



FRANKE  
TOBEY  
JONES

*Enjoy your age*

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

**Work Order Line**  
Ext. 1293

**RESIDENT COUNCIL MEETING**

Monday, December 13  
9:30 am, Zoom Meeting  
Contact Kelly Maxfield,  
Executive Assistant for  
an invite to the meeting.

**BISTRO**  
Ext. 1394

Location: LP 1st Floor  
*Next to Wellness Center*  
**Monday - Friday**  
8am—2pm

**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**  
Robin Leitzinger TJ

**IN REMEMBRANCE**

**MONDAY, NOVEMBER 22**

<i>Wellness: Seniorcise Gold I</i>	8:00 am	<i>Wellness Center</i>
<i>Wellness: Seniorcise Gold II</i>	9:00 am	<i>Wellness Center</i>
Acrylic Painting Class	9:30 am	Activity Terrace
<i>Wellness: Strength &amp; Flex I</i>	10:00 am	<i>Wellness Center</i>
Room Visits	10:30 am	LP Resident Rooms
<i>Wellness: Strength &amp; Flex II</i>	11:00 am	<i>Wellness Center</i>
More Jeopardy Trivia	1:30 pm	LP Parlor
Hot Buttered Rum 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 23**

What Am I?	9:30 am	LP Parlor
<i>Wellness: Strong &amp; Stable</i>	10:00 am	<i>Wellness Center</i>
LP Worship Service	10:30 am	LP Parlor
<i>Wellness: Yoga</i>	11:00 am	<i>Wellness Center</i>
IL Worship Service	11:30 am	BV Gathering Room
Proctor District Shopping Bus	1:30 pm	Sign up at LP Desk
Thanksgiving Candy Turkey	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	<i>LP Parlor</i>
<i>Wellness: Sit Fit Fun</i>	3:00 pm	<i>LP Parlor</i>
Conversation Corner	3:00 pm	LP 3rd Floor Lobby
30s/40s Music Program	3:30 pm	BV Gathering Room
<b>SU: Medicare Basics</b>	<b>3:30 pm</b>	<b>Zoom Meeting</b>

**WEDNESDAY, NOVEMBER 24**

<i>Wellness: Seniorcise Gold I</i>	8:00 am	<i>Wellness Center</i>
<i>Wellness: Seniorcise Gold II</i>	9:00 am	<i>Wellness Center</i>
Baking Group— Brownies	9:30 am	Activity Terrace
<i>Wellness: Strength &amp; Flex I</i>	10:00 am	<i>Wellness Center</i>
Room Visits	10:30 am	LP Resident Rooms
<i>Wellness: Strength &amp; Flex II</i>	11:00 am	<i>Wellness Center</i>
Giving & Kindness Trivia	1:30 pm	LP Parlor
Hallway Happy Hour	2:30 pm	LP Hallways
<i>Wellness: Sit Fit Fun</i>	2:30 pm	<i>TJ Solarium</i>
Conversation Corner	3:00 pm	LP 3rd Floor Lobby
<b>SU: Literary League Book Club</b>	<b>3:00 pm</b>	<b>Zoom Meeting</b>

### 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 25



<b>Knit Wits</b>	<b>9:30 am</b>	<b>TJ Parlor</b>
<b>All About Thanksgiving</b>	<b>9:30 am</b>	<b>LP Parlor</b>
<b>Bean Bag Toss</b>	<b>10:30 am</b>	<b>LP Parlor</b>
<b>Conversation Corner</b>	<b>3:00 pm</b>	<b>LP 3rd Floor Lobby</b>
<b>GA Happy Hour</b>	<b>3:30 pm</b>	<b>Main Gathering Area</b>
<b>TJ Happy Hour</b>	<b>4:00 pm</b>	<b>TJ Parlor</b>

### FRIDAY, NOVEMBER 26

<b>Trivia of the 50's</b>	<b>9:30 am</b>	<b>LP Parlor</b>
<b>Catholic Communion</b>	<b>10:00 am</b>	<b>LP Parlor</b>
<b>Room Visits</b>	<b>10:30 am</b>	<b>LP Resident Rooms</b>
<b>Catholic Communion</b>	<b>10:45 am</b>	<b>TJ Parlor</b>
<i>Wellness: Chair Assisted Yoga</i>	<i>1:00 pm</i>	<i>Wellness Center</i>
<b>Discovery of King Tut</b>	<b>1:30 pm</b>	<b>LP Parlor</b>
<b>Room Visits</b>	<b>2:30 pm</b>	<b>LP Resident Rooms</b>
<i>Wellness: Sit, Fit, Fun</i>	<i>2:30 pm</i>	<i>TJ Solarium</i>
<b>Conversation Corner</b>	<b>3:00 pm</b>	<b>LP 3rd Floor Lobby</b>

