	Rustic Squash Soup
N	Bacon	Horseradish Crusted Salmon	Fruit Salad
D	Hash Browns	Pork Roast	Shrimp Alfredo
A	Toast	Baked Potato	Sweet Potato Shepherds Pie
Y	Asst. Fruit Juices	Buttered Peas/ Creamed Pearl Onions	Tapioca Pudding
	Asst. Cold Cereal	Apple Pie	Fresh Fruit Basket
31	Milk	Milk	Milk