Tobey Topics



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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, June 10 9:30 am LP Parlor

COFFEE WITH JUDY Thursday, June 13 10:00 am LP Parlor

Wellness: Seniorcise Giol7:30 amWellness CenterWellness: Seniorcise Giol8:30 amWellness CenterFinish the Phrase9:00 amWellness CenterWellness: Strength n' Flex9:30 amWellness CenterBalloon Ball10:30 amWellness CenterBalloon Ball11:00 amHC TerraceWellness: Strong & Stable10:30 amWellness CenterBalloon Ball11:30 amWellness CenterWellness: Str, Fit, Fun1:30 pmLP ParlorRummikub1:30 pmLD ParlorSU: The Great Courses at TJ5:00 pmLocation VariesTUESDAY, JUNE 4Vellness: CenterSign up at LP DeshWellness: Cardio & Core7:30 amWellness CenterWellness: Strength n' Flex9:00 amSign up at LP DeshNews Currents9:30 amLP ParlorSU: Watercolors10:00 am11C TerraceSU: Brain Training Level 110:00 amWellness CenterWellness: Stri, Fit, Fun1:30 pmLP ParlorWellness: Stri, Fit, Fun1:30 pmLP ParlorWellness: Striength n' Flex9:30 amUP ParlorSU: Watercolors10:00 amWellness CenterWellness: Striength n' Flex9:30 amLP ParlorWellness: Sented Strength10:00 amUP ParlorWellness: Sented Strength10:00 amLP ParlorWellness: Sented Strength11:00 amLP ParlorWellness: Stri, Fit, Fun1:30 pmLP ParlorWellness: Striength n' Fle	MONDA	Y, JUNE 3	
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	Movie Matinee	2:00 pm	HC Terrace
Jeopardy 7:30 pm LP Parlor	TJ Afternoon Tea	3:00 pm	TJ Parlor
	Jeopardy	7:30 pm	LP Parlor

