Tobey Topics

January 13—19, 2020

FRANKE TOBEY JONES

Enjoy your age

Main Desk Phone
752-6621 or Ext. 0

Work Order Line
Ext. 293

"THE REZ"
Ext. 1290
Resident Store
Location: LP 1st Floor
Mon. and Thur.
10:00 am—12 Noon

BISTRO
Ext. 1394
Location: LP 1st Floor
Next to Wellness Center
Monday-Wednesday & 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, January 13
9:30 am
LP Parlor

COFFEE WITH JUDY
Thursday, February 13
10:00 am
TJ Dining Room

MONDAY, JANUARY 13		
Wellness: Seniorcise Silver	*7:30 am*	*Wellness Center*
Wellness: Seniorcise Gold	*8:30 am*	*Wellness Center*
Wellness: Strength n' Flex	*9:30 am*	*Wellness Center*
Resident Council	**9:30 am**	**LP Parlor**
Resident Store Open	**10:00—12**	**LP 1st Floor**
Wellness: Strong & Stable	*10:30 am*	*Wellness Center*
SU: Edward Jones Lecture Series	**11:00 am**	**LP Parlor**
Wellness: Yoga	*11:30 am*	*Wellness Center*
Cooking Group	**2:00 pm**	**Activity Terrace**
Wellness: Sit, Fit, Fun	*1:30 pm*	*LP Parlor*
SU: Using Your Words Writing Workshop	**2:00 pm**	**TJ Multipurpose Room**
SU: The Great Courses	**4:00 pm**	**TJ Parlor**
Gazebo Group	**5:00 pm**	**Activity Terrace**
TUESDAY, JANUARY 14		
Wellness: Cardio & Core	*7:30 am*	*Wellness Center*
Wellness: Strength n' Flex	*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**
SU: Beginning Crochet	**10:00 am**	**TJ Multipurpose Room**
Wellness: Seated Beginner Tai Chi	*10:00 am*	*Memory Care Day Room*
Wellness: Standing Beginner Tai Chi	*11:00 am*	*Wellness Center*
Star of the Month	**11:00 am**	**LP Parlor**
Wellness: Advanced Tai Chi	*12:15 pm*	*Wellness Center*
Wellness: Sit, Fit, Fun	*1:30 pm*	*LP Parlor*
Music with Double Barrs	**2:00 pm**	**LP Parlor**
Wheel of Fortune	**7:00 pm**	**LP Parlor**
WEDNESDAY, JANUARY 15		
Communion	**10:00 am**	**LP Parlor**
Wellness: Seated Strength	*10:30 am*	*Gathering Corner*
Big Mystery in a Small Town	**11:00 am**	**LP Parlor**
Bible Study	**1:00 pm**	**Bascom Library**
Wellness: Sit, Fit, Fun	*1:30 pm*	*TJ Solarium*
Coffee & Conversations	**1:30 pm**	**LP Parlor**
SU: Medicare	**2:00 pm**	**TJ Parlor**
Jeopardy	**7:30 pm**	**LP Parlor**

The Bistro Is Open Again
Be sure to come between the hours of 7:30AM – 3PM Mondays-Wednesdays and Fridays to enjoy your favorite drink or snack. Closed daily: 10:45-11:15am for staff breaks

