



FRANKE
TOBEY
JONES

Enjoy your age

Main Desk Phone
752-6621 or Ext. 0

Work Order Line
Ext. 1293

RESIDENT COUNCIL MEETING

Monday, February 8
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, JANUARY 18

<i>Wellness: Seated Stretch Class</i>	9:00 am	Zoom Meeting
Morning Stretch	9:30 am	LP Hallways
<i>Wellness: Standing Exercise Class</i>	10:00 am	Zoom Meeting
We Shall Overcome	10:00 am	LP Hallways
History of MLK Day	11:00 am	LP Hallways
Boggle Game	1:30pm	LP Hallways
Hand Scrub Craft	2:30 pm	LP Hallways

TUESDAY, JANUARY 19

Safeway/ Walgreens Shopping Bus DU, BV, GA, TJ Residents only	8:00 am	Sign up at LP Desk
<i>Wellness: Weight Class</i>	9:00 am	Zoom Meeting
Morning Chat	9:30 am	LP Hallways
Where Am I?	10:00 am	LP Hallways
<i>Wellness: Seated Exercise Class</i>	10:00 am	Zoom Meeting
Sharpen Your Senses	11:00 am	LP Hallways
Room Visits	1:30 pm	LP Hallways
<i>Wellness: Seated Strength</i>	1:30 pm	LP Hallways
<i>Wellness: Seated Strength</i>	2:00 pm	LP Hallways
Hand Scrub Craft	2:30 pm	LP Hallways

WEDNESDAY, JANUARY 20

<i>Wellness: Seated Stretch Class</i>	9:00 am	Zoom Meeting
Exercise with Lizzy	9:30 am	LP Hallways
SU: Songs for the City of Tacoma	10:00 am	Zoom Meeting
Travelogue	10:00 am	LP Hallways
Hand Scrub Craft	11:00 am	LP Hallways
<i>Wellness: Standing Exercise Class</i>	10:00 am	Zoom Meeting
Shut the Box Game	1:30 pm	LP Hallways
Hallway Happy Hour	3:00 pm	LP Hallways

THURSDAY, JANUARY 21

<i>Wellness: Seated Exercise Class</i>	10:00 am	Zoom Meeting
News Currents	10:30 am	LP Hallways
<i>Wellness: Seated Strength</i>	1:30 pm	LP Hallways
<i>Wellness: Seated Strength</i>	2:00 pm	LP Hallways
Hot Cider Social	2:30 pm	LP Hallways
Grab & Go Happy Hour	2:30 pm	BV/DU/TJ
SU: How Resilient is Democracy? US Politics after the 2020 Election	3:00 pm	Zoom Meeting
Grab & Go Happy Hour	2:30 pm	GA

HAPPY BIRTHDAY

January 1
Dorris Martin

January 5
Linda McFerran

January 9
Kay Parks

January 10
Joe McCaffery

January 12
Daisy Gaines
Doris Brewer

January 14
Jim Cook

January 17
John Brooks

January 18
Marlys Mitzner

January 19
Al Watters

January 20
Terry Stuver

January 21
Mary Bill
Louise Brightwell

January 22
Mary Beil

January 25
Yu Mei Yeh

January 26
Barbara Lindsay

FRIDAY, JANUARY 22

<i>Wellness: Seated Stretch Class</i>	<i>9:00 am</i>	<i>Zoom Meeting</i>
<i>Wellness: Standing Exercise Class</i>	<i>10:00 am</i>	<i>Zoom Meeting</i>
Room Visits	10:00 am	LP Hallways
SU: Great Courses– Peoples & Cultures of the World	10:00 am	BV Lobby
SU: Great Courses– Music & the Brain	2:00 pm	Wellness Center
<i>Wellness: Social</i>	<i>2:00 pm</i>	<i>Zoom Meeting</i>

SATURDAY, JANUARY 23

Meet & Greet	9:30 am	LP Hallways
Boxers of the 40's	10:00 am	LP Hallways
Finish the Phrase	11:00 am	LP Hallways
Pictionary	1:30 pm	LP Hallways
This Day in History	2:30 pm	LP Hallways

SUNDAY, JANUARY 24

Morning Chat	9:30 am	LP Hallways
Card Game “Skip-Bo”	10:00 am	LP Hallways
Lucky Dice	11:00 am	LP Hallways
Room Visits	1:30 pm	LP Hallways
More Jeopardy Trivia	2:30 pm	LP Hallways

January is SOUPER BOWL month!

