



FRANKE
TOBEY
JONES

Enjoy your age

Main Desk Phone
752-6621 or Ext. 0

Work Order Line
Ext. 1293

RESIDENT COUNCIL MEETING

Monday, October 11
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

8am—2pm:

The Bistro is now open on a trial basis for a couple of months.

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.

NEW RESIDENTS
Nancy Wallrof LP
Donna Kanyer LP

IN REMEMBRANCE

Walter Bodman SN
Mark Litchman SN
Carol Mullin LP
Joe Zmora SN
Dolores McCaffery SN

MONDAY, SEPTEMBER 20

Sip & Paint	9:30 am	Activity Terrace
Room Visits	10:30 am	LP Resident Rooms
Random Trivia	1:30 pm	LP Parlor
Root Beer Float Hallway Social	2:30 pm	LP Hallways
Conversation Corner	3:00 pm	LP 3rd Floor Lobby
TJ Afternoon Movie	3:00 pm	TJ Parlor
Gazebo Group	5:00 pm	DU Large Gazebo

TUESDAY, SEPTEMBER 21

LP Worship Service	9:00 am	LP Parlor
Who Am I?	9:30 am	LP Parlor
<i>Wellness: Welcome Back Social</i>	<i>10am—1pm</i>	<i>Wellness Center</i>
Room Visits	10:30 am	LP Resident Rooms
IL Worship Service	11:15 am	BV Gathering Room
Fred Meyer Shopping Bus	1:30 pm	Sign up at LP Desk
Uno Card Game	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 22

<i>Wellness: Seniorcise Gold I</i>	<i>8:00 am</i>	<i>Wellness Center</i>
<i>Wellness: Seniorcise Gold II</i>	<i>9:00 am</i>	<i>Wellness Center</i>
American Alligators	9:30 am	LP Parlor
<i>Wellness: Strength & Flex I</i>	<i>10:00 am</i>	<i>Wellness Center</i>
SU: Outsmart Yourself	10:30 am	LP Parlor
Room Visits	10:30 am	LP Resident Rooms
<i>Wellness: Strength & Flex II</i>	<i>11:00 am</i>	<i>Wellness Center</i>
Fall Sports	1:30 pm	LP Parlor
Hallway Happy Hour	2:30 pm	LP Hallways
TJ Afternoon Movie	3:00 pm	TJ Parlor
SU: Literary League Book Club	3:00 pm	Zoom meeting
Conversation Corner	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.

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 Farnar

September 21

Doris Larsen

September 23

Elizabeth Gilbert

September 28

Raean DeBoer

Linda Graff



HAPPY ANNIVERSARY

September 29

Jack & Nadyne Meteyer

THURSDAY, SEPTEMBER 23

Knit Wits	9:30 am	TJ Parlor
Baking Group— Chocolate Fall Leaves	9:30 am	Activity Terrace
<i>Wellness: Strong & Stable</i>	10:00 am	Wellness Center
SU: Great Courses- Cooking Across the Ages	10:00 am	BV Gathering Room
Room Visits	10:30 am	LP Resident Rooms
Savannah Trivia	1:30 pm	LP Parlor
Conversation Corner	3:00 pm	LP 3rd Floor Lobby
SU: Great Decisions Discussion— International Organizations in a Global Pandemic	3:00 pm	Zoom Meeting
GA Happy Hour	3:30 pm	Main Gathering Area
TJ Happy Hour	4:00 pm	TJ Parlor

FRIDAY, SEPTEMBER 24

<i>Wellness: Seniorcise Gold I</i>	8:00 am	Wellness Center
<i>Wellness: Seniorcise Gold II</i>	9:00 am	Wellness Center
<i>Wellness: Strength & Flex I</i>	10:00 am	Wellness Center
Room Visits	10:00 am	LP Resident Rooms
<i>Wellness: Strength & Flex II</i>	11:00 am	Wellness Center
<i>Wellness: Sit, Fit, Fun</i>	2:30 pm	TJ Solarium
Conversation Corner	3:00 pm	LP 3rd Floor Lobby

SATURDAY, SEPTEMBER 25

Movie: Harry Potter and the Chamber of Secrets	2:30 pm	LP Parlor
TJ Afternoon Movie	3:00 pm	TJ Parlor
Conversation Corner	3:00 pm	LP 3rd Floor Lobby

SUNDAY, SEPTEMBER 26

Movie: Freaky Friday	10:00 am	LP Parlor
Seahawks Game	1:25 pm	LP Parlor
Conversation Corner	3:00 pm	LP 3rd Floor Lobby

Wellness Welcome Back Social

On Tuesday, September 21st from 10:00 am to 1:00 pm the Wellness Staff will be hosting a “Welcome Back Social”. This is an opportunity for community members and residents to come ask any questions they have prior to classes starting the next day. If you went through the assessment process for classes and do not know your days or times, please contact the Wellness Center at 253-756-6279.

