



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

Elizabeth Hildebrant SN
Shirley Stailey SN
Mary Church GA
Milla Schlatter SN
Marilyn Sharpe SN

IN REMEMBRANCE

Kay Parks LP

MONDAY, DECEMBER 6

<i>Wellness: Seniorcise Gold I</i>	8:00 am	Wellness Center
<i>Wellness: Seniorcise Gold II</i>	9:00 am	Wellness Center
Clay Christmas Ornaments	9:30 am	Activity Terrace
<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
Story Behind the Carols	1:30 pm	LP Parlor
Hot Chocolate Hallway Social	2:30 pm	LP Hallways
Conversation Corner	3:00 pm	LP 3rd Floor Lobby
Gazebo Group	5:00 pm	Wellness Center

TUESDAY, DECEMBER 7

Who Am I?	9:30 am	LP Parlor
<i>Wellness: Strong & Stable</i>	10:00 am	Wellness Center
LP Worship Service	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
Harlem Globetrotters	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, DECEMBER 8

<i>Wellness: Seniorcise Gold I</i>	8:00 am	Wellness Center
<i>Wellness: Seniorcise Gold II</i>	9:00 am	Wellness Center
Holiday Cookie Baking/Decorating	9:30 am	Activity Terrace
<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
Sammy Davis Jr.	1:30 pm	LP Parlor
SU: Intro to the Zentangle Method	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

With the Holiday Season upon us this is a friendly reminder that live wreaths are not permitted **inside any of our buildings**.
Thank you for your cooperation.



If you have any questions, please call the Work Order Desk at
Extension 1293 or 253-756-6293.

HAPPY BIRTHDAY

December 3

Donald Johnson

December 8

Jack Schmieder

December 10

Pat Mail

December 11

Bruce Foreman

December 12

Joan Bell

December 13

Mame Matteson

Bob Skidmore

December 15

Carol Bruda

December 16

Norm Dicks

Jeanette Adkins

December 19

Emily Morris

Beverly Minch

December 20

John Swenson

December 21

Mary Lindgren

December 24

Buck Buckner

December 25

Mike Matteson

December 26

Mary Damonte

December 30

James Bridston

HAPPY ANNIVERSARY

December 11

Braxton & Emily Butler

December 17

Lester & Estelle Reid

December 28

Mike & Mame Matteson

December 30

Peter & Kathy Wilkie

THURSDAY, DECEMBER 9

Knit Wits	9:30 am	TJ Parlor
A New Christmas Tradition	9:30 am	LP Parlor
Resident Budget Meeting	10:00 am	Zoom Meeting
<i>Wellness: Strong & Stable</i>	<i>10:00 am</i>	<i>Wellness Center</i>
Room Visits	10:30 am	LP Resident Rooms
SU: Travelers Guide to the Deep Blue Sea	11:00 am	Zoom Meeting
Christmas Taboo Game	1:30 pm	LP Parlor
Fred Meyer Shopping Bus	1:30 pm	Sign up at LP Desk
<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
GA Happy Hour	3:30 pm	Main Gathering Area
TJ Happy Hour	4:00 pm	TJ Parlor

FRIDAY, DECEMBER 10

<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>
Mistletoe & Holly	9:30 am	LP Parlor
SU: Exploring Shakespeare	10:00 am	BV Gathering Room
<i>Wellness: Strength & Flex I</i>	<i>10:00 am</i>	<i>Wellness Center</i>
Room Visits	10:30 am	LP Resident Rooms
Catholic Mass	10:30 am	LP Parlor
<i>Wellness: Strength & Flex II</i>	<i>11:00 am</i>	<i>Wellness Center</i>
Gift of the Magi Day	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, DECEMBER 11

Movie: Christmas Carol	9:30 am	LP Parlor
Tacoma Musical Playhouse	1:15 pm	Sign up at LP Desk
Holidays Are a Circus	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, DECEMBER 12

Nutcracker Match Up	9:30 am	LP Parlor
Seahawks Game	10:00 am	LP Parlor
Room Visits	10:30 am	LP Resident Rooms
History of Circus Music	1:30 pm	LP Parlor
Room Visits	2:30 pm	LP Resident Rooms
Conversation Corner	3:00 pm	LP 3rd Floor Lobby



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 and your photo ID. 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 and your photo ID. 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.



Northwest Sinfonietta “Barroco in the Ballroom”

Saturday, December 18 Bus departs at 6:45 pm

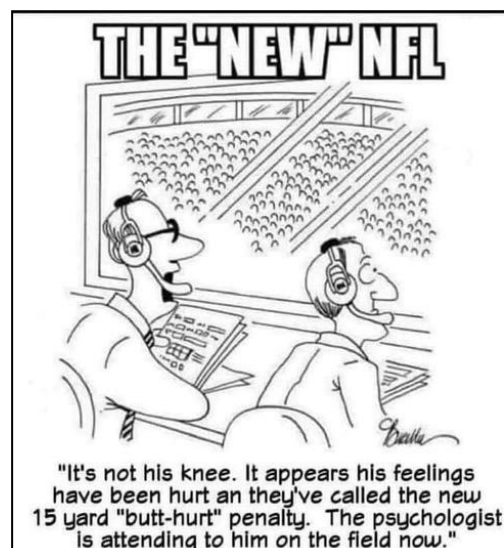
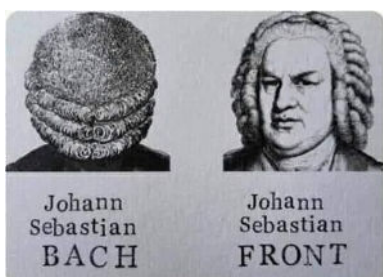
Sign up by Wednesday December 8. Cost: Ticket \$40-\$80

