



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, MARCH 1

<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>
SU: Music and Movement	2:00 pm	Zoom Meeting
Conversation Corner (G1)	3:00 pm	LP 3rd Floor Lobby
SU: Poetry Writing Exploration	4:00 pm	Zoom Meeting

TUESDAY, MARCH 2

<i>Wellness: Weight Class</i>	<i>9:00 am</i>	<i>Zoom Meeting</i>
What Am I? (G2)	9:30 am	LP 3rd Floor Lobby
Room Visits– Uno Card Game	10:30 am	LP Resident Rooms
<i>Wellness: Seated Exercise Class</i>	<i>10:00 am</i>	<i>Zoom Meeting</i>
Safeway/ Walgreens Shopping Bus DU, BV, GA, TJ Residents only	1:30 pm	Sign up at LP Desk
What Am I? (G3)	1:30 pm	LP 3rd Floor Lobby
Room Visits	2:30 pm	LP Resident Rooms
<i>Wellness: Seated Strength</i>	<i>2:30 pm</i>	<i>LP Parlor</i>
<i>Wellness: Seated Strength</i>	<i>3:00 pm</i>	<i>LP Parlor</i>
Conversation Corner (G1)	3:00 pm	LP 3rd Floor Lobby
SU: French Art in the 1700’s Part 1	3:00 pm	Zoom Meeting

WEDNESDAY, MARCH 3

<i>Wellness: Seated Stretch Class</i>	<i>9:00 am</i>	<i>Zoom Meeting</i>
Random Trivia (G2)	9:30 am	LP 3rd Floor Lobby
<i>Wellness: Standing Exercise Class</i>	<i>10:00 am</i>	<i>Zoom Meeting</i>
Room Visits– You Be the Judge	10:30 am	LP Resident Rooms
Name That Tune (G3)	1:30 pm	LP 3rd Floor Lobby
SU: Honduran Exodus	2:00 pm	Zoom Meeting
<i>Wellness: Seated Strength</i>	<i>2:00 pm</i>	<i>TJ Solarium</i>
<i>Wellness: Seated Strength</i>	<i>2:30 pm</i>	<i>TJ Solarium</i>
Hallway Happy Hour	2:30 pm	LP Hallways
Conversation Corner (G1)	3:00 pm	LP 3rd Floor Lobby

THURSDAY, MARCH 4

<i>Wellness: Seated Exercise Class</i>	<i>10:00 am</i>	<i>Zoom Meeting</i>
Room Visits	10:30 am	LP Resident Rooms
Door to Door Happy Hour	2:30 pm	DU, BV, TJ
<i>Wellness: Seated Strength</i>	<i>2:30 pm</i>	<i>LP Parlor</i>
<i>Wellness: Seated Strength</i>	<i>3:00 pm</i>	<i>LP Parlor</i>
GA Grab & Go Happy Hour	3:00 pm	GA
SU: Healthy Aging with Food: Get the Sugar Out!	3:00 pm	Zoom Meeting
Conversation Corner (G1)	3:00 pm	LP 3rd Floor Lobby

HAPPY BIRTHDAY

- March 3
Louis Orrino
- March 5
Ken Johnson
Marilyn Etzold
Paule Jensen
- March 6
Cheiko Takasugi
- March 10
Karen Fischer
- March 12
Marilynn Thomas
- March 13
Phyllis Wire
- March 14
Darlene Alfredson
- March 15
Joanne Selden
- March 16
Lee Fisher
- March 18
Kathleen Wilkie
- March 19
Helen Osborn
- March 23
John Lynn
Bobby Brown
- March 24
Joyce Myhre
- March 26
Yvonne Zubalik
Mary Jane Schulz
- March 27
Marcia Winkle
- March 28
Jane Williams
- March 29
John Kriete
Betsy Henderson
- March 31
Francesca Okerlund

