



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 22

<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>
History of Earth Day	11:00 am	HC Terrace
<i>Wellness: Yoga</i>	11:30 am	<i>Wellness Center</i>
Rummikub	1:30 pm	LP 3rd Floor Lobby
Craft 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 23

<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>
Target 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>
SU: Gender 101	11:00 am	LP Parlor
<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>
Music with Alan	2:00 pm	LP Parlor
SU: Great Decisions	2:00 pm	Wellness Center
Wheel of Fortune	7:00 pm	LP Parlor

WEDNESDAY, APRIL 24

<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>
Birthday/Anniversary party	12:00 pm	LP Dining Room
Bible Study	1:00 pm	Bascom Library
Afternoon Movie	2:00 pm	HCC Terrace
SU: Literary League Book Club	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 25

<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
Legacy of Edward Murrow	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
Name That Singer	2:00 pm	LP Parlor
SU: Creative Writing	2:00 pm	TJ Multipurpose Room
All Campus Social	4:00 pm	LP Parlor

FRIDAY, APRIL 26

<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: Introduction to Weaving	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, APRIL 27

Music with Marty	10:15 am	HC Terrace
News Review	11:15 am	HC Terrace
Horse Racing	1:30 pm	LP Parlor
Saturday Cinema	6:30 pm	LP Parlor

SUNDAY, APRIL 28

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**



Start with the calamari and save room for the fresh catch at Tacoma's Lobster Shop. This Tacoma seafood spot has quite the selection from prawns to fish to clams to lobster and more. A lunch out deserves a drink to celebrate, and The Lobster Shop has the perfect selection of beer and wine to go with your meal. So bring your friends and enjoy this month's lunch bunch at the Lobster Shop.

Lunch Bunch "The Lobster Shop"

Friday, May 3 Bus departs at 11:50 am
Sign up by Thursday May 2 **Cost: Meal**

Please sign up at the front desk.

Symphony Tacoma- "Ode to Joy"

Saturday, May 11 Bus departs at 6:30 pm
Sign up by Thursday May 9 **Cost: Ticket \$40-\$82**

In the words of the Symphony Tacoma, "**Grand finale.** Beethoven's remarkable Symphony No. 9 was the longest and most complex symphony of its time and has been referred to as "the symphony to end all symphonies." It was first composed to include chorus and vocal soloists with the inclusion of Friedrich Schiller's *Ode to Joy* in the final movement, making it one of the most recognized melodies of all time. This classic favorite will be paired with a new commission by an American female composer.

Please sign up at the front desk.



NW Sinfonietta—"Beauty of Beethoven"

Saturday, May 18 Bus departs at 6:30 pm
Sign up by Friday May 17 **Cost: Ticket \$24-\$60**

Ludwig van Beethoven – Piano Concerto No. 3 in C minor, Op. 37
Ludwig van Beethoven – Symphony No. 2 in D major, Op. 36

The season ends with a selection of the immortal composer's works for chamber orchestra. The young, multi-talented soloist Ray Ushikubo joins Principal Artistic Partner David Lockington performing both violin and piano in the same program!

Please sign up at the front desk.

Northwest Repertory Singers- "Re-Sounding Voices"

Sunday, May 19 Bus departs at 6:30 pm
Sign up by Thursday May 16 **Cost: Ticket \$40-\$82**

Join NWRS as we find inspiration in the experience of the homeward journey, both literal and symbolic, and celebrate the indomitable human drive to overcome adversity. Songs of Place and People, Hope and Courage. Please contact Heidi at 253-756-6284 if you want her to purchase tickets for you.

Please sign up at the front desk.



Tacoma Musical Playhouse- "The Full Monty"

Saturday, May 25 Bus departs at 1:15 pm
Sign up by Friday April 12 **Cost: Ticket \$29**

While spying on their wives at a "Girls' Night Out," a group of unemployed steelworkers from Buffalo sees how much they enjoy watching male strippers. Jealous, out of work and feeling emasculated, the men come up with a bold and unclothed way to make some quick cash. In preparing, they find themselves extremely exposed; not merely physically but emotionally. As they conquer their fears, self-consciousness and prejudices, the men come to discover that they're stronger as a group, and the strength that they find in each other gives them the individual courage to "let it go."