Tobey Topics

June 3—9, 2019

ITIONJDA	Y, JUNE 6			
Wellness: Cardio & Core	7:30 am	Wellness Center		
Wellness: Strength n' Flex	9:00 am	Wellness Center		
Westgate Shopping Van	9:30 am	Sign up at LP Desk		
Knit Wits Group	9:30 am	TJ Parlo		
Coffee Circle	9:30 am	LP Parlo		
Jeopardy Trivia	10:00 am	LP Parlo		
Wellness: On-going Tai Chi	10:00 am	Wellness Center		
Wellness: In-Depth Tai Chi	11:00 am	Wellness Center		
Wii Bowling	11:00 am	LP Parlo		
Proctor District Van	1:15 pm	Sign up at LP Desk		
Wellness: Ballroom Dancing	1:30 pm	Wellness Center		
Wellness: Balloon Volleyball	1:30 pm	LP Parlo		
Take Your Best Guess	2:00 pm	LP Parlo		
Root Beer Float Social	3:00 pm	LP Parlo		
SU: Master Gardener Series	3:00 pm	Wellness Cente		
SU: University Lecture Series	6:00 pm	LP Parlo		
FRIDAY,	JUNE 7			
Wellness: Seniorcise Silver	7:30 am	Wellness Center		
Wellness: Seniorcise Gold	8:30 am	Wellness Cente		
Wellness: Strength n' Flex	9:30 am	Wellness Cente		
SU: Stitching as Meditation	10:00 am	TJ Craft Roon		
World Cultures	10:00 am	HC Terrace		
Wellness: Strong & Stable	10:30 am	Wellness Cente		
SU: Audubon Lecture	11:00 am	LP Parlo		
News Tidbits	11:00 am	HC Terrac		
Lunch Bunch				
"Cheesecake Factory"	11:10 am	Sign up at LP Des		
	11:10 am			
"Cheesecake Factory"		Wellness Cente Bus departs from		
"Cheesecake Factory" Wellness: Yoga	11:30 am	Wellness Cente Bus departs from Bistro Caf		
"Cheesecake Factory" Wellness: Yoga SU: Tacoma Art Museum Tour	11:30 am 2:00 pm	Sign up at LP Desi Wellness Center Bus departs from Bistro Cafe LP Parlo GA Lounge		
"Cheesecake Factory" Wellness: Yoga SU: Tacoma Art Museum Tour LP Happy Hour	<i>11:30 am</i> 2:00 pm 3:00 pm	Wellness Cente Bus departs from Bistro Cafe LP Parlo		
"Cheesecake Factory" Wellness: Yoga SU: Tacoma Art Museum Tour LP Happy Hour GA Happy Hour	11:30 am 2:00 pm 3:00 pm 3:30 pm 4:00 pm	Wellness Cente Bus departs from Bistro Cafe LP Parlo GA Lounge		
"Cheesecake Factory" Wellness: Yoga SU: Tacoma Art Museum Tour LP Happy Hour GA Happy Hour TJ Wine & Cheese Social SATURDA	11:30 am 2:00 pm 3:00 pm 3:30 pm 4:00 pm	Wellness Cente Bus departs from Bistro Caf LP Parlo GA Loung TJ Parlo		
"Cheesecake Factory" Wellness: Yoga SU: Tacoma Art Museum Tour LP Happy Hour GA Happy Hour TJ Wine & Cheese Social	11:30 am 2:00 pm 3:00 pm 3:30 pm 4:00 pm Y, JUNE 8	Wellness Cente Bus departs from Bistro Caf LP Parlo GA Loung TJ Parlo HC Terrac		
"Cheesecake Factory" Wellness: Yoga SU: Tacoma Art Museum Tour LP Happy Hour GA Happy Hour TJ Wine & Cheese Social SATURDA Music with Roger	<i>11:30 am</i> 2:00 pm 3:00 pm 3:30 pm 4:00 pm Y, JUNE 8 10:15 am	Wellness Cente Bus departs from Bistro Cafe LP Parlo GA Lounge		
"Cheesecake Factory" Wellness: Yoga SU: Tacoma Art Museum Tour LP Happy Hour GA Happy Hour TJ Wine & Cheese Social SATURDA Music with Roger News Review	11:30 am 2:00 pm 3:00 pm 3:30 pm 4:00 pm Y, JUNE 8 10:15 am 11:15 am	Wellness Cente Bus departs from Bistro Cafe LP Parlo GA Loung TJ Parlo HC Terrace HC Terrace LP Parlo		
"Cheesecake Factory" Wellness: Yoga SU: Tacoma Art Museum Tour LP Happy Hour GA Happy Hour TJ Wine & Cheese Social SATURDA Music with Roger News Review Trivia Challenge	11:30 am 2:00 pm 3:00 pm 3:30 pm 4:00 pm X, JUNE 8 10:15 am 11:15 am 11:15 am 6:30 pm	Wellness Cente Bus departs from Bistro Caf LP Parlo GA Loung TJ Parlo HC Terrac HC Terrac LP Parlo		
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"Cheesecake Factory" Wellness: Yoga SU: Tacoma Art Museum Tour LP Happy Hour GA Happy Hour TJ Wine & Cheese Social SATURDA Music with Roger News Review Trivia Challenge Saturday Cinema	11:30 am 2:00 pm 3:00 pm 3:30 pm 4:00 pm X, JUNE 8 10:15 am 11:15 am 11:30 pm 6:30 pm 5, JUNE 9	Wellness Center Bus departs from Bistro Caf LP Parlo GA Loung TJ Parlo HC Terrac LP Parlo LP Parlo		
"Cheesecake Factory" Wellness: Yoga SU: Tacoma Art Museum Tour LP Happy Hour GA Happy Hour TJ Wine & Cheese Social SATURDA Music with Roger News Review Trivia Challenge Saturday Cinema SUNDAY, Worship Service	11:30 am 2:00 pm 3:00 pm 3:30 pm 4:00 pm X, JUNE 8 10:15 am 11:15 am 11:15 am 6:30 pm 6:30 pm 5, JUNE 9 9:30 am	Wellness Cente Bus departs from Bistro Cafe LP Parlo GA Lounge TJ Parlo HC Terrace HC Terrace		

HAPPY BIRTHDAY

<u>June 1</u> Mary Orrino

June 2 Mary Chouinard

June 3 Erich Lindermair

> <u>June 6</u> Joan Brown

<u>June 8</u> Sally Lynn

June 9 Mary Church

June 15 Betty Peterson

June 23 Jack Falskow

June 24 Shirley Murphy

June 28 Donna Chapman

<u>June 29</u> Barbara Neeb Norma Cavanaugh

HAPPY ANNIVERSARY

June 5 Freeman & Mary Brown

<u>June 7</u> Bill & Marily Keebler

June 11 Al & Abbie Watters

June 16 Ted & Joan Ramsden

<u>June 22</u> Stephen & Barbara Didis Jack & Mary Falskow

> June 25 John & Ann Martin

Upcoming Trips Sign Up at the LP Front Desk



Lunch Bunch "Cheesecake Factory"

Friday, June 7 Bus departs at 11:10 am <u>Sign up by Thursday June 6</u> **Cost: Meal** With more than 250 menu selections including more than 50 lower calorie SkinnyLicious® dishes and new "Super" Foods salads – handmade, in-house with fresh ingredients – and more than 50 signature cheesecakes and desserts, The Cheesecake Factory truly has something for everyone. So bring your friends, join in the fun and enjoy a

> delicious lunch at The Cheesecake Factory. Please sign up at the front desk.

