



FRANKE  
TOBEY  
JONES

*Enjoy your age*

**Main Desk Phone**  
752-6621 or Ext. 0

**Work Order Line**  
Ext. 1293

**RESIDENT COUNCIL MEETING**

Monday, September 13  
9:30 am, Zoom Meeting  
Contact the LP Front Desk for an invite to the meeting.

**BISTRO**  
Ext. 1394

Location: LP 1st Floor  
*Next to Wellness Center*  
**Monday - Friday**  
*Simply To Go Delivery:*  
The bistro will re-open soon, watch for further information as the date gets closer. Thank you for your patience.

**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, SEPTEMBER 13**

State Fairs Talk	9:30 am	LP Parlor
Resident Council	9:30 am	Zoom Meeting
Room Visits	10:30 am	LP Resident Rooms
Junk Drawer Detective	1:30 pm	LP Parlor
Margarita Hallway Social	2:30 pm	LP Hallways
Conversation Corner (G1)	3:00 pm	LP 3rd Floor Lobby
Gazebo Group	5:00 pm	DU Large Gazebo

**TUESDAY, SEPTEMBER 14**

LP Worship Service	9:00 am	LP Parlor
What Am I?	9:30 am	LP Parlor
Room Visits	10:30 am	LP Resident Rooms
IL Worship Service	11:15 am	BV Gathering Room
Trader Joe's Shopping Bus	1:30 pm	Sign up at LP Desk
Name That Tune	1:30 pm	LP Parlor
TJ Afternoon Tea	2:00 pm	TJ Hallways
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	3:00 pm	LP 3rd Floor Lobby

**WEDNESDAY, SEPTEMBER 15**

Father Of Soul– Ray Charles	9:30 am	LP Parlor
<b>SU: Outsmart Yourself</b>	<b>10:30 am</b>	<b>LP Parlor</b>
Room Visits	10:30 am	LP Resident Rooms
<b>SU: Brain Training</b>	<b>1:00 pm</b>	<b>BV Gathering Room</b>
Ring Toss Fair Games	1:30 pm	LP Parlor
Hallway Happy Hour	2:30 pm	LP Hallways
TJ Afternoon Movie	3:00 pm	TJ Parlor
Conversation Corner	3:00 pm	LP 3rd Floor Lobby

**Call for Volunteers for Senior Art Show**

The Senior Art Show will be on view Friday, October 15 through Sunday, October 17 in the M.J. Wicks Wellness Center from 12:00 pm—3:00 pm. There will be an Opening Reception on Thursday, October 14 from 5:00 pm—7:00 pm.

We are looking for volunteers to assist with the opening reception on Thursday and attend the gallery open hours that Friday – Sunday. You will be working directly with a staff person. If you are willing to generously give of your time, or if you have questions, please contact Jana at [jwennstrom@franketobeyjones.com](mailto:jwennstrom@franketobeyjones.com) or call 253-756-6219.

**Green House Update**

Once again the green house replacement has been delayed due to a material shortage. We will keep you updated as we get more information.

### HAPPY BIRTHDAY

September 1

Jerry Winkle

September 5

Joan Bannister

September 6

Londa Sevier

Judy Nelson

September 8

Al Chaffee

September 11

John Van Buren

Robert Shedd

September 17

Rita Copp

September 18

Kathleen Farner

September 21

Doris Larsen

September 23

Elizabeth Gilbert

September 28

Raean DeBoer

Linda Graff

### THURSDAY, SEPTEMBER 16

<i>Wellness: In Person Exercise Class</i>	9:00 am	Wellness Center
<b>Knit Wits</b>	9:30 am	TJ Parlor
<b>Baking Group— Fair Foods</b>	9:30 am	Activity Terrace
<i>Wellness: In Person Exercise Class</i>	10:00 am	Wellness Center
<b>SU: Great Courses- Cooking Across the Ages</b>	10:00 am	BV Gathering Room
<b>Room Visits</b>	10:30 am	LP Resident Rooms
<i>Wellness: In Person Exercise Class</i>	11:00 am	Wellness Center
<b>Proctor District Shopping Bus</b>	1:30 pm	Sign up at LP Desk
<b>Farkle Game</b>	1:30 pm	LP Parlor
<b>Conversation Corner</b>	3:00 pm	LP 3rd Floor Lobby
<b>GA Happy Hour</b>	3:00 pm	Main Gathering Area
<b>TJ Happy Hour</b>	4:00 pm	TJ Parlor

