



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 3

<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
Who Am I?	10:00 am	LP Parlor
Resident Store Open	10:00—12	LP 1st Floor
<i>Wellness: Strong & Stable</i>	10:30 am	Wellness Center
Frogs & Toads	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
Cooking Group: Frog Eye Salad	2:00 pm	Activity Terrace
SU: The Great Courses	4:00 pm	TJ Parlor
Gazebo Group	5:00 pm	Activity Terrace

TUESDAY, FEBRUARY 4

<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	LP Parlor
SU: Watercolors	10:00 am	TJ Craft Room
SU: Beginning Crochet	10:00 am	TJ Multipurpose Room
<i>Wellness: Seated Beginner Tai Chi</i>	10:00 am	Memory Care Day Room
SU: Brain Training Level 1	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
<i>Wellness: Sit, Fit, Fun</i>	1:30 pm	LP Parlor
SU: Brain Training Level 2	2:00 pm	Wellness Center
Afternoon Tea	2:00 pm	LP Dining
Music & Civil Rights	3:00 pm	LP Parlor
Wheel of Fortune	7:00 pm	LP Parlor

WEDNESDAY, FEBRUARY 5

<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
SU: Creative Writing: Flash Fiction	10:30 am	TJ Multipurpose Room
<i>Wellness: Strong & Stable</i>	10:30 am	Wellness Center
<i>Wellness: Seated Strength</i>	10:30 am	Gathering Corner
<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
Star of the Month	1:30 pm	LP Parlor
TJ Afternoon Tea	3:00 pm	TJ Dining Room
SU: Marking Immigrants Distinctively	3:00 pm	TJ 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 6

<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
Football Fill in the Blank	10:00 am	LP Parlor
<i>Wellness: Tai Chi Practice</i>	10:00 am	Wellness Center
Queen's Day	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
Craft Group	2:00 pm	Activity Terrace
Dining Menu Meeting	3:00 pm	LP Dining Room
SU: Music with Dr. Paul	3:00 pm	LP Parlor
SU: Steve's History Hour—Tacoma's Music History	6:00 pm	LP Parlor

FRIDAY, FEBRUARY 7

<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
Swinging on a Star	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
Jeopardy Trivia	11:00 am	LP Parlor
Lunch Bunch: Jimmy Mac's Roadhouse	11:15 am	Sign up at LP Desk
<i>Wellness: Yoga</i>	11:30 am	Wellness Center
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, FEBRUARY 8

News & Views	9:30 am	LP Parlor
Potato Lovers Day	10:00 am	LP Parlor
Trivia Challenge	11:00 am	LP Parlor
Tacoma Musical Playhouse	1:15 pm	Sign up at LP Desk
Bingo	1:30 pm	LP Parlor
Saturday Cinema	6:30 pm	LP Parlor

SUNDAY, FEBRUARY 9

Worship Service	9:30 am	LP Parlor
Coffee Social	10:30 am	LP Parlor
Remembering the 50's	1:30 pm	LP Parlor
Card Game "Uno"	2:00 pm	LP Parlor
Snow Moon Social	3:00 pm	LP Parlor
Evening Movie	6:30 pm	LP Parlor

From the Library Corner

The First Quarter Books are here and now available under "New Arrivals" in Bascom Library. Be Sure to stop by and check out the new arrivals.

**Upcoming Trips
Sign Up at the LP 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.

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

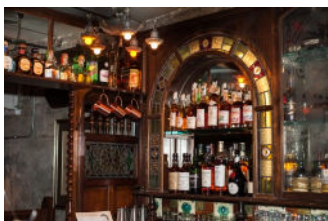
McMenamins Adventure

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 reimagined 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.