PLEASE help us tackle local hunger for our senior community by being part of the **Souper Bowl Team!**

The Pt. Defiance ~ Ruston Senior Center inhouse grocery rescue program which had always provided much-needed food was suspended due to Covid 19. To ensure there are nourishing and warm bowls of soup for seniors in need, Philanthropy is collecting cans of soup and toppings (crackers, goldfish, etc.).

Bins are located in the Bistro. For Independent Living, the Philanthropy Office will also gladly pick up!

Every food item helps ~ soup and other groceries will be distributed the first week of February. “Food donations for the cold winter are greatly-needed to support our seniors and we really appreciate your help,” says Kate Gray, Senior Center Director.

If you would like to help fill the bins, please contact Shelley in Philanthropy at 253.756.6297 or by email at sharris@franketobeyjones.com. **Together, let's fill the bins for a win!**

Update: One bin has been filled and we have three more to go!



COVID-19 Update

We are excited to report that the COVID-19 vaccines have been approved for all independent living residents at Franke Tobey Jones. This is such good news! Independent residents who have given consent will receive their first vaccination on January 31st and the second dose on February 21st.

Residents in assisted living, memory care and skilled nursing giving consent to be vaccinated recently received their first dose on January 10th. The second dose will be administered on January 31st. Staff giving consent will start receiving vaccines on January 20th. The partnership with CVS Pharmacy who has been administering the Pfizer vaccine, has been efficient. We appreciate their organization and smooth-running program.

Assisted living, memory care and skilled nursing residents who received their first vaccine dose on January 10th will receive their second dose on January 31st. Independent residents will receive their first dose on January 31st. More details to come regarding timing, location, etc.

All assisted living residents and staff who were tested on January 11th for COVID have resulted negative. There is currently no suspected positive COVID cases at FTJ.

We are continuing to follow DOH and Tacoma-Pierce County Health Department guidelines regarding visitations, dining, activities, etc. Many have asked if things will be changing or “opening up” more since the residents and staff are getting the vaccine. We have not received any new guidance regarding a change in regulations. Once we know more, we will be sure to share.

