

Tobey Topics

December 9—15, 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, December 9

9:30 am

LP Parlor

COFFEE WITH

JUDY

Thursday, December 12

10:00 am

LP Parlor

MONDAY, DECEMBER 9

<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
Resident Council	9:30 am	LP Parlor
Resident Store Open	10:00—12	LP 1st Floor
<i>Wellness: Strong & Stable</i>	10:30 am	Wellness Center
SU: Edward Jones Lecture Series	11:00 am	LP Parlor
<i>Wellness: Yoga</i>	11:30 am	Wellness Center
Rummikub	1:30 pm	LP 3rd Floor Lobby
<i>Wellness: Sit, Fit, Fun</i>	1:30 pm	LP Parlor
Cooking Group: Ginger Bars	2:00 pm	HC Terrace
SU: Music w/ Dr. Paul	3:00 pm	LP Parlor
SU: The Great Courses at TJ	4:00 pm	TJ Parlor
Gazebo Group	5:00 pm	Location Varies

TUESDAY, DECEMBER 10

<i>Wellness: Cardio & Core</i>	7:30 am	Wellness Center
<i>Wellness: Strength n' Flex</i>	9:00 am	Wellness Center
Tacoma Mall 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: Seated Beginner Tai Chi</i>	10:00 am	Care Center Skilled Nursing Day Room
Travelogue	11:00 am	LP Parlor
<i>Wellness: Standing Beginner Tai Chi</i>	11:00 am	Wellness Center
<i>Wellness: Advanced Tai Chi</i>	12:15 pm	Wellness Center
Budget Meeting with Judy	1:00 pm	LP Parlor
Afternoon Tea	2:00 pm	LP Dining Room
Holiday Hilarities	3:00 pm	LP Parlor
Fantasy Lights Tour	6:00 pm	Sign up at LP Desk
Wheel of Fortune	7:00 pm	LP Parlor

WEDNESDAY, DECEMBER 11

<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
Catholic Communion	10:00 am	LP Parlor
<i>Wellness: Seated Strength</i>	10:30 am	Gathering Corner
<i>Wellness: Strong & Stable</i>	10:30 am	Wellness Center
SU: Dulcimer Holiday Music	11:00 am	LP Parlor
<i>Wellness: Yoga</i>	11:30 am	Wellness Center
Bible Study	1:00 pm	Bascom Library
Fly Ball	1:30 pm	LP Parlor
Jeopardy	7:30 pm	LP Parlor

PLEASE SAVE THE DATE AND CELEBRATE TERRI VICKERY

After 16 years of hard work and accomplishments at Franke Tobey Jones, Terri Vickery is retiring! Please join in celebrating and wishing her all the best for her future adventures! Cake and Cookies on Friday, December 13th from 1:00 pm – 2:30 pm in the Lillian Pratt Parlor

HAPPY BIRTHDAY

December 2

Charles Mellinger
Mary Long

December 9

Mary Howard

December 10

Pat Mail
Joan Ramsden

December 12

Joan Bell

December 13

Mame Matteson
Bob Skidmore

December 15

Carol Bruda

December 16

Norm Dicks
Jeanette Adkins

December 17

Emily Morris

December 19

Beverly Minch

December 20

John Swenson

December 24

Buck Buckner

December 25

Mike Matteson

December 26

Mary Damonte

December 27

Richard Lund

HAPPY ANNIVERSARY

December 11

Don & Edna Franklin

December 20

Bob & Anne Roberts

December 28

Mike & Mame Matteson

THURSDAY, DECEMBER 12

<i>Wellness: Cardio & Core</i>	7:30 am	<i>Wellness Center</i>
<i>Wellness: Strength n' Flex</i>	9:00 am	<i>Wellness Center</i>
Westgate Shopping Van	9:30 am	Sign up at LP Desk
Knit Wits Group	9:30 am	TJ Parlor
<i>Wellness: Tai Chi Practice</i>	10:00 am	<i>Wellness Center</i>
Red, White & Light	10:00 am	LP Parlor
<i>Wellness: Ballroom Dancing</i>	1:30 pm	<i>Wellness Center</i>
Old Time Fiddlers	1:30 pm	LP Parlor
Tea & Chocolate Social	3:00 pm	LP Parlor

FRIDAY, DECEMBER 13

Chair Yoga	9:30 am	LP Parlor
Yes, Virginia	10:00 am	LP Parlor
Seabury Student Visit	10:30 am	LP Parlor

Wellness Member Appreciation Holiday Party
11:00 am to 1:00 pm
Wellness Center

Terri Vickery Retirement Party	1:00 pm—2:30 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
Children's Holiday Party	5:00 pm— 7:00 pm	Wellness Center