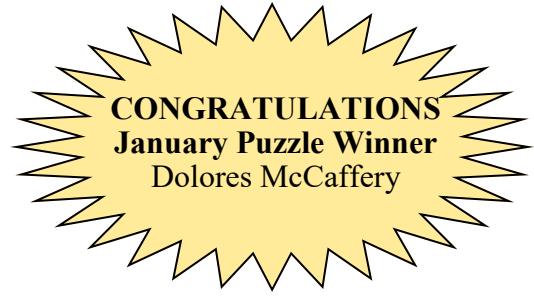
Symphony Tacoma “Beethoven’s Eroica”

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 Nicoella will perform Israeli composer Yaron Gottfried’s Electric Guitar Concerto, a beautiful classical piece featuring a non-traditional orchestral instrument.

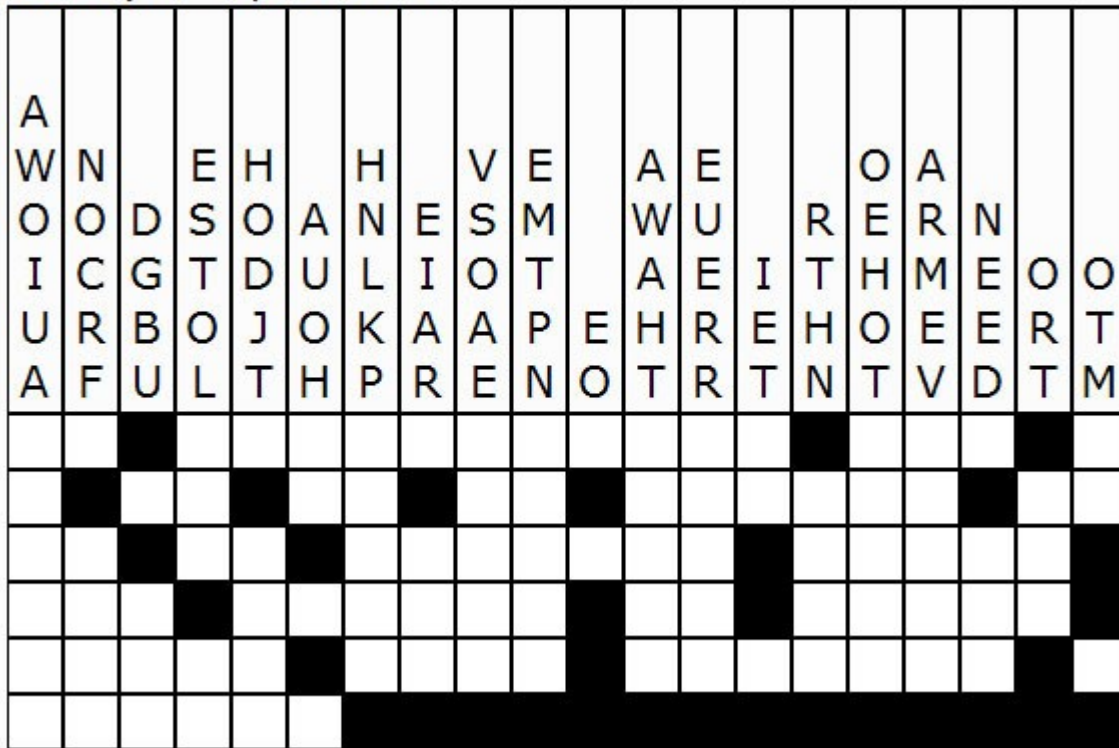
Please sign up at LP Front Desk
If you need tickets please call Heidi at 253-756-6284

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.



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

Quote by: Dr. Joyce Brothers



WEEKLY RIDDLE

A very strong man walked into a bar. He saw a weak man smoking a cigar. "There's a wheelbarrow right outside this door." "I will wager you I can push it more." "Choose what goes inside, matters not to me. I'll push twice as far, just you wait and see." The weak man accepts, "I'll bet a week's pay." How'd the weak man win and what did he say?

SATURDAY

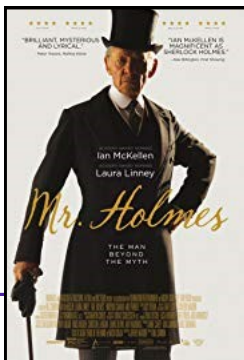
February 8 at 6:30 pm
LP Parlor

SUNDAY

February 9 at 6:30 pm
LP Parlor

Mr. Holmes

An aged, retired Sherlock Holmes deals with early dementia, as he tries to remember his final case, and a mysterious woman, whose memory haunts him.



