



FRANKE
TOBEY
JONES

Enjoy your age

Main Desk Phone
752-6621 or Ext. 0

Work Order Line
Ext. 1293

RESIDENT COUNCIL MEETING

Monday, November 8
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

Beverly Werschkul TJ
Edith Moore SN
Janice Shaw TJ
Margery Hoffman SN

IN REMEMBRANCE

Judith Nelson SN
Margo Webb SN
Don Franklin GA
Robert Shedd SN

MONDAY, NOVEMBER 1

| | | |
|---|----------|--------------------|
| <i>Wellness: Seniorcise Gold I</i> | 8:00 am | Wellness Center |
| <i>Wellness: Seniorcise Gold II</i> | 9:00 am | Wellness Center |
| Junk Drawer Detective | 9:30 am | LP Parlor |
| <i>Wellness: Strength & Flex I</i> | 10:00 am | Wellness Center |
| Room Visits | 10:30 am | LP Resident Rooms |
| <i>Wellness: Strength & Flex II</i> | 11:00 am | Wellness Center |
| Elevenes Dice Game | 1:30 pm | LP Parlor |
| Margarita Hallway Social | 2:30 pm | LP Hallways |
| Conversation Corner | 3:00 pm | LP 3rd Floor Lobby |
| Gazebo Group | 5:00 pm | Wellness Center |

TUESDAY, NOVEMBER 2

| | | |
|--------------------------------------|----------|--------------------|
| Who Am I? | 9:30 am | LP Parlor |
| <i>Wellness: Strong & Stable</i> | 10:00 am | Wellness Center |
| LP Worship Service & Communion | 10:30 am | LP Parlor |
| <i>Wellness: Yoga</i> | 11:00 am | Wellness Center |
| IL Worship Service | 11:30 am | BV Gathering Room |
| Safeway Shopping Bus | 1:30 pm | Sign up at LP Desk |
| The Corn Palace | 1:30 pm | LP Parlor |
| TJ Afternoon Tea | 2:00 pm | TJ Hallways |
| Room Visits | 2:30 pm | LP Resident Rooms |
| <i>Wellness: Sit Fit Fun</i> | 2:30 pm | LP Parlor |
| <i>Wellness: Sit Fit Fun</i> | 3:00 pm | LP Parlor |
| Conversation Corner | 3:00 pm | LP 3rd Floor Lobby |

WEDNESDAY, NOVEMBER 3

| | | |
|--|----------------|---------------------|
| <i>Wellness: Seniorcise Gold I</i> | 8:00 am | Wellness Center |
| <i>Wellness: Seniorcise Gold II</i> | 9:00 am | Wellness Center |
| Name That Book | 9:30 am | LP Parlor |
| <i>Wellness: Strength & Flex I</i> | 10:00 am | Wellness Center |
| Room Visits | 10:30 am | LP Resident Rooms |
| <i>Wellness: Strength & Flex II</i> | 11:00 am | Wellness Center |
| Bowling | 1:30 pm | LP Parlor |
| SU: Bad Generals & Bad Admirals | 2:00 pm | Zoom Meeting |
| Hallway Happy Hour | 2:30 pm | LP Hallways |
| <i>Wellness: Sit Fit Fun</i> | 2:30 pm | TJ Solarium |
| Conversation Corner | 3:00 pm | LP 3rd Floor Lobby |

HAPPY BIRTHDAY

November 4

Claire Griffin

November 8

John Reid

November 9

Alan Rapoport

November 10

Dee Havlina

November 12

Ozzy Bender

Kathryn Hodge

November 16

Myron Anderson

Karen Burrough

November 18

Lynn Brown

Karen Flamoe

November 20

Rosemarie Jackson

November 21

Kenneth Hildebrant

November 22

Peter Wilkie

November 24

Donna Johnson

Liz Pitrof

Pat Walker

November 25

Patricia Smith

November 29

Kristie Langlow

HAPPY ANNIVERSARY

November 20

Shelby Clayson & Elaine
Stafford

November 29

Louis & Mary Orrino

THURSDAY, NOVEMBER 4

| | | |
|---|-----------------|----------------------------|
| Knit Wits | 9:30 am | TJ Parlor |
| Jeopardy Trivia | 9:30 am | Activity Terrace |
| <i>Wellness: Strong & Stable</i> | <i>10:00 am</i> | <i>Wellness Center</i> |
| <i>Wellness: Yoga</i> | <i>11:00 am</i> | <i>Wellness Center</i> |
| Room Visits | 10:30 am | LP Resident Rooms |
| Name That Tune | 1:30 pm | LP Parlor |
| <i>Wellness: Sit Fit Fun</i> | <i>2:30 pm</i> | <i>LP Parlor</i> |
| <i>Wellness: Sit Fit Fun</i> | <i>3:00 pm</i> | <i>LP Parlor</i> |
| SU: Nutrition for Healthy Aging— Basics of Probiotics & Prebiotics | 3:00 pm | Zoom Meeting |
| Conversation Corner | 3:00 pm | LP 3rd Floor Lobby |
| GA Happy Hour | 3:30 pm | Main Gathering Area |
| TJ Happy Hour | 4:00 pm | TJ Parlor |

