



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, May 13

9:30 am

LP Parlor

COFFEE WITH

JUDY

Thursday, May 9

10:00 am

TJ Dining Room

MONDAY, APRIL 15

<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	HC Terrace
<i>Wellness: Strong & Stable</i>	10:30 am	<i>Wellness Center</i>
Sing Along	11:00 am	HC Terrace
<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>
Cooking Group	2:30 pm	HC Terrace
SU: The Great Courses at TJ	4:00 pm	TJ Parlor
Gazebo Group	5:00 pm	Location Varies

TUESDAY, APRIL 16

<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
News Currents	9:30 am	HC Terrace
SU: Watercolors	10:00 am	TJ Craft Room
<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>
<i>Wellness: Beginner Tai Chi</i>	11:00 am	<i>Wellness Center</i>
This Day in History	11:00 am	HC Terrace
<i>Wellness: In-Depth Tai Chi</i>	12:30 pm	<i>Wellness Center</i>
SU: Computer Workshop: PC/ Android Phones and Devices	1:00 pm	Bascom Library
<i>Wellness: Sit, Fit, Fun</i>	1:30 pm	<i>LP Parlor</i>
Afternoon Tea	2:00 pm	LP Dining Room
Wheel of Fortune	7:00 pm	LP Parlor

WEDNESDAY, APRIL 17

<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: Seated Strength</i>	10:30 am	<i>HC Terrace</i>
<i>Wellness: Strong & Stable</i>	10:30 am	<i>Wellness Center</i>
News Tidbits	11:00 am	HC Terrace
<i>Wellness: Yoga</i>	11:30 am	<i>Wellness Center</i>
Bible Study	1:00 pm	Bascom Library
Afternoon Movie	2:00 pm	HCC Terrace
TJ Afternoon Tea	3:00 pm	TJ Dining
Thai Dance Showcase	3:00 pm	Wellness Center
SU: Let’s Talk TED Talks	3:00 pm	TJ Parlor
Jeopardy	7:30 pm	LP Parlor

HAPPY BIRTHDAY

April 9

Steve Didis
Don Franklin

April 10

John Vipond

April 13

Joanne Keller

April 14

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 18

<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
Star of the Month	11:00 am	LP Parlor
SU: Genetic Testing Workshop	11:00 am	TJ 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
Italian Sodas	2:10 pm	LP Parlor
SU: Chinese History & Philosophy	3:00 pm	TJ Parlor

FRIDAY, APRIL 19

<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: What is Aging in Place?	10:00 am	LP Parlor
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
DU Social	4:00 pm	Bistro Café
Music by Enzo	5:00 pm	LP Dining Room

SATURDAY, APRIL 20

Fireside Story League	9:15 am	HC Terrace
Fun & Games	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
Symphony Tacoma	6:30 pm	Sign up at LP Desk

SUNDAY, APRIL 21

Happy Easter

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– “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.

Facercise: Take Years Off Your Looks

Facercise is a series of 13 exercises that tone and tighten the 57 muscles of the neck and face! And it works like no wonder cream you’ve ever tried! In just minutes a day, you can take a decade (or more) off your face. Your face and neck muscles will respond to exercise just like your abs and pecs do. Facercise is called Hollywood’s best kept secret.



2:00 pm, Wellness Center

Friday, April 19

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

BASKET
 BONNETS
 BUNNY
 CANDY
 CHILDREN
 CHOCOLATE
 CHURCH
 COLORING
 CROSS
 DECORATIONS
 DUCKS
 EGGS
 FUN
 GOOD
 HAPPY
 JESUS
 PICTURES
 PINK
 RABBIT
 RELIGIOUS
 RISEN
 SPRING
 SUNDAY
 YELLOW



WEEKLY RIDDLE

Poor people have it. Rich people need it. If you eat it you die. What is it?

SATURDAY
April 20 at 6:30 pm
LP Parlor

SUNDAY
April 21 at 1:30 pm
LP Parlor

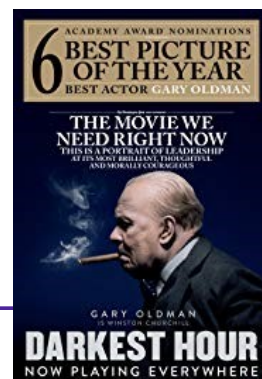
Jerry Maguire

When a sports agent has a moral epiphany and is fired for expressing it, he decides to put his new philosophy to the test as an independent agent with the only athlete who stays with him and his former secretary.



Darkest Hour

In May 1940, the fate of Western Europe hangs on British Prime Minister Winston Churchill, who must decide whether to negotiate, or fight on.



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 previous illness this has been rescheduled to the below date



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

Computer Workshop: PC/Android Phones and Devices

This class provides friendly, easy-to-understand instructions and answering of questions, from beginning to intermediate levels. Bring your device and charging cord.

**1:00 pm, Lillian Pratt Bascom Library
Tuesday, April 16**

Construction Site Safety

Warmer weather means more walks around campus. Please be mindful of the various construction areas. Do not go past fences or gates into construction areas even if the fence is open. These are active construction sites with many hidden dangers. Be safe while you enjoy our Northwest springtime weather.

Let's Talk TED Talks: In Pursuit of Happiness

Join us while we view curated TED Talks on a selected theme each month followed by a guided discussion



on what we've heard. This month we will be talking about the pursuit of happiness, what that means and how to achieve it.

