



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, August 12
9:30 am
LP Parlor

**COFFEE WITH
JUDY**
Thursday, August 8
10:00 am
LP Parlor

MONDAY, JULY 15

<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
Movie Monday	9:00 am	HC Terrace
<i>Wellness: Strong & Stable</i>	10:30 am	Wellness Center
The Price is Right	11:00 am	HC Terrace
<i>Wellness: Yoga</i>	11:30 am	Wellness Center
<i>Wellness: Sit, Fit, Fun</i>	1:30 pm	LP Parlor
Rummikub	1:30 pm	LP 3rd Floor Lobby
Cooking Group: Fruit Salad Frenzy	2:00 pm	HC Terrace
SU: The Great Courses at TJ	4:00 pm	TJ Parlor
Gazebo Group	5:00 pm	Location Varies

TUESDAY, JULY 16

<i>Wellness: Cardio & Core</i>	7:30 am	Wellness Center
<i>Wellness: Strength n' Flex</i>	9:00 am	Wellness Center
Fred Meyer's 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	Wellness Center
<i>Wellness: Seated Strength</i>	10:30 am	HC Terrace
<i>Wellness: Beginner Tai Chi</i>	11:00 am	Wellness Center
SU: Healing Medicinal Plants	11:00 am	LP Parlor
<i>Wellness: In-Depth Tai Chi</i>	12:30 pm	Wellness Center
<i>Wellness: Sit, Fit, Fun</i>	1:30 pm	LP Parlor
SU: Aging and Mental Health	2:00 pm	TJ Parlor
Afternoon Tea	2:00 pm	LP Dining Room
Jason's Surprise	3:00 pm	LP Parlor
Wheel of Fortune	7:00 pm	LP Parlor

WEDNESDAY, JULY 17

<i>Wellness: Seniorcise Silver</i>	7:30 am	Wellness Center
<i>Wellness: Seniorcise Gold</i>	8:30 am	Wellness Center
Lakes, Locks, Lunch Trip	9:00 am	Sign up with Heidi
<i>Wellness: Strength n' Flex</i>	9:30 am	Wellness Center
Communion	10:00 am	LP Parlor
<i>Wellness: Seated Strength</i>	10:30 am	HC Terrace
<i>Wellness: Strong & Stable</i>	10:30 am	Wellness Center
The Tour de France	10:30 am	LP Parlor
<i>Wellness: Yoga</i>	11:30 am	Wellness Center
Bible Study	1:00 pm	Bascom Library
<i>Wellness: Sit, Fit, Fun</i>	1:30 pm	TJ Solarium
Elevenses Dice Game	1:30 pm	LP Parlor
Coffee Circle	2:00 pm	LP Parlor
Songs of the 50's	3:00 pm	LP Parlor
TJ Afternoon Tea	3:00 pm	TJ Dining Room
SU: Medicare Appeals	3:00 pm	TJ Parlor
Jeopardy	7:30 pm	LP Parlor

HAPPY BIRTHDAY

July 10

Margaret Farrell

July 11

Elin Gratton

July 12

Marguerite McNail

July 14

Betty Buhre

July 18

Marily Keebler

July 19

Marge Yager

July 22

Helen Plattner

July 25

Virginia Beresford

July 28

Donna Chapman

July 29

Barbara Miener

July 30

Keith Palmquist

July 31

Joanne Rieke

HAPPY ANNIVERSARY

July 3

Dick & Claire Griffin



THURSDAY, JULY 18

<i>Wellness: Cardio & Core</i>	7:30 am	Wellness Center
<i>Wellness: Strength n' Flex</i>	9:00 am	Wellness Center
Knit Wits Group	9:30 am	TJ Parlor
Westgate Shopping Bus	9:30 am	Sign up at LP Desk
Remembrall	9:30 am	LP Parlor
<i>Wellness: On-going Tai Chi</i>	10:00 am	Wellness Center
Jeopardy Trivia	10:00 am	LP Parlor
Travel Destinations	11:00 am	LP Parlor
SU: Genetic Testing Workshop	11:00 am	TJ Parlor
<i>Wellness: In-Depth Tai Chi</i>	12:30 pm	Wellness Center
Proctor District Bus	1:15 pm	Sign up at LP Desk
<i>Wellness: Balloon Volleyball</i>	1:30 pm	LP Parlor
<i>Wellness: Ballroom Dancing</i>	1:30 pm	Wellness Center
Sip & Paint	2:00 pm	LP Parlor
SU: Photography Hotspots	3:30 pm	TJ Parlor
Root Beer Float Social	3:00 pm	LP Parlor