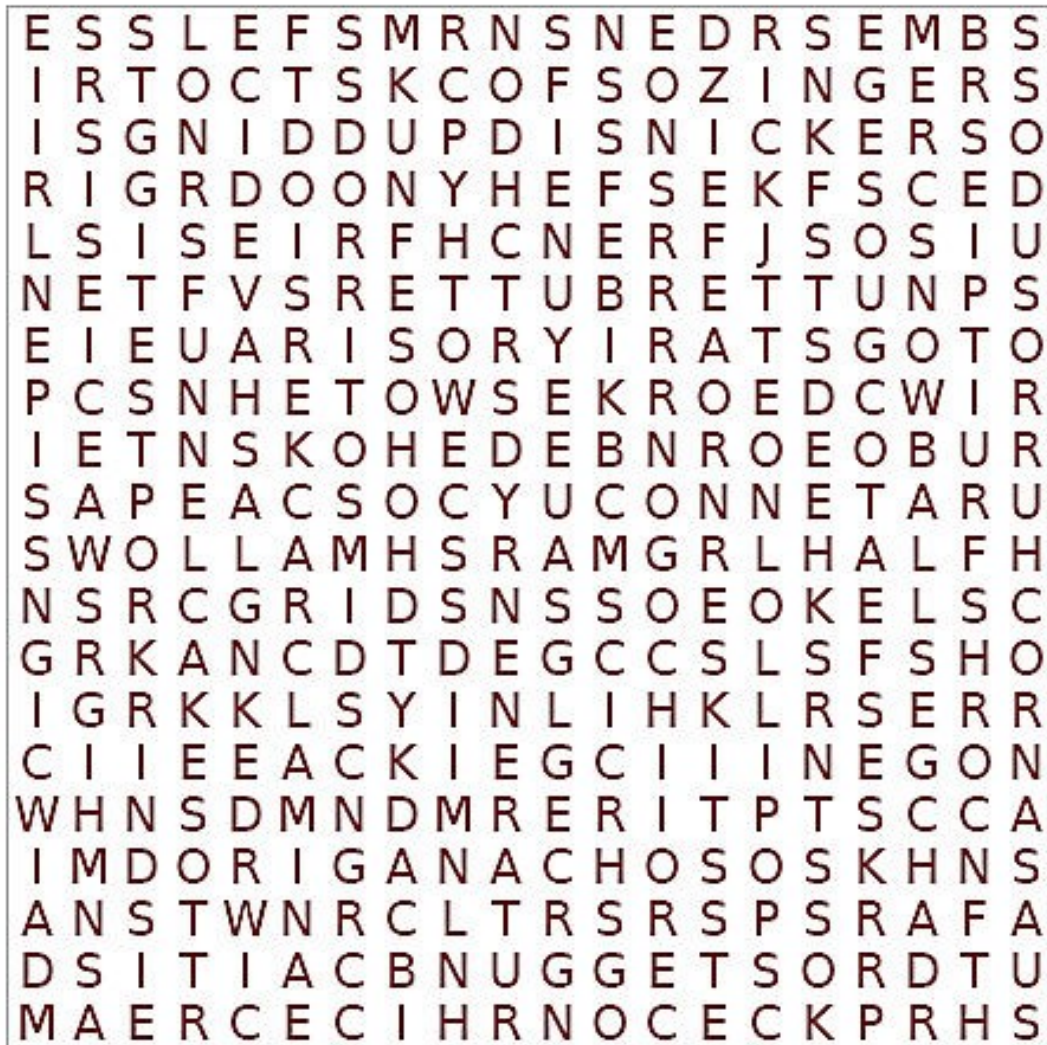
Once again, thank you for your ongoing support as we navigate the many phases of this pandemic. If you have any questions, please do not hesitate to reach out via email to me (jdunn@franketobeyjones.com) or Bob Beckham (bbeckham@franketobeyjones.com) or by phone at 253-752-6621.

Thank you,

Judy Dunn, President and CEO

Dining Services Update

Happy New Year! In dining we are reintroduce our Mindful by Sodexo weekly special offer. Starting Monday January 18th, the Mindful offer will be available for an additional choice on our menu. As a reminder the Mindful offer is a Big Flavor, Satisfying Food made with Fresh whole food ingredients. In addition to the daily menu for meal plan residents, we are adding to our To-Go bistro offer as well. Look for some exciting menu items coming soon!



Animal Crackers
 Churros
 Fried Chicken
 Ice Cream
 Nuggets
 Pudding
 Snowballs

Beef Jerkey
 Cotton Candy
 Fritos
 Kit Kats
 Nutter Butters
 Ring Dings
 Soda

Caramel Corn
 Ding Dongs
 Fruit Pies
 Lollipops
 Oreos
 Shaved Ice
 Starbursts

Cheetos
 Dorritos
 Funnel Cake
 Marshmallows
 Popsicles
 Smores
 Twinkies

Chips
 French Fries
 Ho Hos
 Nachos
 Pork Rinds
 Snickers
 Zingers

WEEKLY RIDDLE

This word I know? Six letters it contains.
 Take away the last and only twelve remains.
 What is the word?