HAPPY
ANNIVERSARY

- March 6
Kurt & Linda Graff

FRIDAY, MARCH 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 Resident Rooms
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: Seated Strength</i>	<i>2:00 pm</i>	<i>TJ Solarium</i>
<i>Wellness: Seated Strength</i>	<i>2:30 pm</i>	<i>TJ Solarium</i>
Conversation Corner (G1)	3:00 pm	LP 3rd Floor Lobby
SU: French Art in the 1700’s Part 1	3:00 pm	Zoom Meeting

SATURDAY, MARCH 6

Harkness House Adventure (G2)	9:30 am	LP 3rd Floor Lobby
Room Visits– Mind Your Mind	10:30 am	LP Resident Rooms
Modern Jeopardy Trivia (G3)	1:30 pm	LP 3rd Floor Lobby
Room Visits– Rummikub Game	2:30 pm	LP Resident Rooms
Conversation Corner (G1)	3:00 pm	LP 3rd Floor Lobby

SUNDAY, MARCH 7

Stress Management 101 (G2)	9:30 am	LP 3rd Floor Lobby
Room Visits– Farkle Game	10:30 am	LP Resident Rooms
Truth or Blarney (G3)	1:30 pm	LP 3rd Floor Lobby
Room Visits– Finish the Phrase	2:30 pm	LP Resident Rooms
Conversation Corner (G1)	3:00 pm	LP 3rd Floor Lobby

Activity Pod Groups in LP

Pod activity groups in Assisted Living begin on **Tuesday February 23rd**. Look for information in your mailbox to tell you what group number you are part of. Groups will be held in the 3rd floor lobby of the LP building at various times throughout the day. Activity staff will still continue to offer one on one visits in resident rooms and will also provide hallway happy hours and other similar events.

On **February 23rd hallway exercise classes in LP are now being held in the LP Parlor beginning at 2:30pm and 3:00pm**. Please note that these times are an hour later than they have been. Residents who are on the 3rd floor will have their exercise class at 2:30pm. Residents who are on the 2nd floor will have their exercise class at 3:00pm.

If you have any questions about the activity groups, please contact Heidi White at 253-756-6284. If you have questions regarding the exercise classes in the LP Parlor please contact Sarah or Colin in the Wellness Center.

FTJ Grocery Trips

Every **Tuesday** 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.

Beginning in March the time of departure will change. We will **leave from campus, at 1:30 pm.** 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.

Thank you,
The Building Services Team

In-Person Classes in the Wellness Center

Wellness has recently begun adding more in-person classes including Tobey Jones classes in the Solarium and Lillian Pratt classes in the Parlor. Soon, residents from Bristol View, Garden Apartments and Duplexes will be able to gather for classes in the Wellness Center. If you are from BV, GA or the Duplexes and are interested in attending in-person classes, please contact the Wellness Center at 253-756-6279.

OVATION

Ho

Ho

+Ho

HE

AD

DOUBT

drove

IT

LIPtoeLIP

A bamboozable is a saying/phrase that is made up of a display of words, in an interesting way. The object is to try to figure out the well-known saying, person, place, or thing that each bamboozable is meant to represent.

WEEKLY RIDDLE

What’s at the end of a rainbow?



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.

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

Salon Update

We have great news. Salon services will reopen in Lillian Pratt and in the Care Center. It will look slightly different while we are still working through COVID protocols and infection control.

Robin will begin nail services in the Care Center for skilled nursing and memory care residents starting on Sunday, February 21st. Her normal days will be Sundays and Mondays moving forward. Unfortunately, at this time Robin is unable to take appointments for residents in Lillian Pratt. This may change as we move forward but at this point we do not have a date for that. Robin can be contacted at 253-221-5336.

Larry will begin salon services in the Care Center for skilled nursing and memory care residents starting on Tuesday, February 23rd. His normal days are Tuesdays, Thursdays and Friday afternoons. He will also be able to provide salon services to IL residents in the Tobey Jones building salon as needed. At this time Larry is only able to provide salon services in the Care Center and Tobey Jones. Larry can be reached at 253-564-9445.

