



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, February 10

9:30 am

LP Parlor

COFFEE WITH

JUDY

Thursday, February 13

10:00 am

TJ Dining Room

MONDAY, FEBRUARY 10

<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 Seminar	11:00 am	LP Parlor
<i>Wellness: Yoga</i>	11:30 am	Wellness Center
<i>Wellness: Sit, Fit, Fun</i>	1:30 pm	LP Parlor
SU: Pop Music History	1:30 pm	TJ Parlor
Cooking Group: Potato Pancakes	2:00 pm	Activity Terrace
SU: Using Your Words— The Source of Creativity	2:00 pm	TJ Multipurpose Room
SU: The Great Courses	4:00 pm	TJ Parlor
Gazebo Group	5:00 pm	Activity Terrace

TUESDAY, FEBRUARY 11

<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
SU: The Physics of Sound & Waves	1:00 pm	TJ Parlor
<i>Wellness: Sit, Fit, Fun</i>	1:30 pm	LP Parlor
Music with Double Barrs	2:00 pm	LP Parlor
Craft Group	3:00 pm	Activity Terrace
Wheel of Fortune	7:00 pm	LP Parlor

WEDNESDAY, FEBRUARY 12

<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: Strong & Stable</i>	10:30 am	Wellness Center
<i>Wellness: Seated Strength</i>	10:30 am	Gathering Corner
Fashion Classics	11am—1pm	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
Chair Yoga	1:30 pm	LP Parlor
Jeopardy	7:30 pm	LP Parlor

HAPPY BIRTHDAY

February 1

Harold Ransom

February 2

Alice Thorstad
Antoinette Ratto

February 3

Gwen Phibbs

February 6

Redmond Barnett

February 8

Bob Garden

February 9

Tom Anderson

February 10

Lorraine Buntain

February 11

Paul Carbaugh

February 14

Elaine Stafford

February 15

Nancy Bruce-Cook
Doralin Burrows

February 21

Mary Falskow
Carolyn Hudson
Jan Shearer

February 22

Chloe Parr

February 23

Flavia Meyer
Marylu Wallerich

February 26

Margaret Reid

February 27

Rose Semrau
Rick Bock

HAPPY ANNIVERSARY

February 14

Ray & Marlys Mitzner

THURSDAY, FEBRUARY 13

<i>Wellness: Cardio & Core</i>	7:30 am	Wellness Center
<i>Wellness: Strength n' Flex</i>	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
What Am I?	10:00 am	LP Parlor
Coffee with Judy	10:00 am	TJ Dining Room
SU: Dabbling in Art History	10:00 am	TJ Craft Room
<i>Wellness: Tai Chi Practice</i>	10:00 am	Wellness Center
Heart Attacks!	11:00 am	LP Parlor
Proctor District Shopping Van	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
Presidential Pets	2:00 pm	LP Parlor
President's Day Crossword	3:00 pm	LP Parlor
SU: Improv Class	3:00 pm	Wellness Center

FRIDAY, FEBRUARY 14

<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
Remembering Love Songs	10:00 am	LP Parlor
<i>Wellness: Strong & Stable</i>	10:30 am	Wellness Center
<i>Wellness: Seated Strength</i>	10:30 am	Gathering Corner
Travelogue	11:00 am	LP Parlor
<i>Wellness: Yoga</i>	11:30 am	Wellness Center
Fitness Mashup	1:30 pm	LP Parlor
Valentine 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, FEBRUARY 15

Morning Social	9:30 am	LP Parlor
Unique Animals	10:00 am	LP Parlor
Lucky Dice	11:00 am	LP Parlor
Who, What, When	1:30 pm	LP Parlor
Saturday Cinema	6:30 pm	LP Parlor

SUNDAY, FEBRUARY 16

Worship Service	9:30 am	LP Parlor
Coffee Social	10:30 am	LP Parlor
Jeopardy Challenge	1:30 pm	LP Parlor
All About the NASCAR	2:00 pm	LP Parlor
Hot Cider Social	3:00 pm	LP Parlor
Evening Movie	6:30 pm	LP Parlor

