



FRANKE
TOBEY
JONES

Enjoy your age

Main Desk Phone
752-6621 or Ext. 0

Work Order Line
Ext. 1293

**RESIDENT COUNCIL
MEETING**

Monday, December 14
9:30 am, Zoom Meeting

BISTRO
Ext. 1394

Location: LP 1st Floor
Next to Wellness Center
Monday - Friday
Simply To Go Delivery:
A limited selection of
our Bistro items are
available for delivery.
Simply call the front desk
253-752-6621 before
10:30 AM Monday -
Friday to place your
order. Daily delivery
windows will run
between 11:30 & 1:30.

**ON CAMPUS
CHECK CASHING**

For your convenience,
FTJ can cash a check for
up to \$100. Please contact
Amy Petschke at ext.
1294 or stop by her office
in the Administrative
hall in the Lillian Pratt
Bldg. If you are not able
to get to the Lillian Pratt
Bldg. please contact your
concierge to make
arrangements.

MONDAY, NOVEMBER 16

<i>Wellness: Exercise Class</i>	<i>9:00 am</i>	<i>Wellness Center</i>
Morning Stretch	9:30 am	LP Hallways
<i>Wellness: Exercise Class</i>	<i>10:00 am</i>	<i>Wellness Center</i>
Room Craft: Mesh Turkeys	10:00 am	LP Hallways
Puzzle Games	11:00 am	LP Hallways
Junk Drawer Detective	1:30 pm	LP Hallways
This Day in History	2:30 pm	LP Hallways

TUESDAY, NOVEMBER 17

Safeway/ Walgreens Shopping Bus DU, BV, GA, TJ Residents only	8:00 am	Sign up at LP Desk
Meet & Greet	9:30 am	LP Hallways
What Am I?	10:00 am	LP Hallways
<i>Wellness: Exercise Class Chair Yoga</i>	<i>10:00 am</i>	<i>Wellness Center</i>
<i>Wellness: Exercise Class</i>	<i>10:45am</i>	<i>Wellness Center</i>
Room Craft: Mesh Turkeys	11:00 am	LP Hallways
Room Visits	1:30 pm	LP Hallways
<i>Wellness: Seated Strength</i>	<i>1:30 pm</i>	<i>LP Hallways</i>
<i>Wellness: Seated Strength</i>	<i>2:00 pm</i>	<i>LP Hallways</i>
Mind Your Mind	2:30 pm	LP Hallways
BV Hallway Happy Hour	3:30 pm	BV Hallways
SU: Medicare Basics	4:30 pm	Zoom Meeting

WEDNESDAY, NOVEMBER 18

<i>Wellness: Exercise Class</i>	<i>9:00 am</i>	<i>Wellness Center</i>
Exercise with Lizzy	9:30 am	LP Hallways
Travelogue	10:00 am	LP Hallways
SU: Creative Non-Fiction Writing	10:00 am	Zoom Meeting/
<i>Wellness: Exercise Class</i>	<i>10:00 am</i>	<i>Wellness Center</i>
<i>Wellness: Exercise Class</i>	<i>10:45 am</i>	<i>Wellness Center</i>
SU: How I Wrote That Tune— Jazz	11:00 am	Zoom Meeting/ TJ Parlor
Checkers Game	11:00 am	LP Hallways
Room Craft: Mesh Turkeys	1:30 pm	LP Hallways
<i>Wellness: Seated Strength</i>	<i>2:00 pm</i>	<i>TJ Solarium</i>
SU: Medicare Basics	2:00 pm	Zoom Meeting
SU: Performing Arts—Modern Dance	2:00 pm	Zoom Meeting/ Wellness Center
<i>Wellness: Seated Strength</i>	<i>2:30 pm</i>	<i>TJ Solarium</i>
LP Hallway Happy Hour	3:00 pm	LP Hallways
TJ Hallway Happy Hour	3:30 pm	TJ Hallways

Did you know that movies are available
for “rental” in the LP Activities office?

Contact your concierge
for help selecting your next movie!