Trudy will begin salon services in Lillian Pratt starting on Wednesday, February 24th. Her normal days will be Wednesdays and Friday mornings. Trudy will also be able to provide salon services to IL residents in the Tobey Jones building on Thursdays and Friday afternoons. At this time Trudy is only able to provide salon services in Lillian Pratt and Tobey Jones. Trudy can be reached at 253-752-8055.

Wellness Zoom Classes

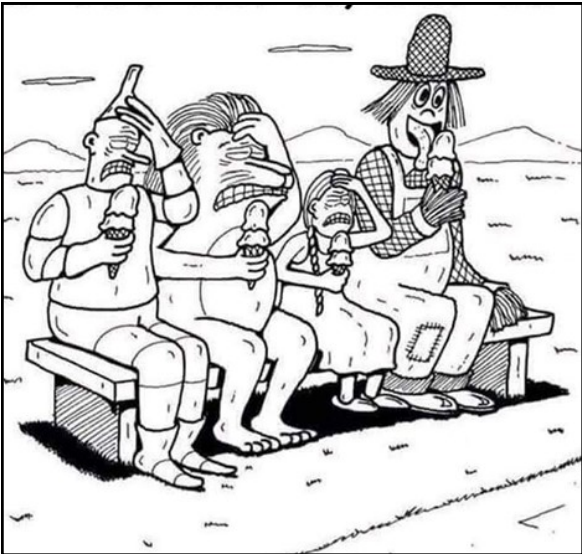
The login information for all classes is listed below. If you have any questions about our new offerings or anything else pertaining to the classes, please do not hesitate to contact the Wellness Staff at 235-756-6279.

Meeting ID: 325 226 4711

Meeting Passcode: wellness20



DATING: can't wait to see you again
MARRIAGE: part of your knee was on my side of the bed again last night



Did you know muffins spelled backwards is what you do when you take them out of the oven?