The Bistro Is Open Again

Be sure to come between the hours of 8:00AM – 2PM Monday—Friday to enjoy your favorite drink or snack. Food and drinks may not be consumed in the bistro. Seating is available outside when the weather is nice.



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.



Lunch Bunch “Mandolin Sushi & Steak House”

Thursday, October 7 Bus departs at 11:30 am.

Sign up by Tuesday October 5. Cost: Meal

Join us as we go to Mandolin Sushi and Steak House where they cook in a Teppanyaki style. Teppanyaki is a Japanese style of hotplate cooking. A live cooking show is performed right in front of you and their talented chefs will make this an occasion full of surprises, never to be forgotten.

The restaurant is reserving a section for the use of Franke Tobey Jones only. We need a minimum of 15 people to keep this reservation. Space is limited to a total of 21 people on the bus.

Please sign up at the front desk

NW Sinfonietta “Autumn Ascending”

Saturday, October 9 Bus departs at 6:45 pm

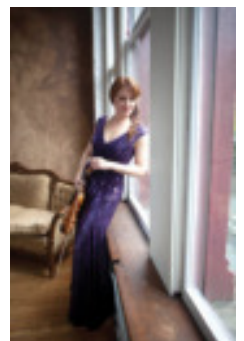
Sign up by Thursday October 7. Cost: Ticket \$30—\$85

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.



A commonym is a group of words that have a common trait in the three words/items listed. For example: the words; A car - A tree - An elephant.. they all have trunks. These will make you think!

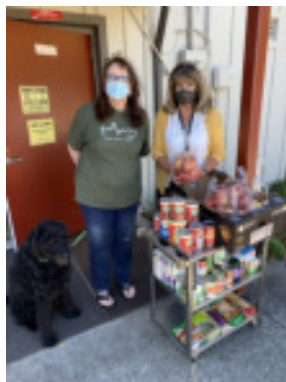
1. The Navy - A Deli - An Absent Teacher
2. A Person - A Watch - A Mountain
3. A Bowling Alley - A Roof - A Street
4. High - Uneven - Parallel
5. Goose - Theresa - Hubbard
6. Mare - Mustang - Bronco
7. Killer Whales - Referees - Old T.V's
8. Music - Mail - Safe Deposit
9. Rail - Chain - Picket
10. Palm - Easter - Hot Fudge

WEEKLY RIDDLE

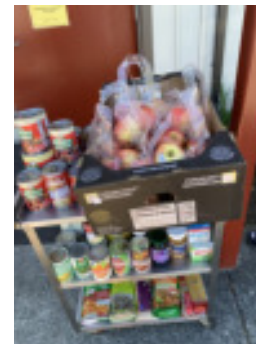
As for Presidents, in peace and in war. The United States has had forty-four.
 A baseball player in the Hall of Fame. After twenty-two was given his name.
 Number twenty-four lost the term before. Although he received, popular votes more.
 Both these Presidents had the same mother. Yet to each other they weren't a brother.



With Gratitude from Philanthropy ~



Last week, the recently opened Pt. Defiance ~ Ruston Senior Center received its first **Turn On the Lights!** FTJ food bank delivery ~ all made possible by the generous hearts of FTJ residents and staff. Donated supermarket gift cards enabled us to purchase fresh Fuji and Gala apples! When Philanthropy arrived with the filled bins, Senior Center participants, staff, and volunteers were surprised, amazed, and overwhelmed at the choices ~ and for the first time, fresh fruit. “A food bank with fresh fruit and items to take home for the weekend is such a wonderful gift for our participants who struggle,” said Director Kate Gray. “We are so ap-



preciative to everyone at FTJ for your generosity and thoughtfulness!”

Bins will continue to be located at the Bistro, Garden Apartments, Care Center, and LP lobby. Our goal is to deliver 50 food items and a \$25 gift card every week for September – November. We already have 6 weeks of gift cards! Every grocery item makes a difference ~ thank you for your wonderful support!