Please sign up at the front desk.

How to Play Sudoku: Using only the numbers 1 through 9, complete the grid so that no number is repeated in any row, column or grid.

Each puzzle has one, and only one, unique solution, and each can be solved using pure logic - guessing and trial-and-error are never required.

	5			6	8		9	
		9	1			5		6
3			9	2				
	7		2	9	3			5
5		6				9		2
9			5	8	6		3	
				5	7			4
7		3			9	1		
	4		3	1			6	



WEEKLY RIDDLE

I am as light as a feather, yet no man can hold me for long.
What am I?

SATURDAY

April 27 at 6:30 pm
LP Parlor

SUNDAY

April 28 at 1:30 pm
LP Parlor

Donovan's Reef

Three World War II Navy veterans -- Donovan, Doc Dedham and Gilhooley -- converge on a Polynesian island and team up to deceive Dedham's prim daughter.



Singin' in the Rain

A silent film production company and cast make a difficult transition to sound.



Gender 101

This will be an overview of the difference between Gender and Sexuality, preferred vocabulary usages, the humanitarian crisis and the gender nonconforming community, and how we can become gender affirming people.

**11:00 am, Lillian Pratt Parlor
Tuesday, April 23**

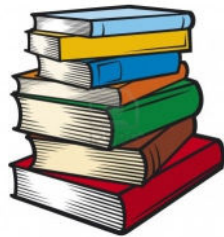
**Great Decisions Discussion Group -
The Middle East: Regional Disorder**

What will be the fallout from policy reversals such as withdrawing from the Iranian nuclear accord and moving the U.S. embassy in Israel to Jerusalem? Does the United States see a path forward in troubled states such as Syria, Yemen, Libya and Iraq? Is the United States headed toward war with Iran?

**2:00 pm, Wellness Center
Tuesday, April 23**

New Arrivals in the Bascom Library

The new First Quarter order of library books has arrived! They have been placed in the Bascom Library under New Arrivals. So for you avid and not so avid readers out there, please stop by and check out these new arrivals!



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.

**The Saga of Thea Foss: A Living History
Performance by Karen Haas**

Born in Norway, Thea Foss and her husband arrived in Tacoma in 1889. Like other immigrants, she added her experience to the rich blend that is Washington. Please register for this class by calling Jana at 253-756-6219

**1:00 pm, Lillian Pratt Parlor
Wednesday, May 1**

**Infinity Rehab Series - Osteoarthritis:
What It Is and What You Can Do
About It**

Attendees will learn what they can do to manage Osteoarthritis (OA), manage pain, and keep an active lifestyle as long as possible.

**11:00 am, Lillian Pratt Parlor
Tuesday, April 30**

Resident Art Gallery Reception!

Join us on **Tuesday April 30th at 4:00 pm** for the opening of our newest exhibit in our Resident Art Gallery at the **Lillian Pratt 1st floor**.

All of the art work on display has been created and submitted by residents of Franke Tobey Jones. A wide variety of works will be displayed such as paintings, needlework, sculpture and more. We will be celebrating these artists and their work, and you are invited to a wine and cheese reception in honor of their achievements.



