



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 30

<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
The Write Word Game	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
Remembering Gershwin Tunes	11:00 am	LP Parlor
<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, OCTOBER 1

<i>Wellness: Cardio & Core</i>	7:30 am	Wellness Center
<i>Wellness: Strength n' Flex</i>	9:00 am	Wellness Center
Fred Meyer 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
SU: Brain Training Level 1	11:00 am	LP Parlor
<i>Wellness: Advanced Tai Chi</i>	12:15 pm	Wellness Center
<i>Wellness: Sit, Fit, Fun</i>	1:30 pm	LP Parlor
Afternoon Tea	2:00 pm	LP Dining Room
SU: Brain Training Level 2	2:00 pm	Wellness Center
Music of Perry Como	3:00 pm	LP Parlor
Wheel of Fortune	7:00 pm	LP Parlor

WEDNESDAY, OCTOBER 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
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
Equine Therapy	11:00 am	LP Parlor
Bible Study	1:00 pm	Bascom Library
<i>Wellness: Sit, Fit, Fun</i>	1:30 pm	TJ Solarium
Coffee & Chats	1:30 pm	LP Parlor
Short Story Reading	2:00 pm	LP Parlor
TJ Afternoon Tea	3:00 pm	TJ Parlor
Jeopardy	7:30 pm	LP Parlor

HAPPY BIRTHDAY

October 2
Phillip Phibbs

October 4
Elsa Williams

October 5
Ida Diloreto
Bill Reed

October 6
Anne Roberts
Ray Mitzner

October 7
Jane Schuneman

October 11
Cora Bock

October 12
Florence Millikan
Geri Smith

October 14
Donna Swenson
Janelle Rucker

October 17
Millie Hildebrand

October 20
Janet Miller

October 21
Thomas Gilchrist

October 24
Florence Sandler

October 26
Nathalie Minor

October 27
Stanley Weiss

October 29
Bob Bryan
Shelby Clayson

HAPPY ANNIVERSARY

October 18
Rusty & Peg Squire

THURSDAY, OCTOBER 3

<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
On Campus Banking	9:30—10:30 am	Bascom Library
Knit Wits Group	9:30 am	TJ Parlor
Meditation Group	9:30 am	LP Parlor
Resident Store Open	10:00—12	LP 1st Floor
<i>Wellness: Tai Chi Practice</i>	10:00 am	Wellness Center
Tiny House Movement	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
SU: The Effect of Zero Gravity on the Human Body	3:00 pm	LP Parlor
Seahawks Game	5:20 pm	LP Parlor
SU: University Lecture Series	6:00 pm	LP Parlor

FRIDAY, OCTOBER 4

<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
Chair Yoga	9:30 am	LP Parlor
SU: Watercolor Salt Painting	10:00 am	TJ Craft Room
Sing Along	10:00 am	LP Parlor
<i>Wellness: Strong & Stable</i>	10:30 am	Wellness Center
SU: Living History Performance: Bertha Knight Landes	11:00 am	LP Parlor
Lunch Bunch: Citron	11:00 am	Sign up at LP Desk
Fitness Mash Up	1:30 pm	LP Parlor
Jeopardy Trivia	2:00 pm	LP Parlor
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, OCTOBER 5

Fun & Games	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, OCTOBER 6

Worship Service	9:30 am	LP Parlor
Coffee Social	10:30 am	LP Parlor
Chocolate Making	11:00 am	LP Parlor
Seahawks Game	1:05 pm	LP Parlor
Horse Racing Game	1:30 pm	LP Parlor
Chocolate Social	2:00 pm	LP Parlor
Inventions of the 20's	3:00 pm	LP Parlor
Evening Movie	6:30 pm	LP Parlor

Upcoming Trips Sign Up at the LP 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.

This trip has been expanded to a total of 21 people. Those who were on the waiting list are now confirmed for this trip.

Please sign up at the front desk.

NW Sinfonietta "Beethoven Violin Concerto"

Saturday, October 12 Bus departs at 6:30 pm.

Sign up by Thursday October 10. **Cost: \$35-75 per ticket**

In the words of the Sinfonietta, "Lockington conducts the season opener in a pairing of Beethoven's extraordinary Violin Concerto with a rarely-heard symphony composed by Ferdinand Ries, a friend and confidant of Beethoven. A former winner of the Northwest Sinfonietta Youth Concerto Competition, Simone Porter is a rising young artist known for her impassioned energy and interpretive integrity. Beethoven Violin Concerto in D Minor Ries, Symphony No. 1."

If you need tickets to this event, you must call Heidi at 253-756-6284 or you must call the Sinfonietta to order tickets.

