



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, March 11

9:30 am

LP Parlor

COFFEE WITH

JUDY

Thursday, March 14

10:00 am

TJ Dining Room

MONDAY, MARCH 4

<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>
Wii Bowling	9:30 am	LP Parlor
<i>Wellness: Strong & Stable</i>	10:30 am	<i>Wellness Center</i>
Jeopardy Trivia	11:00 am	LP Parlor
<i>Wellness: Yoga</i>	11:30 am	<i>Wellness Center</i>
Rummikub	1:30 pm	LP 3rd Floor Lobby
<i>Wellness: Sit, Fit, Fun</i>	1:30 pm	<i>LP Parlor</i>
SU: The Great Courses at TJ	4:00 pm	TJ Parlor
Gazebo Group	5:00 pm	Location Varies

TUESDAY, MARCH 5

<i>Wellness: Cardio & Core</i>	7:30 am	<i>Wellness Center</i>
<i>Wellness: Strength n' Flex</i>	9:00 am	<i>Wellness Center</i>
Fred Meyer Shopping Bus	9:30 am	Sign up at LP Desk
SU: Watercolors	10:00 am	TJ Craft Room
<i>Wellness: On-going Tai Chi</i>	10:00 am	<i>Wellness Center</i>
SU: Brain Training Beginning	11:00 am	LP Parlor
<i>Wellness: Seated Strength</i>	10:30 am	<i>HC Terrace</i>
<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>
SU: Brain Training Advanced	2:00 pm	Wellness Center
Mardi Gras Celebration	2:10 pm	LP Parlor
Wheel of Fortune	7:00 pm	LP Parlor

WEDNESDAY, MARCH 6

<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>
Communion	10:00 am	LP Parlor
<i>Wellness: Strong & Stable</i>	10:30 am	<i>Wellness Center</i>
<i>Wellness: Seated Strength</i>	10:30 am	<i>HC Terrace</i>
<i>Wellness: Yoga</i>	11:30 am	<i>Wellness Center</i>
Bible Study	1:00 pm	Bascom Library
<i>Wellness: Intro to Thai Dance</i>	1:30 pm	<i>Wellness Center</i>
Afternoon Movie	2:00 pm	HCC Terrace
TJ Afternoon Tea	3:00 pm	TJ Parlor
Jeopardy	7:30 pm	LP Parlor

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 7		
<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
<i>Wellness: In-Depth Tai Chi</i>	11:00 am	Wellness Center
Travelogue	11:00 am	LP Parlor
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
SU: Understanding Classical Music Series	2:00 pm	TJ Parlor
The Ultimate Tool	2:10 pm	LP Parlor
Cocoa Café	3:00 pm	LP Parlor
SU: University Lecture Series	6:00 pm	LP Parlor
FRIDAY, MARCH 8		
<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: Birding For Seniors	10:00 am	Bus Depart from Bistro Café
Music with Anne & Gaye	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 9		
Music with Roger	10:15 am	HC Terrace
News Review	11:15 am	HC Terrace
Who, What, When	1:30 pm	LP Parlor
Saturday Cinema	6:30 pm	LP Parlor
SUNDAY, MARCH 10		
<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="width: 45%;"> <h2>Daylight Savings Time Begins</h2> </div> <div style="width: 45%; text-align: right;">  <p>spring forward</p> <p>don't forget to set your clocks forward this Sunday</p> </div> </div>		
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

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”

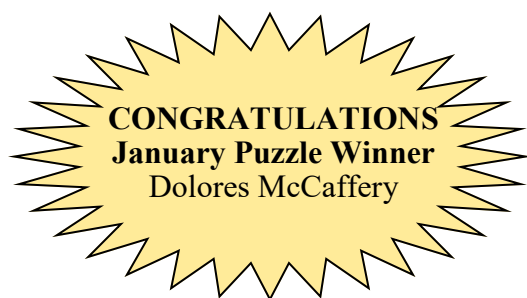
Saturday, March 30 Bus departs at 6:30 pm

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.

