Tobey Topics

February 15 —21, 2021

FRANKE TOBEY JONES

Enjoy your age

Main Desk Phone
752-6621 or Ext. 0

Work Order Line
Ext. 1293

RESIDENT COUNCIL MEETING
Monday, March 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 15

Wellness: Seated Stretch Class	*9:00 am*	*Zoom Meeting*
Wellness: Standing Exercise Class	*10:00 am*	*Zoom Meeting*

TUESDAY, FEBRUARY 16

Safeway/ Walgreens Shopping Bus DU, BV, GA, TJ Residents only	8:00 am	Sign up at LP Desk
Wellness: Weight Class	*9:00 am*	*Zoom Meeting*
Morning Chat	9:30 am	LP Hallways
What Am I?	10:00 am	LP Hallways
Wellness: Seated Exercise Class	*10:00 am*	*Zoom Meeting*
Mardi Gras Krewes	11:00 am	LP Hallways
Room Visits	1:30 pm	LP Hallways
Mardi Gras Hallway Social	2:30 pm	LP Hallways

WEDNESDAY, FEBRUARY 17

Exercise with Lizzy	9:30 am	LP Hallways
SU: Samuel Coleridge Taylor's "24 Negro Melodies"	10:00 am	Zoom Meeting
Random Trivia	10:00 am	LP Hallways
Card Game "Uno"	11:00 am	LP Hallways
Taboo Game	1:30 pm	LP Hallways
Hallway Happy Hour	3:00 pm	LP Hallways
SU: World War I—Key Issues and Themes	4:00 pm	Zoom Meeting

THURSDAY, FEBRUARY 18

Wellness: Seated Exercise Class	*10:00 am*	*Zoom Meeting*
News Currents	10:30 am	LP Hallways
Wellness: Seated Strength	*1:30 pm*	*LP Hallways*
Wellness: Seated Strength	*2:00 pm*	*LP Hallways*
Italian Soda Hallway Social	2:30 pm	LP Hallways
GA Grab & Go Happy Hour	3:00 pm	GA
SU: Environment as a Global Issue	3:00 pm	Zoom Meeting

HR Update

FTJ has a new HR Director. Diana Rhodes has joined the FTJ team this week. Diana comes to us from our southerly neighbor, Oregon. She has many years of HR experience including 15 years at senior living communities. We are so excited to have Diana on our team.

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 19		
Wellness: Seated Stretch Class	*9:00 am*	*Zoom Meeting*
Wellness: Standing Exercise Class	*10:00 am*	*Zoom Meeting*
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**
Wellness: Seated Strength	*2:00 pm*	*TJ Solarium*
Wellness: Seated Strength	*2:30 pm*	*TJ Solarium*
SATURDAY, FEBRUARY 20		
News & Views	**9:30 am**	**LP Hallways**
Food For Thought—Olive Oil-A Taste of Italy	**10:00 am**	**LP Hallways**
Painting Project	**11:00 am**	**LP Hallways**
Strengthen Your Ming	**1:30 pm**	**LP Hallways**
Boggle Game	**2:30 pm**	**LP Hallways**
SUNDAY, FEBRUARY 21		
Morning Chat	**9:30 am**	**LP Hallways**
You Be the Judge	**10:00 am**	**LP Hallways**
Shut the Box Game	**11:00 am**	**LP Hallways**
Room Visits	**1:30 pm**	**LP Hallways**
Who Am I?	**2:30 pm**	**LP Hallways**

Additions to the Bascom Library

Fourteen new Best Sellers are now on the shelves in the Bascom Library and are ready to be checked out.

Be sure to drop by and check out these new arrivals.

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

Vaccine Update

Wednesday, February 17th is the date of our last vaccine clinic. Everyone who received their first dose on January 27th must come on February 17th to get your second dose. There is no other opportunity to get your second dose at Franke Tobey Jones.

Here is the schedule:

Bristol View: 1:00pm – 1:30pm

Duplex – Last Names B-G: 1:30pm – 2:00pm

Duplex – Last Names J-W: 2:00pm – 2:30pm

Garden Apartment – Last Names B-J: 2:30pm – 3:00pm

Tobey Jones – Last Names A-G: 2:30m – 3:00pm

Garden Apartment – Last Names K-W: 3:00pm – 3:30pm

Tobey Jones – Last Names K-Z: 3:00pm – 3:30pm

The vaccine clinic will be closed by 3:30pm so you must arrive no later than 3:30 to receive your second dose!

