



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 12:00 PM 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, FEBRUARY 1

<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
Mandala Art	10:00 am	LP Hallways
Classical Music– The Four Seasons	11:00 am	LP Hallways
Mind Your Mind	1:30pm	LP Hallways
Anagrams	2:30 pm	LP Hallways

TUESDAY, FEBRUARY 2

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
Sharpen Your Senses	10:00 am	LP Hallways
<i>Wellness: Seated Exercise Class</i>	10:00 am	Zoom Meeting
Well Grounded	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
Shut The Box Game	2:30 pm	LP Hallways

WEDNESDAY, FEBRUARY 3

<i>Wellness: Seated Stretch Class</i>	9:00 am	Zoom Meeting
Exercise with Lizzy	9:30 am	LP Hallways
<i>Wellness: Standing Exercise Class</i>	10:00 am	Zoom Meeting
The Man in Black—Johnny Cash	10:00 am	LP Hallways
Uno Card Game	11:00 am	LP Hallways
Strengthen Your Mind	1:30 pm	LP Hallways
SU: African American Culture & Consciousness	2:00 pm	Zoom Meeting
Hallway Happy Hour	3:00 pm	LP Hallways

THURSDAY, FEBRUARY 4

<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 Chocolate Hallway Social	2:30 pm	LP Hallways
GA Grab & Go Happy Hour	3:00 pm	GA
SU: Healthy Aging with Food—Whole Clean Food Plan	3:00 pm	Zoom Meeting

HAPPY BIRTHDAY

February 1

Ed Ransom
Alice Thorstad

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 13

Neil Brown

February 14

Elaine Stafford

February 15

Nancy Bruce-Cook
Doralin Burrows

February 21

Mary Falskow
Carolyn Hudson
Jan Shearer

February 23

Flavia Meyer
MaryLu Wallerich

February 26

Margaret Reid

February 27

Rosie Semrau
Rick Bock

HAPPY ANNIVERSARY

February 14

Ray & Marlys Mitzner

FRIDAY, FEBRUARY 5

<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

SATURDAY, FEBRUARY 6

News & Views	9:30 am	LP Hallways
You Be the Judge	10:00 am	LP Hallways
Card Game “War”	11:00 am	LP Hallways
Love in the City of Romance	1:30 pm	LP Hallways
Hand Scrub Craft	2:30 pm	LP Hallways

SUNDAY, FEBRUARY 7

Morning Chat	9:30 am	LP Hallways
Painting Project	10:00 am	LP Hallways
Card Game “War”	11:00 am	LP Hallways
Room Visits	1:30 pm	LP Hallways
Football Trivia	2:30 pm	LP Hallways
Superbowl	3:30 pm	Resident Rooms

FTJ Grocery Trips

Every **Tuesday and Thursday** FTJ provides a shopping bus for DU, TJ, GA and BV residents only, for essential shopping only. We go to the Safeway and Walgreens on Pearl Street so that you can purchase groceries and/or medications. In order to take advantage of the specialized/at risk hours of shopping at Safeway we **leave from campus, at 8am**. In order to allow for social distancing on the bus, the number of people who can ride the bus is a maximum of 10 per trip. Masks are required in order to ride the bus and all other social distancing protocols will be followed.

A friendly reminder that if you are interested in going to Safeway or Walgreens on the scheduled days, please sign up at the LP reception desk **by 5PM** the day before. If we have no one on the list by 5PM the trip will be cancelled.

You must sign up at the LP front desk to reserve your spot on the bus. No walk on's are allowed. If you aren't on the list, you cannot ride the bus.

Please do not contact our drivers directly for shopping requests.

Vaccine Update

Thank you to everyone that participated in the vaccine clinic on Wednesday. I am happy to announce we dosed 304 residents and staff throughout the day. As they always say, “It takes a village,” and we used our entire village to accomplish this.

Our final vaccine clinic will be on Wednesday, February 17th. If you received your first dose on January 27th then February 17th will be the only day to receive your second dose. Exact details regarding timing and schedule will be released as we get closer to that date.

Dear Friends of NWRS and Dr. Paul Schultz

Dear Friends of NWRS and Dr. Paul Schultz With heavy hearts we write to share with you that our Founder and Artistic Director Emeritus, Dr. Paul W. Schultz, has passed away at age 82 due to cancer-related complications. He and his wife had recently relocated to Lexington, Kentucky.

Dr. Schultz founded Northwest Repertory Singers in 2001. His retirement concert in June 2018 concluded a music education career spanning more than 50 years. During his tenure NWRS was recognized as one of the region’s premier auditioned community choirs, earning accolades from national leaders in choral music. He held NWRS to the highest artistic standards while always emphasizing the human connection among the ensemble’s singers, and between the ensemble and audience. He was an artist, teacher, mentor, and friend. We will miss him tremendously.