		<i>MENU</i>	
		<i>Mar 1st - Mar 7th</i>	<i>This Week's Mindful Offer</i>
			<i>Veggie & Cheese Frittata Sandwich</i>
	<i>BREAKFAST</i>	<i>DINNER</i>	<i>SUPPER</i>
	Fresh Fruit in Season	Vegetarian Lentil & Spinach Soup	Beef Barley Soup
<i>M</i>	Orange Juice	Cottage Cheese & Tomato	Vegetarian Lentil & Spinach Soup
<i>O</i>	Cream of Wheat	Mixed Green Salad	Cottage Cheese & Tomato
<i>N</i>	Eggs To Order	Spinach Lasagna with Marinara Sauce	South American Tuna Salad & Avocado Wrap
<i>D</i>	Bacon	Farmer's Meatloaf	Teriyaki Chicken Breast
<i>A</i>	Blueberry Yogurt Coffee Cake	Roasted Red Potatoes	Sticky Rice
<i>Y</i>	Whole Milk	Corn O'Brien with Peppers	Sautéed Bok Choy
	Coffee	Peach Crisp	Carrot Cake
<i>1</i>			
	Fresh Fruit in Season	Potato Leek Soup	Potato Leek Soup
<i>T</i>	Orange Juice	Fruit Salad	Thai Chicken & Rice Soup
<i>U</i>	Old Fashioned Oatmeal	Mixed Green Salad	Fruit Salad
<i>E</i>	Belgian Waffles	Cajun Roast Salmon	Three Cheese Quiche
<i>S</i>	Scramble Eggs	Bean, Pork Kielbasa & Chicken Casserole	Chipotle & Onion Cheesesteak
<i>D</i>	Grilled Ham	Brown Rice Pilaf	Steak Cut French Fries
<i>A</i>	Whole Milk	Summer Squash & Carrot Medley	Broccoli Cuts
<i>Y</i>	Coffee	Coconut Cream Pie	Apricot Bars
<i>2</i>			
<i>W</i>	Fresh Fruit in Season	Split Pea Soup w Ham	Split Pea Soup w Ham
<i>E</i>	Orange Juice	Cole Slaw	Carbonado Soup
<i>D</i>	Cream of Wheat	Mixed Green Salad	Cole Slaw
<i>N</i>	Whole Wheat Pancakes	Pinto Bean & Potato Cheddar Quesadilla	Monte Cristo Sandwich
<i>E</i>	Fried Cage Free Egg	Balsamic Flank Steak	Chicken Pot Pie
<i>S</i>	Bacon	Oven Brown Potatoes	Steamed Vegetables
<i>D</i>	Whole Milk	Lima Beans	Chocolate Chip Cookie
<i>A</i>	Coffee	Yellow Cake with Fudge Icing	
<i>Y</i>			
<i>3</i>			
<i>T</i>	Fresh Fruit in Season	Red Pepper & Basil Soup	Chicken Gumbo
<i>H</i>	Orange Juice	Cucumber Sour Cream Salad	Red Pepper & Basil Soup
<i>U</i>	Old Fashioned Oatmeal	Mixed Green Salad	Cucumber Sour Cream Salad
<i>R</i>	Baked Denver Omelet	Crispy Baked Cod	Roast Beef & Blue Cheese Panni
<i>S</i>	Hash Browned Potatoes	Swedish Meatballs	Macaroni & Cheese
<i>D</i>	Sausage Patty	Buttered Noodles	Stewed Tomatoes
<i>A</i>	Whole Milk	Roasted Zucchini	Chocolate Brownie
<i>Y</i>	Coffee	Mix Berry Apple Crisp	
<i>4</i>			
	Fresh Fruit in Season	New England Clam Chowder	New England Clam Chowder
<i>F</i>	Orange Juice	Fruited Jell-O Salad	Fruited Jell-O
<i>R</i>	Cream of Wheat	Mixed Green Salad	Mixed Green Salad
<i>I</i>	Eggs to Order	Pork Scaloppini	Swiss Char & Gruyere Tart
<i>D</i>	Hash browns	Shrimp Alfredo	Hot Turkey Sandwich
<i>A</i>	Bacon	Rotini Pasta	Mashed Potatoes
<i>Y</i>	Whole Milk	Yellow Squash, Red Pepper, Pea Medley	Steamed Vegetable Medley
<i>5</i>	Coffee	Strawberry Basil Cheese Cake	Cookies & Cream Cupcake
<i>S</i>	Fresh Fruit in Season	Roast Turkey & Rice Soup	Cream Of Mushroom
<i>A</i>	Orange Juice	Macaroni Salad	Roast Turkey & Rice Soup
<i>T</i>	Old Fashioned Oatmeal	Mixed Green Salad	Mixed Green Salad
<i>U</i>	Fried Cage Free Egg	Fried Chicken	Macaroni Salad
<i>R</i>	Bacon	Braised Swiss Steak	Penne w Pesto Vegetables & Breadstick
<i>D</i>	Mixed Berry Wheat Pancakes	Mashed Potatoes	Grilled Hot Dogs
<i>A</i>	Whole Milk	Creamed Corn	Baked Beans
<i>Y</i>	Coffee	Banana Split	Pound Cake
<i>6</i>			
	Fresh Fruit in Season	Carrot & Ginger Soup	Carrot & Ginger Soup
	Orange Juice	Deviled Eggs	Corn Chowder
<i>S</i>	Old Fashioned Oatmeal	Mixed Green Salad	Deviled Eggs
<i>U</i>	Scrambled Egg	Montreal Rotisserie Tri Tip	Basil Lemon Chicken w Couscous
<i>N</i>	Hash Browned Potatoes	Tuscan-Style Turkey Breast	Pork Roast
<i>D</i>	Sausage Link	Roasted Yukon Potatoes	Mashed Sweet Potatoes
<i>A</i>	Cinnamon Roll	French Cut Green Beans	Succotash
<i>Y</i>	Whole Milk	Dinner Roll	Butterscotch Pudding
<i>7</i>	Coffee	Cherry Pie	