Proof of Covid Vaccination will be required to enter the theater. You MUST bring, your vaccine card, or a copy of your vaccine card and your photo ID. Mask will be required while in the theater.

Travel to Spain for a little night music in Madrid with guitarists Yaniv Attar and Michael Partington and members of Northwest Sinfonietta, led by Concertmaster Denise Dillenbeck. Enjoy Baroque favorites by Corelli and Boccherini and a Corelli fantasy by Puerto Rican composer Roberto Sierra.

Please sign up at LP Front Desk.

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



Holiday Tunes

- Away in a Manger
- Choir of the Bells
- Dominick the Donkey
- Frosty the Snowman
- Holly Jolly Christmas
- Jingle Bell Rock
- Jingle Bells
- Let it Snow
- Little Drummer Boy
- Little St Nick
- O Holy Night
- Rudolph
- Santa Baby
- Silent Nigh
- Silver Bells
- The Christmas Song
- The First Noel
- Winter Wonderland



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

Chicken Scratch MN

WEEKLY RIDDLE

What kind of tree can you carry in your hand?



" _____ L _____
 L E Y C P D L W N U O B D U R X S M U U G
 L L _____
 Y N N L R Y G U A A E P R L J U U T V
 L _____
 L N U O B P C P G S U V E P G U R P L Z L J T G
 P R U X Y V V P G E U A N U R J D U X P K U M S
 D V Y R M D V E P G P I L O B L R J V E P L
 _____ L _____
 V E P S Y G P Y N A Y S D N U O B L R J
 _____ " - _____ L _____
 V E G P P P N Y S R P K U U D N P G

HOW TO SOLVE: Cryptograms are simple-substitution ciphers where every letter of the alphabet has been switched. Your task is to use pattern recognition and your grammar and vocabulary abilities to decipher the hidden quote. Hint: Start with the 1, 2 and 3 letter words, and remember that the most common letters in the English language are E-T-A-I-O-N, in roughly that order. Good luck!

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 to submit your art work, she will coordinate when to deliver your artwork to BV 17.

Any questions, please contact Joy.

Budget Presentation

Thursday Dec. 9th at 10am
Zoom Meeting

Please mark your calendars and join us for this meeting with Judy. She will be discussing the budget process for 2022 and answering questions or concerns you might have about next year's budget. This meeting is open to all residents.

Please contact Kelly Maxfield at 253-756-6366 or kmaxfield@franketobeyjones.com to RSVP and receive an invitation to this zoom meeting.

Wanted: Grocery Bags

The Food Bank at Mason Methodist Church needs big brown grocery bags in good condition. Please bring your excess big bags to the Bascom Library where Carol Bruda will collect them and bring them to the Food Bank. Look for a receptacle marked for receiving the bags. If you have any questions please contact Carol Bruda at 253-353-7121.



I asked the waitress for a quickie and she slapped me. The old woman next to me said, "It's pronounced 'quiche', dear." ^J

Shopping Trip for December

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.

- December 7—Safeway and Westgate
- December 14—Proctor District/ Safeway/ Met Market
- December 21—Safeway and Westgate
- December 28—Proctor District/ Safeway/ Met Market

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.

- December 9—Fred Meyer
- December 16—Trader Joe's
- December 23—Fred Meyer

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.

MENU			
Dec 6th - Dec 12th			
<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	Portobello Parmesan Pasta Bowl
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
	Coffee	Peach Crisp	Carrot Cake
6			
	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	Bakers Choice
7			
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			
8			
T	Fresh Fruit in Season	Chicken Gumbo	Chicken Gumbo
H	Orange Juice	Cucumber Sour Cream Salad	Red Pepper & Basil 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	Yucca Fries
Y		Apple Caramel Bread Pudding	Chocolate Brownie
9			
	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
	Coffee	Bakers Choice	
10			
S	Fresh Fruit in Season	Roast Turkey & Rice Soup	Cream Of Mushroom
A	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
11			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	Zucchini, Bacon & Swiss Frittata
N	Hash Browned Potatoes	Tuscan-Style Turkey Breast	Yellow Fin Tuna Pasta
D	Sausage Link	Roasted Yukon Potatoes	Steamed Vegetables
A	Cinnamon Roll	French Cut Green Beans	Garlic Nut
Y	Whole Milk	Dinner Roll	Butterscotch Pudding
12	Coffee	Cherry Pie	