



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

Janice Shaw TJ
Margery Hoffman SN

IN REMEMBRANCE

Robert Shedd SN
Edith Moore SN

MONDAY, NOVEMBER 8

<i>Wellness: Seniorcise Gold I</i>	8:00 am	Wellness Center
<i>Wellness: Seniorcise Gold II</i>	9:00 am	Wellness Center
Resident Council	9:30 am	Zoom Meeting
Paper Plane Challenge	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
Music Trivia	1:30 pm	LP Parlor
Hot Chocloate 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 9

What 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
Proctor District Shopping Bus	1:30 pm	Sign up at LP Desk
Leonardo DaVinci	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 10

<i>Wellness: Seniorcise Gold I</i>	8:00 am	Wellness Center
<i>Wellness: Seniorcise Gold II</i>	9:00 am	Wellness Center
Travelogue	9:30 am	LP Parlor
<i>Wellness: Strength & Flex I</i>	10:00 am	Wellness Center
Room Visits	10:30 am	LP Resident Rooms
SU: Medicare Basics	11:00 am	BV Gathering Room
<i>Wellness: Strength & Flex II</i>	11:00 am	Wellness Center
Farkle Game	1:30 pm	LP Parlor
SU: Living History Performance—Vignettes of the Civil War	2:00 pm	Wellness Center
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 11

Knit Wits	9:30 am	TJ Parlor
Veterans Day Discussion	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
SU: Battle of Gettysburg—Memory & Myth	11:00 am	BV Gathering Room
Fred Meyer Shopping Bus	1:30 pm	Sign up at LP Desk
Famous Battleships	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>
Conversation Corner	3:00 pm	LP 3rd Floor Lobby
DU Happy Hour	3:00 pm	Wellness Center
BV Happy Hour	3:00 pm	BV Bowditch Room
GA Happy Hour	3:30 pm	Main Gathering Area
TJ Happy Hour	4:00 pm	TJ Parlor

FRIDAY, NOVEMBER 12

<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>
Mind Your Mind	9:30 am	LP Parlor
<i>Wellness: Strength & Flex I</i>	<i>10:00 am</i>	<i>Wellness Center</i>
Room Visits	10:30 am	LP Resident Rooms
<i>Wellness: Strength & Flex II</i>	<i>11:00 am</i>	<i>Wellness Center</i>
SU: Writing Short Stories	11:00 am	Zoom Meeting
Sammy Sosa & Other Baseball Greats	1:30 pm	LP Parlor
Room Visits	2:30 pm	LP Resident Rooms
<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 13

Movie: The Aviator	9:30 am	LP Parlor
Picture It—Hidden in Plain Sight	1:30 pm	LP Parlor
Room Visits	2:30 pm	LP Resident Rooms
TJ Afternoon Movie	2:30 pm	TJ Parlor
Conversation Corner	3:00 pm	LP 3rd Floor Lobby

SUNDAY, NOVEMBER 14

American Teddy Bear Day	9:30 am	LP Parlor
Room Visits	10:30 am	LP Resident Rooms
Seahawks Game	1:25 pm	LP Parlor
Room Visits	2:30 pm	LP Resident Rooms
Conversation Corner	3:00 pm	LP 3rd Floor Lobby

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

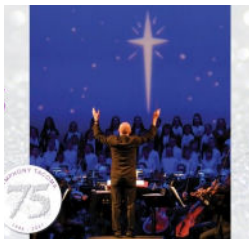
Please contact Heidi at 253-756-6284 if you want to purchase tickets

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.

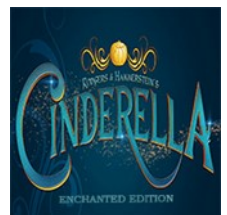
Tacoma Musical Playhouse “Cinderella”

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.