HAPPY BIRTHDAY

- November 4

Claire Griffin
- November 8

John Reid
- November 10

Dee Havlina
- November 12

Ozzy Bender

Kathryn Hodge
- November 18

Lila Brown
- November 19

Dolores McCaffery
- November 20

Rosemarie Jackson
- November 22

Peter Wilkie
- November 24

Liz Pitrof

Pat Walker
- November 25

Patricia Smith
- November 30

Gigi Shafer
- HAPPY ANNIVERSARY

November 20

Shelby Clayson & Elaine Stafford

November 29


Louis & Mary Orrino

THURSDAY, NOVEMBER 19		
Safeway/ Walgreens Shopping Bus DU, BV, GA, TJ Residents Only	8:00 am	Sign up at LP Desk
SU: Great Courses– My Universe	10:00 am	Zoom Meeting/ TJ Parlor
Wellness: Exercise Class Chair Yoga	10:00 am	Wellness Center
News Currents	10:30 am	LP Hallways
Wellness: Exercise Class	10:45 pm	Wellness Center
Wellness: Seated Strength	1:30 pm	LP Hallways
Wellness: Seated Strength	2:00 pm	LP Hallways
Hot Chocolate Social	2:30 pm	LP Hallways
SU: Great Courses- Optimizing Brain Health	3:00 pm	Zoom Meeting/ Wellness Center
GA Hallway Happy Hour	3:30 pm	GA Hallways
Seahawks Game	5:20 pm	Resident Rooms
FRIDAY, NOVEMBER 20		
Would You Rather?	10:00 am	LP Hallways
Wellness: Exercise Class	10:00 am	Wellness Center
Wellness: Exercise Class	10:45 am	Wellness Center
Room Visits	2:00 pm	LP Hallways
Wellness: Seated Strength	2:00 pm	TJ Solarium
Wellness: Seated Strength	2:30 pm	TJ Solarium
SATURDAY, NOVEMBER 21		
News & Views	9:30 am	LP Hallways
Anagrams	10:00 am	LP Hallways
You Be The Judge	11:00 am	LP Hallways
SU: Performing Art Series– Contemporary	11:00 am	Zoom Meeting
Bridging the Gap	1:30 pm	LP Hallways
What Would You Do?	2:30 pm	LP Hallways
SUNDAY, NOVEMBER 22		
Meet & Greet	9:30 am	LP Hallways
Boggle Game	10:00 am	LP Hallways
What If?	11:00 am	LP Hallways
Room Visits	1:30 pm	LP Hallways
Jeopardy Trivia	2:30 pm	LP Hallways

Annual Employee Appreciation Fund

Employees at FTJ do not accept gratuities for the services they provide throughout the year. Therefore, the residents hold an Annual Employee Appreciation Fund drive to collect money which will be divided up and distributed to the FTJ employees (except for the senior administrative staff) in December.

This is a completely voluntary, non-tax deductible contribution. If you would like to contribute this year please use the envelope you received towards the end of October and return it **NO LATER than Friday November 20th**. Any money received after the 20th of November will be held in deposit for 2021.



COVID-19 Update

The latest COVID testing took place on November 11. We have two additional positive results. One is a resident in skilled nursing and one is a non-clinical staff member. We are happy to report that 5 residents have transitioned out of the COVID unit and back to their rooms. Sadly, one resident with underlying medical conditions passed away. Our thoughts go out to the family during this difficult time. Some staff members have returned to work while others continue to self-quarantine at home following CDC guidance for return to work.

Testing will continue, following the recommendation of Tacoma-Pierce County Health Department, and will take place November 18 as well as the following week for Skilled Nursing and Memory Care residents and staff working in the Care Center building.

Pierce County is seeing an increasing number of COVID-19 cases, which impacts the risk of exposure outside of FTJ. It's time to renew our commitment to reducing the spread of the virus in our community.

We will continue to provide you with periodic updates with as much information as we can regarding our efforts to combat COVID-19. We thank our team members for their efforts in following the protocols set in place. On behalf of our entire Franke Tobey Jones community, thank you for your continued patience and support.