Many FTJ residents know Dr. Paul Schultz by “Dr. Paul.” For over 15 years he taught a monthly class called “Music with Dr. Paul” through our Senior University program, and he always had interesting and inspiring music topics and programs in which our residents loved. He resonated with seniors because he was one. He absolutely loved FTJ! Before I started singing with NWRS, I remember going to rehearsals and he would be so excited about the class he had just taught at FTJ that afternoon. He would literally beam! He endeared his heart with many residents which was evidenced by the number of residents that would attend our Northwest Repertory Singer concerts.

The choral art was indisputably Paul’s calling and his passion. His life’s work lives in generations of choral singers and students—who were so expertly and beautifully led by his heart and his hands to lift their voices in song.

With deepest sympathy to Paul’s family and to all who mourn this loss.

Chris Hall, NWRS Charter Member

Kyle Haugen NWRS Artistic Director

Ellen Barber Walworth President, NWRS Board of Director

Salon Services for IL Residents

The Tobey Jones salon is open for Independent Residents. Please reach out to Trudy (253-752-8055) or Larry (253-564-9445) directly via phone to schedule your salon appointment.

At this time salon services in LP and the Care Center are still on hold as well as all nail services.

FTJ Phone Directories

Our updated FTJ Phone Directories were put in your mailboxes this week. Just a reminder, please SHRED (not just throw away) your previous FTJ Phone Directory. Thank you!

Tablets Available for Checkout

COVID times are calling for all of us to rely on technology for life circumstance more than we ever thought before! That being said, FTJ has purchased three tablets that are available for Assisted Living residents to check out. We hope that you use them for connecting with loved ones (Zoom, Google Duo, etc.), games, music, and more.

Please contact Heidi White at (253) 756-6284 (1284 from your room) or email at hwhite@franketobeyjones.com. If you are unable to reach Heidi, please feel free to contact Jessica Rueber at (253) 756-6313 (1313 from your room) or email at jrueber@franketobeyjones.com.

Until we can better predict the demand to use the tablets, we would like to limit check outs to 4 hours at a time. Please keep in mind that Heidi works Monday-Friday so tablets will only be available during those days for now.

Building Services Department Update

Hello from Building Services...

FYI...To all our dog walking residents, perhaps you noticed the addition of two more clean up stations? One just across from Duplex 4 and the other down by the main entrance. Thanks for keeping our campus clean.

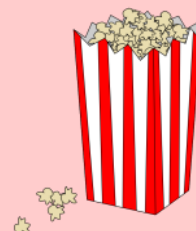
We recently got approval to replace the damaged green house. Waiting to get a schedule from the contractor. It will take a while to order the new house but removal of the old one should be happening soon.

That's it for now, be careful when you're out and about during these Winter months.



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

Contact your concierge for help selecting your next movie!



Wellness Zoom Classes

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

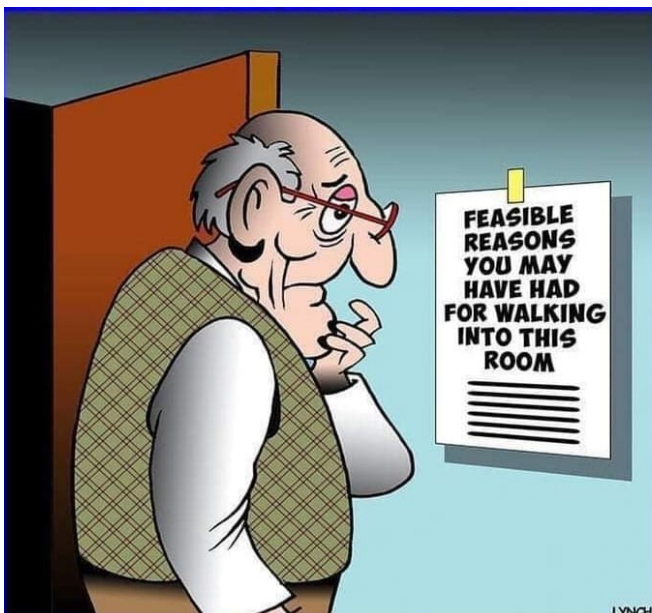
One way to find out if you are old is to fall down in front of a lot of people. If they laugh, you're still young. If they panic and start running to you, you're old.