### FRIDAY, SEPTEMBER 17

<b>Room Visits</b>	10:00 am	LP Resident Rooms
<i>Wellness: Seated Strength</i>	2:30 pm	TJ Solarium
<b>BV Ice Cream Social <i>Grab and Go</i></b>	2:30 pm	Outside Firepit Area
<b>DU Ice Cream Social <i>Grab and Go</i></b>	2:30 pm	Duplex Gazebo
<b>TJ Ice Cream Social <i>Grab and Go</i></b>	3:00 pm	Gazebo Between TJ & CC
<b>GA Ice Cream Social <i>Grab and Go</i></b>	3:00 pm	Outside Between Wellness Ctr. & GA
<b>LP Ice Cream Social <i>Grab and Go</i></b>	3:00 pm	LP Front Patio
<b>Conversation Corner</b>	3:00 pm	LP 3rd Floor Lobby

### SATURDAY, SEPTEMBER 18

<b>Movie: Harry Potter and the Sorcerers Stone</b>	2:30 pm	LP Parlor
<b>TJ Afternoon Movie</b>	3:00 pm	TJ Parlor
<b>Conversation Corner</b>	3:00 pm	LP 3rd Floor Lobby

### SUNDAY, SEPTEMBER 19

<b>Movie: Clue</b>	10:00 am	LP Parlor
<b>Seahawks Game</b>	1:25 pm	LP Parlor
<b>Conversation Corner</b>	3:00 pm	LP 3rd Floor Lobby

### Party Bridge Opportunity

Our neighbors up the street, at Solstice, hold a Bridge Group each Thursday in the morning and are looking for more players. If you are interested in learning more or would like to participate in this group, please contact Marcia Winkle at 760-485-1122.

Due to staffing difficulties in the Activities Department some resident areas will have fewer programs and groups. We are doing our best to provide as much programming in as many areas as we possibly can. Your understanding and patience is much appreciated.





**Tacoma Musical Playhouse “All Shook Up”**

**Saturday, October 2** Bus departs at 1:15 pm

**Sign up by Wednesday September 29. Cost: Ticket \$29 for Seniors**

**Proof of Covid Vaccination will be required to enter the theater. You MUST bring, your vaccine card, or a copy of your vaccine card or a picture of your card on your cell phone. Mask will be required while in the theater.**

Set in the summer of 1955 in a conservative Midwestern town, ALL SHOOK UP is the modern Rock n’ Roll take on Shakespeare’s romantic comedy, Twelfth Night. ALL SHOOK UP follows the story of a small town girl with big dreams, Natalie, and the charismatic, motorcycle-riding roustabout she falls for, Chad. While Natalie dreams of hitting the open road, hoping to “Follow that Dream” with Chad by her side, Mayor Matilda Hyde believes Chad is the “Devil in Disguise,” and quickly looks for a way to put a stop to his Rock n’ Roll chaos. **Please sign up at LP Front Desk.**

**Please contact Heidi at 253-756-6284 if you want to purchase tickets to see this play.**

**NW Sinfonietta “Autumn Ascending”**

**Saturday, October 9** Bus departs at 6:45 pm

**Sign up by Thursday October 7. Cost: Ticket \$30—\$85**

**Proof of Covid Vaccination will be required to enter the theater. You MUST bring, your vaccine card, or a copy of your vaccine card or a picture of your card on your cell phone. Mask will be required while in the theater.**

Welcome in the fall and take flight with Max Richter’s Autumn and Vaughan Williams’ transcendent Lark Ascending, performed by Concertmaster Denise Dillenbeck. Artistic Partner Yaniv Attar introduces us to the brilliant third symphony of early 19th Century

French composer Louise Farrenc

**Please sign up at LP Front Desk.**

**Please contact Heidi at 253-756-6284 if you want to purchase tickets.**



**Symphony Tacoma “Barber & Tchaikovsky”**

**Saturday, October 23** Bus departs at 6:45 pm.

**Sign up by Wednesday October 20. Cost: Ticket \$40-\$90**

**Proof of Covid Vaccination will be required to enter the theater.**

**You MUST bring, your vaccine card, or a copy of your vaccine card or a picture of your card on your cell phone. Mask will be required while in the theater.**

Charlie Albright returns to headline our season opener that features works by Shostakovich and Tchaikovsky. Patrice Rushen’s *Color Express* is dedicated to those who suffered hardship and loss due to COVID-19. Shostakovich’s Piano Concerto No. 2 deviates from the traditional Russian angst of his previous works with a freeing, whimsical charm. Tchaikovsky’s Symphony No. 6 is regarded as one of the defining works of his career and the Romantic era.

**Please sign up at LP Front Desk**

**Please contact Heidi at 253-756-6284 if you want to purchase tickets.**



**Flu Vaccination Clinic  
Save the Date**

CVS Pharmacy will be on-site to provide flu vaccinations to all staff and residents that want the flu vaccine. They will be here **Wednesday, September 29<sup>th</sup>**.

Exact times and locations will be determined once we get closer to that date. They will provide the senior dose for those that need it and they will bill your insurance. If you do not have insurance you can still get the flu vaccine free of charge. If you have any questions you can contact Bob Beckham at 253-756-6253 or [bbeckham@franketobeyjones.com](mailto:bbeckham@franketobeyjones.com).