MENU			
Apr 22nd - Apr 28th			
Mindful offer			
Ultimate Poutine			
	BREAKFAST	DINNER	SUPPER
	Apricots	Tossed Green Salad	Asst. Cracker Basket
M	Cream of Wheat	Tomato Aspic	Cream of Chicken & Wild Rice Soup
O	Scrambled Eggs	Cod with Caper Cream Sauce	White Beans & Tomato Salad
N	Pancakes	Beef Stroganoff	Greek Turkey Burger
D	Sausage	Buttered Egg Noodles	Three Cheese Quiche
A	Toast	Braised Kale / Butternut Squash	Banana Split
Y	Asst. Fruit Juices	Chocolate Bread Pudding	Fresh Fruit Basket
	Asst. Cold Cereal	Milk	Milk
22	Milk		
T	Bananas/Oatmeal	Tossed Green Salad	Asst. Cracker Basket
U	Poached Eggs	Pea & Cheese Salad	Beef Barley Soup
E	Honey Bran Muffins	Chicken Dijon	Lemon Jell-O
S	Grilled Ham	Bacon Wrapped Pork loin	Western Omelet
D	Toast	Wild Rice	Warm Beef & Cheddar Melt
A	Asst. Fruit Juices	Peas & Carrots / Harvard Beets	Asst. Dessert
Y	Asst. Cold Cereal	Cream Puff	Fresh Fruit Basket
23	Milk	Milk	Milk
W	*** Breakfast Special***		
E	Veggie Frittata Breakfast Sandwich	Tossed Green Salad	Asst. Cracker Basket
D	Grapefruit	Israeli Couscous Salad	Italian Vegetable Parmesan Soup
N	Oatmeal	Stuffed Peppers	Fruit Cup
E	Scrambled Eggs	Baked Chicken	Fettuccine Alfredo
S	Bacon	Skillet Sweet Potatoes	Meatball Sandwich
D	Danish	Lemon Roasted Cauliflower/ Green Beans	Salted Carmel Parfait
A	Asst Fruit Juices	Mixed Berry & Apple Crisp	Fresh Fruit Basket
Y	Asst Cold Cereal	Milk	Milk
24	Milk		
T	Oranges		
H	Oatmeal	Tossed Green Salad	Asst. Cracker Basket
U	Fried Eggs	Cottage Cheese w Peaches	Tomato Basil w Shells Soup
R	Sausage Gravy	Sole Franchise	Gazpacho Salad
S	Biscuits	Roast Beef	Poblano & Lentil Taco Salad
D	Toast	Mashed Potatoes	American Deli Sub
A	Asst. Fruit Juices	Sautéed Spinach / Buttered Corn	Assorted Cookies
Y	Asst. Cold Cereal	Rice Pudding	Fresh Fruit Basket
25	Milk	Milk	Milk
	Bananas		
F	Farina	Tossed Green Salad	Asst. Cracker Basket
R	Poached Eggs	Marinated Artichokes	New England Clam Chowder
I	French Toast	In My Kitchen Special	Tossed Salad
D	Bacon	Italian Sausage & Peppers	Fish & Chips
A	Toast	Herb Linguine	Egg Salad Croissant
Y	Asst. Fruit Juices	Baked Egg Plant / Buttered Peas	Pina Colada Sweet Shot
	Asst. Cold Cereal	Cherry Cheese Cake	Fresh Fruit Basket
26	Milk	Milk	Milk
S	Peaches		
A	Oatmeal	Tossed Green Salad	Asst. Cracker Basket
T	Scrambled Eggs	Cranberry Rice Spinach Salad	Tuscan Kale & Bean Soup
U	Muffins	Meatloaf	Minted Wheat Salad
R	Ham	Pork Tenderloin w Raspberry Sauce	Spicy Ham Strata Bake
D	Toast	Mashed Potatoes	French Dip
A	Asst. Fruit Juices	Roasted Carrots / Fried Cabbage	Ice Cream
Y	Asst. Cold Cereal	Baked Apple	Fresh Fruit Basket
27	Milk	Milk	Milk
	Pears		
S	Oatmeal	Tossed Green Salad	Asst. Cracker Basket
U	Fried Eggs	Ambrosia Salad	Shrimp Bisque
N	Bacon	Fried Shrimp	Marinated Vegetable Salad
D	Hash Browns	Apricot Glazed Turkey	Fried Chicken Dinner
A	Toast	Rice Pilaf	Picadillo Beef
Y	Asst. Fruit Juices	Southern Green Beans /Squash Medley	Raspberry Chocolate Whoopee Pie
	Asst. Cold Cereal	Boston Cream Pie	Fresh Fruit Basket
28	Milk	Milk	Milk