



FRANKE
TOBEY
JONES

Enjoy your age

Main Desk Phone
752-6621 or Ext. 0

Work Order Line
Ext. 1293

RESIDENT COUNCIL MEETING

Monday, April 11
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

The Bistro is closed until
further notice.

NEW RESIDENTS
Ann Edington LP
Cathy Nelson SN

NEW STAFF
Hannah Gitonga, Clinical
Peyten Canty, Barista
Emily Halcomb,
Activities
Keisha Mayfield, Clinical
Ty-Teonna Richards,
Clinical

IN REMEMBRANCE
Philip Phibbs LP

MONDAY, APRIL 4

<i>Wellness: Seniorcise Gold I</i>	8:00 am	Wellness Center
<i>Wellness: Seniorcise Gold II</i>	9:00 am	Wellness Center
Statue of Liberty	9:30 am	LP Parlor
<i>Wellness: Strength & Flex I</i>	10:00 am	Wellness Center
Art in Amsterdam	10:30 am	LP Parlor
<i>Wellness: Strength & Flex II</i>	11:00 am	Wellness Center
<i>Wellness: Monday Meditation</i>	12:00 pm	Wellness Center
Egg Trivia	1:30 pm	LP Parlor
Root Beer Float Hallway Social	2:30 pm	LP Resident Rooms
Conversation Corner	3:00 pm	LP 3rd Floor Lobby
Love Songs by Jane & Chris	3:30 pm	BV Gathering Room

TUESDAY, APRIL 5

What Am I?	9:30 am	LP Parlor
<i>Wellness: Strong & Stable</i>	10:00 am	Wellness Center
AL 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
<i>Wellness: Chair Yoga</i>	1:00 pm	Wellness Center
Easter Craft	1:30 pm	LP Parlor
Safeway Shopping Bus	1:30 pm	Sign up at LP Desk
<i>Wellness: Sit Fit Fun</i>	2:30 pm	LP Parlor
Room Visits	2:30 pm	LP Resident Rooms
Conversation Corner	3:00 pm	LP 3rd Floor Lobby
Love Songs by Jane & Chris	3:30 pm	GA Lounge

WEDNESDAY, APRIL 6

<i>Wellness: Seniorcise Gold I</i>	8:00 am	Wellness Center
<i>Wellness: Seniorcise Gold II</i>	9:00 am	Wellness Center
Bermuda Triangle Game	9:30 am	LP Parlor
<i>Wellness: Strength & Flex I</i>	10:00 am	Wellness Center
Tartan Day	10:30 am	LP Parlor
<i>Wellness: Strength & Flex II</i>	11:00 am	Wellness Center
Love Songs by Jane & Chris	1:30 pm	LP Parlor
Hallway Happy Hour	2:30 pm	LP Resident Rooms
<i>Wellness: Sit Fit Fun</i>	2:30 pm	TJ Solarium
Conversation Corner	3:00 pm	LP 3rd Floor Lobby
SU: Great Decisions— Outer Space	3:00 pm	Zoom Meeting

HAPPY BIRTHDAY

April 3

Paula Foreman
Stephen McCready

April 7

Janet Olejar

April 9

Steve Didis

April 12

Jett Brooks

April 17

Tom Reeder

April 20

Ann Martin
David Baker

April 21

Marcia Kuska
Henry Ball

April 23

Marian Athrow

April 24

Shirley Cockrill
Beverly Cook

April 25

Bernie Ekemo

April 26

Barbara Johnson

April 28

Bill Keebler

THURSDAY, APRIL 7

Totally Tulips	9:30 am	LP Parlor
<i>Wellness: Strong & Stable</i>	<i>10:00 am</i>	<i>Wellness Center</i>
Anniversary of South Pacific Musical	10:30 am	LP Parlor
<i>Wellness: Yoga</i>	<i>11:00 am</i>	<i>Wellness Center</i>
SU: Rehearsal to Production, An Actor's Perspective	11:00 am	BV Gathering Room
Lunch Bunch	11:45 am	Sign up at LP Desk
Men's Happy Hour	1:30 pm	LP 3rd Floor Lobby
<i>Wellness: Sit Fit Fun</i>	<i>2:30 pm</i>	<i>LP Parlor</i>
Knit Wits	2:30 pm	TJ Parlor
Conversation Corner	3:00 pm	LP 3rd Floor Lobby
SU: Nutrition for Healthy Aging	3:00 pm	Zoom Meeting
GA Happy Hour	3:00 pm	GA Living Room
TJ Happy Hour	3:30 pm	TJ Parlor
Love Songs by Jane & Chris	3:30 pm	TJ Parlor
DU Happy Hour	3:30 pm	Wellness Center
BV Happy Hour	3:30 pm	Bowditch Room