FRIDAY, JULY 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
Homemade Ice Cream Making	9:30 am	LP Parlor
Scooping Up Smiles	10:00 am	LP Parlor
<i>Wellness: Strong & Stable</i>	10:30 am	Wellness Center
Bingo	11:00 am	LP Parlor
<i>Wellness: Yoga</i>	11:30 am	Wellness Center
<i>Wellness: Owen Beach Walk</i>	1:30 pm	Meet in LP Lobby
Who Am I?	2:00 pm	LP Parlor
All Campus Ice Cream Social	3:00 pm	LP Front Porch
GA Happy Hour	3:30 pm	GA Lounge
TJ Wine & Cheese Social	4:00 pm	TJ Parlor
Music by Enzo	5:00 pm	LP Dining Room

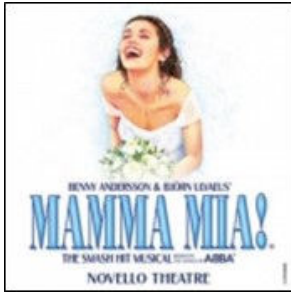
SATURDAY, JULY 20

Fireside Story League	9:15 am	HC Terrace
Free Rice Game	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, JULY 21

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**



Tacoma Musical Playhouse “Mama Mia”

Saturday, July. 27 Bus departs at 1:15 pm.

Sign up by Thursday July. 18. **Cost: \$29**

Over 54 million people all around the world have fallen in in love with the characters, the story and the music that make *Mamma Mia!* The ultimate feel-good show! A mother. A daughter. Three possible dads. And a trip down the aisle you’ll never forget! Writer, Catherine Johnson’s, sunny and funny tale unfolds on a Greek island paradise. On the eve of her wedding, a daughter’s quest to discover the identity of her father brings three men from her mother’s past back to the island they last visited 20 years ago.

Please sign up at the front desk

Soccer Game: Reign vs. Portland Thorns

Wednesday, August 7 Bus departs at 6:00 pm

Sign up by Tuesday July 2 **Cost: Ticket \$29, Any meal items you purchase**

Join us as we take in a women’s soccer game at Cheney Stadium. The Reign are taking on the Portland Thorns and we will be there to cheer on our favorite women’s team. Tickets are limited so please sign up at the LP front desk as soon as possible so we can ensure enough tickets for all who want to go. Tickets have been ordered for this event. However, if you want to join the group please contact Heidi at 253-756-6284 and seats will be assigned as close to the group as possible.



Please sign up at the front desk.

Port Townsend Trip

Wednesday, Aug. 21 thru Saturday Aug. 24 Bus departs at 1:30 pm.

Sign up by Wednesday July. 24. **Cost: Hotel , meals and side trips**

Franke Tobey Jones is going to Port Townsend to spend two and a half fun filled days taking in the sights the Pacific Northwest has to offer. We will be taking in an all day whale watching trip, the historic sights of Port Townsend, enjoying their farmers market and an evening show of Shakespeare’s “Merry Widows of Windsor.” Please see the informational sign up sheet you received earlier this week in your FTJ internal mail for further details. If you have any questions about this trip contact Heidi White.

Please sign up at the front desk

Rainier’s Game: Rainier’s vs. Las Vegas

Sunday, August 25, - 1:35 pm First Pitch,

No FTJ Transportation offered

Sign up by Thursday August 1 **Cost: Parking \$10, Tickets are free**

Leading Age Washington has offered FTJ 15 tickets to the last Rainier’s home game . The Rainier’s are going up against Las Vegas and first pitch is **at 1:35 pm.** Tickets are on a first come, first served basis and each resident can have a total of 2 tickets each. You are welcome to use the extra ticket for a family member or a friend if you like. Please contact Heidi at 253-756-6284 to reserve your tickets.



