

Tobey Topics

September 23—29, 2019



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, October 14

9:30 am

LP Parlor

COFFEE WITH

JUDY

Thursday, October 10

10:00 am

LP Parlor

MONDAY, SEPTEMBER 23

<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
Hand Massages	9:30 am	LP Parlor
Resident Store Open	10:00—12	LP 1st Floor
Who Am I?	10:00 am	LP Parlor
<i>Wellness: Strong & Stable</i>	10:30 am	Wellness Center
Empanada Escapades	11:00 am	LP Parlor
<i>Wellness: Sit, Fit, Fun</i>	1:30 pm	LP Parlor
Rummikub	1:30 pm	LP 3rd Floor Lobby
Cooking Group: German Favorites	2:00 pm	HC Terrace
SU: The Great Courses at TJ	4:00 pm	TJ Parlor
Gazebo Group	5:00 pm	Location Varies

TUESDAY, SEPTEMBER 24

<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
News Currents	9:30 am	TJ Parlor
SU: Watercolors	10:00 am	TJ Craft Room
<i>Wellness: Seated Beginner Tai Chi</i>	10:00 am	Wellness Center
<i>Wellness: Seated Strength</i>	10:30 am	HC Terrace
<i>Wellness: Standing Beginner Tai Chi</i>	11:00 am	Wellness Center
Mind Your Mind	11:00 am	LP Parlor
<i>Wellness: Advanced Tai Chi</i>	12:15 pm	Wellness Center
Movie Outing "Downton Abbey"	12:30 pm	Sign up at LP Desk
SU: Computer Help with AI	1:00 pm	Bascom Library
Tacoma Mall Shopping Bus	1:15 pm	Sign up at LP Desk
<i>Wellness: Sit, Fit, Fun</i>	1:30 pm	LP Parlor
Afternoon Tea	2:00 pm	LP Dining Room
SU: Great Decisions	2:00 pm	Wellness Center
Life of Debbie Reynolds	3:00 pm	LP Parlor

WEDNESDAY, SEPTEMBER 25

<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: Hotel Murano Glass Tour	10:00 am	Sign up with Jana
Emily's Chocolates Outing	10:00 am	Sign up at LP Desk
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 Hat Swap	11:00 am	LP Parlor
Birthday/Anniversary Party	12:00 pm	LP Dining Room
Bible Study	1:00 pm	Bascom Library
<i>Wellness: Sit, Fit, Fun</i>	1:30 pm	TJ Solarium
Walk About	1:30 pm	LP Parlor
Coffee & Conversation	2:00 pm	LP Parlor
SU: Literary League Book Club	3:00 pm	TJ Parlor
BV/DU/TJ/GA Dinner party	5:00 pm	Wellness Center

HAPPY BIRTHDAY

September 1

Jerry Winkle

September 5

Joan Bannister

September 6

Londa Sevier

Shirley Ward

Judith Nelson

September 8

Al Chaffee

September 11

John Van Buren

September 14

Patricia Gass

September 15

Wayne Martin

September 21

Doris Larsen

September 23

Elizabeth Gilbert

September 25

Jing Ling

September 28

Linda Graff

September 29

Lyman Caswell

HAPPY ANNIVERSARY

September 18

John & Harriet Van Buren

September 18

Robert & Donna Chapman



THURSDAY, SEPTEMBER 26

<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
News & Chats	9:30 am	LP Parlor
Resident Store Open	10:00—12	LP 1st Floor
Famous Germans	10:00 am	LP Parlor
Card Game "Uno"	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: Creative Writing	2:00 pm	TJ Multipurpose Room
All Campus Social	4:00 pm	LP Parlor