VETERAN – SOLDIER – BRAVERY – COURAGE
 HEROES – MEMORIAL – PROTECT – REMEMBER
 SALUTE – FREEDOM – MONUMENT – HONOR

WEEKLY RIDDLE

It is hard for me to live, but easy to die. I am only present when I am not given away. Many people know about me but not what I am. You can keep me, but it is hard. What am I?



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.

<p>① CUT </p> <p>CUT CUT CUT CUT CUT CUT CUT CUT</p>	<p>② GIVE GIVE GIVE GIVE GET GET GET GET</p>
<p>③</p> <p>CHTONGUEEEK</p>	<p>④</p> <p>R O R O A D S D S</p>
<p>⑤</p> <p>O_ER_T_O_</p>	<p>⑥</p> <p>ECNALG</p>

Honoring All Veterans on Veterans Day

Today we honor those who gave everything of themselves to protect their fellow soldiers, their country and the everyday citizens they will never meet. We honor those who sacrificed more than we will ever understand in the line of duty. We recognize the devotion and gallantry of our veterans who served their nation. They are the champions and heroes of a noble cause. No amount of appreciation is sufficient enough to honor them.

We thank you for your service and sacrifices. We are forever grateful.

Al Watters—Air Force
David Baker—Navy
Bobby Brown—Navy
Orv Harrelson—Navy
Paul Vandervoort—Army
Don Helland—Army
John Kriete—Navy
Bob Bryan—Army
Kent Gilchrist—Army

Ed Ransom—Coast Guard
Bill Keebler—Army
Dick Griffin—Navy
Steve Didis—Navy
John Martin—RC Air Force
Ray Mitzner—Army
Bob Skidmore—Navy
Mike Matteson—Army

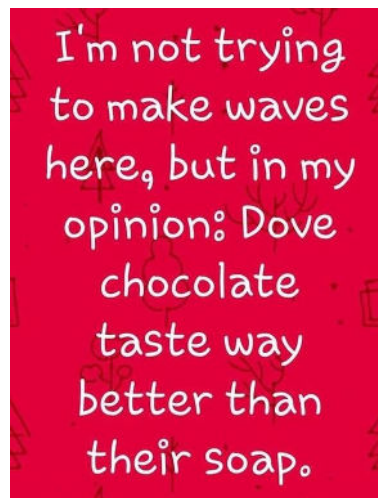
Jerry McKain—Army
Ozzy Bender—Air Force
Terry Stuver—Marines
John Brooks—Air Force
Don Clifford—Army
John VanBuren—Army
Bob Kohn—Air Force
Jack Locascio—Army

If we missed your name and you served in the military we would like to thank you for your service. We also gratefully acknowledge the sacrifices of spouses and family members of our veterans, thank you for supporting your veteran while they were in the military and afterwards.

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.



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.