Upcoming Trips Sign Up at the LP Front Desk



McMenamins Adventure

Friday, February 21 Bus departs at 10:30 am

Sign up by Thursday February 20 Cost: Meal, any items you purchase

Roam, explore, embark on an adventure....discover the Elks Temple. The 1916 Elks Temple has been restored and reimaged into a vibrant gathering place for out-of-town guests and locals alike. Threads of art, history and elements of the local community are woven into the structure. With seven floors to explore there is plenty to find. We will visit the Brewery Tasting Room & Bottle shop where they have 16 taps, hundreds of bottles of wine and they offer tastings of their own ales and ciders. You are encouraged to explore on your own. Head to Doc's Bar, The Old Hangout, McMenamins Pub or The Spanish Bar for a bite to eat. Each place has a different menu catering to different cultures. Look for "The Vault", in true speakeasy style, it's a secret. See if you can find it—then reward yourself with a drink. Join us for a fun filled day at McMenamins in the Elks Temple.

Please sign up at the front desk.

Symphony Tacoma "Beethoven's Eroica"

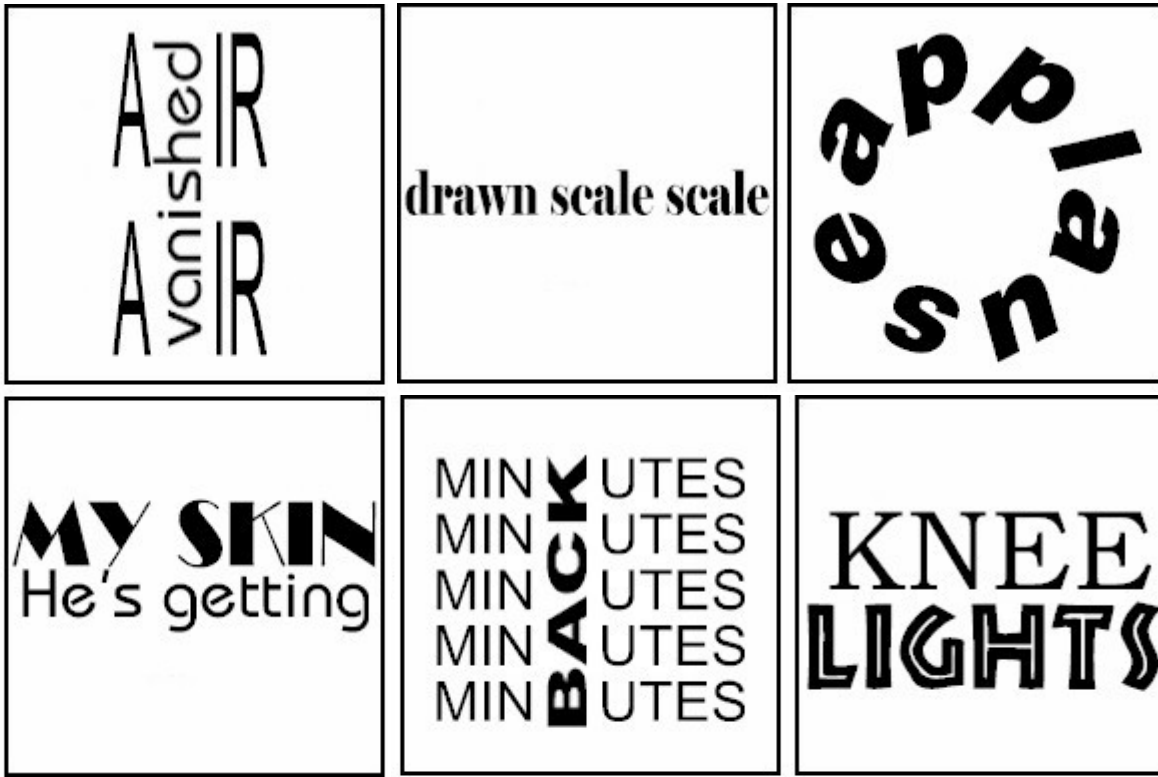
Saturday, February 22 Bus departs at 6: 30 pm