FRIDAY, NOVEMBER 5

| | | | |
|--|--|------------------|---------------------------|
| Holiday Market |  | 10am -3pm | Wellness Center |
| SU: Writing Short Stories | | 11:00 am | Zoom Meeting |
| SU: Art Appreciation Lecture Series | | 2:00 pm | BV Gathering Room |
| <i>Wellness: Sit, Fit, Fun</i> | | <i>2:30 pm</i> | <i>TJ Solarium</i> |
| Conversation Corner | | 3:00 pm | LP 3rd Floor Lobby |

SATURDAY, NOVEMBER 6

| | | |
|------------------------------|----------------|---------------------------|
| Movie: The Blind Side | 2:30 pm | LP Parlor |
| TJ Afternoon Movie | 2:30 pm | TJ Parlor |
| Conversation Corner | 3:00 pm | LP 3rd Floor Lobby |

SUNDAY, NOVEMBER 7



| | | |
|--------------------------------|-----------------|---------------------------|
| Movie: Man of La Mancha | 10:00 am | LP Parlor |
| Conversation Corner | 3:00 pm | LP 3rd Floor Lobby |

Notes From Philanthropy

The standing bell in the Celebration of Life Circle, located between the Tobey Jones Building and Care Center, was made possible through the generosity of a resident donor. It is a beautiful and peaceful place to remember loved ones, reflect, commemorate, and so much more. Starting this Friday ~ and the last Friday of every month ~ **we will ring the bell at 1:30 pm** to honor our beloved residents who have passed away during that month. Anyone is invited to attend ~ staff, residents, and family members.

Symphony Tacoma “Classics II”

Saturday, November 20 Bus departs at 6:45 pm.

Sign up by Wednesday November 17. **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.

Strings and woodwinds are spotlighted in this collection of European classics. A contemporary of Mozart, Bologne is known as the first classical composer of African descent. Principal Flute Mary Jensen takes center stage for Mozart’s Andante & Rondo for Flute & Orchestra and Fauré’s Fantaisie for Flute & Chamber Orchestra. Ravel’s *Le Tombeau de Couperin* is a memorial to the composer’s friends who had passed during World War I.



Please sign up at LP Front Desk

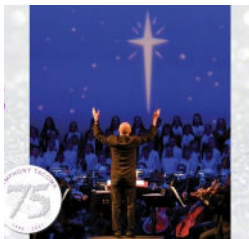
Please contact Heidi at 253-756-6284 if you want to purchase tickets

Symphony Tacoma “Holiday Favorites”

Sunday, December 5 Bus departs at 1:45 pm.

Sign up by Wednesday December 1. **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.



Symphony Tacoma’s annual winter-wonderland of good cheer for kids from 1-92! Join us for an afternoon of music from your favorite holiday shows, a lighting of the menorah, a Christmas sing-along and beautiful music by *your* Symphony Tacoma and Symphony Tacoma Voices that will capture the themes, spirit, and “Sounds of the Season.” Don your favorite holiday garb or crazy sweaters and come early to join us in a cup of hot cocoa and enjoy our carolers—they will even take requests!

Please sign up at LP Front Desk

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

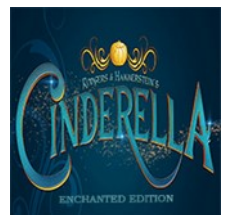
Tacoma Musical Playhouse “Cinderella”

Saturday, December 11 Bus departs at 1:15 pm

Sign up by Wednesday December 8. **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.

Rodgers & Hammerstein’s Cinderella is the new Broadway adaptation of the classic musical. This contemporary take on the classic tale features Rodgers & Hammerstein’s most beloved songs, including “In My Own Little Corner,” “Impossible/It’s Possible” and “Ten Minutes Ago,” alongside an up-to-date, hilarious and romantic libretto by Tony Award-nominee Douglas Carter Beane. **Please sign up at LP Front Desk.**



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

Symphony Tacoma “Messiah”

Friday, December 17 Bus departs at 6:45 pm.