Please sign up at the front desk

Symphony Tacoma "Romeo & Juliet"

Saturday, October 19 Bus departs at 6:30 pm

Sign up by Thursday October 17 **Cost: \$30-85 per ticket**

The Symphony Tacoma is offering a special event as their kick off performance for their 2019-2020 season. Enjoy this special collaboration featuring actors from the Tacoma School of the Arts in excerpts from Shakespeare's beloved drama. When you combine this with the music of Romeo and Juliet, you are in for a wonderful and powerful experience.

If you need tickets to this event, you must call Heidi at 253-756-6284 or you must call Symphony Tacoma to order tickets.

Please sign up at the front desk.



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|-----------|------------|--------------|----------|
| APPLES | COSTUMES | HARVEST | PUMPKIN |
| AUTUMN | GHOSTS | HAUNTED | SQUIRREL |
| BLACK CAT | GHOULS | HAYRIDE | TREAT |
| CANDY | GRAVEYARD | JACKOLANTERN | TRICK |
| CIDER | HALLOWEEN | LEAVES | WITCHES |
| CORNMAZE | HALLOWSEVE | MASKS | ZOMBIES |



WEEKLY RIDDLE



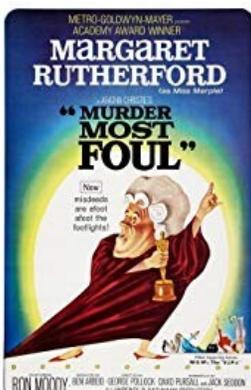
There are 20 people in an empty, square room. Each person has full sight of the entire room and everyone in it. If you are not allowed to move in any way (other than your eyes). Where can you place an apple so that all but one person can see it?

SATURDAY
October 5 at 6:30 pm
LP Parlor

SUNDAY
October 6 at 6:30 pm
LP Parlor

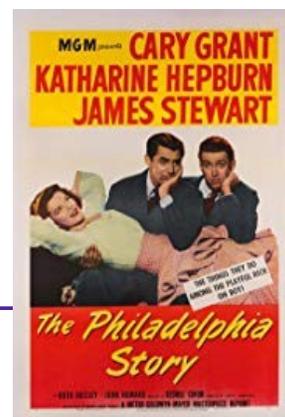
Murder Most Foul

When Miss Marple joins a theatrical company after a blackmailer is murdered, several members of the troupe are also dispatched by this mysterious killer.



The Philadelphia Story

When a rich woman's ex-husband and a tabloid-type reporter turn up just before her planned remarriage, she begins to learn the truth about herself.



Place the apple on one person's head.

Patch-Work Politics:

A Living History Performance of Bertha Knight Landes

Join Debbie Dmitri for a living history performance of the daring Mrs. Bertha Knight Landes, who in 1926 became not only Seattle’s first woman mayor, but the first woman mayor of any major metropolitan city in the United States! Please contact Jana at 253-756-6219 to register.
**11:00 am, Lillian Pratt Parlor
Friday, October 4th**



The Effect of Zero Gravity on the Human Body

This is an interactive discussion of the effects of zero gravity on the human body and the potential applications a zero-gravity environment has in an Earth setting.

**3:00 pm, Lillian Pratt Parlor
Thursday, October 3**

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.

Music with Dr. Paul: The Good, The Bad, and The Ugly

We all have different tastes in music but what makes music good, bad, or even ugly? Sometimes it’s the genre. You may like classical music but not country; or like classical music but not opera.

This class will explore music from classical, popular and jazz, with examples of music the class will evaluate and categorize as good, bad, or ugly. Dr. Paul has some real gems ready for you. The tasting menu will include Beethoven, Stravinsky, Charles Ives, Glenn Miller, The Beatles, Miles Davis, along with a few composers you've not experienced and probably will not want to experience again. This class is guaranteed to be lots of fun!

**3:00 pm, Lillian Pratt Parlor
Monday, October 14**

**Edward Jones Lecture Series:
Investing in the Late Innings of the Bull Market**

Many of us worry about investing wisely and how to make retirement money last. This presentation discusses the economy and actions to take today and explores today’s stock market, the importance of asset allocation, preparation for volatile markets and opportunities in the current environment.

**11:00 am, Lillian Pratt Parlor
Monday, October 14**

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

**University Lecture Series:
Bison, Bison—Stereo scoping Western History with Art from TAM**

In this talk, we will look at art-work (mostly from the Tacoma Art Museum) and explore how it stands in for—or “doubles”—Western history.