Sign up by Thursday February 20 Cost: \$30-\$85

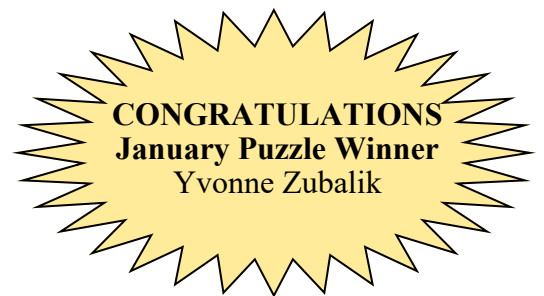
In celebration of his 250th birthday, the orchestra will perform the heroic Symphony No. 3 "Eroica," one of Beethoven's most celebrated works and widely considered an important landmark in the transition between the Classical period and the Romantic era. *On Hearing the First Cuckoo in Spring* is a delightful expression of the beauty of nature. Maestra Sarah Ioannides conducted Simon Petersson's *Spheres* in Sweden in 2018 and is excited to bring it to Tacoma for it's U.S. Premiere. Seattle native Michael Nicolella will perform Israeli composer Yaron Gottfried's Electric Guitar Concerto, a beautiful classical piece featuring a non-traditional orchestral instrument.


Please sign up at LP Front Desk

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



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.





WEEKLY RIDDLE

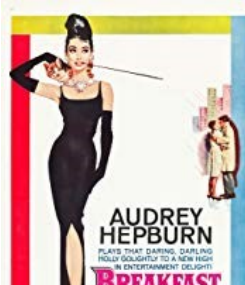
I am taken from a mine,
and shut up in a wooden case,
from which I am never released,
and yet I am used by almost everybody.

SATURDAY
February 15 at 6:30 pm
LP Parlor

SUNDAY
February 16 at 6:30 pm
LP Parlor

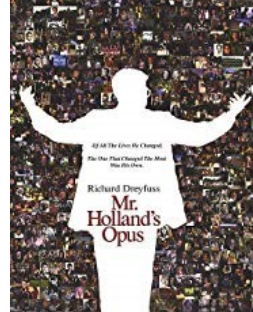
Breakfast at Tiffany's

A young New York socialite becomes interested in a young man who has moved into her apartment building, but her past threatens to get in the way.



Mr. Holland's Opus

A frustrated composer finds fulfillment as a high school music teacher.



Improv Class

Join Jill Heinecke, Tacoma Arts Live Education Coordinator and local performer, for this 4-class series, meeting every other week from February 13th through March 26th.

We will use fun games and activities to explore fundamental improv skills including accepting offers, character work, building ensemble and saying yes to yourself! No experience needed, just come and have fun!

Space is limited so please call Jana at 253-756-6219 to reserve your spot.

**3:00 pm, Wellness Center
Thursdays, February 13 & February 27**

Pop Music Lecture Series: Rock Around the Clock

Rock around the clock with Professor Matt DelCiampo in this second American popular music lecture. In this session we examine the musicians, songwriters, and disc jockeys that formed rock 'n' roll in the 1950s. "I heard the news, there's good rockin' tonight!"

**1:30 pm, Tobey Jones Parlor
Monday, February 10**

The Physics of Sound and Waves

This demonstration-filled presentation will address the concept of a wave and the physics of sound waves such as frequency, speed, the Doppler Effect, sound intensity and the decibel scale, and resonance.

**1:00 pm, Tobey Jones Parlor
Tuesday, February 11**

Valentine's Music – February 14th

Jane Schuneman and Chris Hall will be putting on a show (violin/piano) of love songs on February 14th during the various building happy hours:

LP Parlor 3:00 pm

GA Lounge 3:45 pm

TJ Parlor 4:15 pm

Be sure to join us at one of these performances and celebrate Valentine's Day with great music.