Sign up by Wednesday December 15. **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.



Handel’s beloved classic—and a tribute to Symphony Tacoma’s first-ever performance in 1946! This holiday classic oratorio is performed by the talented orchestra and vocalists of Symphony Tacoma Voices.

Please sign up at LP Front Desk

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

AUTUMN WORD FIND

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

| | | | | | |
|-----------|-----------|-----------|-----------|--------|--------|
| Crunching | Falling | Outside | Brown | Yellow | Orange |
| April | Colourful | Deciduous | Scarecrow | Autumn | Trees |
| Rake | Windy | Kites | Foliage | Fun | May |
| March | Leaves | | | | |

WEEKLY RIDDLE



Sometimes I move fast, Sometimes I move slow;
 But my speed is truly constant, And nowhere I go.

Source: Herbert Samuel

Puzzle #Y292GD

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| V | I | | | C | O | | O | H | E | | | | | | | | | | |
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| Y | H | E | E | E | C | I | T | N | S | I | S | F | S | G | W | M | O | L | L |
| E | I | C | N | V | I | R | N | D | E | M | N | T | N | S | O | T | E | E | P |
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Quotefalls 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.

Shopping Trip for November

On Tuesdays we rotate between the Safeway on Pearl Street and the Proctor District Safeway/Met Market. The bus will depart at **1:30pm, returning at 3:30pm**. You must sign up by calling the LP Front Desk to reserve your spot on the bus.

- November 2—Safeway and Westgate
- November 9—Proctor District/ Safeway/ Met Market
- November 16—Safeway and Westgate
- November 23—Proctor District/ Safeway/ Met Market
- November 30—Safeway and Westgate

On Thursdays we rotate between Fred Meyer and Trader Joes. The bus departs at **1:30pm, returning at 3:30pm** and you must sign up by calling the LP Front Desk to reserve your spot on the bus.

- November 11—Fred Meyer
- November 18—Trader Joe's

For all of these shopping trips you must sign up in advance. Masks are required at all times while on the bus, regardless of vaccination status. If no one has signed up by 5pm the day previously, the shopping trip will be canceled. Please do not call drivers directly for the shopping trips.

The fact that "20 years ago" was in 2001 and not in the 80s doesn't sit well with me.

Whoever came up with the word dentures really missed the opportunity to call them "substitooths"

Annual Employee Appreciation Fund

Employees at FTJ do not accept gratuities for the services they provide throughout the year. Therefore, the residents hold an Annual Employee Appreciation Fund drive to collect money which will be divided up and distributed to the FTJ employees (except for the senior administrative staff) in December.

This is a completely voluntary, non-tax deductible contribution. If you would like to contribute this year please use the envelope you received towards the end of October and return it **NO LATER than Friday November 12th**. Any money received after the 12th of November will be held in deposit for 2022.

Holiday Market

Friday, November 5
10:00 a.m.—3:00 p.m.
M. J. Wicks Wellness Center

Don't miss this opportunity to find some unique and special gifts for your family and friends this holiday season. This year we have new vendors offering different and exciting items along with some of your favorite items from years past. Come check out the Market and jump start your holiday fun!

- Some of the items that will be available:
- Original one of a kind jewelry
 - Art prints/greeting cards
 - Glass ornaments
 - Seahawk jewelry
 - Hand carved wood art
 - Beach driftwood & shell art



You drop something when you were younger, you just pick it up.

When you're older and you drop something, you stare at it for a bit contemplating if you actually need it anymore.