### SATURDAY, NOVEMBER 27

<b>Movie: Argo</b>	<b>9:30 am</b>	<b>LP Parlor</b>
<b>The Grand Ole Opry</b>	<b>1:30 pm</b>	<b>LP Parlor</b>
<b>Room Visits</b>	<b>2:30 pm</b>	<b>LP Resident Rooms</b>
<b>TJ Afternoon Movie</b>	<b>2:30 pm</b>	<b>TJ Parlor</b>
<b>Conversation Corner</b>	<b>3:00 pm</b>	<b>LP 3rd Floor Lobby</b>

### SUNDAY, NOVEMBER 28

<b>Family Feud Fun</b>	<b>9:30 am</b>	<b>LP Parlor</b>
<b>Room Visits</b>	<b>10:30 am</b>	<b>LP Resident Rooms</b>
<b>Celebrating Hanukkah</b>	<b>1:30 pm</b>	<b>LP Parlor</b>
<b>Room Visits</b>	<b>2:30 pm</b>	<b>LP Resident Rooms</b>
<b>Movie: I.Q.</b>	<b>2:30 pm</b>	<b>LP Parlor</b>
<b>Conversation Corner</b>	<b>3:00 pm</b>	<b>LP 3rd Floor Lobby</b>

#### Celebration of Life Bell Ringing ~ Change of Date

Each month, we invite residents and staff to come to the Celebration of Life Circle between the TJ Building and Care Center (behind the residents' gardens) to honor our beloved residents who recently passed away. Due to the Thanksgiving holiday, in lieu of meeting the last Friday of this month, the Bell Ringing has been scheduled for **Tuesday, November 30<sup>th</sup> at 2:30 p.m.**

## **Lunch Bunch “Puerto Vallarta Restaurant”**

**Thursday, December 2** Bus departs at 11:15 am.

Sign up by Wednesday December 1. **Cost: Meal**

Puerto Vallarta, the true Mexican food experience! At Puerto Vallarta, all of their food is created using only the freshest, finest ingredients. Their authentic Mexican menu and atmosphere create a truly enjoyable restaurant experience. Join your fellow residents as we enjoy authentic Mexican foods. Space is limited to 21 residents.

**Please sign up at LP Front Desk**



## **Symphony Tacoma “Holiday Favorites”**

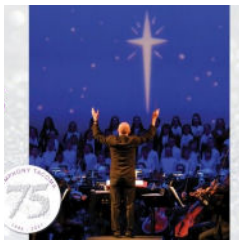
**Sunday, December 5** Bus departs at 1:45 pm.

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.**



# Thanksgiving Word Search



ALGONQUIN  
AMERICA  
CANOE  
COLONY  
COOK  
CORN  
ENGLAND  
FALL  
FAMILY  
FEAST  
FREEDOM  
GRAVY  
HARVEST  
INDIANS  
JOHN CARVER  
LONGHOUSE  
MAIZE  
MASSASOIT  
MAYFLOWER  
MILES STANDISH  
NEW WORLD  
PATUXET  
PIE  
PILGRIMS  
PLYMOUTH  
PUMPKIN  
PURITANS  
SAIL  
SAMOSET  
SETTLERS  
SICKNESS  
SQUANTO  
SQUASH  
STUFFING  
THANKSGIVING  
TREATY  
TURKEY  
VOYAGE  
YAMS

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

## WEEKLY RIDDLE



It is always thin, but it starts out fat. You can rest assured it always lays flat.  
It's able to roll, but it does not rock. Where it spends its time there's rarely a clock.  
Though it has some sheets, there isn't a bed. While in the Navy it did use its head.

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. A Wagon - A Weed- A Practical Joke
2. New York - An Airline - A Jacuzzi
3. Alarm - Grandfather - Cuckoo
4. A Cherry - A Wine Glass - A Rose
5. Gun - Baby - Talcum
6. Fan - Express - Junk
7. Mouse - Booby - Live
8. I - V - X
9. Palm - Pine- Christmas
10. A Boat - A Cradle - Van Halen

## A Call to Resident Artists!

Our current Resident Art Exhibit will be taken down and a new exhibit will be hung shortly.



