



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, March 9

9:30 am

LP Parlor

COFFEE WITH

JUDY

Thursday, March 12

10:00 am

LP Parlor

MONDAY, MARCH 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
March Trivia	9:30 am	LP Parlor
Lucky Dice	10:00 am	LP Parlor
Resident Store Open	10:00—12	LP 1st Floor
<i>Wellness: Strong & Stable</i>	10:30 am	Wellness Center
<i>Wellness: Seated Strength</i>	10:30 am	Gathering Corner
Life of Julie Andrews	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: Pimento Cheese	2:00 pm	Activity Terrace
SU: The Great Courses	4:00 pm	TJ Parlor
Gazebo Group	5:00 pm	Activity Terrace

TUESDAY, MARCH 3

<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
<i>Wellness: Seated Beginning Tai Chi</i>	10:00 am	Care Center Memory Care
SU: Watercolors	10:00 am	TJ Craft 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
Craft Group	3:00 pm	Activity Terrace
Wheel of Fortune	7:00 pm	LP Parlor

WEDNESDAY, MARCH 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
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
SU: Creative Writing: Flash Fiction	10:30 am	TJ Multipurpose
March Madness	11:00 am	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
Meditation Group	1:30 pm	LP Parlor
SU: Where Were All the Women Artists?	3:00 pm	TJ Parlor
TJ Afternoon Tea	3:00 pm	TJ Dining
Jeopardy	7:30 pm	LP Parlor

HAPPY BIRTHDAY

March 3

Rosemary Kay
Louis Orrino

March 5

Ken Johnson
Marilyn Etzold
Barbara Didis
Paule Jensen

March 6

Chieko Takasugi

March 12

Marilynn Thomas

March 13

Neal Brown

March 14

Darlene Alfredson

March 15

Joanne Selden

March 16

Lee Fisher

March 19

Claudia Morgan
Helen Osborn

March 23

John Lynn
Bobby Brown

March 24

Joyce Myhre

March 26

Yvonne Zubalik

March 27

Marcia Winkle

March 29

John Kriete
Betsy Henderson

March 31

Francesca Okerlund

THURSDAY, MARCH 5

<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
Chair Yoga	9:30 am	LP Parlor
Horse Racing Game	10:00 am	LP Parlor
<i>Wellness: Tai Chi Practice</i>	10:00 am	Wellness Center
Being Green	11:00 am	LP Parlor
SU: Discover Your Family History	1:00 pm	TJ 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
SU: Steve's History Hour	6:00 pm	LP Parlor

FRIDAY, MARCH 6

<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
Who Am I?	9:30 am	LP Parlor
Hand Massages	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
Finish the Phrase	11:00 am	LP Parlor
Lunch Bunch "Ranchito"	11:30 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, MARCH 7

Morning Movie: The King's Speech	10:00 am	LP Parlor
Music with Roberta	1:30 pm	LP Parlor
Saturday Cinema	6:30 pm	LP Parlor

SUNDAY, MARCH 8

Worship Service	9:30 am	LP Parlor
Coffee Social	10:30 am	LP Parlor
Remembering the 50's	1:30 pm	LP Parlor
Crafty Creation	2:00 pm	LP Parlor
Root Beer Float 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**

Lunch Bunch “The Ranchito Mexican Restaurant”

Friday, March 6 Bus departs at 11:30 am

Sign up by Thursday March 5 **Cost: Meal**

Back by popular demand, we are going to the Ranchito Mexican Restaurant in Milton. Originally found by the happy circumstance of driving to the wrong restaurant, we are deliberately going back for the amazing Mexican food we found there. This is a Mexican place that serves some delicious authentic Mexican food. From their chicken mole, to fajitas, to Horchata, to enchiladas and burritos you won't be disappointed. Bring your friends and be prepared for some great, authentic Mexican food!

Please sign up at the front desk.



