



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 29

<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
Lucky Dice	9:00 am	HC Terrace
Resident Store Open	10:00—12	LP 1st Floor
Pictionary	10:00 am	HC Terrace
<i>Wellness: Strong & Stable</i>	10:30 am	Wellness Center
This Week in History	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
Flower Arranging	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 30

<i>Wellness: Cardio & Core</i>	7:30 am	Wellness Center
<i>Wellness: Strength n' Flex</i>	9:00 am	Wellness Center
Trader Joe'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
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
Bingo	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
SU: Computer Help With AI	1:00 pm	Bascom Library
<i>Wellness: Sit, Fit, Fun</i>	1:30 pm	LP Parlor
Resident Orientation	2:00 pm	3rd Floor Lobby
Afternoon Tea	2:00 pm	LP Dining Room
Resident Art Gallery Reception	4:00 pm	LP 1st Floor
Wheel of Fortune	7:00 pm	LP Parlor

WEDNESDAY, JULY 31

<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
Guided Meditation	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
Sharpen Your Senses	1:30 pm	LP Parlor
Coffee Circle	2:00 pm	LP Parlor
10 Pin Bowling	3:00 pm	LP Parlor

HAPPY BIRTHDAY

July 29

Barbara Miener

July 30

Keith Palmquist

July 31

Joanne Rieke

August 1

June Kanz

Kurt Graff

August 12

Robert Chapman

Abbie Watters

August 13

Tony Laverde

August 14

Nahum Doskow

August 15

Babbie Morris

Sybil Mercer

August 16

Phyllis Gill

Sharon Stephens

August 20

Bill Gore

August 24

Kay Bristow

August 26

Mary Brown

August 27

Harold Squire

August 28

Suzanna Ross

HAPPY ANNIVERSARY

August 9

Joe & Dolores McCaffery

August 25

Martin & Barbara Neeb

August 29

Phillip & Gwen Phibbs

THURSDAY, AUGUST 1

<i>Wellness: Cardio & Core</i>	7:30 am	Wellness Center
<i>Wellness: Strength n' Flex</i>	9:00 am	Wellness Center
Westgate Shopping Bus	9:30 am	Sign up at LP Desk
Knit Wits Group	9:30 am	TJ Parlor
Do Not Lose Heart	9:30 am	LP Parlor
Resident Store Open	10:00—12	LP 1st Floor
Name That Tune	10:00 am	LP Parlor
Conversation Club	11:00 am	LP Parlor
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
Horse Racing Game	2:00 pm	LP Parlor
SU: Master Gardener Series: Container Gardening	3:00 pm	Wellness Center
Italian Soda Social	3:00 pm	LP Parlor

FRIDAY, AUGUST 2

<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: Fireside Chat with Councilman Ibsen	10:00 am	LP Parlor
<i>Wellness: Strong & Stable</i>	10:30 am	Wellness Center
<i>Wellness: Yoga</i>	11:30 am	Wellness Center
Annual Picnic	12:00 pm—1:30 pm	Wellness Lawn
GA Happy Hour	3:30 pm	GA Lounge
TJ Wine & Cheese Social	4:00 pm	TJ Parlor

SATURDAY, AUGUST 3

Music with Anne	10:15 am	HC Terrace
News Review	11:15 am	HC Terrace
Music with Roberta	1:30 pm	LP Parlor
Saturday Cinema	6:30 pm	LP Parlor

SUNDAY, AUGUST 4

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

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 have been ordered for this event. However, if you want to join the group please contact Heidi at 253-756-6284, and if seats are available we will get you 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 month 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 enjoy the additional items now offered. Closed daily: 10:45-11:15am for staff breaks



Summer

Find and circle all of the summer words that are hidden in the grid.
The remaining letters spell an additional summer item.