**Masks in the Wellness Center**

Due to the latest mandate requiring masks while indoors, FTJ now requires that masks are worn by all individuals while using the exercise equipment and while in exercise classes. If you have questions please contact our Wellness Staff at 253-756-6279.

If you enjoy solving cryptograms, acrostics or crossword puzzles, you'll love solving **Drop Quotes!** Each puzzle contains a hidden quote, with the spaces for each letter in that quote laid out in a typical crossword puzzle-type black and white grid. Above each column are a series of letters. Simply "drop" each letter into the appropriate squares in each row and column to reveal the hidden quote.

Quote by: Dr. Joyce Brothers

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

WEEKLY RIDDLE

The man who made it doesn't want it. The man who bought it doesn't need it. The man who needs it doesn't know it. What am I?



**Chaplain Services Have Begun**

We are pleased to announce that Franke Tobey Jones has teamed up with Marketplace Chaplains to provide chaplain and worship services on our campus. Marketplace Chaplains provide local chaplains who come on campus to provide non-denominational worship services and visits. These services have started and occur on **Tuesday mornings**. Everyone is welcome to come to these services and to get to know our two new chaplains serving FTJ.

**Assisted Living**—9 am to 9:30 am in the Lillian Pratt Parlor

**Memory Care**—9:45 am to 10:15 am in the MC Activity Room

**Skilled Nursing**—10:30 am to 11 am in the SN Gathering Corner

**Independent Living**—11:15 am to 12 noon in the BV Gathering Room

We ask that you attend the service that is held in your building for the time being. All Independent residents are welcome to participate in the services held in the Bristol View Gathering Room.

### Covid Update

We have great news. All COVID test results this week came back negative and visitation can resume. Activities and dining continue as well. Next Tuesday, September 14, we will conduct another round of testing for skilled nursing residents and staff.

We continue to follow the various guidelines set forth to stop the spread of COVID-19 as provided by the Washington Department of Health (DOH), the Centers for Medicare & Medicaid Services (CMS) and Centers for Disease Control and Prevention (CDC). Our team has been diligent in following all the protocols and we are proud of their efforts to keep the case count so low.

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](mailto:jdunn@franketobeyjones.com)) or Bob Beckham ([bbeckham@franketobeyjones.com](mailto:bbeckham@franketobeyjones.com)) or by phone at 253-752-6621.

Thank you,

Judy Dunn, President and CEO

### Mobile Audiologist at FTJ

We have a new mobile audiologist who will be coming on campus every 3<sup>rd</sup> Wednesday of the month in the afternoon. If you want to be seen, you can receive a copy of the intake/admission paperwork from Jessica Rueber, our Social Worker, or from the Lillian Pratt front desk. The paperwork needs to be turned in to Jessica. Once the provider receives your information, they will call you to schedule your appointment.

Questions? Contact Jessica at 253-756-6313

Just because I give you advice doesn't mean I'm smarter than you. It just means I've done more stupid stuff than you.



### All Campus Ice Cream Socials

You are invited to join us on Fridays for our All Campus Ice Cream Socials.

**At 2:30pm**

**BV residents** can pick up their ice cream at the Outside Firepit Area.

**DU residents** can pick up their ice cream at the DU Gazebo.

**At 3:00pm**

**GA residents** can pick up their ice cream outside between the Wellness Center & GA.

**TJ residents** can pick up their ice cream at the Gazebo between TJ and the Care Center.

**LP residents** can pick up their ice cream at the LP front patio.

Enjoy some delicious ice cream as you cool off from the heat and visit with your fellow residents.

This is not a door to door social. If you want ice cream, you must go to your location to pick it up.