Starting the week of November 23 virtual visits will be incorporated into the visitation schedule. We will be offering virtual visits on Tuesdays and Thursdays and window visits on Mondays, Wednesdays, and Fridays. Please call the reception desk to schedule at 253-752-6621.

The holiday season is coming soon, and we know it's a time when many families gather and travel long distances to celebrate together. We all look forward to this festive time of year and the opportunity to be with those that we love. But this year it will need to be a bit different to prevent the spread of COVID 19. Since traveling, near or far, increases the chance of exposure to COVID-19, staying home is the best way to protect yourself and others. The Governor has recently released travel guidance for the holiday season. Please know that we are working on some ideas to bring some merriment to our residents and team members during this challenging holiday season, as we all love the traditions that make the holidays so special! We have included guidelines for holiday gatherings we hope you find useful in staying healthy and safe during this holiday season.

Our hope is that all our residents, team members and resident family members will be able to enjoy this holiday season...even though it will be very different. As always, thank you for your ongoing support as we continue to navigate this pandemic together.

As always, if you have questions, please either contact me or Bob Beckham our COO at 253-752-6621 or jdunn@franketobeyjones.com or bbeckham@franketobeyjones.com.

Sincerely,
Judy Dunn, President & CEO

Senior University Lectures via ZOOM

To join a ZOOM lecture, simply load the ZOOM app to your computer or phone and then click the link provided directly before the lecture is scheduled to take place. You are welcome to share the links with others who can join as well! If you don't want to run the risk of mistyping the links to the Zoom meetings, please contact jwennstrom@franketobeyjones.com to request the links be sent to you via email.

Wednesday, November 18

How I Wrote That Tune: The Secrets of Songwriting - Jazz

Moving from jazz's Golden Age into the Swing Era, we see a shift in how songs are constructed and imagined. In this lecture we consider how improvisation augments composition. We'll listen to songs such as "King Porter Stomp," "Take the A Train," and "Sing, Sing, Sing."

11:00 am, Zoom Presentation

Join Zoom Meeting

<https://plu-edu.zoom.us/j/98667325023>

TJ PARLOR

Wednesday, November 18

Performing Arts Series: Dance - The Magic of Modern Dance and Creative Movement

Modern Dance evolved in the late 19th century as a counterpoint to ballet, with the idea to create movement that was accessible to all bodies no matter your social station or physical ability. In this presentation we will learn about the pioneers and the contemporaries who have made this especially inclusive and powerful approach to dance so spectacular. With video clips of some of the most magical modern dance works of the 20th Century and the opportunity to try you own creative movement exploration, this session will engage and delight!

Join Katie Lappier, Director of Education at Tacoma Arts Live, for the second of three Performing Art Series workshops focused on dance!

2:00 pm, Zoom Presentation

Join Zoom Meeting

<https://us02web.zoom.us/j/86082241314?pwd=UEx3VC9KcWZ2TINEWi85Rk03NVV2Zz09>

Meeting ID: 860 8224 1314

Passcode: 845170

WELLNESS CENTER

Thursdays, November 19

The Great Courses: My Favorite Universe

During this 6-week viewing of *My Favorite Universe*, the astrophysicist who directs the nation's most famous planetarium takes you on a spirited and intellectually engaging journey through the cosmos and all its history, from before the Big Bang to the most likely ways in which Earth, and perhaps the entire universe, might end. Clear introductions to essential principles of physics support these lectures, including density, quantum theory, gravity, and the General Theory of Relativity. Professor Neil deGrasse Tyson also includes forays into disciplines such as chemistry and biology as needed to explain events in astronomy.

10:00 am, TJ Parlor (You must RSVP to attend and seating is limited)

TJ PARLOR

Thursdays, November 19

The Great Courses: Optimizing Brain Fitness

During this 6-week viewing of *Optimizing Brain Fitness*, discover the secrets to increasing and expanding your brain's power to meet everyday challenges and enhance the quality of your life with Optimizing Brain Fitness, an engaging 12-lecture course that shows you how to take advantage of the basic principles of brain operation and build the brain you want to live with for the rest of your life. Delivered by Dr. Richard Restak, an award-winning teacher, practicing neurologist, and professor at The George Washington University School of Medicine and Health Sciences, these lectures are packed with vital information and research-based exercises you can perform every day to tap into your hidden mental potential.