J U N E S T S S S S Y K S E U L B M
 U S M E A U Y E O U H I K I N G S A
 S M W E E A N L U B N W A S E Y R E
 U T W I R R S G I C A B L N A R E R
 N S H V M T C C L T E A U D T V L C
 T Y U G I M Y S E A D B I R S S K E
 A G L C I C I R N N S L R R N D N C
 N R E U L F M N A U O S E A R G I I
 O E A E J E R S G H S W E A B N R C
 S E D A L B R E L L O R O S R I P R
 C N A O F L O G T L T B T E E T S E
 H G N I H S I F F A E O A E E A H C
 O R C A M P I N G T W T H B Z O C C
 O A C I N C I P A W A S P S E B A O
 L S F L I E S K M O S Q U I T O E S
 T S U G U A S I L L A B E S A B B O
 G N I N E D R A G S U N S H I N E N

- | | | | |
|----------|-------------|---------------|--------------|
| ANTS | FISHING | JULY | SUNBURN |
| AUGUST | FLIES | JUNE | SUNGLASSES |
| BARBECUE | FLOWERS | MOSQUITOES | SUNSCREEN |
| BASEBALL | GARDENING | NO SCHOOL | SUNSHINE |
| BEACH | GOLF | PICNIC | SUNTAN |
| BEES | GREEN GRASS | ROLLER BLADES | SWEAT |
| BICYCLE | HAT | SANDALS | SWIMMING |
| BLUE SKY | HIKING | SKATEBOARD | U V RAYS |
| BOATING | HOLIDAYS | SOCCER | WASPS |
| BREEZE | HOT | SOLSTICE | WATER FIGHTS |
| CAMPING | ICE CREAM | SPRINKLERS | WATERMELON |



WEEKLY RIDDLE

White we are, strong we are; but can be easily shaken and weakened, easily stained and dirtied; None was found at first, then one appeared; afterwards, more are seen and thirty two appear at last, we all stand waiting for our prey. The food you eat is our prey and we all are in you. What are we?

SATURDAY

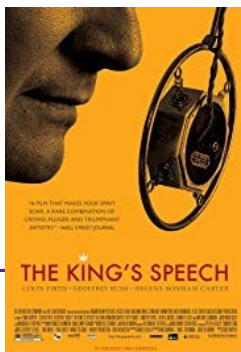
August 3 at 6:30 pm
LP Parlor

SUNDAY

August 4 at 1:30 pm
LP Parlor

The King's Speech

The story of King George VI, his impromptu ascension to the throne of the British Empire, and the speech therapist who helped the unsure monarch overcome his stammer.



The Man Who Knew Too Little

Wallace Ritchie is mistaken for a spy and must stop a plot to assassinate international leaders at a banquet.



Annual Summer Picnic

You are invited to attend our Annual Summer Picnic on **Friday, August 2, 2019 from 12:00-1:30 p.m.** On the Wellness Center Lawn



This year's theme is "40's Big Band USO!" and you are encouraged to dress in your best 40's or military attire (40's or military attire is **not required** to attend). Prizes will be given for the top 3 outfits. The menu consists of BBQ Fare, Salads, Dessert and more.

Steve Hartley will be back and providing free caricatures during the picnic. The Half Pack Live Band is providing our entertainment and performing the hits of the 40's and 50's as well as some of the best Big Band songs ever written!

In order to make sure you have a seat at the picnic you and your guests **must RSVP** to the LP front desk, even if you are the only one coming.



From the Maintenance Desk

If you need something repaired in your apartment, or you need to report a maintenance issue on the FTJ campus, or if you need someone from maintenance for other reasons, please call the work order desk at 253-756-6293. If no one answers please leave a message and someone from maintenance will follow up with you.

Thank you.

LIBRARY CORNER...

This month's order of new books are now in Bascom Library. Look under New Arrivals for sixteen new reads!



Knit Wits Group

A casual group of knitters and stitchers is meeting in our comfortable, yet stately, Tobey Jones parlor for coffee, conversation and a little knitting and decorative sewing. The group is open to both beginners and the experienced.

**Thursdays, 9:30 am
Tobey Jones Parlor**



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.