Where the Heart Is

A pregnant 17-year-old rebuilds her life after being abandoned by her boyfriend at a Wal-Mart.



Steve’s History Hour: Tacoma’s Music History

Most locals know about Tacoma’s rock and roll roots that included the Sonics, the Wailers and the Ventures, but the City of Destiny also gave Jazz great Ferdinand Morton his “Jelly Roll” nickname and gave Loretta Lynn her big break.

**6:00 pm, Lillian Pratt Parlor
Thursday, February 6**

Music with Dr. Paul: Be My Valentine, Classical Songs of Love

This is a class everyone will enjoy simply because we all have this need to be loved and share expressions of love. Dr. Paul invites you to attend and “Be my Valentine.”

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

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 28**

Medical Appointments

A friendly reminder: Please **do not make** medical appointments after 3pm. We are happy to take you to an appointment at 3pm but will not be able to pick you up from that appointment and you will have to take a taxi or an Uber home.

At this time we need at least 3 days notice for appointments. We understand emergencies arise and will do our best to accommodate them. Forms to request medical transportation are available at the LP Front Desk and, once filled out, need to be given to the receptionist at the desk.



Brain Training with Linda Terry

Brain training coach Linda Terry teaches people how to build brain processing efficiency and increase learning ability through targeted brain fitness exercises.

**Tuesday, February 4
11:00 am, LP Parlor, Level 1
2:00 pm, Wellness Center, Level 2**

Marking Immigrants Distinctively

Immigration emerged as a defining moment in our political landscape in 2016. The role of political parties, racial cues, and the sidelining of policy experts and foreign policy concerns makes this moment different than in the past. Recognizing these differences is key for understanding what might come next, not just in terms of treatment of newcomers, but also for how we define what it means to be American.