RyansAverageLife 
@RyanAbe

february 22nd 2022 (2/22/22) falls on a tuesday so we will be able to call it 2's day which is really keeping me going man

**SOMETIMES I
WONDER IF ALL OF
THIS IS HAPPENING
BECAUSE I DIDN'T
FORWARD THAT
MESSAGE TO 10
OTHER PEOPLE**



MENU			
Feb 1st - Feb 7th			This Week's Mindful Offer
			<i>Forbidden Rice & Crispy Shitake Wrap</i>
	BREAKFAST	DINNER	SUPPER
	Fresh Fruit in Season	Chicken Ditalini Soup	Cream of Vegetable Soup
M	Assorted Fruit Juices	Mixed Green Salad	Chicken Ditalini Soup
O	Cream of Wheat	Cottage Cheese & Tomato	Cottage Cheese & Tomato
N	French Toast	Chicken Fried Steak	Grilled Cheese & Bacon Sandwich
D	Western Scrambled Eggs	Crisp Parmesan Tilapia	Baked Chicken & Noodles
A	Bacon	Mashed Potatoes	Fresh Baked Rolls
Y	Whole Milk	Simply Steamed Sugar Snap Peas	Maple Bacon Cookie
	Coffee	Chocolate Raspberry Parfait	
1			
	Fresh Fruit in Season	Minestrone Soup	Minestrone Soup
T	Assorted Fruit Juices	Fruit Salad	Turkey Black Bean Chili
U	Old Fashioned Oatmeal	Mixed Green Salad	Fruit Salad
E	Poached Eggs	Rigatoni with Roasted Tomatoes	Classic Club Wrap/w Mac Salad
S	Sausage Patty	Chopped Beef Steak with Onions	Quiche Lorraine
D	Mushroom, Ham & Swiss Frittata	Mashed Potatoes	Mixed Vegetables
A	Whole Milk	Sliced Beets	Roasted Spiced Apples
Y	Coffee	Crisp Baguette	
2		Lemon Pudding Cake with Lemon Sauce	
W			
E	Fresh Fruit in Season	Grilled Chicken Tortilla Soup	Grilled Chicken Tortilla Soup
D	Assorted Fruit Juices	Cole Slaw	Tomato Soup
N	Cream of Wheat	Mixed Green Salad	Cole Slaw
E	Buttermilk Pancakes	Pork Pernil	Crispy Chicken Sandwich
S	Grilled Ham	Grilled Wild Salmon	Top Round London Broil
D	Eggs To Order	Brown Rice	Potatoes Anna
A	Whole Milk	Peas & Carrots	Sautéed Spinach
Y	Coffee	Mint Chocolate Chip Whoopie Pie	Applesauce Bar
3			
T	Fresh Fruit in Season	Roasted Onion Soup	Roasted Onion Soup
H	Assorted Fruit Juices	Mixed Green Salad	Cream Of Mushroom Soup
U	Old Fashioned Oatmeal	Cucumber Sour Cream Salad	Cucumber Sour Cream Salad
R	Fried Cage Free Egg	Braised Mediterranean Chicken	Cuban Panini Sandwich
S	Bacon	Wild Mushroom Scampi	Open Face Beef Sandwich
D	Coffee Cake	Bow Tie Pasta	Mashed Potatoes
A	Whole Milk	Broccoli w Lemon & Garlic	French Fries
Y	Coffee	Peach Crisp	Asst Desserts
4			
	Fresh Fruit in Season	New England Clam Chowder	Red Bean, Coconut Beef Soup
F	Assorted Fruit Juices	Fruited Jell-O Salad	New England Clam Chowder
R	Cream of Wheat	Mixed Green Salad	Fruited Jell-O Salad
I	Sausage Link	Lemon Dill Flounder	Bacon Spinach Alfredo Pizza
D	Scrambled Eggs	Grilled Pineapple Ham Steak	Classic Tuna Melt
A	Sunrise Breakfast Casserole	Au gratin Potatoes	Homemade Potato Chips
Y	Whole Milk	Creamed Corn	Chocolate Peanut Butter Brownie
	Coffee	Carrot Cake	
5			
S	Fresh Fruit in Season	Chunky Vegetable & Orzo Soup	Chunky Vegetable & Orzo Soup
A	Assorted Fruit Juices	Orange Jicama Salad	Canadian Cheese Soup
T	Old Fashioned Oatmeal	Mixed Green Salad	Orange Jicama Salad
U	Bacon	Pepper Steak	Turkey & Swiss Melt
R	Fried Cage Free Egg	Herb Baked Chicken	Home Style Meatloaf
D	Bacon, Egg & Cheese Snacker	Rice Pilaf	Oven Roasted Potato Wedges
A	Whole Milk	Baked Tomato	Buttered Corn
Y	Coffee	Bread Pudding	Grasshopper Mousse
6			
	Fresh Fruit in Season	Chicken Vegetable Soup	Chicken Vegetable Soup
	Assorted Fruit Juices	Deviled Eggs	Chili Con Carne
S	Old Fashioned Oatmeal	Mixed Green Salad	Mixed Green Salad
U	Scrambled Egg	Braised Pot Roast	Deviled Eggs
N	Hash Browned Potatoes	Pork Chop w Sauerkraut	Chicken Penne & Chipotle Alfredo
D	Bacon	Smashed Red Potatoes	Cheese Burger
A	Cinnamon Roll	Vegetable Blend	French Fries
Y	Whole Milk	Dinner Roll	Garlic Knot
	Coffee	Lemon Meringue Pie	Snowball Cupcake
7			