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 29th - Aug 4th		Mindful Offer
			Smoky Patty Melt
	BREAKFAST	DINNER	SUPPER
M	Pears	Tossed Green Salad	Asst. Cracker Basket
O	Oatmeal	Greek Tomato Salad	Cream of Mushroom Soup
N	Poached Eggs	Greek Meatballs	Cherry Jell-O
D	Bacon	Italian Chicken Breast	Monte Cristo Sandwich
A	Toast	Toasted Orzo	Szechuan Tofu Rice Bowl
Y	Asst. Fruit Juices	Braised Kale/ Roasted Yellow Squash	Grasshopper Mousse
	Asst. Cold Cereal	Marble Cake	Fresh Fruit Basket
29	Milk	Milk	Milk
T	Bananas	Tossed Green Salad	Asst. Cracker Basket
U	Malt-o-Meal	Walnut Pear Salad	Moroccan Lentil Soup
E	Fried Eggs	Bourbon Eye Round Of Beef	Hummus w Pita Salad
S	Toast	Roasted Cod Cakes	Tuna Melt Sandwich
D	Sausage	Mashed Potatoes	Mediterranean Salad Bowl
A	Asst. Fruit Juices	Peas & Mushrooms / Buttered Corn	Ice Cream Sundae
Y	Asst. Cold Cereal	Angel Food Cake w Orange Sauce	Fresh Fruit Basket
30	Milk	Milk	Milk
W	*** Breakfast Special***		
E	Farm House Omelet	Tossed Green Salad	Asst. Cracker Basket
D	Fresh Fruit Cup	Egg Drop Soup	Beef Barley Mushroom Soup
N	Oatmeal	Asian Pepper Steak	Three Bean Salad
E	Eggs To Order	Sweet & Sour Pork	Vegetable Frittata
S	Bacon / Toast	Fried Rice	Ranch Chicken Salad
D	Asst. Fruit Juices	Bok Choy / Asian Blend	Dessert Table
A	Asst. Cold Cereal	Coconut Cream Pie	Fresh Fruit Basket
Y	Milk	Milk	Milk
31			
T			
H	Warm Applesauce	Tossed Green Salad	Asst. Cracker Basket
U	Farina	Cottage Cheese & Tomato	Chicken Marengo Soup
R	Poached Eggs	Memphis Style Meatloaf	Quinoa Fruit Salad
S	Grilled Ham	Baked Chicken	Chef Salad
D	Toast	Cheddar Mashed Potatoes	Cheese Tortellini & Broccoli Alfredo
A	Asst. Fruit Juices	French Cut Beans/ Succotash	Carmel Baked Custard
Y	Asst. Cold Cereal	Chocolate Chip Cake	Fresh Fruit Basket
1	Milk	Milk	Milk
F	Bananas	Franke Tobey Jones	Asst. Cracker Basket
R	Oatmeal		Seafood Chowder
I	Country Scramble	Annual	Caprese Salad
D	Sausage		Cheese Pizza
A	Toast	Picnic	Chicken Jambalaya
Y	Asst. Fruit Juices		Carrot Cake
	Asst. Cold Cereal		Fresh Fruit Basket
2	Milk		Milk
S			
A	Fruit Cocktail	Tossed Green Salad	Asst. Cracker Basket
T	Oatmeal	Deviled Eggs	Roasted Vegetable Soup
U	Omelets	Salisbury Steak	Tossed Green Salad
R	Bacon	Crispy Parmesan Tilapia	French Onion Turkey Melt
D	Asst. Fruit Juices	Oven Brown Potatoes	Ham, Potato & Cheese Casserole
A	Asst. Cold Cereal	Peas / Roasted Vegetables	Strawberry Bavarian
Y	Milk	Pear Vanilla Tart	Fresh Fruit Basket
3		Milk	Milk
S	Grapefruit	Tossed Green Salad	Asst. Cracker Basket
	Oatmeal	Waldorf Salad	Split Pea Soup
U	Fried Eggs	Raspberry Pork Tenderloin	Cole Slaw
N	Sweet Rolls	Grilled Flank Steak	Broccoli Cheddar Quiche
D	Bacon	Wild Rice	Seafood Louie Salad
A	Asst. Fruit Juices	Steamed Asparagus/Steakhouse Spinach	Zucchini Bread
Y	Asst. Cold Cereal	Strawberry Short Cake	Fresh Fruit Basket
4	Milk	Milk	Milk