<b>MENU</b>			
<b>Sept 13th - Sept 19th</b>			<b>This Week's Mindful Offer</b>
	<b>BREAKFAST</b>	<b>DINNER</b>	<b>SUPPER</b>
	Fresh Fruit in Season	Smoky Navy Bean Soup	Smoky Navy Bean Soup
<b>M</b>	Assorted Fruit Juice	Cottage Cheese & Tomato Salad	Bacon & Corn Chowder
<b>O</b>	Cream of Wheat	Mixed Green Salad	Cottage Cheese & Tomato Salad
<b>N</b>	Poached Egg	Dijon Pork Tenderloin	Strawberry Fields Salad Plate
<b>D</b>	Sausage Link	Lemon Dill Tilapia	Beef Mushroom Meatloaf
<b>A</b>	Banana Bacon Muffin	Scalloped Potatoes	Cheddar Mashed Potatoes
<b>Y</b>	Whole Milk	Sliced Beets	Baby Carrots & Sugar Snap Peas Medley
	Coffee	Key Lime Cake	Oatmeal Cookie
<b>13</b>			
	Fresh Fruit in Season	Hearty Beef Vegetable Soup	Hearty Beef Vegetable Soup
<b>T</b>	Assorted Fruit Juice	Fruit Salad	Cream of Fresh Broccoli Soup
<b>U</b>	Old Fashioned Oatmeal	Mixed Green Salad	Fruit Salad
<b>E</b>	Scrambled Egg	Buttermilk Fried Chicken	Santa Fe Melt
<b>S</b>	Bacon	Catfish Cakes	Pear Cheese & Walnut Salad
<b>D</b>	Egg, Sausage & Cheese Burrito	Mashed Potatoes	Garlic Knot
<b>A</b>	Whole Milk	Green Beans	French Fries
<b>Y</b>	Coffee	Pineapple Upside Down Cake	Chocolate Brownie
<b>14</b>			
	Fresh Fruit in Season	Italian Wedding Soup	Italian Wedding Soup
<b>E</b>	Assorted Fruit Juice	Cole Slaw	Turkey Noodle Soup
<b>D</b>	Cream of Wheat	Mixed Green Salad	Cole Slaw
<b>N</b>	Fried Cage Free Egg	Baked Ziti w. Vegetables	Grilled Chicken Caesar Salad
<b>E</b>	Blueberry Pancake	Turkey Scallopini	Cheese Burger
<b>S</b>	Grilled Ham	Steamed Brown Rice	Tatar Tots
<b>D</b>	Whole Milk	Steamed Vegetable Medley	Dinner Roll
<b>A</b>	Coffee	Garlic Bread	Ice Cream Sundae
<b>Y</b>		Raspberry Whoopie Pie	
<b>15</b>			
	Fresh Fruit in Season	Cream of Tomato Soup	Cream of Tomato Soup
<b>H</b>	Assorted Fruit Juice	Cucumber Sour Cream Salad	Chicken Rice Soup
<b>U</b>	Old Fashioned Oatmeal	Mixed Green Salad	Cucumber Sour Cream Salad
<b>R</b>	Belgian Waffles w Peaches	Herbed Crusted Beef	Herb Polenta & Mushroom Ragout
<b>S</b>	Bacon	Crispy Baked Chicken Breast	Italian Sub Sandwich
<b>D</b>	Whole Milk	Mashed Potatoes	Potato Chips
<b>A</b>	Coffee	Creamed Corn	Mango Coconut Parfait
<b>Y</b>		Yellow Cake w Fudge Icing	
<b>16</b>			
	Fresh Fruit in Season	New England Clam Chowder	New England Clam Chowder
<b>F</b>	Assorted Fruit Juice	Hummus Plate	Minestrone Soup
<b>R</b>	Cream of Wheat	Mixed Green Salad	Hummus Plate
<b>I</b>	Donuts	Beef Flank Steak	Cheese Pizza
<b>D</b>	Fried Cage Free Egg	Orange Baked Salmon	Tuna Nicoise Salad
<b>A</b>	Bacon	Orzo w Basil	Dinner Roll
<b>Y</b>	Whole Milk	Roasted Zucchini & Eggplant	Applesauce Bar
	Coffee	Spice Cake with Cream Frosting	
<b>17</b>			
	Fresh Fruit in Season	Egg Drop Soup	Egg Drop Soup
<b>A</b>	Assorted Fruit Juice	Bean Salad	Grilled Chicken Tortilla Soup
<b>T</b>	Old Fashioned Oatmeal	Mixed Green Salad	Bean Salad
<b>U</b>	Scrambled Eggs	Sweet & Sour Meatballs	New England Shrimp Salad on Bun
<b>R</b>	Coffee Cake	Panko Crusted Cod w Asian Sauce	Chicken Thigh Cacciatore
<b>D</b>	Sausage Link	Sticky Rice	Angel Hair
<b>A</b>	Whole Milk	Fresh Broccoli	Grilled Yellow Squash
<b>Y</b>	Coffee	Coconut Cream Pie	Asst Cookies
<b>18</b>			
	Fresh Fruit in Season	Three Sisters Soup	Cheese Burger Chowder
	Assorted Fruit Juice	Deviled Eggs	Three Sisters Soup
<b>S</b>	Old Fashioned Oatmeal	Mixed Green Salad	Deviled Eggs
<b>U</b>	Cinnamon Rolls	Apricot Glazed Turkey	Harvest Chicken Wrap w Salad
<b>N</b>	Poached Egg	Pot Roast	Smothered Pork Chop
<b>D</b>	Bacon	Roasted Red Potatoes	Garlic Mashed Potatoes
<b>A</b>	Whole Milk	Peas & Onions	Mixed Vegetables
<b>Y</b>	Coffee	Pecan Pie	Chocolate Peanut Butter Brownie
		Dinner Roll	
<b>19</b>			