SATURDAY, DECEMBER 14

Morning Social	9:30 am	LP Parlor
Gingerbread House Decorating	10:00 am	LP Parlor
Chestnut Challenge	11:00 am	LP Parlor
Tacoma Musical Playhouse	1:15 pm	Sign up at LP Desk
Anagrams	1:30 pm	LP Parlor
Bowling	2:00 pm	LP Parlor
Saturday Cinema	6:30 pm	LP Parlor

SUNDAY, DECEMBER 15

Worship Service	9:30 am	LP Parlor
Seahawks Game	10:00 am	LP Parlor
Coffee Social	10:30 am	LP Parlor
Random Trivia	11:00 am	LP Parlor
You're a Mean One Mr. Grinch	1:30 pm	LP Parlor
Card Game "Uno"	2:00 pm	LP Parlor
Hot Chocolate Social	3:00 pm	LP Parlor
Evening Movie	6:30 pm	LP Parlor

The Bistro is Closed Until Further Notice

We are currently on the search for a barista for our bistro. Once we find the best person for the position we will open the Bistro. Thank you for patience during this closure.



Upcoming Trips Sign Up at the LP Front Desk

Fantasy Lights Tour

Tuesday, Dec. 10 Bus departs at 6:00 pm.

Sign up by Monday Dec. 9. **Cost: Free**

The 'Fantasy Lights at Spanaway Park,' is the largest holiday drive-through display in the Northwest, featuring nearly 300 elaborate displays and thousands of sparkling lights. The beautiful two-mile drive along Spanaway Lake has become a memorable lakeside tradition for the entire family. We will take two buses if more than 20 people sign up for this trip.

Please sign up at the front desk

Tacoma Musical Playhouse “Elf”

Saturday, December 14 Bus departs at 1:15 pm

Sign up by Thursday December 12 **Cost: \$29**

Based on the New Line Cinema. Buddy, a young orphan, mistakenly crawls into Santa's bag of gifts and is transported to the North Pole. The would-be elf is raised, unaware that he is actually a human, until his enormous size and poor toy-making abilities cause him to face the truth. With Santa's permission,

Buddy embarks on a journey to New York City to find his birth father and discover his true identity. Faced with the harsh realities that his father is on the naughty list and his half-brother doesn't even believe in Santa, Buddy is determined to win over his new family and help New York remember the true meaning of Christmas.

This performance is completely sold out and tickets are no longer available.

Please sign up at the front desk if you already have a ticket.

Symphony Tacoma “Messiah”

Friday, December 20 Bus departs at 6:30 pm

Sign up by Thursday December 19 **Cost: \$30-85 per ticket**

Perhaps the world's most well-known and beloved choral work, George Frederick Handel's *Messiah* has transcended its time and place to become a “work of the people” shared by audiences and musicians around the world. This holiday classic oratorio is performed by the talented orchestra and vocalists of Symphony Tacoma Voices.

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

Please sign up at the front desk.

NW Sinfonietta “Baroque in the Ballroom”

Saturday, December 21 Bus departs at 6: 30 pm

Sign up by Thursday December 19 **Cost: \$24-\$75**

Founded in 1991 the Northwest Sinfonietta started as a single performance to commemorate the bicentennial of Mozart. The orchestra has evolved since then, connecting with the unique identity of the Pacific Northwest while performing music written for the intimate setting of 30-40 performers which make up a traditional chamber orchestra. This performance features: Concerto Grosso in G minor, Op. 8 No. 6, Trumpet Sonata in D major, G. 1, *Ancient Airs & Dances*, Suite No. 3, Concerto Grosso in A major, Op. 6 No. 11, Trumpet Sonata in D major, Z. 850, and *St. Paul's Suite* in C major, Op. 29 No. 2

Please sign up at LP Front Desk

If you need tickets please call Heidi at 253-756-6284.

From the Maintenance Desk

A reminder to all residents to be sure and lock your doors and windows
before leaving your home.

Duplex residents please remember to arm the security system when you
leave your place.

Its also a good idea to use it when you are in for the night. Not just when you are away.

Don't forget to turn in your completed puzzles for a chance to win a \$15 gift certificate of your choice!



S QSJ XWNW LAA FLM JNMSDB JC VWNQPLFW VWCVAW JC FC JXW

JXSDBQ JXWM CPBXJ JC XLOW JXW QWDQW JC FC ESJXCPJ RM

VWNQPLFSDB JXWR.

JXL'Q LAA JXW VCEWNQ CU JXW VNWQSFWDJ LRCPDJ JC.

HOW TO SOLVE: Cryptograms are simple-substitution ciphers where every letter of the alphabet has been switched. Your task is to use pattern recognition and your grammar and vocabulary abilities to decipher the hidden quote. Hint: Start with the 1, 2 and 3 letter words, and remember that the most common letters in the English language are E-T-A-I-O-N, in roughly that order. Good luck!