Please remember, you must stay in the Wellness Center for 15-30 minutes post vaccination.

I will see you in the Wellness Center on Wednesday, February 17th!

Word Search Game - Figure Skating

D J J T Z E S E C E V W O H C L A S E H F
N H T C F V Q H G L H V Q G V G W C J G C
B H R W P L O A S E L C R I C M Q A Z X F
C Z X U I C I K S N O I L L A D E M X O D
V C T V T Z F F R C O M B I N A T I O N X
Q X F A U W Z S T E D R S T T L K X K I S
U D W G I M Y L L S G C O E W B V S R R C
A S H T N I A M E I U R C C Z M N W O J O
D A R Z A O J X L S F A E F K T P Q W X M
R I C E D A N C I N G I K B Y E U Q T A P
U P O E F V H I Z R R P G K T Y R L O C U
P S G D X T U W P G N A J U T T G S O C L
L K H A A B O N N S Q I H S R F I F F O S
E A T L E X Y T A K L U P O X E C R Z U O
U T Y B F S E D P W G E R S L E S I Q N R
H E N O C R Q L G A K S M G G H V R O T Y
T S M R O I R H S H U M C A A N K W Q E N
E I C D P A Q C D O K B M V C Q I I R R G
T P F Y Z P X G M M K G A R X O X Y J S W
L J P H E R K W R E U A B A N I Z K L H Z
R Q S L R X J I J U M P S N I P S B V F O

AXELS
CAMELSPIN
CHOCTAWS
CIRCLES
COMBINATION
COMPULSORY
COUNTERS
FIGURES
FLYINGSPIN
FOOTWORK
HYDROBLADE
ICEDANCING
INABAUER
JUMPS
LIFTS
LUTZES
MEDALLIONS
MOHAWK
PAIRS
QUADRUPLE
ROCKERS
RITTBERGER
SALCHOW
SKATES
SPINS
TWIZZLES

Life Enrichment Department Update

As part of the Washington Safe Start Program some changes are occurring in the Life Enrichment Department.

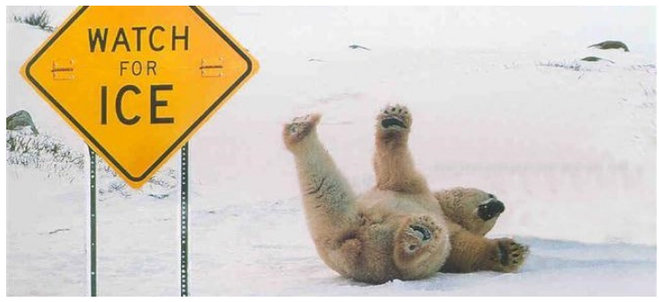
Beginning March 10th Senior University will begin to offer some limited in person classes. Please refer to the Senior University calendar for details and to sign up for these events.

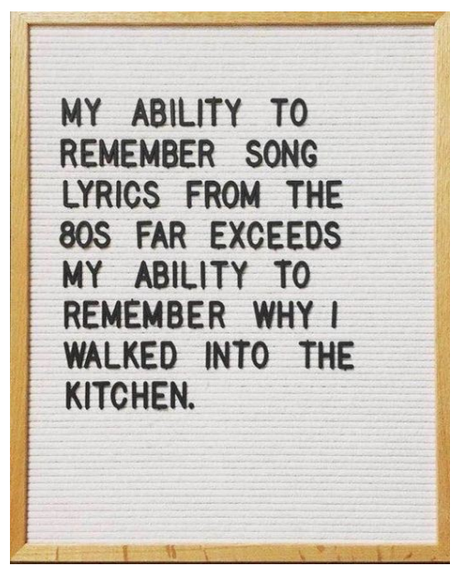
The Wellness Center will also begin to offer in person classes along with Zoom classes by mid-March. Look for more information in the coming weeks regarding class times and open gym times.