Please sign up at the front desk.

The Bistro Will Reopen on Tuesday July 16th
 Be sure to come between the hours of 7:30AM – 3PM to enjoy your favorite drink or snack and to see the results of the refresh.
 Closed daily: 10:45-11:15am for staff breaks



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.



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



WEEKLY RIDDLE

I am not a person nor an animal. I was born from the death of something large and hot. I am capable of consuming anything and everything. I am very dark and exists in a place where there is no gravity. What am I?

SATURDAY

July 20 at 6:30 pm
LP Parlor

SUNDAY

July 21 at 1:30 pm
LP Parlor

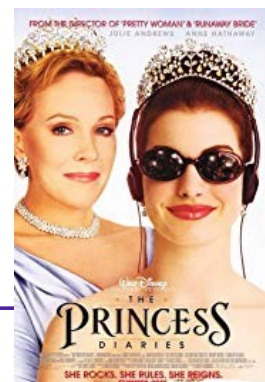
Cinderella Man

The story of James Braddock, a supposedly washed-up boxer who came back to become a champion and an inspiration in the 1930s.



The Princess Diaries

Mia has just found out that she is the heir apparent to the throne of Genovia. With her friends in tow, she tries to navigate through the rest of her sixteenth year.



A Call to Resident Artists!

Our current Resident Art Exhibit will be taken down and a new exhibit will be hung on July 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.

We have ordered new retractable white key card holders and plastic sleeves for all residents. This will make it easier to get into the doors that have the new electronic sensors.

There are two kinds:

1. An “around the neck” lanyard and
2. A clip-on style that does not have a lanyard.

There are also small “lobster clips” that you can attach to your key ring, and the lobster clip will clip onto the lanyard so you can take both your white key card and keys with you when you leave your apartment.

These will be available at the front desk **starting on July 22nd.**

The Pursuit of Happiness: Aging and Mental Health

We will learn about aging and mental health. What are the early signs and symptoms of depression and anxiety? What can we do to prevent and reverse it?

We will explore the role of happiness and the importance of having purpose and meaning in life. Learn about creating new insights in the midst of turmoil. Come prepared to learn about new research in the field of wellness and walk away with new insights and hope.

**2:00 pm, Tobey Jones Parlor
Tuesday, July 16**

Healing Medicinal Wild Plants



Come and learn about wild plants from our area that are both medicinal and healing. Some wild harvested products will be available for sale following the lecture.

**11:00 am, Lillian Pratt Parlor
Tuesday, July 16**

Original Medicare and Medicare Advantage Appeals

Have you had coverage denied? Did you know you can appeal? This class will discuss the proper appeal process, the resources available, and answer any questions you may have. Each month on 3rd Wednesdays, we will discuss different topics around Medicare coverage.

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

New Wellness Center Class



Sit Fit n’ Fun is coming to the **Tobey Jones’ Solarium** on **Wednesdays in July at 1:30 pm.** The 30 minute class is entirely seated and includes strength, cardiovascular, coordination, range of motion and stretching exercises. Some equipment may be used for the class including light hand weights, bands and balls. If you have any questions, please contact the Wellness Center at 253-756-6279.

