



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, June 10

9:30 am

LP Parlor

COFFEE WITH

JUDY

Thursday, June 13

10:00 am

LP Parlor

MONDAY, JUNE 3

<i>Wellness: Seniorcise Silver</i>	7:30 am	<i>Wellness Center</i>
<i>Wellness: Seniorcise Gold</i>	8:30 am	<i>Wellness Center</i>
Finish the Phrase	9:00 am	HC Terrace
<i>Wellness: Strength n' Flex</i>	9:30 am	<i>Wellness Center</i>
Lucky Dice	10:00 am	HC Terrace
<i>Wellness: Strong & Stable</i>	10:30 am	<i>Wellness Center</i>
Balloon Ball	11:00 am	HC Terrace
<i>Wellness: Yoga</i>	11:30 am	<i>Wellness Center</i>
<i>Wellness: Sit, Fit, Fun</i>	1:30 pm	<i>LP Parlor</i>
Rummikub	1:30 pm	LP 3rd Floor Lobby
SU: The Great Courses at TJ	4:00 pm	TJ Parlor
Gazebo Group	5:00 pm	Location Varies

TUESDAY, JUNE 4

<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	LP Parlor
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>
SU: Brain Training Level 1	11:00 am	LP Parlor
<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>
Afternoon Tea	2:00 pm	LP Dining Room
SU: Brain Training Level 2	2:00 pm	Wellness Center
Communication with Cetaceans	3:00 pm	LP Dining Room
Wheel of Fortune	7:00 pm	LP Parlor

WEDNESDAY, JUNE 5

<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>
Daily Gratitude's	11:00 am	LP Parlor
<i>Wellness: Yoga</i>	11:30 am	<i>Wellness Center</i>
Bible Study	1:00 pm	Bascom Library
Nosy Narwhal	1:30 pm	LP Parlor
Movie Matinee	2:00 pm	HC Terrace
TJ Afternoon Tea	3:00 pm	TJ Parlor
Jeopardy	7:30 pm	LP Parlor

HAPPY BIRTHDAY

June 1

Mary Orrino

June 2

Mary Chouinard

June 3

Erich Lindermaid

June 6

Joan Brown

June 8

Sally Lynn

June 9

Mary Church

June 15

Betty Peterson

June 23

Jack Falskow

June 24

Shirley Murphy

June 28

Donna Chapman

June 29

Barbara Neeb
Norma Cavanaugh

HAPPY ANNIVERSARY

June 5

Freeman & Mary Brown

June 7

Bill & Marily Keebler

June 11

Al & Abbie Watters

June 16

Ted & Joan Ramsden

June 22

Stephen & Barbara Didis
Jack & Mary Falskow

June 25

John & Ann Martin

THURSDAY, JUNE 6

<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
Coffee Circle	9:30 am	LP Parlor
Jeopardy Trivia	10:00 am	LP 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
Wii Bowling	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
Take Your Best Guess	2:00 pm	LP Parlor
Root Beer Float Social	3:00 pm	LP Parlor
SU: Master Gardener Series	3:00 pm	Wellness Center
SU: University Lecture Series	6:00 pm	LP Parlor

FRIDAY, JUNE 7

<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: Stitching as Meditation	10:00 am	TJ Craft Room
World Cultures	10:00 am	HC Terrace
<i>Wellness: Strong & Stable</i>	10:30 am	Wellness Center
SU: Audubon Lecture	11:00 am	LP Parlor
News Tidbits	11:00 am	HC Terrace
Lunch Bunch "Cheesecake Factory"	11:10 am	Sign up at LP Desk
<i>Wellness: Yoga</i>	11:30 am	Wellness Center
SU: Tacoma Art Museum Tour	2:00 pm	Bus departs from Bistro Cafe
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, JUNE 8

Music with Roger	10:15 am	HC Terrace
News Review	11:15 am	HC Terrace
Trivia Challenge	1:30 pm	LP Parlor
Saturday Cinema	6:30 pm	LP Parlor

SUNDAY, JUNE 9

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



Lunch Bunch “Cheesecake Factory”

Friday, June 7 Bus departs at 11:10 am
Sign up by Thursday June 6 **Cost: Meal**

With more than 250 menu selections including more than 50 lower calorie SkinnyLicious® dishes and new “Super” Foods salads – hand-made, 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.

Tacoma Rainiers Game

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 possibility that this game will sell out. If you have questions please contact Heidi at 253-756-6284.



Please sign up at the front desk.

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.

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

The Post

A cover-up that spanned four U.S. Presidents pushed the country's first female newspaper publisher and a hard-driving editor to join an unprecedented battle between the press and the government.



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	TOBEY JONES	LILLIAN PRATT	DUPLEX
Bill Street	Bill Keebler	Orv Harrelson	Barbara Miener
*Lura Murphy	*Yvonne Zubalik	Jan Shearer	*John Vipond
Mame Matteson	Bobby Brown	*John Lynn	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



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 Kebab Bowl			
	BREAKFAST	DINNER	SUPPER
	Warm Apple Sauce		
M	Oatmeal	Tossed Green Salad	Asst. Cracker Basket
O	Yogurt Parfait	Melon Cup	Beef Vegetable Soup
N	Scrambled Eggs	Honey Ginger Chicken Thigh	Macaroni Salad
D	Sausage	Stuffed Cabbage	Sweet Pea & Farro Risotto
A	Toast	Garlic Mashed Potatoes	Ham & Apple Salad Wrap
Y	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	Eggs To Order	Baked Pork Chop	Jell-O Salad
S	Country Brunch Bake	Chicken Fried Steak	Ham, Egg & Cheese Kaiser
D	Bacon	Mashed Potatoes	Tofu Noodle Salad Plate
A	Asst. Fruit Juices	Buttered Corn/French Cut Beans	Asst. Desserts
Y	Asst. Cold Cereal	Ice Cream Sundae	Fresh Fruit Basket
4	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	Bacon	Potato Crusted Cod	Chicken Taco Salad
S	Toast	Rice Pilaf	Four Cheese Creamy Macaroni Bake
D	Asst. Fruit Juices	Roasted Yellow Squash/ Buttered Peas	Blondie's
A	Asst. Cold Cereal	Bread Pudding	Fresh Fruit Basket
Y	Milk	Milk	Milk
5			
T	Oranges		
H	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
A	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
I	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	Assorted Ice Cream
	Asst. Cold Cereal	Carrot Cake	Fresh Fruit Basket
7	Milk	Milk	Milk
S	Peaches		
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
A	Asst. Cold Cereal	Creamed Corn / Broccoli Cauliflower	Applesauce Bar
Y	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
9	Milk	Milk	Milk