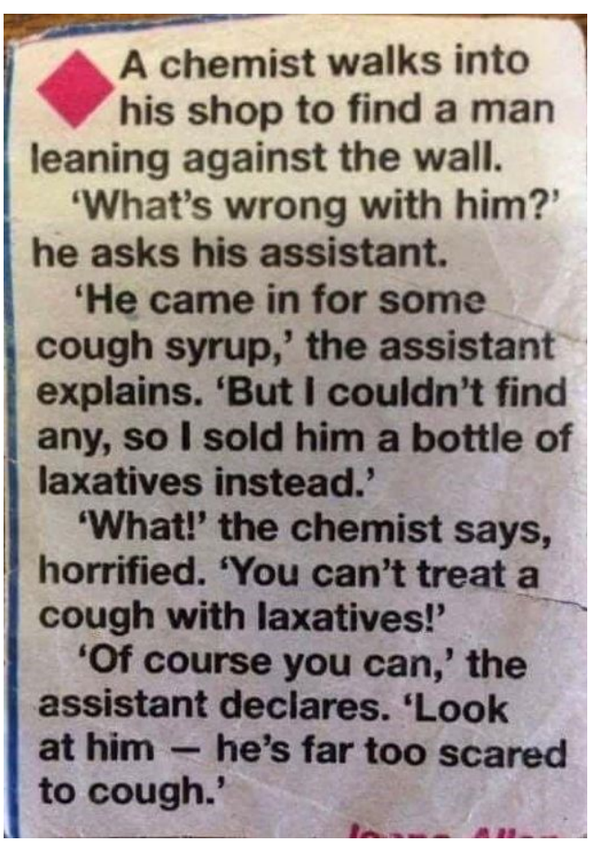
In Assisted Living and Skilled Nursing group activities are being introduced via an "Activity Pod" program. Residents will be placed into pod groups with other residents of similar interests and abilities. One on One visits and social hallway programs such as happy hour will continue as they have in the past. If you have any questions please contact Heidi White at 253-756-6284.

Be Careful Out There!

Watch your step on the slippery walks and parking lots during this winter season. With the potential snow this week, please limit your adventures to the outdoors. FTJ is prepared to deal with any snowfall we get but, despite our best efforts the roads and sidewalks will be slippery.







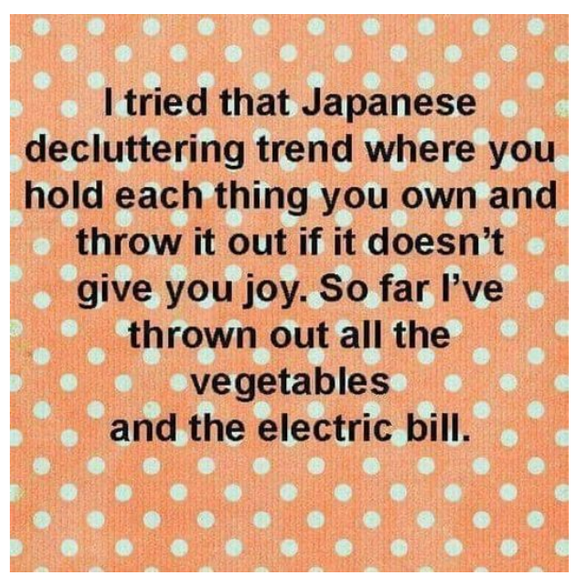
A chemist walks into his shop to find a man leaning against the wall.

'What's wrong with him?' he asks his assistant.

'He came in for some cough syrup,' the assistant explains. 'But I couldn't find any, so I sold him a bottle of laxatives instead.'

'What!' the chemist says, horrified. 'You can't treat a cough with laxatives!'

'Of course you can,' the assistant declares. 'Look at him — he's far too scared to cough.'