Symphony Tacoma “Ludwig and Beethoven”

Saturday, March 21 Bus departs at 6:30 pm

Sign up by Thursday March 19 **Cost: \$30-\$85**

Continuing the celebration of Beethoven's 250th birthday, this concert features two of his most prominent works. *The Creatures of Prometheus* is Beethoven's only full-length ballet and shows his lighter side and "Choral Fantasy" is considered a forerunner to his epic Ninth Symphony with its piano and vocal solos as well as chorus. Mozart's longest and final symphony "Jupiter" was said to be an inspiration to Beethoven with its five simultaneous melodies. Inspired by "Choral Fantasy," Composer in Residence David Ludwig draws on its themes in his world-premiere composition, *The Bleeding Pines* which provides a commentary on today's environmental crisis.

Please sign up at the LP front desk.

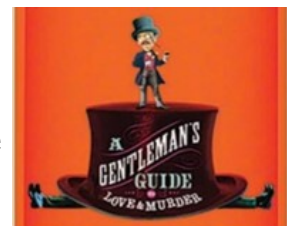
If you need tickets please call Heidi at 253-756-6284

Tacoma Musical Playhouse “A Gentleman's Guide to Love and Murder”

Saturday, March 28 Bus departs at 1: 15 pm

Sign up by Friday March 27 **Cost: \$29**

A distant heir to a family fortune sets out to speed up the line of succession by using a great deal of charm and a dash of murder. *A Gentleman's Guide To Love and Murder* is the knock-'em-dead, uproarious hit and the most-nominated show of the 2014 season. With ten Tony nominations and four wins, including Best Musical, Book, Direction and Costumes, plus earning seven Drama Desk Awards, you won't be disappointed with this play.



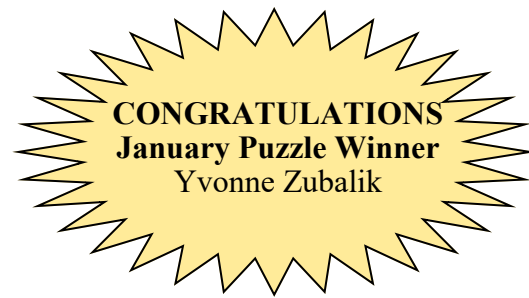
Please sign up at LP Front Desk

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

From the Building Services Desk

After the recent Century Link phone problems we are asking the following:
If you have a separate personal Century Link phone account and you are still experiencing an outage please inform Building Services.
We are trying to put together a list of those residents still having problems.

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.



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



WEEKLY RIDDLE

Can only be true one day I'm alive
 That two days ago I was thirty-five.
 And if come next year I'll turn thirty-eight
 When is my birthday, what is today's date?

SATURDAY

March 7 at 6:30 pm
 LP Parlor

SUNDAY

March 8 at 6:30 pm
 LP Parlor

Harry Potter And the Prisoner of Azkaban

Harry Potter delves into the mystery surrounding an escaped prisoner who poses a dangerous threat.



The Greatest Showman

Celebrates the birth of show business and tells of a visionary who rose from nothing to create a spectacle that became a worldwide sensation.



**Help Wanted...
Great Volunteer Opportunity**

The Resident Council and the FTJ administration have approved a Campus Transportation service beginning Monday April 6. The service will transport residents between buildings from 10am to 2pm on Mondays and Wednesdays. This will occur for a trial period of 60 days.

We need volunteers to be drivers. We will be using one of the FTJ vans for this service. Volunteers will receive training to assure safety.

If you are willing to be a driver for this important new service or have questions contact Nancy Cook at 206.399-7100 or drnbc@msn.com

Please volunteer to be a driver to help support this new service!

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.

STEADI Fall Risk Screenings in March

STEADI stands for Stopping Elderly Accidents, Deaths & Injuries. The program was developed in collaboration with the Center for Disease Control and Prevention and the American Pharmacists Association to help prevent falls and maintain healthy, active living in older adults.