HAPPY BIRTHDAY

January 1
Dorris Martin

January 2
Helen Kush

January 5
Linda McFerran

January 9
Kay Parks

January 10
Joe McCaffery

January 12
Daisy Gaines
Doris Brewer

January 16
Bill Street

January 18
Marlys Mitzner

January 19
Al Watters

January 20
Terry Stuver

January 21
Mary Bill
Louise Brightwell

January 22
Mary Beil

January 23
Bobbie Street

January 26
Barbara Lindsay

January 27
Simmy Klein

January 30
Ted Ramsden

January 31
Helen Price

HAPPY ANNIVERSARY

January 30
Bill & Bobbi Street

THURSDAY, JANUARY 16		
Wellness: Cardio & Core	*7:30 am*	*Wellness Center*
Wellness: Strength n' Flex	*9:00 am*	*Wellness Center*
Westgate Shopping Van	**9:30 am**	**Sign up at LP Desk**
Knit Wits Group	**9:30 am**	**TJ Parlor**
Meditation Group	**9:30 am**	**LP Parlor**
Wellness: Tai Chi Practice	*10:00 am*	*Wellness Center*
Jeopardy Trivia	**10:00 am**	**LP Parlor**
Appreciate a Dragon	**11:00 am**	**LP Parlor**
Proctor District Shopping Van	**1:15 pm**	**Sign up at LP Desk**
Wellness: Balloon Volleyball	*1:30 pm*	*LP Parlor*
Wellness: Ballroom Dancing	*1:30 pm*	*Wellness Center*
LP Resident Meeting	**2:00 pm**	**LP Parlor**
SU: Meaningful Movie Series	**3:00 pm**	**LP Parlor**
FRIDAY, JANUARY 17		
Wellness: Seniorcise Silver	*7:30 am*	*Wellness Center*
Wellness: Seniorcise Gold	*8:30 am*	*Wellness Center*
Wellness: Strength n' Flex	*9:30 am*	*Wellness Center*
Hand Massages	**9:30 am**	**LP Parlor**
Learn A Little Language	**10:00 am**	**LP Parlor**
Wellness: Seated Strength	*10:30 am*	*Gathering Corner*
Wellness: Strong & Stable	*10:30 am*	*Wellness Center*
Travelogue	**11:00 am**	**LP Parlor**
Wellness: Yoga	*11:30 am*	*Wellness Center*
Fitness Mashup	**1:30 pm**	**LP Parlor**
Songs of the Musicals	**2:00 pm**	**LP Parlor**
LP Happy Hour	**3:00 pm**	**LP Parlor**
GA Happy Hour	**3:30 pm**	**GA Lounge**
BV/DU Happy Hour Social	**3:30 pm**	**LP Activity Terrace**
TJ Wine & Cheese Social	**4:00 pm**	**TJ Parlor**
SATURDAY, JANUARY 18		
Morning Social	**9:30 am**	**LP Parlor**
Cary Grant Day	**10:00 am**	**LP Parlor**
Who, What, When	**11:00 am**	**LP Parlor**
Lucky Dice	**1:30 pm**	**LP Parlor**
Finish the Phrase	**2:00 pm**	**LP Parlor**
Celebration of Life	**3:00 pm**	**LP Parlor**
Saturday Cinema	**6:30 pm**	**LP Parlor**
SUNDAY, JANUARY 19		
Worship Service	**9:30 am**	**LP Parlor**
Coffee Social	**10:30 am**	**LP Parlor**
Random Trivia	**1:30 pm**	**LP Parlor**
Home on the Range	**2:00 pm**	**LP Parlor**
Coco Cafe	**3:00 pm**	**LP Parlor**
Evening Movie	**6:30 pm**	**LP Parlor**

Resident Council
If there is snow and/or ice Monday morning Jan. 13th, Resident Council will be canceled.

Upcoming Trips
Sign Up at the LP Front Desk

NW Sinfonietta "Mozart, Mendelssohn & More"

Saturday, January 25 Bus departs at 6: 30 pm
Sign up by Thursday January 23 **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. Artistic Partner Yaniv Attar leads the Sinfonietta in this dramatic concert featuring pianist Jessica Choe performing Mozart's Piano Concerto No. 20 in D minor. The energetic Concerto for Strings written in 1948 by female Polish composer Grażyna Bacewicz, and a full-orchestra arrangement of what is arguably Mendelssohn's most famous work, the Octet, round out this program.

Please sign up at LP Front Desk
If you need tickets please call Heidi at 253-756-6284

Tacoma Musical Playhouse "Beehive"

Saturday, February. 8 Bus departs at 1:15 pm.
Sign up by Thursday Feb. 6. **Cost: *$29***

Beehive is the ultimate celebration of 1960's female empowerment. Featuring such timeless classics as "My Boyfriend's Back", "Be My Baby", "Son of a Preacher Man", and "Me and Bobby McGee", Beehive nostalgically recalls the days of miniskirts, transistor radios and flower power. Told from the perspective of six young women who came of age in this enigmatic decade, these young ladies look back on a host of issues ranging from their first Beehive Dance to the challenges we faced as a nation – all accomplished by a vast array of the most celebrated and memorable songs of the era.

Please sign up at the front desk

Lunch Bunch– "Jimmy Mac's Roadhouse"

Friday, February 7 Bus departs at 11:15 am
Sign up by Thursday February 6 **Cost: Meal**

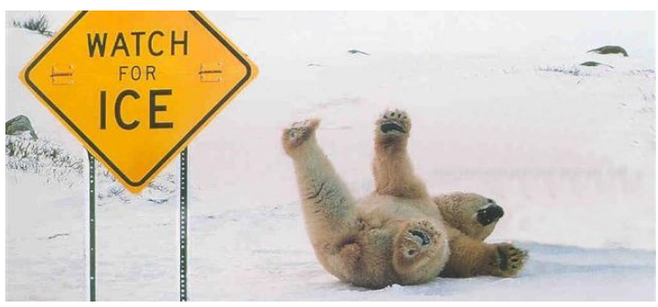
A locally owned, "Texas-style," family friendly restaurant featuring quality steaks, handcrafted food, craft cocktails and ice cold beer. Enjoy all you can eat, hot-out-of-the-oven yeast rolls with whipped honey butter & endless peanuts…. throw your shells on the floor, they'll bring you more!

