



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 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
<b>Resident Council</b>	<b>9:30 am</b>	<b>LP Parlor</b>
<b>Resident Store Open</b>	<b>10:00—12</b>	<b>LP 1st Floor</b>
<i>Wellness: Strong &amp; Stable</i>	10:30 am	Wellness Center
<i>Wellness: Seated Strength</i>	10:30 am	Gathering Corner
<b>SU: Edward Jones Seminar</b>	<b>11:00 am</b>	<b>LP Parlor</b>
<i>Wellness: Yoga</i>	11:30 am	Wellness Center
<i>Wellness: Sit, Fit, Fun</i>	1:30 pm	LP Parlor
<b>SU: Pop Music History</b>	<b>1:30 pm</b>	<b>TJ Parlor</b>
<b>Cooking Group: Puff Pastry</b>	<b>2:00 pm</b>	<b>Activity Terrace</b>
<b>SU: Using Your Words Writing Workshop</b>	<b>2:00 pm</b>	<b>TJ Multipurpose</b>
<b>SU: The Great Courses</b>	<b>4:00 pm</b>	<b>TJ Parlor</b>
<b>Gazebo Group</b>	<b>5:00 pm</b>	<b>Activity Terrace</b>

**TUESDAY, MARCH 10**

<i>Wellness: Cardio &amp; Core</i>	7:30 am	Wellness Center
<i>Wellness: Strength n’ Flex</i>	9:00 am	Wellness Center
<b>Trader Joe’s Shopping Bus</b>	<b>9:30 am</b>	<b>Sign up at LP Desk</b>
<b>News Currents</b>	<b>9:30 am</b>	<b>LP Parlor</b>
<i>Wellness: Seated Beginning Tai Chi</i>	10:00 am	Care Center Memory Care
<b>SU: Watercolors</b>	<b>10:00 am</b>	<b>TJ Craft Room</b>
<b>10 Things About Purim</b>	<b>11:00 am</b>	<b>LP Parlor</b>
<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
<b>Afternoon Tea</b>	<b>2:00 pm</b>	<b>LP Dining</b>
<b>Understanding Dementia Class</b>	<b>2:30 pm</b>	<b>Wellness Center</b>
<b>Craft Group</b>	<b>3:00 pm</b>	<b>Activity Terrace</b>
<b>Wheel of Fortune</b>	<b>7:00 pm</b>	<b>LP Parlor</b>

**WEDNESDAY, MARCH 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
<b>Communion</b>	<b>10:00 am</b>	<b>LP Parlor</b>
<i>Wellness: Strong &amp; Stable</i>	10:30 am	Wellness Center
<i>Wellness: Seated Strength</i>	10:30 am	Gathering Corner
<b>SU: PLU Students on Free Speech</b>	<b>11:00 am</b>	<b>TJ Parlor</b>
<b>Jeopardy Trivia</b>	<b>11:00 am</b>	<b>LP Parlor</b>
<i>Wellness: Yoga</i>	11:30 am	Wellness Center
<i>Wellness: Sit, Fit, Fun</i>	1:30 pm	TJ Solarium
<b>Chair Yoga</b>	<b>1:30 pm</b>	<b>LP Parlor</b>
<b>SU: Fireside Chat with Public Works</b>	<b>3:00 pm</b>	<b>LP Parlor</b>
<b>Jeopardy</b>	<b>7:30 pm</b>	<b>LP Parlor</b>

### 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 12

<i>Wellness: Cardio &amp; Core</i>	7:30 am	Wellness Center
<i>Wellness: Strength n' Flex</i>	9:00 am	Wellness Center
<b>Westgate Shopping Van</b>	<b>9:30 am</b>	<b>Sign up at LP Desk</b>
<b>Knit Wits Group</b>	<b>9:30 am</b>	<b>TJ Parlor</b>
<b>Coffee with Judy</b>	<b>10:00 am</b>	<b>LP Parlor</b>
<i>Wellness: Tai Chi Practice</i>	10:00 am	Wellness Center
<b>SU: Dabbling in Art History</b>	<b>10:00 am</b>	<b>TJ Craft Room</b>
<b>Proctor District Shopping Van</b>	<b>1:15 pm</b>	<b>Sign up at LP Desk</b>
<i>Wellness: Ballroom Dancing</i>	1:30 pm	Wellness Center
<b>Old Time Fiddlers</b>	<b>1:30 pm</b>	<b>Activity Terrace</b>
<b>SU: Improv Class</b>	<b>3:00 pm</b>	<b>Wellness Center</b>

### FRIDAY, MARCH 13

<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
<b>What Am I?</b>	<b>9:30 am</b>	<b>LP Parlor</b>
<b>Hand Massages</b>	<b>10:00 am</b>	<b>LP Parlor</b>
<i>Wellness: Strong &amp; Stable</i>	10:30 am	Wellness Center
<b>History of Friday the 13th</b>	<b>11:00 am</b>	<b>LP Parlor</b>
<i>Wellness: Yoga</i>	11:30 am	Wellness Center
<b>Fitness Mashup</b>	<b>1:30 pm</b>	<b>LP Parlor</b>
<b>LP Happy Hour</b>	<b>3:00 pm</b>	<b>LP Parlor</b>
<b>GA Happy Hour</b>	<b>3:30 pm</b>	<b>GA Lounge</b>
<b>BV/DU Happy Hour</b>	<b>3:30 pm</b>	<b>Activity Terrace</b>
<b>TJ Wine &amp; Cheese Social</b>	<b>4:00 pm</b>	<b>TJ Parlor</b>