MENU

Feb 15th - Feb 21st

This Week's Mindful Offer

Chicken Tikka Pizzetta

	BREAKFAST	DINNER	SUPPER
	Fresh Fruit in Season	Red Pepper & Basil Soup	Bacon & Corn Chowder
M	Assorted Fruit Juice	Cottage Cheese & Tomato Salad	Red Pepper & Basil Soup
O	Cream of Wheat	Mixed Green Salad	Cottage Cheese & Tomato Salad
N	Poached Egg	Beef Goulash	Egg Salad Sandwich
D	Sausage Link	Chipotle Cinnamon Turkey Breast	Beef Mushroom Meatloaf
A	Chocolate Chip Muffin	Bow Tie Pasta	Lighter Parsnip Whipped Potatoes
Y	Whole Milk	Sliced Beets	Baby Carrots & Sugar Snap Peas Medley
	Coffee	Key Lime Cake	Oatmeal Cookie
15			
	Fresh Fruit in Season	Hearty Beef Vegetable Soup	Hearty Beef Vegetable Soup
T	Assorted Fruit Juice	Fruit Salad	Cream of Fresh Broccoli Soup
U	Old Fashioned Oatmeal	Mixed Green Salad	Fruit Salad
E	Scrambled Egg	Maple Glazed Pork Loin	Chicken, Bacon & Cheese Sandwich
S	Bacon	Catfish Cakes	Beef Pot Pie
D	Egg, Sausage & Cheese Burrito	Scalloped Potatoes	Mixed Vegetables
A	Whole Milk	Green Beans	French Fries
Y	Coffee	Pineapple Upside Down Cake	Chocolate Brownie
16			
W	Fresh Fruit in Season	Italian Wedding Soup	Turkey Noodle Soup
E	Assorted Fruit Juice	Cole Slaw	Italian Wedding Soup
D	Cream of Wheat	Mixed Green Salad	Cole Slaw
N	Fried Cage Free Egg	Spaghetti & Meat sauce	Grilled Chicken Caesar Salad
E	Blueberry Pancake	Turkey Scallopini	Cheese Burger
S	Grilled Ham	Pasta	Tatar Tots
D	Whole Milk	Steamed Vegetable Medley	Dinner Roll
A	Coffee	Garlic Bread	Ice Cream Sundae
Y		Raspberry Whoopie Pie	
17			
T	Fresh Fruit in Season	Cream of Tomato Soup	Cream of Tomato Soup
H	Assorted Fruit Juice	Cucumber Sour Cream Salad	Chicken Rice Soup
U	Old Fashioned Oatmeal	Mixed Green Salad	Cucumber Sour Cream Salad
R	Baked Denver Omelet	Pot Roast	Chef Salad
S	Bacon	Fried Chicken	Grilled Turkey & Swiss Sandwich
D	Whole Milk	Mashed Potatoes	Dinner Roll
A	Coffee	Creamed Corn	Potato Chips
Y		Yellow Cake w Fudge Icing	Mango Coconut Parfait
18			
	Fresh Fruit in Season	New England Clam Chowder	New England Clam Chowder
F	Assorted Fruit Juice	Hummus Plate	Minestrone Soup
R	Cream of Wheat	Mixed Green Salad	Hummus Plate
I	Whole Wheat Pancakes	Lamb & Beef Meatballs	Cheese Pizza
D	Fried Cage Free Egg	Baked Salmon	Tuna Noodle Casserole
A	Bacon	Orzo w Basil	Stewed Tomatoes
Y	Whole Milk	Roasted Zucchini & Eggplant	Applesauce Bar
	Coffee	Spice Cake with Cream Frosting	
19			
S	Fresh Fruit in Season	Cream Of Vegetable Soup	Cream Of Vegetable Soup
A	Assorted Fruit Juice	Orange Jicama Salad	Grilled Chicken Tortilla Soup
T	Old Fashioned Oatmeal	Mixed Green Salad	Orange Jicama Salad
U	Scrambled Eggs	Shepherd's Pie	Hot Ham & Brie Croissant
R	Waffles	Panko Crusted Cod w Asian Sauce	Chicken Thigh Cacciatore
D	Sausage Link	Sticky Rice	Angel Hair
A	Whole Milk	Sesame Shiitake Bok Choy	Yellow Squash, Red Pepper & Peas Sauté
Y	Coffee	Fresh Broccoli	Asst Cookies
		Mixed Berry Apple Crisp	
20			
	Fresh Fruit in Season	Three Sisters Soup	Chicken Noodle Soup
	Assorted Fruit Juice	Deviled Eggs	Three Sisters Soup
S	Old Fashioned Oatmeal	Mixed Green Salad	Deviled Eggs
U	Cinnamon Rolls	Glazed Ham	Harvest Chicken Wrap
N	Poached Egg	Herbed Crusted Beef	Southern Style Beef Stew
D	Bacon	Roasted Red Potatoes	Buttermilk Biscuit
A	Hash Browns	Sautéed Button Mushrooms	House Potato Chips
Y	Whole Milk	Peas & Onions	Chocolate Peanut Butter Brownie
	Coffee	Pecan Pie	
21		Dinner Roll	