FRIDAY, SEPTEMBER 27

<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
Fun Facts About Germany	9:00 am	LP Parlor
SU: Pleasing Compositions	10:00 am	TJ Craft Room
All About Oktoberfest	10:00 am	LP Parlor
<i>Wellness: Strong & Stable</i>	10:30 am	Wellness Center
Strengthen Your Mind	11:00 am	LP Parlor
<i>Wellness: Owen Beach Walk</i>	1:30 pm	Meet in LP Lobby
Fitness Mash Up	1:30 pm	LP Parlor
LP Happy Hour with James	2:00 pm	LP Parlor
GA Happy Hour	3:30 pm	GA Lounge
BV/DU/TJ/GA Happy Hour Social	3:30pm	BV 1st Floor
TJ Wine & Cheese Social	4:00 pm	TJ Parlor

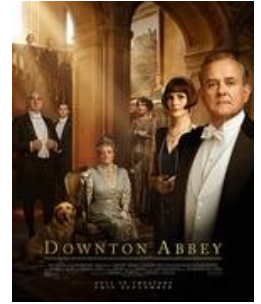
SATURDAY, SEPTEMBER 28

Music with Marty	10:15 am	HC Terrace
News Review	11:15 am	HC Terrace
Tacoma Musical Playhouse	1:15 pm	Sign up at LP Desk
Anagrams	1:30 pm	LP Parlor
Saturday Cinema	6:30 pm	LP Parlor

SUNDAY, SEPTEMBER 29

Worship Service	9:30 am	LP Parlor
Coffee Social	10:30 am	LP Parlor
Lucky Dice	11:00 am	LP Parlor
Seahawks Game	1:05 pm	LP Parlor
Fly Ball	1:30 pm	LP 3rd Floor Lobby
Random Trivia	2:00 pm	LP 3rd Floor Lobby
Sunday Afternoon Tea	3:00 pm	LP 3rd Floor Lobby
Evening Movie	6:30 pm	LP Parlor

**Upcoming Trips
Sign Up at the LP Front Desk**



Movie Outing at the Grand Cinema “Downton Abbey”

Tuesday, September 24 Bus departs at 12:30 pm.

Sign up by Monday September. 23. **Cost: \$9 Seniors, \$11 for general admission**

Franke Tobey Jones is going to the Grand Cinema to take in a showing of the movie Downton Abbey and you are invited to attend. This fall, the worldwide phenomenon *Downton Abbey*, becomes a grand motion picture event, as the beloved Crawleys and their intrepid staff prepare for the most important moment of their lives. A royal visit from the King and Queen of England will unleash scandal, romance and intrigue that will leave the future of Downton hanging in the balance. You do not need to be familiar with the BBC series in order to enjoy this movie.

Please sign up at the front desk

Emily’s Chocolates

Wednesday, September 25 Bus departs at 10:00 am.

Cost: Whatever you purchase

In honor of ... well actually,... just because, we are heading to Emily’s Chocolates to stock up on ... Chocolates of course! (and other delicious sweets). Emily's will have fresh tea for us when we arrive and lots of delicious temptations to try and buy. Take advantage of this chance to get some of their new creations as well as some of your favorites.

Please sign up at the front desk

Tacoma Musical Playhouse “The Addams Family”

Saturday, September 26 Bus departs at 1:15 pm.

Sign up by Wednesday September. 23. **Cost: \$29**

The Addams Family, features an original story, and it’s every father’s nightmare. Wednesday Addams, the ultimate princess of darkness, has grown up and fallen in love with a sweet, smart young man from a respectable family – a man her parents have never met. If that weren’t upsetting enough, Wednesday confides in her father and begs him not to tell her mother. Gomez Addams must then do something he’s never done before – keep a secret from his beloved wife, Morticia. Everything will change for the whole family on the fateful night they host a dinner for Wednesday’s ‘normal’ boyfriend and his parents. **If you need tickets to this event, you must call Heidi at 253-756-6284 or you must call TMP to order tickets.**

Please sign up at the front desk



Lunch Bunch Citron European Bistro

Friday, October 4 Bus departs at 11:00 am

Sign up by Thursday October 3 **Cost: Meal**

Christophe Durliat is the Chef and owner of Citron European Bistro. He is from a small village in the Alsace region in France where he developed his passion for cooking. He has worked as a Chef for over 30 years in prestigious establishments in many countries including France, Switzerland, England, and Germany. He finally realized his dream of owning his own restaurant and specializes in homemade European food prepared with fresh market seasonal products.

