



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 22

<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
Finish The Phrase	9:00 am	HC Terrace
Resident Store Open	10:00—12	LP 1st Floor
This Day in History	10:00 am	HC Terrace
<i>Wellness: Strong & Stable</i>	10:30 am	Wellness Center
Floor Hockey	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
Sculpture Project	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 23

<i>Wellness: Cardio & Core</i>	7:30 am	Wellness Center
<i>Wellness: Strength n' Flex</i>	9:00 am	Wellness Center
Target Shopping Bus	9:30 am	Sign up at LP Desk
Veterans Coffee	9:30 am	TJ Parlor
SU: Watercolors	10:00 am	TJ Craft Room
News Currents	10:00 am	LP Parlor
<i>Wellness: On-going Tai Chi</i>	10:00 am	Wellness Center
<i>Wellness: Seated Strength</i>	10:30 am	HC Terrace
One Giant Leap	11:00 am	LP Parlor
<i>Wellness: Beginner Tai Chi</i>	11:00 am	Wellness Center
<i>Wellness: In-Depth Tai Chi</i>	12:30 pm	Wellness Center
<i>Wellness: Sit, Fit, Fun</i>	1:30 pm	LP Parlor
SU: Great Decisions Discussion	2:00 pm	Wellness Center
Afternoon Tea	2:00 pm	LP Dining Room
Sculpture Project	3:00 pm	HC Terrace
Wheel of Fortune	7:00 pm	LP Parlor

WEDNESDAY, JULY 24

<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
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
Star of the Month	10:30 am	LP Parlor
<i>Wellness: Yoga</i>	11:30 am	Wellness Center
Birthday/Anniversary Party	12:00 pm	LP Dining Room
SU: Infinity Rehab Series	1:00 pm	LP Parlor
Bible Study	1:00 pm	Bascom Library
<i>Wellness: Sit, Fit, Fun</i>	1:30 pm	TJ Solarium
Coffee Circle	2:00 pm	LP Parlor
Card Game Uno	3:00 pm	LP Parlor
SU: Literary League Book Club	3:00 pm	TJ 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 25

<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
Resident Store Open	10:00—12	LP 1st Floor
<i>Wellness: On-going Tai Chi</i>	10:00 am	Wellness Center
Grand Opening & Ribbon Cutting Ceremony of the FTJ Care Center	10:30 am—4:00 pm	New Care Center Building
SU: Early Music Lecture	11:00 am	LP Parlor
<i>Wellness: In-Depth Tai Chi</i>	12:30 pm	Wellness Center
<i>Wellness: Balloon Volleyball</i>	1:30 pm	LP Parlor
<i>Wellness: Ballroom Dancing</i>	1:30 pm	Wellness Center
Sip & Paint continued	2:00 pm	LP Parlor
All Campus Social	4:00 pm	LP Parlor

FRIDAY, JULY 26

Broadway Songs	9:30 am	LP Parlor
Westgate Shopping Bus	9:30 am	Sign up at LP Desk
SU: Collage Portraits	10:00 am	TJ Craft Room
What Am I?	10:00 am	LP Parlor
Horse Racing Game	11:00 am	LP Parlor
Summer Luau Party	11:00 am—1:00 pm	Wellness Center
Farwell Party For Kelly Merry	1:00 pm	LP Parlor
Proctor District Bus	1:15 pm	Sign up at LP Desk
Music with James Morgan	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

SATURDAY, JULY 27

Music with Marty	10:15 am	HC Terrace
Care Center & Bristol View Open House for the Public	11:00 am—2:00 pm	Care Center and Bristol View
News Review	11:15 am	HC Terrace
Tacoma Musical Playhouse	1:15 pm	Sign up at LP Desk
Name That Tune	1:30 pm	LP Parlor

SUNDAY, JULY 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**



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 Has Reopened

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



A math challenge is a group of numbers formed in a block filled with addition, subtraction, multiplication and division.

Use the numbers 1 through 16 to complete the equation.

Each number is only used once.

Each row is a math equation. Work from left to right.
Each column is a math equation. Work from top to bottom.



	×		-		/		4
-		-		+		/	
	+		-		+		9
-		+		+		-	
	+		+		/		2
-		-		-		-	
	+		×		+		91
-9		3		15		-12	



WEEKLY RIDDLE

I am the king's, given to him by the people; Used by the king, on the people who gave me to the king; everyone obeys him because he has me. What am I?

SATURDAY

July 27 at 6:30 pm
LP Parlor

SUNDAY

July 28 at 1:30 pm
LP Parlor

Due to a private event being held in the LP Parlor, the evening movie will not be shown.

The Phantom of the Opera

A young soprano becomes the obsession of a disfigured and murderous musical genius who lives beneath the Paris Opéra House. .



Grand Opening & Ribbon Cutting Ceremony



You are invited to attend the Grand Opening and tour our new Care Center this **Thursday, July 25th**, from **10:30 a.m. to 4 p.m.** Please join our Ribbon Cutting Ceremony at 10:30 a.m. at the new Care Center, and then tour the building right after the ceremony or any time before 4:00 p.m. See both skilled nursing and memory care and experience why FTJ is setting the standard for innovative care in the Pacific Northwest. The lift bus will be available to transport any resident to the Care Center during the hours of 10 a.m. to 4 p.m.

Wellness Walk is Coming!

The Wellness Walk is fast approaching. That means it's time to order your Wellness Walk t-shirt. We have sizes ranging from small up to 3XL in both a standard and ladies cut. We have samples in the Wellness Center if you would like to try one on. Please visit the Wellness Center or give us a call at 253-756-6279 to get yours ordered.

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.**

Westgate & Proctor Shopping Rescheduled

Due to the Grand Opening being held at our new Care Center building on Thursday July 25th, the shopping trips to Westgate and Proctor district are being rescheduled to **Friday the 26th**. The times will remain the same: **Westgate at 9:30 am and Proctor at 1:15 pm.** Please sign up at the LP desk as usual.

Summer Luau Party

On **Friday, July 26th** from **11:00 am to 1:00 pm** in the Wellness Center we will take a break from classes and enjoy a summer potluck. This is a great chance to relax and enjoy fun, games and food with your fellow Wellness Members. If you are interested in bringing a tropical themed dish please sign up in the Wellness Center. Don't forget to wear your tropical gear as well. For more information please see one of our instructors.

All Campus Social

You are invited to join us in the Lillian Pratt Parlor at **4:00 pm on Thursday the 25th of July** for an All Campus Social.

Enjoy a relaxing glass of wine or sparkling cider as you visit with your fellow residents. Light refreshments will be provided.



Resident Art Gallery Reception!

Join us on **Tuesday July 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			
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