MENU			
July 15th - July 21th			
			Mindful Special
			Chicken Verde Pizzetta
	BREAKFAST	DINNER	SUPPER
	Apricot	Tossed Green Salad	Asst. Cracker Basket
M	Oatmeal	Chickpea Salad	Beef & Country Vegetable Soup
O	Scrambled Eggs	Roast Beef	Fruited Jell-O
N	Waffles	Chicken & Dumplings	Western Omelet
D	Bacon	Mashed Potatoes	Sloppy Joe Sandwich
A	Toast	French Cut Beans /Baked Cauliflower	Cookies & Cream Blondie
Y	Asst. Fruit Juices	Angel Food w Strawberries	Fresh Fruit Basket
	Asst. Cold Cereal	Milk	Milk
15	Milk		
T	Bananas	Tossed Green Salad	Asst. Cracker Basket
U	Oatmeal	Marinated Vegetable Salad	Turkey Rice Soup
E	Poached Eggs	Turkey Cutlet Cordon Blue	Cottage Cheese
S	Grilled Ham	Crispy Parmesan Flounder	Clubhouse Sandwich
D	Toast	Rissole Potatoes	Asian Steak Salad
A	Asst. Fruit Juices	Buttered Corn / Vegetable Blend	Assorted Desserts
Y	Asst. Cold Cereal	Lemon Chiffon Pie	Fresh Fruit Basket
16	Milk	Milk	Milk
W	Breakfast Special		
E	Sausage, Egg, Cheese Biscuit	Tossed Green Salad	Asst. Cracker Basket
D	Peaches	Garden Pasta Salad	Chunky Cream of Vegetable Soup
N	Oatmeal	Broiled Pork Chop	Fattoush Salad
E	Fried Eggs	Herb Baked Chicken	Tuna Nicoise Salad
S	Sausage	Grilled Liver & Onions	Patty Melt Sandwich
D	Toast	Scalloped Chive Potatoes	Chocolate Mousse
A	Asst. Fruit Juices	Baked Squash / Braised Kale	Fresh Fruit Basket
Y	Asst. Cold Cereal	Cream Puff	Milk
17	Milk	Milk	
T	Pears		
H	Malto Meal	Tossed Green Salad	Asst. Cracker Basket
U	Cheese Omelet	Cranberry Rice Salad	Senate Bean Soup
R	Hash Browns	Meatloaf	Fruit Cup
S	Bacon	Baked Trout	Ratatouille Polenta Napoleon
D	Toast	Cheddar & Bacon Mashed Potatoes	French Dip Sandwich
A	Asst. Fruit Juices	Fried Cabbage / Green Beans	Home-style Oatmeal Cookie
Y	Asst. Cold Cereal	Yellow Cake w Frosting	Fresh Fruit Basket
18	Milk	Milk	Milk
	Bananas		
F	Oatmeal	Tossed Green Salad	Asst. Cracker Basket
R	Poached Egg	Cantaloupe Salad	Manhattan Clam Chowder
I	Apple Cinnamon Muffin	Braised Beef Siciliano	Tossed Salad
D	Sausage Link	Seafood Alfredo	Mushroom & Sausage Calzone
A	Toast	Fettuccine	In My Kitchen Special
Y	Asst. Fruit Juices	Buttered Carrots / Broccoli	Brownie Macaroons
	Asst. Cold Cereal	Ice Cream Sundae	Fresh Fruit Basket
19	Milk		Milk
S			
A	Peaches	Tossed Green Salad	Asst. Cracker Basket
T	Oatmeal	Carrot Raisin Salad	Cream of Celery Soup
U	French Toast	Turkey Salisbury Steak	Cole Slaw
R	Scrambled Eggs	Roast Pork loin	Polish Sausage & Potato Skillet
D	Bacon	Mashed Potatoes	BBQ Chicken Sliders
A	Asst. Fruit Juices	Roasted Tomatoes/ Succotash	Assorted Cookies
Y	Asst. Cold Cereal	Chocolate Cake	Fresh Fruit Basket
20	Milk	Milk	Milk
	Bananas	Tossed Green Salad	
S	Oatmeal	Steakhouse Salad	Asst. Cracker Basket
U	Fried Eggs	Grilled Flat Iron Steak	Minestrone Soup
N	Bacon	Fried Shrimp	Tossed Salad
D	Hash Browns	Oven Brown Potatoes	Chicken Caesar Salad
A	Toast	Sautéed Mushrooms/ Vegetable Medley	Spaghetti w Meat sauce
Y	Asst. Fruit Juices	Cherry Pie	Linzi Bar
	Asst. Cold Cereal	Dinner Rolls	Fresh Fruit Basket
21	Milk	Milk	Milk