### SATURDAY, MARCH 14

<b>News &amp; Views</b>	<b>9:30 am</b>	<b>LP Parlor</b>
<b>Names of Name That Tune</b>	<b>10:00 am</b>	<b>LP Parlor</b>
<b>Famous Irish Folk</b>	<b>11:00 am</b>	<b>LP Parlor</b>
<b>Master Gardeners Series</b>	<b>11:00 am</b>	<b>TJ Solarium</b>
<b>Lucky Dice</b>	<b>1:30 pm</b>	<b>LP Parlor</b>
<b>Saturday Cinema</b>	<b>6:30 pm</b>	<b>LP Parlor</b>

### SUNDAY, MARCH 15

<b>Coffee Social</b>	<b>10:30 am</b>	<b>LP Parlor</b>
<b>Balloon Ball</b>	<b>1:30 pm</b>	<b>LP Parlor</b>
<b>Truth or Blarney</b>	<b>2:00 pm</b>	<b>LP Parlor</b>
<b>Italian Soda Social</b>	<b>3:00 pm</b>	<b>LP Parlor</b>
<b>Evening Movie</b>	<b>6:30 pm</b>	<b>LP Parlor</b>

#### 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**

**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**

**Coronavirus/COVID-19 Update**

The topic on everyone’s mind right now is the Coronavirus/COVID-19. FTJ takes the safety of everyone seriously, and is following the guidance of public health authorities by following universal precautions of infection control and other recommendations. We are increasing disinfection and as a precautionary measure, we are planning for any potential disruptions.

FTJ continues to provide training to staff to ensure they understand how to prevent the spread of infection and are well prepared to take care of those who may become ill. Residents who become ill or show symptoms, may be asked to remain in their apartment for their protection and the protection of others. Staff and visitors are asked to stay home if they are sick. Some events have been cancelled; other activities will be monitored and limited if necessary. Additional communication will be sent to residents and can be found on our website. Please continue to follow daily personal hygiene best practices.

	9						2	5
4		5	2					
	6			3				
2	8		3			1		9
			8		1			
3		7			6		4	8
				1			8	
					3	7		2
6	3						9	

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

**How to Play Sudoku:** Using only the numbers 1 through 9, complete the grid so that no number is repeated in any row, column or grid. Each puzzle has one, and only one, unique solution, and each can be solved using pure logic - guessing and trial-and-error are never required.



WEEKLY RIDDLE

Of no use to one, yet absolute bliss to two. The small boy gets it for nothing. The young man has to lie for it. The old man has to buy it. The baby's right, The lover's privilege, The hypocrite's mask. To the young girl, faith; To the married woman, hope; To the old maid, charity. What am I?

**SATURDAY**  
**March 14 at 6:30 pm**  
**LP Parlor**

**SUNDAY**  
**March 15 at 6:30 pm**  
**LP Parlor**

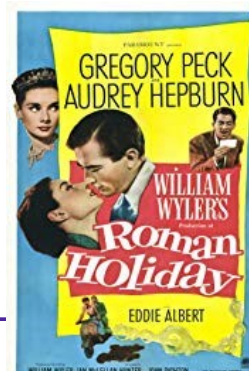
**Harry Potter**  
**And the Goblet of Fire**

Harry Potter finds himself competing in a hazardous tournament between rival schools of magic.



**Roman Holiday**

A bored and sheltered princess escapes her guardians and falls in love with an American newsman in Rome.



**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](mailto: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.

**Coffee with Judy**

Thursday March 12th at 10 am  
**Lillian Pratt Parlor**

Please come to this month's Coffee with Judy. She will be discussing and answering questions on multiple topics of interest. Joining her will be Heidi our Director of Life Enrichment.



**From the Maintenance Desk**

If you need something repaired in your apartment, or you need to report a maintenance issue on the FTJ campus, or if you need someone from maintenance for other reasons, please call the work order desk at 253-756-6293. If no one answers please leave a message and someone from maintenance will follow up with you.

Thank you.

**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.

**Master Gardeners' Series**

Join us for our monthly Master Gardeners Series in the **TJ Solarium at 11:00 am Saturday the 14th.** This month the focus will be on house plants and getting things prepped for the spring planting. Bring any questions or ideas you have to ask of our Master Gardeners.

**Church Services**

Due to unplanned circumstances our weekly church services and bible study are canceled until further notice. Look for further updates as the situation changes. We appreciate your patience as we work towards a solution.



		<b>MENU</b>	
		<b>Mar 9th - Mar 15th</b>	
		<i>Mindful Offer</i>	
		<i>Bulgogi Meatballs</i>	
	<b>BREAKFAST</b>	<b>DINNER</b>	<b>SUPPER</b>
	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	Chicken & Dumplings	Santé Fe Melt on White
<i>D</i>	Sausage Patty	Fried Trout	Chicken Fried Steak
<i>A</i>	Whole Wheat Pancakes	Roasted Red Potatoes	Caramelized Leek Mashed Potatoes
<i>Y</i>	Whole Milk	Baby Carrots w Sage	Buttered Corn
	Coffee	Pecan Baklava	Grasshopper Mousse
<b>9</b>			
	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
<b>10</b>			
<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	Stuffed Chicken Breast
<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
<b>11</b>			
<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 Sausage Napoleon	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
<b>12</b>		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	Tropical Seared Salmon	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	Asian Blend Vegetables	Roasted Pears
	Coffee	Chocolate Cobbler	
<b>13</b>			
<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
	Coffee	Banana Cream Pie Pudding Cup	Linzi Bars
<b>14</b>			
<i>S</i>	Fresh Fruit in Season	Spring Pasta Fagioli	Turkey Vegetable Soup
	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	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	Sautéed Salmon	California Mixed Vegetables
	Whole Milk	Pumpkin Pie	Raspberry Yogurt Mousse
<b>15</b>	Coffee		