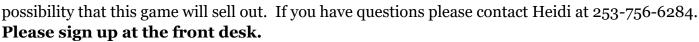
<u> Tacoma Rainiers Game</u>

Monday, June 10 Bus departs at 10:50 am

Sign up by Thursday May 30 Cost: Ticket \$16, Any meal items you purchase

The Tacoma Rainiers are going up against Nashville Sounds for an 11:35 am game and Franke Tobey Jones is going! Join us to cheer on the Rainiers while you enjoy ball park favorites and the company of

other baseball minded people. **Tickets will be purchased on May 31st** so that we are all sitting together. If you request a ticket after May 31st we will get you as close to the group as we can, but you are not guaranteed to be able to sit with the main group. Since this is a late morning game there is a strong



Watson's Nursery

Wednesday, June 12 Bus departs at 11:00 am



Sign up by Tuesday June 11 Cost: Whatever you purchase and lunch We are heading to Watson's Nursery to celebrate the warmer months. Watson's will have their summer flowers in and will be geared up for the growing season. Join us to purchase flowers for your garden or to just browse their fun displays. After browsing and shopping we will stop for lunch at their bistro.

Please sign up at the front desk.

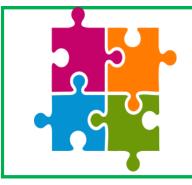
On Campus Banking Hours

Columbia Bank has changed their visiting/banking schedule at FTJ. They are now at FTJ, in the Bascom Library, on the **first Thursday** of each month from **9:30 am to 10:30 am**. Be sure to drop by during this time to complete your banking needs. 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.



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Н	С	Ν	Е	L	L	R	в	Ν	I	Ρ	Ν	Е	D	U	D	A	R
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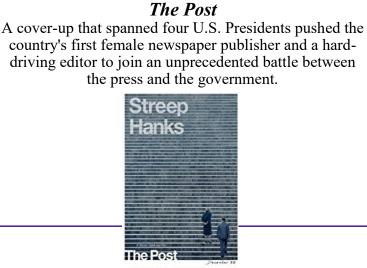
~George Bernard Shaw



WEEKLY RIDDLE

I lead the way into the unknown, and bring strength where there is fear. I am the creator of invention, and the maker of all adventure. What am I?

SATURDAY June 8 at 6:30 pm LP Parlor



SUNDAY June 9 at 1:30 pm LP Parlor

Mamma Mia The story of a bride-to-be trying to find her real father told using hit songs by the popular 1970s group ABBA.



2019 RESIDENT COUNCIL MEMBERS

GARDEN APTS Bill Street *Lura Murphy Mame Matteson TOBEY JONES Bill Keebler *Yvonne Zubalik Bobby Brown

LILLIAN PRATT Orv Harrelson Jan Shearer *John Lynn DUPLEX Barbara Miener *John Vipond Barbara Farron

*New Council Members who were voted onto the Resident Council during the May 2019 RC Elections

2019 Officers:

Officers for 2019-2020 will be elected in June and will be announced after the June Resident Council Meeting

Brain Training with Linda Terry

Cognitive trainer Linda Terry helps people of all ages fine tune their thinking

skills. Her work features fun, interactive brain exercises and practical lifestyle options to raise brain awareness.
11:00 am (Level 1), Lillian Pratt Parlor 2:00 pm (Level 2), Wellness Center Tuesday, June 4

TRAIN

YOUR BRAIN

Audubon Lecture: Our Local Environment

The Tahoma Audubon Society advocates for the protection of wildlife and promotes conservation through education and activities that enrich its member's experiences in and with the natural world. Learn about local environmental issues and what you can do to help improve the environment! Find out about how to get involved with conservation initiatives.

11:00 am, Lillian Pratt Parlor Friday, June 7

University Lecture Series: From Jackson State to Ferguson: -Forgetting and Remembering the History of Racial Violence

In May 1970, members of the all-white Mississippi Highway and Safety Patrol and the Mostly white Jackson Police Department opened fire on unarmed students in front of a women's dormitory on the historically black Jackson State College campus in Jackson, Mississippi.

Today, though the shootings at Kent State University, which occurred just ten days earlier, occupy a central place in popular memory of "the 1960s," few outside of the local African American community remember the violence at Jackson State College. This class, then, will serve two purposes.

First, it will act as a moment of historical reclamation, providing a thorough account of what took place on the Jackson State campus and of the convergence of forces that led to the tragedy.

Second, it will explore the dynamics that allowed an event, once well known, to disappear from our shared public memory, a process closely related to the racism at the center of the shootings themselves.