3:00 pm, Wellness Center (You must RSVP to attend and seating is limited)

WELLNESS CENTER

Saturday, November 21

Performing Arts Series: Theatre – Contemporary

In the 20th century and beyond, the purpose of theatre shifted and split to reflect various aspects of the human condition. Immerse yourself in Musical Theatre spectacle to amaze and entertain, and forms such as Epic Theatre and Theatre of the Oppressed to make a statement and change the world.

Join Marsha Walner, Teaching Artist with Tacoma Arts Live, for the third engaging Performing Art Series workshops focused on theatre!

11:00 am, Zoom Presentation

Join Zoom Meeting

<https://us02web.zoom.us/j/86210067633?pwd=bnNXNGRqd2MzVkhLNHNuOW9oSTIvQT09>

Meeting ID: 862 1006 7633

Passcode: 328447

- ANOMALY
- ARID
- AUTUMN
- CLIMATE
- CONVECTION
- DIURNAL
- DROUGHT
- FLOODING
- FORECAST
- FRONT
- GREENHOUSE
- HUMIDITY
- HURRICANE
- LATITUDE
- LONGITUDE
- LOW
- MAP
- METEOROLOGY
- MONSOON
- NORMAL
- OZONE
- PATTERN
- PERCENTAGE
- PRECIPITATION
- PREDICTION
- PRESSURE
- SEASONS
- SPRING
- SUMMER
- TEMPERATURE
- TIDE
- TORNADO
- WEATHER
- WET
- WINDY
- WINTER

CLIMATE WORD SEARCH

W	D	R	H	R	E	H	T	A	E	W	N	U	E	C	R	N	T	E	W
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S	O	I	O	H	O	H	E	M	F	O	R	E	C	A	S	T	F	Y	T
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W	W	S	H	I	W	O	L	Y	S	E	A	S	O	N	S	W	A	R	C

Thanksgiving Dinner Delivered

Your Dining Team is offering to prepare and deliver a full Thanksgiving Dinner to you.

The meal will be delivered between 1PM & 2PM to your residence, ready to serve. Our menu includes ***Starter Salads, Glazed Ham or Sage Roasted Turkey Entree, a serving of all sides that include: Candied Sweet Potatoes, Mashed Potatoes, Stuffing, 2 Vegetables and a Slice of Pumpkin Pie.***

The cost will be \$1750 per meal.

Resident accounts will be billed by our Accounting Department.

Please place your **order by noon on Wednesday 11 / 25th** with Jim in Dining Services @ 253-756-6233

(Please leave a message if I am not at my desk including your name, building and unit number and your entree choice & we'll take care of the rest)

Thank you for the opportunity to serve you.