New Wellness Zoom Classes

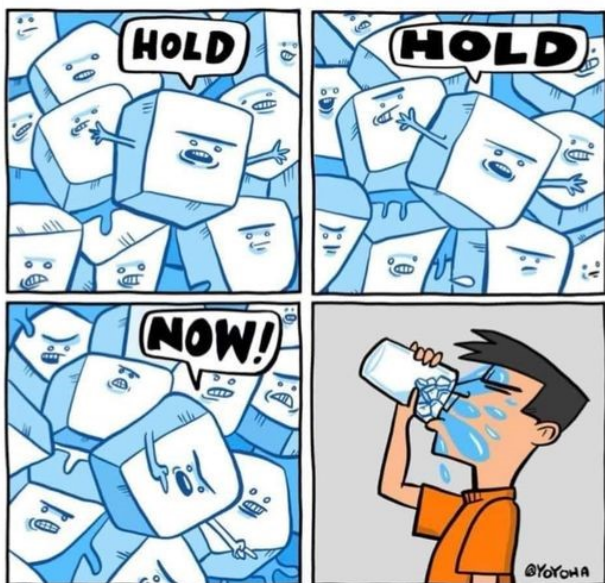
The Wellness Staff is offering two new Zoom opportunities this week. On Tuesday, January 19th at 9:00 am will be the first “Weights” class. So, if you have a pair of dumbbells or even soup cans lying around, you may want to check it out. We will focus on three basic lifts, most of which you have done before. Once you get the form down, we will take you through a light circuit. This class will focus mostly on form and strength but will have a mild cardio component.

We also will host our first Social on Friday, January 22nd at 2:00pm. These are interactive discussions we will do semi-regularly that will focus on healthy habits. The topic for next week will be sleep. During this time, we will share personal experiences along with information about sleep and how to improve upon it.

The login information for all classes is listed below. If you have any questions about our new offerings or anything else pertaining to the classes, please do not hesitate to contact the Wellness Staff at 235-756-6279.

Meeting ID: 325 226 4711

Meeting Passcode: wellness20



I'M AT THE AGE WHERE MY MIND STILL THINKS I'M 29, MY SENSE OF HUMOR SUGGESTS I'M 12, WHILE MY BODY MOSTLY KEEPS ASKING IF I'M SURE I'M NOT DEAD YET.