WEEKLY RIDDLE

Within, I clean all that is bad and is old. I make juice that's the color of gold. Should I die, a filter machine would you need assembled to replace me, and beans I resemble. What am I?

SATURDAY

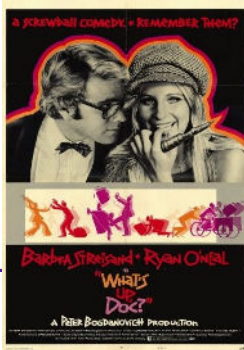
DECEMBER 14 at 6:30 pm
LP Parlor

SUNDAY

December 15 at 6:30 pm
LP Parlor

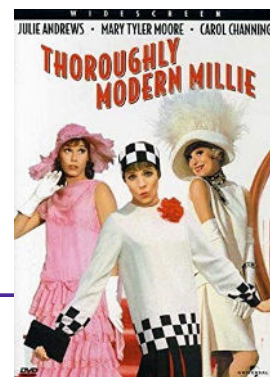
What's Up, Doc?

Two researchers have come to San Francisco to compete for a research grant in music. The man seems a bit distracted, and that was before he met a strange woman who has devoted her life to confusing and embarrassing him



Thoroughly Modern Millie

In this musical spoof of the roaring '20s, feisty young flapper Millie plans to find a job and marry a wealthy employer.



Changes to the TJ Solarium Christmas Tree

If you've lived at Franke Tobey Jones during a Christmas season you know that our only live Christmas tree on campus is in the Tobey Jones Solarium. This year for safety and time reasons we have chosen to buy a beautiful artificial tree to replace the real one. We know this will probably be an unpopular decision by many of you, but the tree gets so dry it's just not safe. Plus, it takes an extraordinary amount of time to find the tree, cut it down, haul it back, put it up and decorate it each year. We anticipate that the artificial tree will be beautiful, and it will give us peace of mind regarding safety too. Thank you in advance for your understanding.

FTJ Christmas Cards

FTJ Christmas Cards are now available in the Rez. There are 11 different designs (5 new designs) and they cost \$1.00 each or 5 for \$4.00. All the cards come with an envelope. The Rez is open Monday & Thursday from 10am to 12 pm.

Garden Spots Available

If you want a garden, please call Yvonne Zubalik at the Tobey Jones Building. There are five and a half garden beds taken, the same number remain. Each bed is 6 feet long and raised so as to provide easy access. Even though it isn't "gardening season" yet, it is good to know you have a spot secured for this spring and summer.

New equipment in Wellness Center

The delivery and install of new equipment will happen on **Friday, December 27th**. The new equipment includes an adaptive motion trainer, a row machine with built-in trainer, a cardio strider and a multifunctional cable strength machine. The day of the install, the gym will be shut down for several hours but classes will continue as normal. The equipment coming in is replacing some of our older pieces. There will be a few weeks when we will down a few machines, so if you need help navigating your workout during this time please stop by and we can help you.

Wellness Staff will be available to show you how to properly and safely use the new equipment. We strongly suggest that you wait for staff to assist you before using any of the new pieces. If you would like to set up a time for training on the new machines, please contact any Wellness Instructor. If you have any questions, please contact the Wellness Center.

With the Holiday Season upon us this is a friendly reminder that live wreaths are not permitted **inside any of our licensed buildings**, this includes the entirety of the Lillian Pratt building and the Care Center.

Duplex, Garden Apartment, Tobey Jones and Bristol View residents may place a live wreath on their doors and may have live trees or wreaths inside their apartments.

Please always keep in mind the fire danger that live trees and wreaths pose when placing your Holiday decorations.

Thank you for your cooperation.

Wellness Member Appreciation Holiday Party

Please join us on Friday, December 13th from 11:00 am to 1:00 pm in the Wellness Center as we celebrate our Member Appreciation Holiday Party. This is our chance to say thank you to our members for all of their hard work over the past year. A light brunch will be provided, and we will be raffling off some prizes throughout the event. There are no Wellness classes this day.