**3:00 pm, Tobey Jones Parlor
Wednesday, February 5**

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 3rd - Feb 9th</i>	<i>Mindful Offer</i>
		<i>Brazilin-Style Chicken & Rice</i>	
	<i>BREAKFAST</i>	<i>DINNER</i>	<i>SUPPER</i>
	Fresh Fruit in Season	Mexican Corn Soup	Mexican Corn Soup
<i>M</i>	Orange Juice	Cottage Cheese & Tomatoes	Navy Bean Soup
<i>O</i>	Cream of Wheat	Mixed Green Salad	Cottage Cheese & Tomatoes
<i>N</i>	Scrambled Egg	Carolina Pulled BBQ Chicken	Santé Fe Melt on White
<i>D</i>	Sausage Patty	Fried Trout	Chicken Fried Steak
<i>A</i>	Whole Wheat Pancakes	Vegetarian Baked Beans	Caramelized Leek Mashed Potatoes
<i>Y</i>	Whole Milk	Sliced Carrots	Collard Greens
	Coffee	Pecan Baklava	Grasshopper Mousse
<i>3</i>			
	Fresh Fruit in Season	Chunky Vegetable & Orzo Soup	Chunky Vegetable & Orzo Soup
<i>T</i>	Orange Juice	Fruit Salad	Pork Chile Verde
<i>U</i>	Old Fashioned Oatmeal	Mixed Green Salad	Fruit Salad
<i>E</i>	Poached Eggs	Tomato Basil Baked Flounder	Honey Lime Turkey Salad
<i>S</i>	Bacon	Chipotle Mango Glazed Ham	Grilled Flank Steak
<i>D</i>	Chocolate Chip Muffin	Mashed Sweet Potatoes	Baked Potato
<i>A</i>	Whole Milk	Green Beans Oregano	Creamed Spinach
<i>Y</i>	Coffee	Peach Crisp	Double Chocolate Cookies
<i>4</i>			
<i>W</i>			
<i>E</i>	Fresh Fruit in Season	Potato Leek Soup	Garden Vegetable Soup
<i>D</i>	Orange Juice	Cole Slaw	Potato Leek Soup
<i>N</i>	Cream of Wheat	Mixed Green Salad	Cole Slaw
<i>E</i>	Fried Large Cage Free Egg	Rotini & Meat Sauce	Grilled Blackened Tuna & Salsa Sandwich
<i>S</i>	Grilled Ham	Brazilian Pork with Chimichurri	Chicken & Dumplings
<i>D</i>	French Toast	White Rice	Roasted Carrots
<i>A</i>	Whole Milk	Capri Mixed Vegetables	House Made Potato Chips
<i>Y</i>	Coffee	Blueberry Fritters	Blondie Bar
<i>5</i>			
<i>T</i>	Fresh Fruit in Season	Cream of Mushroom Soup	Cream of Mushroom Soup
<i>H</i>	Orange Juice	Cucumber Sour Cream Salad	Onion Soup with Parmesan Crouton
<i>U</i>	Old Fashioned Oatmeal	Mixed Green Salad	Cucumber Sour Cream Salad
<i>R</i>	Scrambled Egg	Chicken Scaloppini Marsala	Thai Beef Salad
<i>S</i>	Bacon	Eggplant Parmesan	Roasted Turkey Breast
<i>D</i>	Apple Cinnamon Muffin	Penne	Roasted Sweet Potato
<i>A</i>	Whole Milk	French Cut Green Beans	Fresh Broccoli
<i>Y</i>	Coffee	Garlic Black Pepper Rolls	Grilled Rustic Bread
<i>6</i>		Cookies and Cream Blondie	Vanilla Pudding Cup
	Fresh Fruit in Season	New England Clam Chowder	New England Clam Chowder
<i>F</i>	Orange Juice	Hummus Plate	Tomato Basil Soup
<i>R</i>	Cream of Wheat	Mixed Green Salad	Mixed Green Salad
<i>I</i>	Spinach & Pesto Scrambled Eggs	Ginger Flank Steak	Cheese Burger
<i>D</i>	Hash Browned Potatoes	Sweet and Sour Chicken	Pub Style Fish & Chips
<i>A</i>	Bacon	Fried Rice	Steamed Vegetable Medley
<i>Y</i>	Whole Milk	Sauté Spinach	Roasted Pears
	Coffee	Chocolate Cobbler	
<i>7</i>			
<i>S</i>			
<i>A</i>	Fresh Fruit in Season	Sweet Potato and Black Bean Chili	Mushroom & Roasted Garlic Soup
<i>T</i>	Orange Juice	Orange Jicama Salad	Sweet Potato and Black Bean Chili
<i>U</i>	Old Fashioned Oatmeal	Mixed Green Salad	Orange Jicama Salad
<i>R</i>	Poached Eggs	Crispy Parmesan Tilapia	Chicken Parmesan Flatbread
<i>D</i>	Sausage Patty	Turkey Meat Loaf	Beef Stroganoff
<i>A</i>	Ham & Spinach Frittata	Mashed Potatoes	Rotini Noodles
<i>Y</i>	Whole Milk	Ginger Sesame Sugar Snap Peas	Grilled Yellow Squash
<i>8</i>	Coffee	Banana Cream Pie Pudding Cup	Linzi Bars
	Fresh Fruit in Season	Spring Pasta Fagioli	Turkey Vegetable Soup
<i>S</i>	Orange Juice	Waldorf Salad	Spring Pasta Fagioli
<i>U</i>	Old Fashioned Oatmeal	Mixed Green Salad	Mixed Green Salad
<i>N</i>	Fried Cage Free Egg	Baked Chicken Quarter	Grilled Cheese Quesadilla
<i>D</i>	Hash Browned Potatoes	Fried Shrimp	BBQ Pork Cutlet
<i>A</i>	Bacon	Rice Pilaf	Home Fried Potatoes
<i>Y</i>	Cinnamon Rolls	Peas & Carrots	California Mixed Vegetables
<i>9</i>	Whole Milk	Pumpkin Pie	Raspberry Yogurt Mousse
	Coffee		