Their signature, handmade dishes include Dungeness crab cakes, crawfish chowder, BBQ baby back pork ribs, fresh grilled salmon, shrimp, a variety of specialty salads, hubcap burgers, grilled chicken entrees & sandwiches, smoked pork, desserts and more. Nearly everything is made from scratch in their own kitchen.

Please sign up at the front desk.

Be Careful Out There!

Watch your step on the slippery walks and parking lots during this winter season. With the potential snow this week, please limit your adventures to the outdoors. FTJ is prepared to deal with any snowfall we get but, despite our best efforts the roads and sidewalks will be slippery.

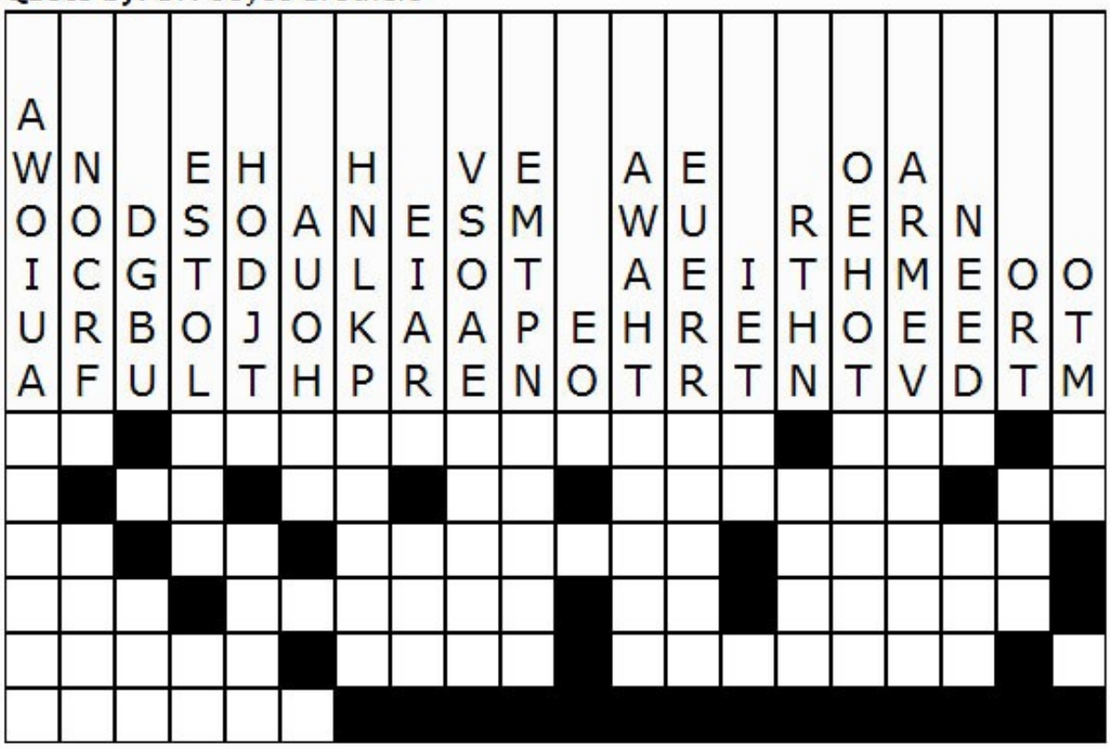


If you enjoy solving cryptograms, acrostics or crossword puzzles, you'll love solving **Quotefalls!** Each puzzle contains a hidden quote, with the spaces for each letter in that quote laid out in a typical crossword puzzle-type black and white grid. Above each column are a series of letters. Simply "drop" each letter into the appropriate squares in each row and column to reveal the hidden quote.