New Podiatrist at FTJ

We are getting a new podiatrist at FTJ. His name is Dr. Stephen Haggard, DPM and he has over 30 years of experience.

His first visit to AL/Independent living will be on **Thursday, February 13th at 9:30am in the Activity Terrace**. New patient forms are available at the front desk and need to be completed prior to the first appointment.

The initial visit for SN/MC will be on **Wednesday, March 11th at 9:30am in the SN Treatment room**. New patient forms are located with Becky and need to be returned to Kaylee in social services prior to the initial visit.

Coffee with Judy

Thursday February 13th at 10 am
Tobey Jones Dining Room

Please come to this month's Coffee with Judy. She will be discussing and answering questions about our new building, budgets and other topics of interest. Joining her will be Tony our Director of Building Services.



The REZ Store

We are in serious need for volunteers to work in the resident store in order to maintain the current hours. The store is open **Mondays and Thursdays, from 10 to noon**. You would not be working every week nor everyday the store is open. Several residents share a rotation throughout the month. If you have any questions, please call or talk to the residents who are working in the store: Mary Damonte, Jeanette Adkins, Nancy Cook, John Lynn and Joanne Rieke. Shirley Robbins can also answer any questions you have about volunteering in The REZ.

If you are able to donate even one day in a month please come to a meeting on **Wednesday Feb. 19th at 1:00 pm in The REZ** or contact Shirley Robbins at 253-244-2839. Please help us keep our resident store open.