**6:00 pm, Lillian Pratt Parlor
Thursday, October 3**

		MENU	
		Sept 30th - Oct 6th	
		Mindful Special	
		Harvest Chicken Wrap	
	BREAKFAST	DINNER	SUPPER
M	Prunes	Tossed Green Salad	Asst. Cracker Basket
O	Cream of Wheat	Spinach Salad	Steak & Potato Soup
N	Fried Eggs	Citrus Herb Crusted Cod	Cucumber w/ Sour Cream
D	Turkey Breakfast Sausage	Cranberry Dijon Chicken Breast	Tuna Salad Wrap
A	Toast	Golden Rice Pilaf	Black Bean Chili Mac
Y	Asst. Fruit Juices	Buttered Peas/ Carrot Coins	Yellow Cake w Peanut butter Icing
	Asst. Cold Cereal	Vanilla Custard	Fresh Fruit Basket
30	Milk	Milk	Milk
T	Bananas	Tossed Green Salad	Asst. Cracker Basket
U	Oatmeal	Fresh Melon Plate	Cream of Broccoli Soup
E	Scrambled Eggs	Italian Roast Beef	Ambrosia Salad
S	Blueberry Muffin	Chicken Lasagna	Feta Leek Quiche
D	Bacon	Oven Brown Potatoes	Taco Salad
A	Toast	Roasted Vegetables/ Grilled Zucchini	Ice Cream
Y	Asst. Fruit Juices	Rocky Road Cupcake	Fresh Fruit Basket
1	Asst. Cold Cereal	Milk	Milk
W	*** Breakfast Special***		
E	Morning Tortilla Stack	Tossed Green Salad	Asst. Cracker Basket
D	Oranges	Pickled Beets	Yellow Split Pea Soup
N	Oatmeal	Roasted Pork Loin	Tossed Green Salad
E	Poached Eggs	Baked Salmon	Eggplant Parmesan Casserole
S	Sausage Links	Buttered Noodles	New Yorker Sandwich
D	Toast	Broccoli / Buttered Corn	Apple Brown Betty
A	Asst. Fruit Juices	Chocolate Cream Pie	Fresh Fruit Basket
Y	Asst. Cold Cereal	Milk	Milk
2	Milk		
T	Apricots		
H	Oatmeal	Tossed Green Salad	Asst. Cracker Basket
U	Fried Eggs	Ranch Relish Plate	Three Sisters Soup
R	Bacon	Salisbury Steak	Jell-O Salad
S	Toast	Maple Glazed Turkey Breast	Japanese Pancake
D	Asst. Fruit Juices	Mashed Potatoes	Chicken Cordon Blue Sandwich
A	Asst. Cold Cereal	Brussel Sprouts / Baked Squash	Assorted Desserts
Y	Milk	Spice Cake	Fresh Fruit Basket
3		Milk	Milk
F	Bananas	Tossed Green Salad	Asst. Cracker Basket
R	Oatmeal	Blue Cheese & Tomato Salad	Clam Chowder
I	Scrambled Eggs	Grilled Oysters	Tuscan Chopped Salad
D	Grilled Canadian Bacon	Roasted Herb Chicken Thigh	Garden Fresh Alfredo Pizza
A	Toast	Brown Rice	Classic Cheese Burger
Y	Asst. Fruit Juices	Vegetable Medley / Roasted Eggplant	Bread Pudding
	Asst. Cold Cereal	Peach Crumble	Fresh Fruit Basket
4	Milk	Milk	Milk
S			
A	Prunes	Tossed Green Salad	Asst. Cracker Basket
T	Oatmeal	Cole Slaw	Cream of Tomato Soup
U	Poached Eggs	Caroline Pulled Pork	Fruit Salad
R	Bacon	Crispy Baked Catfish	Honey Pecan Turkey Sandwich
D	Toast	Home Fried Potatoes	Beef Macaroni & Tomato
A	Asst. Fruit Juices	Spinach/ Roasted Corn	Orange Sparkler Cookie
Y	Asst. Cold Cereal	Banana Split	Fresh Fruit Basket
5	Milk	Milk	Milk
S	Grapefruit	Tossed Green Salad	
U	Farina	Deviled Eggs	Asst. Cracker Basket
N	Fried Eggs	Top Round London Broil	Beef Noodle Soup
D	Sweet Rolls	Glazed Ham	Minted Cucumber Spears
A	Bacon	Roasted Sweet Potato	Fried Chicken Picnic Plate
Y	Toast	Baby Carrots / Green Beans	BLT Inspired Hash browns
	Asst. Fruit Juices	Dinner Rolls	Sherbet
	Asst. Cold Cereal	Dutch Apple Pie	Fresh Fruit Basket
6	Milk	Milk	Milk