Covid Update

We have great news. All COVID test results this week for skilled nursing residents and staff came back negative. Visitation can continue along with activities and dining.

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) or Bob Beckham (bbeckham@franketobeyjones.com) or by phone at 253-752-6621.

Thank you,

Judy Dunn, President and CEO



How does the moon cut it's hair?
Eclipse it.
Don't delete me

Just told my doctor that I have a problem with my left ear. He asked are you sure??
Yeah, I'm definite

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 29th**.

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.

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.

MENU
Sept 20th - Sept 26th

	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	Stuffed Shells	Chef Salad
D	Sausage Link	Fried Trout	Chicken Fried Steak
A	Whole Wheat Pancakes	Oven Brown Potato	Caramelized Leek Mashed Potatoes
Y	Whole Milk	Sliced Carrots	Buttered Corn
	Coffee	Garlic Bread	Rice Pudding w Raisins
20		Ice Cream Sundae	
	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 Flank Steak
S	Bacon	Braised Pork Shoulder	Chicken Sandwich
D	Blueberry Muffin	Horseradish Yukon Mashed Potatoes	Baked Potato
A	Whole Milk	Brussels Sprouts w/ Bacon	Creamed Spinach
Y	Coffee	Baked Apples	Chocolate Chip Cookie
21			
W	Fresh Fruit in Season	Chicken Mulligatawny Soup	Garden Vegetable Soup
E	Orange Juice	Cole Slaw	Chicken Mulligatawny Soup
D	Cream of Wheat	Mixed Green Salad	Cole Slaw
N	Fried Large Cage Free Egg	Catch of the Day	Sloppy Joe Sandwich
E	Grilled Ham	Beef Enchiladas	Mac & Cheese
S	French Toast	Black Beans & Rice	Steamed Vegetables
D	Whole Milk	Mexican Street Corn	Potato Chips
A	Coffee	Lemon Panna Cotta	Pound Cake w Fresh Strawberries
Y			
22			
T	Fresh Fruit in Season	Cauliflower Cheese Soup	Cauliflower Cheese Soup
H	Orange Juice	Cucumber Sour Cream Salad	Onion Soup with Parmesan Crouton
U	Old Fashioned Oatmeal	Mixed Green Salad	Cucumber Sour Cream Salad
R	Scrambled Egg	Chicken Scaloppini Marsala	Wedge Salad
S	Bacon	Eggplant Parmesan	Roasted Turkey Breast
D	Apple Cinnamon Muffin	Penne	Mashed Sweet Potato
A	Whole Milk	French Cut Green Beans	Fresh Broccoli
Y	Coffee	Garlic Black Pepper Rolls	Vanilla Pudding Cup
23		Cookies and Cream Blondie	
	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	Pepperoni Pizza
D	Scramble Eggs	Sweet and Sour Pork	Turkey Blue Cheese Burger
A	Bacon	Fried Rice	French Fries
Y	Whole Milk	Asian Blend Vegetables	Orange Sparkler Cookie
	Coffee	Pina Colada Cake	
24			
S	Fresh Fruit in Season	Sweet Potato and Black Bean Chili	Mushroom & Roasted Garlic Soup
A	Orange Juice	Bean Salad	Sweet Potato and Black Bean Chili
U	Old Fashioned Oatmeal	Mixed Green Salad	Bean Salad
R	Poached Eggs	Crispy Parmesan Tilapia	Tuna Salad Cold Plate
D	Sausage Patty	Salisbury Steak	Beef Stroganoff
A	Ham & Spinach Frittata	Mashed Potatoes	Rotini Noodles
Y	Whole Milk	Peas & Carrots	Grilled Yellow Squash
	Coffee	Banana Cream Pie Pudding Cup	Linzi Bars
25			
S	Fresh Fruit in Season	Spring Pasta Fagioli	Turkey Vegetable Soup
	Orange Juice	Waldorf Salad	Spring Pasta Fagioli
U	Old Fashioned Oatmeal	Mixed Green Salad	Mixed Green Salad
N	Fried Cage Free Egg	Baked Ham	Grilled Cheese Quesadilla
D	Hash Browned Potatoes	Fried Shrimp	BBQ Turkey Steak
A	Bacon	Rice Pilaf	Home Fried Potatoes
Y	Cinnamon Rolls	Fresh Asparagus	California Mixed Vegetables
	Whole Milk	Lemon Meringue Pie	Raspberry Yogurt Mousse
26	Coffee		