If you are looking for authentic European foods and tastes this is the place for you. On the menu are: Escargots, Tarte a l'Alsacienne, Onion soup, Vegetable soup, Salads, Cheese plate, Baguette, Bratwurst, Schnitzel, Cordon bleu, Bouchee a la reine, Seafood pasta, Salmon, Beef Bourguignon, Duck, Marinated braised pork shoulder, Creme brulee, Chocolate mousse, Rote grutze, Seasonal fruit tart and much more.

Due to limited space at the restaurant, this trip is limited to 16 people.

Please sign up at the front desk.



A bamboozable is a saying/phrase that is made up of a display of words, in an interesting way. The object is to try to figure out the well-known saying, person, place, or thing that each bamboozable is meant to represent.

VISION	WALKING ICE	STORM	SPOT	ONCE
PROMISE	VIOLETS	EAT A PINEAPPLE	DOOR	GET A WORD IN
COUNTRY		GROUND FEET FEET FEET	RAKEN	BUSINES



WEEKLY RIDDLE



I'm bigger than an elephant, but lighter than a feather. What am I?

SATURDAY

September 28 at 6:30 pm
LP Parlor

SUNDAY

September 29 at 6:30 pm
LP Parlor

The World is Not Enough

James Bond uncovers a nuclear plot when he protects an oil heiress from her former kidnapper, an international terrorist who can't feel pain.



Radio

The story of a high school coach and the developmentally challenged man who he took under his wing.



A Call to Resident Artists!

Our current Resident Art Exhibit will be taken down and a new exhibit will be hung on Oct 26, 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.

Hotel Murano Glass Tour

Hotel Murano carefully curated an international collection of 20th-century works in glass that mixes site-specific commissioned pieces with acquisitions from artists' studios and galleries around the world. Join us for a guided tour of some of these pieces of glass art led by a Museum of Glass Docent. Due to limited space on the bus, registration is required. Contact Jana at 253-756-6219 to register.

**10:00 am, Hotel Murano
Wednesday, September 25**

Creative Writing: Memoir and Biography, Writing the Stories of Our Lives

Join writer Anthea Hubanks for an engaging series of workshops from September 12 – November 21 that will help you transform memories and history into stories for you and your family to treasure. Together, we will explore various storytelling methods and how to get started. Students will have the opportunity to share their writing and will receive feedback in a fun and relaxed atmosphere. Due to limited space please register for this class with Jana at 253-756-6219.

**2:00 – 3:30 pm, TJ Multipurpose Room
Thursday, September 26**

Great Decisions Discussion Group - The United States and Mexico: Partnership Tested

The United States and Mexico have a long, intertwined history, with both countries prominently featured in each other's politics and agendas. What impact will new leadership in both countries have on this crucial partnership?

**2:00 pm, Wellness Center
Tuesday, September 24**

All Campus Social

You are invited to join us in the Lillian Pratt Parlor at **4:00 pm on Thursday the 26th of September** 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.



Pick Up Times For Outings

In order for us to make sure that you arrive in time for scheduled outings and concerts here is our pick up schedule. We will begin picking people up 15 minutes prior to our departure time in the following order:

- Bristol View** —Pick up 15 minutes prior to departure time
- Garden Apartments**—Pick up 12 minutes prior to departure time
- Tobey Jones**—Pick up 10 minutes prior to departure time
- Lillian Pratt**—Pick up 5 minutes prior to departure time
- Duplexes**—Pick up at Lillian Pratt 5 minutes prior to departure time

If you have any questions or concerns please contact Heidi at 253-756-6284

		MENU	
		Sept 23rd - Sept 29th	
		Mindful Special	
		Buffalo Shrimp Salad	
	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
23	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
24	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
25	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
26	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
27	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
28	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
29	Milk	Milk	Milk