| MENU | | | |
|---|------------------------------|---|---------------------------------------|
| Nov 1st - Nov 7th | | | |
| <i>Menu subject to change due to supply shortages</i> | | | |
| | BREAKFAST | DINNER | SUPPER |
| | Fresh Fruit in Season | Vegetarian Lentil & Spinach Soup | Beef Barley Soup |
| M | Orange Juice | Cottage Cheese & Tomato | Vegetarian Lentil & Spinach Soup |
| O | Cream of Wheat | Mixed Green Salad | Cottage Cheese & Tomato |
| N | Eggs To Order | Shepherds Pie | Fall Apple Edamame Wrap |
| D | Bacon | Honey Orange Pork Medallions | Teriyaki Chicken Breast |
| A | Blueberry Yogurt Coffee Cake | Roasted Red Potatoes | Sticky Rice |
| Y | Whole Milk | Garlic Roasted Green Beans | Sautéed Bok Choy |
| 1 | Coffee | Peach Crisp | Carrot Cake |
| | Fresh Fruit in Season | Cream of Celery Soup | Cream of Celery Soup |
| T | Orange Juice | Fruit Salad | Thai Chicken & Rice Soup |
| U | Old Fashioned Oatmeal | Mixed Green Salad | Fruit Salad |
| E | Belgian Waffles | Grilled Salmon | Three Cheese Quiche |
| S | Scramble Eggs | Bean, Pork Kielbasa & Chicken Casserole | Bruschetta Burger |
| D | Grilled Ham | Brown Rice Pilaf | Steak Cut French Fries |
| A | Whole Milk | Summer Squash & Carrot Medley | Broccoli Cuts |
| Y | Coffee | Coconut Cream Pie | Apricot Bars |
| 2 | | | |
| W | Fresh Fruit in Season | Split Pea Soup w Ham | Split Pea Soup w Ham |
| E | Orange Juice | Cole Slaw | Carbonado Soup |
| D | Cream of Wheat | Mixed Green Salad | Cole Slaw |
| N | Whole Wheat Pancakes | Pinto Bean & Potato Cheddar Quesadilla | Monte Cristo Sandwich |
| E | Fried Cage Free Egg | Balsamic Flank Steak | Chicken Pot Pie w Biscuit Topping |
| S | Bacon | Oven Brown Potatoes | Green Beans |
| D | Whole Milk | Lima Beans | Potatoes Chips |
| A | Coffee | Yellow Cake with Fudge Icing | Chocolate Chip Cookie |
| Y | | | |
| 3 | | | |
| T | Fresh Fruit in Season | Chicken Gumbo | Chicken Gumbo |
| H | Orange Juice | Cucumber Sour Cream Salad | Sweet Potato & Amaranth Soup |
| U | Old Fashioned Oatmeal | Mixed Green Salad | Cucumber Sour Cream Salad |
| R | Baked Denver Omelet | Crispy Baked Cod | Chimichurri Chicken Burger |
| S | Sausage Patty | Swedish Meatballs | Four Cheese Mac & Bacon Bowl |
| D | Whole Milk | Buttered Noodles | Stewed Tomatoes |
| A | Coffee | Roasted Zucchini | Sweet Potato Fries |
| Y | | Apple Caramel Bread Pudding | Chocolate Brownie |
| 4 | | | |
| | Fresh Fruit in Season | New England Clam Chowder | New England Clam Chowder |
| F | Orange Juice | Fruited Jell-O Salad | Fruited Jell-O |
| R | Cream of Wheat | Mixed Green Salad | Mixed Green Salad |
| I | Eggs to Order | Pork Scaloppini | Polish Sausage & Potato Skillet |
| D | Hash Browned Potatoes | Catch of the Day | Fish Sandwich |
| A | Bacon | Rotini Pasta | French Fries |
| Y | Whole Milk | Yellow Squash, Red Pepper, Pea Medley | Cookies & Cream Cupcake |
| 5 | Coffee | Strawberry Basil Cheese Cake | |
| | Fresh Fruit in Season | Roast Turkey & Rice Soup | Cream Of Mushroom |
| S | Orange Juice | Macaroni Salad | Roast Turkey & Rice Soup |
| T | Old Fashioned Oatmeal | Mixed Green Salad | Mixed Green Salad |
| U | Fried Cage Free Egg | Framers Meatloaf | Macaroni Salad |
| R | Bacon | Spinach Lasagna with Marinara Sauce | Penne w Pesto Vegetables & Breadstick |
| D | Mixed Berry Wheat Pancakes | Steamed Red Potatoes | Baked Mahi Mahi |
| A | Whole Milk | Corn O'Brien with Peppers | Steamed Rice |
| Y | Coffee | Banana Split | Vegetable Medley |
| 6 | | | Pound Cake |
| | Fresh Fruit in Season | Loaded Baked Potato Soup | Loaded Baked Potato Soup |
| | Orange Juice | Deviled Eggs | Lemon Chicken Orzo Soup |
| S | Old Fashioned Oatmeal | Mixed Green Salad | Deviled Eggs |
| U | Scrambled Egg | Beef Brisket w Caramelized Onions | Asparagus & Shitake Mushroom Frittata |
| N | Hash Browned Potatoes | Tuscan-Style Turkey Breast | Yellow Fin Tuna Pasta |
| D | Sausage Link | Roasted Yukon Potatoes | Dinner Roll |
| A | Cinnamon Roll | French Cut Green Beans | Melon Cup |
| Y | Whole Milk | Dinner Roll | Butterscotch Pudding |
| 7 | Coffee | Cherry Pie | |