CONGRATULATIONS
December Puzzle Winner
Dolores McCaffery

Quote by: Dr. Joyce Brothers

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



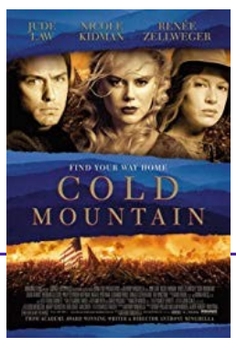
WEEKLY RIDDLE

A man will leave home and be on his way. He hopes to be back the very same day. The first chance he gets he makes a left turn. He makes two more lefts before his return. After his third stop, nowhere left to roam. The man then decides it's time to go home. Two men greet him there, each wearing a mask. Knowing who they are will now be your task.

SATURDAY
January 18 at 6:30 pm
LP Parlor

Cold Mountain

In the waning days of the American Civil War, a wounded soldier embarks on a perilous journey back home to Cold Mountain, North Carolina to reunite with his sweetheart.



SUNDAY
January19 at 6:30 pm
LP Parlor

Secondhand Lions

A coming-of-age story about a shy, young boy sent by his irresponsible mother to spend the summer with his wealthy, eccentric uncles in Texas.

Catcher & Umpire

A Call to Resident Artists!

Our current Resident Art Exhibit will be taken down and a new exhibit will be hung on Jan. 25, 2020.

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 Shelby Clayson, Bernice Ekemo, Orv Harrelson, Barbara Miener & Anne Roberts.

Beginning Crochet

During this this 6-week class from January 7 – February 18 (skipping February 11), students will learn the basics of crochet. The objective of this course is to establish enough knowledge to enable students to crochet basic stitches, read patterns, and create a small project. Because space is limited in the room, please call Jana at 253-756-6219 to register for this class.
10:00 am – 12:00 pm, Tobey Jones Multipurpose Room
Tuesdays, January 14

Meaningful Movies Tacoma: The Nuns, The Priests, And the Bombs

Meaningful Movies Tacoma is a non-profit organization that was started in order to gather, educate, inspire, connect and commit our community to the environment, peace, and justice, and to build an educated, informed citizenry. They show a documentary film monthly followed by a facilitated discussion. They often involve local groups within the community as part of our discussion to further build community. Franke Tobey Jones is lucky enough to host a monthly gathering on third Thursdays throughout 2020. We hope that you will join us.

This month they will be showing and discussing The Nuns, The Priests, And the Bombs. This is a touching story about a group of nuns and priests to include Father Bill Bichsel of St. Leo's in anti-nuclear actions at Bangor Naval base and the trial that ensued. Come for the documentary and stay for the discussion to follow.
3:00 – 5:00 pm, Lillian Pratt Parlor
Thursday, January 16

Creative Writing: Flash Fiction

During this this 8-week class (every other Wednesday from January 8 – April 15), we will be working from prompts to develop short works of fiction each week and share them in a workshop setting. Flash fiction is a great way to sharpen both your imagination and your writing skills. Because space is limited in the room, please call Jana at 253-756-6219 to register for this class.
10:30 am – 12:00 pm, Tobey Jones Multipurpose Room
Wednesdays, January 22

Using Your Words: Keep It Simple

"Keep it simple, show, don't tell, tell a story as only you could tell it" - what does this basic writing advice really mean? This session will be an overview of basic principles, rules and guidelines for writing. Because space is limited in the room, please call Jana at 253-756-6219 to register for this class.
2:00 – 4:00 pm, Tobey Jones Multipurpose Room
Monday, January 13

LP Residents Meeting

This meeting is sponsored by the LP representatives to FTJ Residents' Council. (Shearer, Lynn and Harrelson) They want to hear from LP residents about their concerns and ideas for the present and future of FTJ. They need your thoughts in order to be successful representatives.
Please come to the meeting and support your Resident Council Representatives.
2:00 pm, Lillian Pratt Parlor
Thursday, January 16