MENU			
Nov 8th - Nov 14th			
<i>Menu subject to change due to supply shortages</i>			
	BREAKFAST	DINNER	SUPPER
	Fresh Fruit in Season	Chicken Ditalini Soup	Cream of Vegetable Soup
M	Assorted Fruit Juices	Mixed Green Salad	Chicken Ditalini Soup
O	Cream of Wheat	Cottage Cheese & Tomato	Cottage Cheese & Tomato
N	French Toast	Chicken Fried Steak	Cali Cod Burger
D	Western Scrambled Eggs	Crisp Parmesan Tilapia	Chicken Breast w Rice
A	Bacon	Mashed Potatoes	Potato Chips
Y	Whole Milk	Simply Steamed Sugar Snap Peas	Broccoli
	Coffee	Chocolate Raspberry Parfait	Old Fashion Molasses Cookie
8			
	Fresh Fruit in Season	Minestrone Soup	Minestrone Soup
T	Assorted Fruit Juices	Fruit Salad	Turkey Black Bean Chili
U	Old Fashioned Oatmeal	Mixed Green Salad	Fruit Salad
E	Poached Eggs	Spaghetti & Meatballs	Classic Club Wrap/w Mac Salad
S	Sausage Patty	Apple Maple Roast Turkey	Broccoli Cheddar Quiche
D	Mushroom, Ham & Swiss Frittata	Oven Brown Potatoes	Mixed Vegetables
A	Whole Milk	Baked Butternut Squash	Apple Streusel Parfit
Y	Coffee	Garlic Bread	
9		Lemon Pudding Cake with Lemon Sauce	
W			
E	Fresh Fruit in Season	Grilled Chicken Tortilla Soup	Grilled Chicken Tortilla Soup
D	Assorted Fruit Juices	Cole Slaw	Tomato Soup
N	Cream of Wheat	Mixed Green Salad	Cole Slaw
E	Buttermilk Pancakes	Pork Pernil	Crispy Chicken Sandwich
S	Grilled Ham	Grilled Wild Salmon	Top Round London Broil
D	Eggs To Order	Brown Rice	Potatoes Anna
A	Whole Milk	Sliced Carrots	Sautéed Spinach
Y	Coffee	Mint Chocolate Chip Whoopie Pie	Applesauce Bar
10			
T	Fresh Fruit in Season	Roasted Onion Soup	Roasted Onion Soup
H	Assorted Fruit Juices	Mixed Green Salad	Cream Of Mushroom Soup
U	Old Fashioned Oatmeal	Cucumber Sour Cream Salad	Cucumber Sour Cream Salad
R	Fried Cage Free Egg	Braised Mediterranean Chicken	Seafood Newburg w Rice
S	Bacon	Wild Mushroom Scampi	Cuban Pork Panini
D	Coffee Cake	Bow Tie Pasta	French Fries
A	Whole Milk	Broccoli w Lemon & Garlic	Asst Desserts
Y	Coffee	Peach Crisp	
11			
	Fresh Fruit in Season	New England Clam Chowder	New England Clam Chowder
F	Assorted Fruit Juices	Fruited Jell-O Salad	Fruited Jell-O Salad
R	Cream of Wheat	Mixed Green Salad	Grilled Vegetable Quesadilla
I	Sausage Link	Lemon Dill Flounder	Beef Enchilada
D	Scrambled Eggs	Memphis Style Meatloaf	Refried Beans
A	Banana Nut Muffin	Au gratin Potatoes	Corn
Y	Whole Milk	French Cut Green Beans w Mushrooms	Chocolate Peanut Butter Brownie
	Coffee	Carrot Cake	
12			
S	Fresh Fruit in Season	Chunky Vegetable & Orzo Soup	Chunky Vegetable & Orzo Soup
A	Assorted Fruit Juices	Orange Jicama Salad	Canadian Cheese Soup
T	Old Fashioned Oatmeal	Mixed Green Salad	Orange Jicama Salad
U	Bacon	Italian Sausage & Peppers	Turkey & Swiss Melt
R	Fried Cage Free Egg	Herb Baked Chicken	Stuffed Shells
D	Bacon, Egg & Cheese Snacker	Rice Pilaf	Homemade Potato Chips
A	Whole Milk	Baked Tomato	Garlic Bread
Y	Coffee	Bread Pudding	Grasshopper Mousse
13			
	Fresh Fruit in Season	Chicken Vegetable Soup	Chicken Vegetable Soup
	Assorted Fruit Juices	Deviled Eggs	Chili Con Carne
S	Old Fashioned Oatmeal	Mixed Green Salad	Mixed Green Salad
U	Scrambled Egg	Braised Pot Roast	Deviled Eggs
N	Hash Browned Potatoes	Pork Chop w Sauerkraut	Chicken Penne & Chipotle Alfredo
D	Bacon	Smashed Red Potatoes	Cheese Burger
A	Cinnamon Roll	Vegetable Blend	French Fries
Y	Whole Milk	Dinner Roll	Garlic Knot
	Coffee	Lemon Meringue Pie	Snickerdoodle Cookies
14			