Next month you will have the opportunity to participate in a free STEADI fall screening exam here at FTJ. On **Wednesday, March 4th from 1:00 to 2:30 pm** in the Wellness Center, students from the University of Puget Sound Doctor of Physical Therapy Program will be conducting the exams. The screening will include a fall risk questionnaire, several interactive tests to determine individual fall risk and information about how to reduce risk of falls. Even if you have participated in this screening before, it is a good idea to get re-checked to see if anything has changed. Please sign up in the Wellness Center.

Announcing Additional Church Services

We are pleased to inform you that we are bringing on an additional Minister to provide church services in our Care Center. Georgann Peck has extensive religious experience and has served as a minister for multiple church congregations, a youth minister, a chaplain in Hospice and as a Director of Christian Education.

Every Sunday, beginning in March, she will provide non-denominational Christian church services in Memory Care at 9:30am and in Skilled Nursing at 10:30am.

Elizabeth Lamar, our current Chaplain, will continue to provide church services in the LP Parlor Sunday mornings at 9:30am and bible study Wednesday afternoons at 1:00pm in the Bascom Library. The church services provided by Chaplain Lamar are open to anyone on campus who wishes to attend.

If you wish to request an individual chaplain visit please contact Heidi White at 253-756-6284 to make your request.

		<i>MENU</i>	
		<i>Mar 2nd - Mar 8th</i>	
		<i>Mindful Offer</i>	
		<i>Aztec Veggie Burger</i>	
	<i>BREAKFAST</i>	<i>DINNER</i>	<i>SUPPER</i>
	Fresh Fruit in Season	Red Pepper & Basil Soup	Cream of Tomato Soup
<i>M</i>	Assorted Fruit Juice	Cottage Cheese & Tomato Salad	Red Pepper & Basil Soup
<i>O</i>	Cream of Wheat	Mixed Green Salad	Cottage Cheese & Tomato Salad
<i>N</i>	Poached Egg	Beef Stew	Crispy Fish Taco
<i>D</i>	Sausage Link	Chipotle Cinnamon Turkey Breast	Beef Mushroom Meatloaf
<i>A</i>	Chocolate Chip Muffin	Bow Tie Pasta	Lighter Parsnip Whipped Potatoes
<i>Y</i>	Whole Milk	Sliced Beets	Baby Carrots & Sugar Snap Peas Medley
	Coffee	Buttermilk Drop Biscuits	Smashed Black Beans
		Key Lime Cake	Vanilla Mousse
2			
	Fresh Fruit in Season	Hearty Beef Vegetable Soup	Hearty Beef Vegetable Soup
<i>T</i>	Assorted Fruit Juice	Fruit Salad	Cream of Fresh Broccoli Soup
<i>U</i>	Old Fashioned Oatmeal	Mixed Green Salad	Fruit Salad
<i>E</i>	Scrambled Egg	Molasses Pepper Glazed Ham	Chicken, Bacon & Cheese Sandwich
<i>S</i>	Bacon	Catfish Cakes	Cheese Ravioli
<i>D</i>	Egg, Sausage & Cheese Burrito	Scalloped Potatoes	Garlic Knot
<i>A</i>	Whole Milk	Green Beans	Roasted Green Pepper
<i>Y</i>	Coffee	Pineapple Upside Down Cake	Chocolate Brownie
3			