**3:00 pm, Tobey Jones Parlor
Wednesday, April 17**

What is Aging in Place? Tips and Strategies for Successful Aging (Wherever You Are)

This will define the concept of Aging in Place and discuss evidence-based practices for Successful Aging. National studies will be used, as well as, state resources to discuss the important concepts of Successful Aging.

**10:00 – 11:30 am, Lillian Pratt Parlor
Friday, April 19**

Chinese History and Philosophy
Join Dr. Yi Li for a general overview of the teachings of Confucianism and its evolution over China's long history.

**3:00 pm, Tobey Jones Parlor
Thursday, April 18**

MENU			
Apr 15th - Apr 21st			Mindful Offer
			Cubano Wrap
	BREAKFAST	DINNER	SUPPER
M	Pears	Tossed Green Salad	Asst. Cracker Basket
O	Oatmeal	Marinated Cucumber Salad	Cream of Mushroom Soup
N	Poached Eggs	Greek Meatballs	Cherry Jell-O
D	Bacon	Italian Chicken Breast	Monte Cristo Sandwich
A	Toast	Toasted Orzo	Beef Enchilada
Y	Asst. Fruit Juices	Green Beans/ Roasted Yellow Squash	Grasshopper Mousse
	Asst. Cold Cereal	Marble Cake	Fresh Fruit Basket
15	Milk	Milk	Milk
T	Bananas	Tossed Green Salad	Asst. Cracker Basket
U	Malt-o-Meal	Walnut Pear Salad	Moroccan Lentil Soup
E	Fried Eggs	Bourbon Eye Round Of Beef	Hummus w Pita Salad
S	Asst Donuts / Toast	Breaded Flounder	Tuna Melt Sandwich
D	Sausage	Mashed Potatoes	Mushroom Risotto
A	Asst. Fruit Juices	Peas & Mushrooms / Buttered Corn	Ice Cream Sundae
Y	Asst. Cold Cereal	Angel Food Cake w Orange Sauce	Fresh Fruit Basket
16	Milk	Milk	Milk
W	*** Breakfast Special***		
E	Farm House Omelet	Tossed Green Salad	Asst. Cracker Basket
D	Fresh Fruit Cup	Egg Drop Soup	Beef Barley Mushroom Soup
N	Oatmeal	Asian Pepper Steak	Three Bean Salad
E	Cheese Omelet	Sweet & Sour Pork	Vegetable Frittata
S	Bacon / Toast	Fried Rice	Bacon Chicken Sliders
D	Asst. Fruit Juices	Bok Choy / Asian Blend	Dessert Table
A	Asst. Cold Cereal	Coconut Cream Pie	Fresh Fruit Basket
Y	Milk	Milk	Milk
17			
T	Warm Applesauce		
H	Farina	Tossed Green Salad	Asst. Cracker Basket
U	Scrambled Eggs	Cottage Cheese & Tomato	Chicken Marengo Soup
R	Pancakes	Baked Salmon	Caesar Salad
S	Grilled Ham	BBQ Baked Chicken	Cheese Steak Sandwich
D	Toast	Cheddar Mashed Potatoes	Cheese Tortellini & Broccoli Alfredo
A	Asst. Fruit Juices	French Cut Beans/ Succotash	Carmel Baked Custard
Y	Asst. Cold Cereal	Chocolate Chip Cake	Fresh Fruit Basket
18	Milk	Milk	Milk
F	Bananas		
R	Oatmeal	Tossed Green Salad	Asst. Cracker Basket
I	Poached Eggs	Apple Fennel Salad	Seafood Chowder
D	Biscuits & Gravy	Spinach Stuffed Pork Chop	Caprese Salad
A	Sausage	Fried Trout	Cheese Pizza
Y	Toast	Scalloped Potatoes	Charleston Krab Cakes
	Asst. Fruit Juices	Stewed Tomatoes/ Broccoli & Cheese Sauce	Carrot Cake
	Asst. Cold Cereal	Apple Turnovers	Fresh Fruit Basket
19	Milk		Milk
S			
A	Peaches	Tossed Green Salad	Asst. Cracker Basket
T	Oatmeal	Deviled Eggs	Roasted Vegetable Soup
U	Omelets	Salisbury Steak	Tossed Green Salad
R	Bacon	Crispy Parmesan Tilapia	Greek Spinach Turnover
D	Danish	Oven Brown Potatoes	Beef, Macaroni & Tomato
A	Asst. Fruit Juices	Peas / Roasted Vegetables	Strawberry Bavarian
Y	Asst. Cold Cereal	Pear Crisp	Fresh Fruit Basket
20	Milk	Milk	Milk
		Happy Easter	
S	Grapefruit	Tossed Green Salad	Asst. Cracker Basket
U	Oatmeal	Waldorf Salad	Split Pea Soup
N	Fried Eggs	Leg of Lamb	Cole Slaw
D	Sweet Rolls	Peached Glazed Ham	Smokey Salmon Quesadilla
A	Bacon	Roasted Sweet Potatoes	Balsamic Chicken & Polenta
Y	Asst. Fruit Juices	Steamed Asparagus/Steakhouse Spinach	Zucchini Bread
21	Asst. Cold Cereal	Strawberry Short Cake	Fresh Fruit Basket
	Milk	Milk	Milk