If you enjoy solving cryptograms, acrostics or crossword puzzles, you'll love solving **Quotefalls!** Each puzzle contains a hidden quote, with the spaces for each letter in that quote laid out in a typical crossword puzzle-type black and white grid. Above each column are a series of letters. Simply "drop" each letter into the appropriate squares in each row and column to reveal the hidden quote.



A	A	E	H	E	E	A	E	N	C	E	A	C	A	H	A	I	A
C	M	F	I	G	I	R	E	R	H	F	N	D	D	N	I	P	E
I	V	L	L	H	U	R	F	T	I	O	N	I	E	N	T	V	H
Y		T		M	Y	T	L		I			N	S				
		Y							T			T					

~Lauren Bacall



WEEKLY RIDDLE

I make two people out of one. What am I?

SATURDAY

March 9 at 6:30 pm
LP Parlor

SUNDAY

March 10 at 1:30 pm
LP Parlor

Chicago

Two death-row murderesses develop a fierce rivalry while competing for publicity, celebrity, and a sleazy lawyer's attention.



Just Go With It

On a weekend trip to Hawaii, a plastic surgeon convinces his loyal assistant to pose as his soon-to-be-divorced wife in order to cover up a careless lie he told to his much-younger girlfriend.



Dispatch Health

Come to Resident Council on **Monday, March 11 at 9:30am** to learn about Dispatch Health.

Dispatch Health is new to our area and is a mobile Urgent Care that comes to your home. A representative from Dispatch Health will be on-site to provide information and answer questions.

Understanding Classical Music Series: What Does the Conductor Do, Anyway?

Conductors do much more than just wave their hands around. They communicate a great deal of musical information to the musicians. We'll study some conducting patterns, look at scores (the music that the conductor looks at), and explore different styles of conducting. Registration is required. Please contact Jana at 253-756-6219 to register.

**2:00 pm, Tobey Jones Parlor
Thursday, March 7**

University Lecture Series – Emerging Adulthood, The Next Generation

What does it mean to be an adult? Jeffrey Arnett argued that a new development stage emerged in the 20th Century in industrialized nations. The EAMMi2 sought to test some general assumptions regarding Emerging Adulthood theory and generate a data set that could address a series of other meaningful psychology research questions. Over the course of an hour, we will learn about the development of the EAMMi2 project. Then we will review modern conceptions of Emerging Adulthood followed by a discussion of the concept of Adulthood more generally.

**6:00 pm, Lillian Pratt Parlor
Thursday, March 7**

Museum of Glass Lecture Series: Glass of the Ancients

How did ancient civilizations develop glass as an art form? Why did they use this material, and for what purposes? This introductory lesson sets the stage for 5000 years of glass innovation and creativity from Pharaohs to contemporary artists. Please register as space is limited.

**11:00 am, Tobey Jones Parlor
Monday, March 11**

Birding for Seniors: Eagles at the Point

Enjoy a short lecture with seating provided, followed by an optional short walk. The March program will focus on one of the most iconic bird species visible from Owen Beach – the Bald Eagle. With two active eagle nests in the park, you have a high chance of catching a glimpse of these majestic birds in action. Hands-on eagle artifacts will also be provided by the Park Ranger. Registration required. Please contact Jana to register at 253-756-6219