MENU			
Jan 18th - Jan 24th			This Week's Mindful Offer
			Mediterranean Veggie Wrap
	BREAKFAST	DINNER	SUPPER
	Fresh Fruit in Season	Beef Barley Soup	Beef Barley Soup
M	Orange Juice	Cottage Cheese & Tomatoes	Navy Bean Soup
O	Cream of Wheat	Mixed Green Salad	Cottage Cheese & Tomatoes
N	Scrambled Egg	Chicken & Dumplings	Classic Chef Salad
D	Sausage Link	Fried Trout	Chicken Fried Steak
A	Whole Wheat Pancakes	Rice Pilaf	Caramelized Leek Mashed Potatoes
Y	Whole Milk	Baby Carrots w Sage	Buttered Corn
	Coffee	Yellow Cake w Peanut butter Frosting	Rice Pudding w Raisins
18		Mindful Offer	Mindful Offer
	Fresh Fruit in Season	Chunky Vegetable & Orzo Soup	Chunky Vegetable & Orzo Soup
T	Orange Juice	Fruit Salad	Pork Chile Verde
U	Old Fashioned Oatmeal	Mixed Green Salad	Fruit Salad
E	Poached Eggs	Crispy Baked Flounder	Grilled Turkey Melt
S	Bacon	Maple Glazed Pork Loin	Roast Beef
D	Blueberry Muffin	Horseradish Yukon Mashed Potatoes	Baked Potato
A	Whole Milk	Brussel Sprouts w/ Bacon	Creamed Spinach
Y	Coffee	Ginger Pear Crisp	Double Chocolate Cookies
19		Mindful Offer	Mindful Offer
	Fresh Fruit in Season	Chicken Mulligatawny Soup	Garden Vegetable Soup
W	Orange Juice	Cole Slaw	Chicken Mulligatawny Soup
E	Cream of Wheat	Mixed Green Salad	Cole Slaw
D	Fried Large Cage Free Egg	Turkey Verde Stew	Sloppy Joe Sandwich
N	Grilled Ham	Brazilian Pork with Chimichurri	Spinach Feta Pie
E	French Toast	Brown Rice	Steamed Vegetables
S	Whole Milk	Capri Mixed Vegetables	House Made Potato Chips
D	Coffee	Cheesy Corn Muffin	Blondie Bar
A		Carrot Cake	Mindful Offer
Y		Mindful Offer	
20			
	Fresh Fruit in Season	Cream of Mushroom Soup	Cream of Mushroom Soup
T	Orange Juice	Cucumber Sour Cream Salad	Onion Soup with Parmesan Crouton
H	Old Fashioned Oatmeal	Mixed Green Salad	Cucumber Sour Cream Salad
U	Scrambled Egg	Chicken Scaloppini Marsala	Bratwurst Sandwich w Sauerkraut
R	Bacon	Eggplant Parmesan	Roasted Turkey Breast
S	Apple Cinnamon Muffin	Penne	Roasted Sweet Potato
D	Whole Milk	French Cut Green Beans	Fresh Broccoli
A	Coffee	Garlic Black Pepper Rolls	Vanilla Pudding Cup
Y		Cookies and Cream Blondie	Mindful Offer
21		Mindful Offer	
	Fresh Fruit in Season	New England Clam Chowder	New England Clam Chowder
F	Orange Juice	Fruited Jell-O Salad	Tomato Basil Soup
R	Cream of Wheat	Mixed Green Salad	Mixed Green Salad
I	Spinach & Pesto Scrambled Eggs	Tropical Seared Salmon	Shrimp Tortellini Alfredo
D	Scramble Eggs	Sweet and Sour Pork	Turkey Blue Cheese Burger
A	Bacon	Fried Rice	French Fries
Y	Whole Milk	Asian Blend Vegetables	Bread Stick
	Coffee	Chocolate Cobbler	Pumpkin Cheesecake Bar
22		Mindful Offer	Mindful Offer
S	Fresh Fruit in Season	Sweet Potato and Black Bean Chili	Mushroom & Roasted Garlic Soup
A	Orange Juice	Orange Jicama Salad	Sweet Potato and Black Bean Chili
T	Old Fashioned Oatmeal	Mixed Green Salad	Orange Jicama Salad
U	Poached Eggs	Crispy Parmesan Tilapia	Chicken Parmesan Flatbread
R	Sausage Patty	Salisbury Steak	Beef Stroganoff
D	Ham & Spinach Frittata	Mashed Potatoes	Rotini Noodles
A	Whole Milk	Ginger Sesame Sugar Snap Peas	Grilled Yellow Squash
Y	Coffee	Banana Cream Pie Pudding Cup	Linzi Bars
23		Mindful Offer	Mindful Offer
	Fresh Fruit in Season	Spring Pasta Fagioli	Turkey Vegetable Soup
S	Orange Juice	Waldorf Salad	Spring Pasta Fagioli
U	Old Fashioned Oatmeal	Mixed Green Salad	Mixed Green Salad
N	Fried Cage Free Egg	Baked Chicken	Grilled Cheese Quesadilla
D	Hash Browned Potatoes	Fried Shrimp	Carolina Pulled Pork
A	Bacon	Rice Pilaf	Home Fried Potatoes
Y	Cinnamon Rolls	Sautéed Spinach	California Mixed Vegetables
	Whole Milk	Apple Pie	Raspberry Yogurt Mousse
24	Coffee	Mindful Offer	Mindful Offer