<i>W</i>	Fresh Fruit in Season	Carrot & Ginger Soup	Turkey Noodle Soup
<i>E</i>	Assorted Fruit Juice	Cole Slaw	Carrot & Ginger Soup
<i>D</i>	Cream of Wheat	Mixed Green Salad	Cole Slaw
<i>N</i>	Fried Cage Free Egg	Baked Ziti with Vegetables	Grilled Chicken Caesar Salad
<i>E</i>	Blueberry Pancake	Turkey Scallopini	Herb Crusted Roast Beef
<i>S</i>	Grilled Ham	Rice Pilaf	Caramelized Onion Yukon Gold Mash Potato
<i>D</i>	Whole Milk	Steamed Vegetable Medley	Peas & Carrots
<i>A</i>	Coffee	Crisp Baguette	Maple Bacon Cookie
<i>Y</i>		Raspberry Whoopie Pie	
4			
<i>T</i>	Fresh Fruit in Season	Cream of Vegetable Soup	Cream of Vegetable Soup
<i>H</i>	Assorted Fruit Juice	Cucumber Sour Cream Salad	Chicken Ditalini Soup
<i>U</i>	Old Fashioned Oatmeal	Mixed Green Salad	Cucumber Sour Cream Salad
<i>R</i>	Baked Denver Omelet	Orange Salmon with Olives & Almonds	Little Italy Meatballs & Whole Wheat Pas
<i>S</i>	Bacon	Lemon Sage Chicken Breast	Roasted Vegetable Quesadilla Snacker
<i>D</i>	Banana Yogurt Coffee Cake	Oven Roasted Potato Wedges	Zucchini & Yellow Squash
<i>A</i>	Whole Milk	Sautéed Spinach in Olive Oil with Garlic	Fried Tri Color Tortilla Chips
<i>Y</i>	Coffee	Mango Coconut Parfait	Chocolate Pudding Cup
5			
	Fresh Fruit in Season	New England Clam Chowder	New England Clam Chowder
<i>F</i>	Assorted Fruit Juice	Hummus Plate	Minestrone Soup
<i>R</i>	Cream of Wheat	Mixed Green Salad	Hummus Plate
<i>I</i>	Whole Wheat Pancakes	Chicken Marsala	Philly Cheesesteak Sandwich
<i>D</i>	Fried Cage Free Egg	Maple Glazed Pork Loin	Turkey A La King
<i>A</i>	Bacon	Garlic Mashed Potatoes	Whole Green Beans
<i>Y</i>	Whole Milk	Roasted Zucchini & Eggplant	French Fries
	Coffee	Spice Cake with Cream Frosting	Applesauce Bar
6			
<i>S</i>	Fresh Fruit in Season	Tomato Soup	Tomato Soup
<i>A</i>	Assorted Fruit Juice	Orange Jicama Salad	Grilled Chicken Tortilla Soup
<i>T</i>	Old Fashioned Oatmeal	Mixed Green Salad	Orange Jicama Salad
<i>U</i>	Scrambled Eggs	Shepherd's Pie	Eggplant Parmesan
<i>R</i>	Blueberry Muffins	Panko Crusted Cod w Asian Sauce	Chicken Thigh Cacciatore
<i>D</i>	Sausage Link	Sticky Rice	Angel Hair
<i>A</i>	Hash browns	Sesame Shiitake Bok Choy	Yellow Squash, Red Pepper & Peas Sauté
<i>Y</i>	Whole Milk	Fresh Broccoli	Focaccia Rolls
	Coffee	Mixed Berry Apple Crisp	Cherry Dark Chocolate Cookie
7			
	Fresh Fruit in Season	Roasted Onion Soup	Chicken Noodle Soup
	Assorted Fruit Juice	Deviled Eggs	Roasted Onion Soup
<i>S</i>	Old Fashioned Oatmeal	Mixed Green Salad	Deviled Eggs
<i>U</i>	Cinnamon Rolls	Apricot Glazed Turkey	Southwest Salisbury Steak
<i>N</i>	Poached Egg	Mediterranean Braised Lamb	Cheese Enchiladas
<i>D</i>	Bacon	Parsley Boiled Potatoes	Mexican Rice
<i>A</i>	Whole Milk	Peas & Mushrooms	Refried Beans
<i>Y</i>	Coffee	Roasted Butternut Squash	Chocolate Peanut Butter Brownie
		Chocolate Torte	
8			