MENU			
Dec 9th - Dec15th			
			<i>Mindful Offer</i>
			<i>Lemon Tarragon Tuna Sandwich</i>
	BREAKFAST	DINNER	SUPPER
	Fresh Fruit in Season	Cream of Vegetable Soup	Cream of Vegetable Soup
M	Orange Juice	Mixed Green Salad	Chicken Ditalini Soup
O	Cream of Wheat	Cottage Cheese & Tomato	Cottage Cheese & Tomato
N	French Toast	Top Round London Broil	Spanish Rice Stuffed Chicken Breast
D	Western Scrambled Eggs	Mashed Potatoes	Fresh Broccoli
A	Bacon	Simply Steamed Sugar Snap Peas	Margherita Pizza Flat'wich
Y	Whole Milk	Citrus Herb Cod	Maple Bacon Cookie
	Coffee	Chocolate Raspberry Parfait	
	Fresh Fruit in Season	Minestrone Soup	Minestrone Soup
T	Orange Juice	Fruit Salad	Turkey Black Bean Chili
U	Old Fashioned Oatmeal	Mixed Green Salad	Fruit Salad
E	Poached Eggs	Roasted Turkey Breast	Chopped Beef Steak with Onions
S	Sausage Patty	Baked Sweet Potato	Mashed Potatoes
D	Mushroom, Ham & Swiss Frittata	Steakhouse Spinach	Sliced Beets
A	Whole Milk	Rigatoni with Roasted Tomatoes	Quiche Lorraine
Y	Coffee	Crisp Baguette	Butterscotch Pudding
		Lemon Pudding Cake with Lemon Sauce	
W			
E	Fresh Fruit in Season	Grilled Chicken Tortilla Soup	Tomato Soup
D	Orange Juice	Cole Slaw	Grilled Chicken Tortilla Soup
N	Cream of Wheat	Mixed Green Salad	Cole Slaw
E	Buttermilk Pancakes	Grilled Wild Salmon	Chicken Fried Steak, Country Cream Gravy
S	Grilled Ham	Brown Rice	Potatoes Anna
D	Eggs To Order	Sliced Carrots	Garlic Roast Green Beans
A	Whole Milk	Pork Pernil	Italian Caesar Salad
Y	Coffee	Mint Chocolate Chip Whoopie Pie	Applesauce Bar
T	Fresh Fruit in Season	Roasted Onion Soup	Chicken Noodle Soup
H	Orange Juice	Cucumber Sour Cream Salad	Roasted Onion Soup
U	Old Fashioned Oatmeal	Mixed Green Salad	Cucumber Sour Cream Salad
R	Fried Cage Free Egg	Braised Mediterranean Chicken	Seafood Newburg with Shrimp & Fish
S	Bacon	Toasted Orzo	Steamed White Rice
D	Hash Browned Potatoes	Wild Mushroom Scampi	Brussels Sprouts
A	Coffee Cake	Broccoli with Garlic & Lemon	Cuban Panini Sandwich
Y	Whole Milk	Peach Crisp	Country-Style Dijon Red Potato Salad
	Coffee		Orange Sprinkle Cookie
	Fresh Fruit in Season	New England Clam Chowder	Mexican Corn Soup
F	Orange Juice	Hummus Plate	New England Clam Chowder
R	Cream of Wheat	Mixed Green Salad	Hummus Plate
I	Sausage Link	Lemon Dill Flounder	Parmesan Chicken Breast
D	Scrambled Eggs	Garlic Mashed Potatoes	Brown Rice & Barley Pilaf
A	Sunrise Breakfast Casserole	Simply Grilled Tricolor Peppers	Roasted Beets with Thyme
Y	Blueberry Muffins	Beef Enchiladas	Grilled Vegetable Fajita Quesadilla
	Whole Milk	Baked Mexican Rice	Chocolate Peanut Butter Brownie
	Coffee	Carrot Cake	
S	Fresh Fruit in Season	Chunky Vegetable & Orzo Soup	Chunky Vegetable & Orzo Soup
A	Orange Juice	Orange Jicama Salad	Chili Verde
T	Old Fashioned Oatmeal	Mixed Green Salad	Orange Jicama Salad
U	Bacon	Beef Stew	Roast Beef
R	Fried Cage Free Egg	Orzo with Lemon & Herbs	Oven Roasted Potato Wedges
D	Hash Browned Potatoes	Peas & Carrots	Whole Green Beans
A	Whole Milk	Italian Sausage with Onion & Peppers	Spinach & Cheese Stuffed Shells
Y	Coffee	Bread Pudding	Grasshopper Mousse
	Fresh Fruit in Season	Chicken Vegetable Soup	Chicken Vegetable Soup
	Orange Juice	Deviled Eggs	Potato Leek Soup
S	Old Fashioned Oatmeal	Mixed Green Salad	Mixed Green Salad
U	Scrambled Egg	Maple Peach Glazed Smoked Pit Ham	Deviled Eggs
N	Hash Browned Potatoes	Baked Sweet Potato	Gnocchi Bolognese
D	Sausage Patty	Summer Squash & Carrot Medley	Garlic Knot
A	Cinnamon Roll	Braised Pot Roast	Southwestern Chicken Caesar Chop Salad
Y	Whole Milk	Creamed Spinach	Banana Fosters
	Coffee	Apple Pie	