		<i>MENU</i>	
		<i>Feb 10th -Feb 16th</i>	
		<i>Mindful Offer</i>	
		<i>Kale & Vegetable Pizza</i>	
		<i>BREAKFAST</i>	<i>DINNER</i>
		<i>SUPPER</i>	
	Fresh Fruit in Season	Vegetarian Lentil & Spinach Soup	Beef Barley Soup
<i>M</i>	Orange Juice	Cottage Cheese & Tomato	Vegetarian Lentil & Spinach Soup
<i>O</i>	Cream of Wheat	Mixed Green Salad	Cottage Cheese & Tomato
<i>N</i>	Eggs To Order	Braised Beef Brisket W/Caramelized Onion	South American Tuna Salad & Avocado Wrap
<i>D</i>	Sausage Patties	Pork Medallions w Apple Chutney	Teriyaki Chicken Breast
<i>A</i>	Blueberry Yogurt Coffee Cake	Herb Mashed Yukon Gold Potatoes	Sticky Rice
<i>Y</i>	Whole Milk	Garlic Roast Green Beans	Sautéed Bok Choy
	Coffee	Triple Chocolate Fudge Bar	Golden Graham Smores
<i>10</i>			
	Fresh Fruit in Season	Tomato Florentine	Tomato Florentine
<i>T</i>	Orange Juice	Fruit Salad	Thai Chicken & Rice Soup
<i>U</i>	Old Fashioned Oatmeal	Mixed Green Salad	Fruit Salad
<i>E</i>	Belgian Waffles	Bean, Pork, Kielbasa & Chicken Casserole	Three Cheese Quiche
<i>S</i>	Scramble Eggs	Cajun Salmon	Chipotle & Onion Cheesesteak
<i>D</i>	Bacon	Summer Vegetable & Herb Couscous	House made Chips
<i>A</i>	Whole Milk	Summer Squash & Carrot Medley	Broccoli Cuts
<i>Y</i>	Coffee	Pear Cranberry Crumble	Apricot Bars
<i>11</i>			
<i>W</i>	Fresh Fruit in Season	Vegetarian Split Pea Soup	Vegetarian Split Pea Soup
<i>E</i>	Orange Juice	Cole Slaw	Chili con Carne
<i>D</i>	Cream of Wheat	Mixed Green Salad	Cole Slaw
<i>N</i>	Whole Wheat Pancakes	Pinto Bean & Potato Cheddar Quesadilla	Monte Cristo Sandwich
<i>E</i>	Fried Cage Free Egg	Beef Goulash	Chicken Pot Pie with Biscuit
<i>S</i>	Grilled Ham	Buttered Noodles	Green Beans
<i>D</i>	Whole Milk	Lima Beans	Steak Cut French Fries
<i>A</i>	Coffee	Yellow Cake with Fudge Icing	Vanilla Mousse
<i>Y</i>			
<i>12</i>			
<i>T</i>	Fresh Fruit in Season	Red Pepper & Basil Soup	Chicken Gumbo
<i>H</i>	Orange Juice	Cucumber Sour Cream Salad	Red Pepper & Basil Soup
<i>U</i>	Old Fashioned Oatmeal	Mixed Green Salad	Cucumber Sour Cream Salad
<i>R</i>	Baked Denver Omelet	Crispy Baked Cod	Grilled Beef with Pineapple Salad Plate
<i>S</i>	Hash Browned Potatoes	Honey Citrus House Smoked Turkey	Macaroni & Cheese
<i>D</i>	Sausage Patty	Rice and Orzo Pilaf	Stewed Tomatoes
<i>A</i>	Whole Milk	Roasted Zucchini	Chocolate Brownie
<i>Y</i>	Coffee	Apple Turnover	
<i>13</i>			
	Fresh Fruit in Season	New England Clam Chowder	Hearty Beef Vegetable Soup
<i>F</i>	Orange Juice	Hummus Plate	New England Clam Chowder
<i>R</i>	Cream of Wheat	Mixed Green Salad	Hummus Plate
<i>I</i>	Poached Eggs	Chicken Alfredo	Oven Roasted Fish Sandwich
<i>D</i>	Whole Wheat French Toast	Pork Scaloppini & Mushroom Ragout	Montreal Rotisserie Tri Tip
<i>A</i>	Bacon	Rotini Pasta	Country Mashed Potatoes
<i>Y</i>	Whole Milk	Yellow Squash, Red Pepper & Peas Sauté	Sweet Corn Cake
<i>14</i>	Coffee	Tiramisu Cake	Maple Bacon Cookie
<i>S</i>	Fresh Fruit in Season	Roast Turkey & Rice Soup	Cream Of Mushroom
<i>A</i>	Orange Juice	Orange Jicama Salad	Roast Turkey & Rice Soup
<i>T</i>	Old Fashioned Oatmeal	Mixed Green Salad	Orange Jicama Salad
<i>U</i>	Fried Cage Free Egg	Spinach Lasagna with Marinara Sauce	Fried Flounder w Vegetables & Rice
<i>R</i>	Sausage Patties	Farmer's Meatloaf	Bacon Cheese Burger
<i>D</i>	Mixed Berry Wheat Pancakes	Roasted Red Potatoes	French Fries
<i>A</i>	Whole Milk	Corn O'Brien with Peppers	Steamed White Rice
<i>Y</i>	Coffee	Peach Crisp	Oatmeal Raisin Cookie
<i>15</i>			
	Fresh Fruit in Season	Carrot & Ginger Soup	Carrot & Ginger Soup
	Orange Juice	Deviled Eggs	Corn Chowder
<i>S</i>	Old Fashioned Oatmeal	Mixed Green Salad	Deviled Eggs
<i>U</i>	Scrambled Egg	Flank Steak	Basil Lemon Chicken w Couscous
<i>N</i>	Hash Browned Potatoes	Tuscan-Style Turkey Breast	Pork Tenderloin with Raspberry Sauce
<i>D</i>	Sausage Link	Savory Cornbread Stuffing	Mashed Sweet Potatoes
<i>A</i>	Cinnamon Roll	Garlic Mashed Potatoes	Root Vegetable & Brussel Sprouts
<i>Y</i>	Whole Milk	Green Beans, Tomato, Garlic & Shallots	Cinnamon Pumpkin Bread Pudding
<i>16</i>	Coffee	Cherry Pie	