		MENU	
		Nov 16th - Nov 22nd	Mindful Offer
	BREAKFAST	DINNER	SUPPER
M	Fresh Fruit in Season	Vegetarian Lentil & Spinach Soup	Beef Barley Soup
O	Orange Juice	Cottage Cheese & Tomato	Vegetarian Lentil & Spinach Soup
N	Cream of Wheat	Mixed Green Salad	Cottage Cheese & Tomato
D	Eggs To Order	Spinach Lasagna with Marinara Sauce	South American Tuna Salad & Avocado Wrap
A	Bacon	Farmer's Meatloaf	Teriyaki Chicken Breast
Y	Blueberry Yogurt Coffee Cake	Roasted Red Potatoes	Sticky Rice
	Whole Milk	Corn O'Brien with Peppers	Sautéed Bok Choy
	Coffee	Peach Crisp	Carrot Cake
16			
	Fresh Fruit in Season	Potato Leek Soup	Potato Leek Soup
T	Orange Juice	Fruit Salad	Thai Chicken & Rice Soup
U	Old Fashioned Oatmeal	Mixed Green Salad	Fruit Salad
E	Belgian Waffles	Cajun Roast Salmon	Three Cheese Quiche
S	Scramble Eggs	Bean, Pork Kielbasa & Chicken Casserole	Chipotle & Onion Cheesesteak
D	Grilled Ham	Brown Rice Pilaf	Steak Cut French Fries
A	Whole Milk	Summer Squash & Carrot Medley	Broccoli Cuts
Y	Coffee	Coconut Cream Pie	Apricot Bars
17			
W	Fresh Fruit in Season	Split Pea Soup w Ham	Split Pea Soup w Ham
E	Orange Juice	Cole Slaw	Chili con Carne
D	Cream of Wheat	Mixed Green Salad	Cole Slaw
N	Whole Wheat Pancakes	Pinto Bean & Potato Cheddar Quesadilla	Monte Cristo Sandwich
E	Fried Cage Free Egg	Balsamic Flank Steak	Chicken Pot Pie
S	Bacon	Buttered Noodles	Steamed Vegetables
D	Whole Milk	Lima Beans	Fruit Skewer
A	Coffee	Yellow Cake with Fudge Icing	Chocolate Chip Cookie
Y			
18			
T	Fresh Fruit in Season	Red Pepper & Basil Soup	Chicken Gumbo
H	Orange Juice	Cucumber Sour Cream Salad	Red Pepper & Basil Soup
U	Old Fashioned Oatmeal	Mixed Green Salad	Cucumber Sour Cream Salad
R	Baked Denver Omelet	Crispy Baked Cod	Roast Beef & Blue Cheese Panni
S	Hash Browned Potatoes	Shepherds Pie	Macaroni & Cheese
D	Sausage Patty	Rice and Orzo Pilaf	Stewed Tomatoes
A	Whole Milk	Roasted Zucchini	Chocolate Brownie
Y	Coffee	Mix Berry Apple Crisp	
19			
	Fresh Fruit in Season	New England Clam Chowder	Hearty Beef Vegetable Soup
F	Orange Juice	Fruited Jell-O Salad	New England Clam Chowder
R	Cream of Wheat	Mixed Green Salad	Mixed Green Salad
I	Poached Eggs	Shrimp Alfredo	Oven Roasted Fish Sandwich
D	Egg, Sausage & Cheese Burrito	Pork Scaloppini & Mushroom Ragout	Supreme Pizza
A	Bacon	Rotini Pasta	Home Made Potato Chips
Y	Whole Milk	Yellow Squash, Red Pepper & Peas Sauté	Mint Chocolate Ice Cream
20	Coffee	Strawberry Basil Cheesecake Bar	
S	Fresh Fruit in Season	Roast Turkey & Rice Soup	Cream Of Mushroom
A	Orange Juice	Macaroni Salad	Roast Turkey & Rice Soup
T	Old Fashioned Oatmeal	Mixed Green Salad	Mixed Green Salad
U	Fried Cage Free Egg	Fried Chicken	Macaroni Salad
R	Bacon	Braised Swiss Steak	Penne w Pesto Vegetables
D	Mixed Berry Wheat Pancakes	Mashed Potatoes	Grilled Hot Dogs
A	Whole Milk	Creamed Corn	Baked Beans
Y	Coffee	Banana Split	Bread Stick
21			Pound Cake
	Fresh Fruit in Season	Carrot & Ginger Soup	Carrot & Ginger Soup
	Orange Juice	Deviled Eggs	Corn Chowder
S	Old Fashioned Oatmeal	Mixed Green Salad	Deviled Eggs
U	Scrambled Egg	Montreal Rotisserie Tri Tip	Basil Lemon Chicken w Couscous
N	Hash Browned Potatoes	Tuscan-Style Turkey Breast	Pork Roast
D	Sausage Link	Roasted Yukon Potatoes	Mashed Sweet Potatoes
A	Cinnamon Roll	French Cut Green Beans	Mixed Vegetables
Y	Whole Milk	Dinner Roll	Butterscotch Pudding
22	Coffee	Cherry Pie	