**10:00 – 11:00 am, Point Defiance Park;
Meet at Owen Beach Picnic Shelter
Friday, March 8**

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.**

MENU			
Mar 4th - Mar 10th			
			Mindful Special
			Porchetta Pesto Pizzetta
	BREAKFAST	DINNER	SUPPER
	Prunes		
M	Cream of Wheat	Tossed Green Salad	Asst. Cracker Basket
O	Fried Eggs	Spinach Salad	Steak & Potato Soup
N	Coffee Cake	Citrus Herb Crusted Cod	Cucumber w/ Sour Cream
D	Grilled Ham	Chicken Lasagna	Ham & Swiss Pretzel Roll
A	Toast	Oven Brown Potatoes	Shepherds Pie
Y	Asst. Fruit Juices	Roasted Vegetables/ Grilled Zucchini	Chocolate Pudding
	Asst. Cold Cereal	Vanilla Custard	Fresh Fruit Basket
4	Milk	Milk	Milk
T	Bananas	Tossed Green Salad	Asst. Cracker Basket
U	Oatmeal	Fresh Melon Plate	Cream of Broccoli Soup
E	Scrambled Eggs	Pot Roast	Ambrosia Salad
S	Blueberry Muffin	Fried Chicken	Feta Leek Quiche
D	Bacon	Mashed Potatoes	Open Faced Turkey Sandwich
A	Toast	Buttered Peas/ Creamed Corn	Ice Cream
Y	Asst. Fruit Juices	Rocky Road Cupcake	Fresh Fruit Basket
5	Asst. Cold Cereal	Milk	Milk
W	*** Breakfast Special***		
E	Peach Crunch French Toast	Tossed Green Salad	Asst. Cracker Basket
D	Oranges	Pickled Beets	Yellow Split Pea Soup
N	Oatmeal	Roasted Pork Loin	Tossed Green Salad
E	Poached Eggs	Baked Salmon	Eggplant Parmesan Casserole
S	Sausage Links	Buttered Noodles	Black & Bleu Flat Bread Sandwich
D	Toast	Broccoli / Buttered Carrots	Apple Brown Betty
A	Asst. Fruit Juices	Chocolate Cream Pie	Fresh Fruit Basket
Y	Asst. Cold Cereal	Milk	Milk
6	Milk		
T	Apricots		
H	Oatmeal	Tossed Green Salad	Asst. Cracker Basket
U	Fried Eggs	Ranch Relish Plate	Tomato Soup
R	Bacon	Salisbury Steak	Jell-O Salad
S	Toast	Maple Glazed Turkey Breast	Spanish Omelet
D	Asst. Fruit Juices	Mashed Potatoes	Chicken Cordon Blue Sandwich
A	Asst. Cold Cereal	Brussel Sprouts / Baked Squash	Assorted Desserts
Y	Milk	Spice Cake	Fresh Fruit Basket
7		Milk	Milk
	Bananas		
F	Oatmeal	Tossed Green Salad	Asst. Cracker Basket
R	Scrambled Eggs	Blue Cheese & Tomato Salad	Clam Chowder
I	Danish	Northwest Cioppino	Tuscan Chopped Salad
D	Bacon	Balsamic Flank Steak	Garden Fresh Alfredo Pizza
A	Toast	Brown Rice	Santa Fa Patty Melt
Y	Asst. Fruit Juices	Vegetable Medley / Roasted Eggplant	Bread Pudding
	Asst. Cold Cereal	Banana Split	Fresh Fruit Basket
8	Milk	Milk	Milk
S	Prunes		
A	Oatmeal	Tossed Green Salad	Asst. Cracker Basket
T	Poached Eggs	Cole Slaw	Beef Noodle Soup
U	French Toast	Caroline Pulled Pork	Fruit Salad
R	Bacon	Crispy Baked Catfish	Honey Pecan Turkey Sandwich
D	Toast	Home Fried Potatoes	Shrimp Creole & Rice
A	Asst. Fruit Juices	Spinach/ Roasted Corn	Oreo Pudding Cup
Y	Asst. Cold Cereal	Banana Cake	Fresh Fruit Basket
9	Milk	Milk	Milk
	Grapefruit	Tossed Green Salad	
S	Farina	Steakhouse Salad	Asst. Cracker Basket
U	Fried Eggs	Grilled Flat Iron Steak	Spring Chicken Barley Soup
N	Sweet Rolls	Fried Shrimp	Applesauce Gelatin Salad
D	Bacon	Wild Rice Pilaf	Baked Pasta Carbonaro
A	Toast	Creamed Pearl Onions/ Vegetable Medley	Southern Turkey Pot Pie
Y	Asst. Fruit Juices	Cherry Pie	Sherbet
3	Asst. Cold Cereal	Dinner Rolls	Fresh Fruit Basket
10	Milk	Milk	Milk