		MENU	
		Jan 13th - Jan 19th	*Mindful Offer*
			Tandoori Chicken Waldorf Wrap
	BREAKFAST	*DINNER*	*SUPPER*
	Fresh Fruit in Season	Cream of Vegetable Soup	Cream of Vegetable Soup
M	Assorted Fruit Juices	Mixed Green Salad	Chicken Ditalini Soup
O	Cream of Wheat	Cottage Cheese & Tomato	Cottage Cheese & Tomato
N	French Toast	Top Round London Broil	Margherita Pizza Flat'wich
D	Western Scrambled Eggs	Citrus Herb Cod	Spanish Rice Stuffed Chicken Breast
A	Bacon	Mashed Potatoes	Fresh Broccoli
Y	Whole Milk	Simply Steamed Sugar Snap Peas	Maple Bacon Cookie
	Coffee	Chocolate Raspberry Parfait	
13			
	Fresh Fruit in Season	Minestrone Soup	Minestrone Soup
T	Assorted Fruit Juices	Fruit Salad	Turkey Black Bean Chili
U	Old Fashioned Oatmeal	Mixed Green Salad	Fruit Salad
E	Poached Eggs	Rigatoni with Roasted Tomatoes	Quiche Lorraine
S	Sausage Patty	Roasted Turkey Breast	Chopped Beef Steak with Onions
D	Mushroom, Ham & Swiss Frittata	Mashed Sweet Potato	Mashed Potatoes
A	Whole Milk	Sautéed Spinach	Sliced Beets
Y	Coffee	Crisp Baguette	Butterscotch Pudding
14		Lemon Pudding Cake with Lemon Sauce	
W			
E	Fresh Fruit in Season	Grilled Chicken Tortilla Soup	Tomato Soup
D	Assorted Fruit Juices	Cole Slaw	Grilled Chicken Tortilla Soup
N	Cream of Wheat	Mixed Green Salad	Cole Slaw
E	Buttermilk Pancakes	Pork Pernil	Italian Caesar Salad
S	Grilled Ham	Grilled Wild Salmon	Chicken Fried Steak, Country Cream Gravy
D	Eggs To Order	Brown Rice	Potatoes Anna
A	Whole Milk	Sliced Carrots	Garlic Roast Green Beans
Y	Coffee	Mint Chocolate Chip Whoopie Pie	Applesauce Bar
15			
T	Fresh Fruit in Season	Roasted Onion Soup	Cream Of Mushroom Soup
H	Assorted Fruit Juices	Cucumber Sour Cream Salad	Roasted Onion Soup
U	Old Fashioned Oatmeal	Mixed Green Salad	Cucumber Sour Cream Salad
R	Fried Cage Free Egg	Wild Mushroom Scampi	Cuban Panini Sandwich
S	Bacon	Braised Mediterranean Chicken	Seafood Newburg with Shrimp & Fish
D	Hash Browned Potatoes	Penne Pasta	Steamed White Rice
A	Coffee Cake	Broccoli with Garlic & Lemon	Brussels Sprouts
Y	Whole Milk	Peach Crisp	Country-Style Dijon Red Potato Salad
16	Coffee		Orange Sprinkle Cookie
	Fresh Fruit in Season	New England Clam Chowder	Mexican Corn Soup
F	Assorted Fruit Juices	Hummus Plate	New England Clam Chowder
R	Cream of Wheat	Mixed Green Salad	Hummus Plate
I	Sausage Link	Lemon Dill Flounder	Grilled Vegetable Fajita Quesadilla
D	Scrambled Eggs	Beef Enchiladas	Parmesan Chicken Breast
A	Sunrise Breakfast Casserole	Baked Mexican Rice	Brown Rice & Barley Pilaf
Y	Blueberry Muffins	Garlic Mashed Potatoes	Roasted Beets with Thyme
17	Whole Milk	Simply Grilled Tricolor Peppers	Chocolate Peanut Butter Brownie
	Coffee	Carrot Cake	
S	Fresh Fruit in Season	Chunky Vegetable & Orzo Soup	Chunky Vegetable & Orzo Soup
A	Assorted Fruit Juices	Orange Jicama Salad	Chili Verde
T	Old Fashioned Oatmeal	Mixed Green Salad	Orange Jicama Salad
U	Bacon	Italian Sausage with Onion & Peppers	Turkey Reuben Sub
R	Fried Cage Free Egg	Beef Stew	Roast Beef
D	Hash Browned Potatoes	Orzo with Lemon & Herbs	Oven Roasted Potato Wedges
A	Whole Milk	Peas & Carrots	Whole Green Beans
Y	Coffee	Bread Pudding	Grasshopper Mousse
18			
	Fresh Fruit in Season	Chicken Vegetable Soup	Chicken Vegetable Soup
	Assorted Fruit Juices	Deviled Eggs	Potato Leek Soup
S	Old Fashioned Oatmeal	Mixed Green Salad	Mixed Green Salad
U	Scrambled Egg	Braised Pot Roast	Deviled Eggs
N	Hash Browned Potatoes	Maple Peach Glazed Smoked Pit Ham	Gnocchi Bolognese
D	Sausage Patty	Baked Sweet Potato	Cheese Burger
A	Cinnamon Roll	Summer Squash & Carrot Medley	French Fries
Y	Whole Milk	Creamed Spinach	Garlic Knot
19	Coffee	Apple Pie	Banana Fosters