All residents are invited to submit artwork they have created to be placed in the Resident Art Gallery for the upcoming exhibit. Needlework, woodwork, watercolors, sculpture, paintings, drawings, quilting and photographs are just some of the items that can be submitted.

Please contact Joy Drewfs at 503-807-0016 or via email at [suziejoy@gmail.com](mailto:suziejoy@gmail.com) to submit your art work. On Tuesday November 30th please deliver your artwork to BV 17.

Any questions, please contact Joy.

### FRANKE TOBEY JONES CHRISTMAS CARDS

**FTJ Christmas cards will be available for purchase starting NOVEMBER 17th.** All the photos on the cards were taken in the past few years from trees and holiday decorations at Franke Tobey Jones. There are several new cards to choose from this year.

A flyer will be put in your box with all the card choices as well as an order form. You can sign the form for your purchase and it will be included on your monthly FTJ bill. The card price is: 5 cards (of a single image) with envelopes for \$4.00 or single cards with envelope are \$1.00 each.

All proceeds go to support the Rez.



### Activity Reminder

Just a quick reminder that due to the Safe Start for Long Term Care, we are not able to combine Assisted Living residents and Independent Living residents in the same programs. Exercise classes in the Wellness center are for IL residents only. Exercise and activity groups held in the LP Parlor are for AL residents only. If a program is held in BV, GA or TJ it is open for IL residents only, if a program is held in LP it is for AL residents only. Questions? Call Heidi White at 253-756-6284

### Changes to Pick Up Times For Outings

We have made some changes to our pick up order that will impact residents in the Duplexes. DU residents will be able to be picked up at the Old Health Care entrance or the Lillian Pratt building. In order for us to make sure that you arrive in time for scheduled outings and concerts, we will begin picking people up 20 minutes prior to our departure time in the following order:

- Duplexes**—First pick up Old Health Care Entrance 20 minutes prior to departure time
- Bristol View** —Pick up 15 minutes prior to departure time
- Garden Apartments**—Pick up 12 minutes prior to departure time
- Tobey Jones**—Pick up 10 minutes prior to departure time
- Lillian Pratt**—Pick up 5 minutes prior to departure time
- Duplexes**—Second pick up at Lillian Pratt 5 minutes prior to departure time

If you have any questions or concerns, please contact Heidi at 253-756-6284.

<b>MENU</b>			
<b>Nov 22nd - Nov 28th</b>			
<i>Menu subject to change due to supply shortages</i>			
	<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	Italian Sub Sandwich
<b>D</b>	Sausage Link	Beef Stew	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	Buttermilk Biscuit	Oatmeal Cookie
<b>22</b>		Key Lime Cake	
	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	Seasoned London Broil	Santa Fe Melt
<b>S</b>	Bacon	Grilled Liver & Onions	Cheese Ravioli
<b>D</b>	Egg, Sausage & Cheese Burrito	Catfish Cakes	Garlic Knot
<b>A</b>	Whole Milk	Mashed Potatoes	French Fries
<b>Y</b>	Coffee	Green Beans	Baker's Choice
<b>23</b>		Pineapple Upside Down Cake	
<b>W</b>	Fresh Fruit in Season	Italian Wedding Soup	Italian Wedding Soup
<b>E</b>	Assorted Fruit Juice	Cole Slaw	Beef 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	Chicken 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>		Baker's Choice	
<b>24</b>			
<b>T</b>	Fresh Fruit in Season	<i>Happy Thanksgiving</i>	Cream of Tomato Soup
<b>H</b>	Assorted Fruit Juice	Cream of Tomato Soup	Chicken Rice Soup
<b>U</b>	Old Fashioned Oatmeal	Mixed Green Salad/Shrimp Cocktail	Cucumber Sour Cream Salad
<b>R</b>	Belgian Waffles w Peaches	Sage Roasted Turkey Breast	Baked Penne
<b>S</b>	Bacon	Glazed Ham	Hot Beef Sandwich
<b>D</b>	Whole Milk	Mashed Potatoes/ Savory Stuffing	Mashed Potatoes
<b>A</b>	Coffee	Candied Sweet Potatoes	Steamed Vegetables
<b>Y</b>		Green Beans w Mushrooms / Creamed Corn	Asst Dessert
<b>25</b>		Assorted Pies	
	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	Philly Cheese Steak
<b>A</b>	Bacon	Orzo w Basil	French Fries
<b>Y</b>	Whole Milk	Roasted Zucchini & Eggplant	Applesauce Bar
	Coffee	Spice Cake with Cream Frosting	
<b>26</b>			
<b>S</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>27</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	Baked Chicken	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>28</b>			