6:00 pm, Lillian Pratt Parlor Thursday, June 6

		MENU	
		June 3rd - June 9th	
			Mindful Offer
			Spiced Moroccan Kebob Bowl
	BREAKFAST	DINNER	SUPPER
	Warm Apple Sauce	DINNER	SOFFER
м	Oatmeal	Tossed Green Salad	Asst. Cracker Basket
0	Yogurt Parfait	Melon Cup	Beef Vegetable Soup
N	Scrambled Eggs	Honey Ginger Chicken Thigh	Macaroni Salad
D	Sausage	Stuffed Cabbage	Sweet Pea & Farro Risotto
Α	Toast	Garlic Mashed Potatoes	Ham & Apple Salad Wrap
Υ	Asst. Fruit Juices	Baked Squash / Broccoli	Lemon Pudding
	Asst. Cold Cereal	Peaches & Cream Pie	Fresh Fruit Basket
3	Milk	Milk	Milk
–			
T	Bananas	Tossed Green Salad	Asst. Cracker Basket
U	Cream of Wheat	Apple Wild Rice Salad	Curried Carrot Soup
E S	Eggs To Order	Baked Pork Chop Chicken Fried Steak	Jell-O Salad
D D	Country Brunch Bake Bacon	Mashed Potatoes	Ham, Egg & Cheese Kaiser Tofu Noodle Salad Plate
A	Asst. Fruit Juices	Buttered Corn/French Cut Beans	Asst. Desserts
Ŷ	Asst. Cold Cereal	Ice Cream Sundae	Fresh Fruit Basket
4	Milk	Milk	Milk
w	*** Breakfast Special ***		-
Е	Breakfast Bowl	Tossed Green Salad	Asst. Cracker Basket
D	Grapefruit/ Oatmeal	Hummus Plate	French Market Soup
Ν	Omelet	Mediterranean Turkey Patty	Chilled Fruit Cocktail
E	Bacon	Potato Crusted Cod	Chicken Taco Salad
S	Toast	Rice Pilaf	Four Cheese Creamy Macaroni Bak
D	Asst. Fruit Juices	Roasted Yellow Squash/ Buttered Peas	Blondie's
Α	Asst. Cold Cereal	Bread Pudding	Fresh Fruit Basket
Y	Milk	Milk	Milk
5 T	0.000		
н Н	Oranges Oatmeal	Tossed Green Salad	Asst. Cracker Basket
U	Scrambled Eggs	Orzo & Bean Salad	Egg Drop Soup
R	Banana Pancakes	Smoke House Brisket	Tossed Green Salad
S	Bacon	Crispy Baked Tilapia	Sweet & Sour Rice Bowl
D	Toast	Roasted Red Potatoes	Grilled Turkey Black Bean Burger
Α	Asst. Fruit Juices	Vegetable Medley / Beets	Cookies
Y	Asst. Cold Cereal	Chocolate Cream Pie	Fresh Fruit Basket
6	Milk	Milk	Milk
	Bananas		
F	Oatmeal	Tossed Green Salad	Asst. Cracker Basket
R	Eggs To Order	Cucumber Onion Salad	New England Clam Chowder
1	Ham & Egg Quesadilla	Grilled Shrimp Skewer	Coleslaw
D	Turkey Bacon	Italian Meatballs	Vegetable Supreme Pizza
A	Toast	Spaghetti	Fish Sandwich
Y	Asst. Fruit Juices	Spinach / Grilled Zucchini Carrot Cake	Assorted Ice Cream
7	Asst. Cold Cereal Milk	Carrot Cake Milk	Fresh Fruit Basket Milk
s	Peaches	IVIIIK	IVIIIK
A	Oatmeal	Tossed Green Salad	Asst. Cracker Basket
T	Scrambled Eggs	Caesar Salad	Navy Bean Soup
U	Sausage Link	Hungarian Goulash	Mixed Green Salad
R	Toast	Crispy Baked Chicken Breast	Cheese Steak Sandwich
D	Asst Fruit Juices	Buttered Noodles	Tuna Salad Plate
Α	Asst. Cold Cereal	Creamed Corn / Broccoli Cauliflower	Applesauce Bar
Υ	Milk	Chocolate Pound Cake	Fresh Fruit Basket
8		Milk	Milk
	Pears		
S	Oatmeal	Tossed Green Salad	Asst. Cracker Basket
U	Fried Eggs	Waldorf Salad	Cream Of Broccoli Soup
N	Bacon	Horseradish Crusted Salmon	Fruit Salad
D	Hash Browns	Pork Roast	Chicken Cacciatore Dinner
A	Toast	Baked Potato	Classic Chef Salad
Y	Asst. Fruit Juices	Buttered Peas/ Creamed Pearl Onions	Tapioca Pudding
	Asst. Cold Cereal	Apple Pie	Fresh Fruit Basket