FRIDAY, APRIL 8

<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>
Name That Tune	9:30 am	LP Parlor
SU: Culture Culinary History	10:00 am	BV Gathering Room
<i>Wellness: Strength & Flex I</i>	<i>10:00 am</i>	<i>Wellness Center</i>
Catholic Mass	10:30 am	LP Parlor
<i>Wellness: Strength & Flex II</i>	<i>11:00 am</i>	<i>Wellness Center</i>
Category Trivia	1:30 pm	LP Parlor
SU: Color of Law Book Discussion	2:00 pm	Zoom Meeting
<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, APRIL 9

Morning Movie	9:30 am	LP Parlor
TJ Afternoon Movie	2:30 pm	TJ Parlor
Conversation Corner	3:00 pm	LP 3rd Floor Lobby

SUNDAY, APRIL 10

Morning Movie	9:30 am	LP Parlor
Seated Exercise	1:30 pm	LP Parlor
Cranium Crunches	2:30 pm	LP Parlor
Conversation Corner	3:00 pm	LP 3rd Floor Lobby



Lunch Bunch “McMenamins Pub at Elks Temple”

Thursday, April 7 Bus departs at 11:40 am

Sign up by Wednesday April 6 **Cost: Meal**

Join us as we go to McMenamins in the historic Elks Temple. The 1916 Elks Temple has been restored and reimagined into a vibrant gathering place for out-of-town guests and locals alike. Threads of art, history and elements of the local community are woven into the structure. We will be eating in the McMenamins Pub where they serve classic Pacific Northwest fare in a room with a spectacular view facing the Foss Waterway.

**This trip is limited to 20 residents.
Please sign up at the front desk.**



Symphony Tacoma “Classics V”

Saturday, April 30 Bus departs at 6:45 pm.

Sign up by Wednesday April 27. **Cost: Ticket \$40-\$90**

Masks are strongly suggested while in the theater.

Each of the works comprising this concert tells a story of struggle and inspiration. Vivian Fung’s *Prayer* is a deeply personal commentary on the extraordinary conditions she faced during the COVID-19 pandemic. Inspired by the legacy of Martin Luther King, Jr., *From the Mountaintop* was written for Anthony McGill, principal clarinet of the New York Philharmonic, and is filled with vivid sadness, happiness, prayerfulness, joy and the struggles and pain felt during the Civil Rights Movement. Schumann’s Symphony No. 3 silenced his critics and demonstrated his brilliance as a composer of orchestral music.

Please sign up at LP Front Desk

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

Symphony Tacoma “Classics VI”

Saturday, May 14 Bus departs at 6:45 pm.

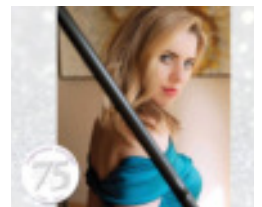
Sign up by Wednesday May 11. **Cost: Ticket \$40-\$90**

Masks are strongly suggested while in the theater.

This concert showcases a delightful array of contrasting styles: from the “rhapsodic dance” and integration of African music into the classical tradition of *The Bamboula*, to the romanticism of Sibelius’ Symphony No. 5 and the breathtaking complexity of Rachmaninoff’s Piano Concerto No. 2, featuring pianist Natasha Paremski.

Please sign up at LP Front Desk

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



NW Sinfonietta “In Place and Time”

Saturday, May 21 Bus departs at 6:45 pm.

Sign up by Wednesday May 18. **Cost: Ticket \$40-\$90**

Masks are strongly suggested while in the theater.

Guest conductor Mei-Ann Chen and flautist Demarre McGill transport us to far-off lands with these three evocative works by Spanish composer Joaquín Rodrigo, W.A. Mozart, and current Seattle Symphony Composer-in-Residence Reena Esmail.

Please sign up at LP Front Desk

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



NW Repertory Singers “This Shall Be For Music”

Sunday, May 22 Bus departs at 2:10 pm.

Sign up by Wednesday May 18. **Cost: Ticket \$30**

Masks are strongly suggested while in the theater.

Northwest Repertory Singers returns this spring with a celebration of the power of song to connect us and to uplift the human spirit. Their concert features the stunning *Requiem* by Gabriel Fauré and works by Donna Gartman Schultz, Norman Dello Joio, Morten Lauridsen, Leonard Bernstein, and NW Repertory’s own Tom Walworth.

Please sign up at LP Front Desk

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

	4	6			5	7		
			9					
	9				1			6
						9		
	3							
4			5	2				8
	8						7	
5	7		3				8	2
2						3		

How to Play Sudoku: Using only the numbers 1 through 9, complete the grid so that no number is repeated in any row, column or grid.

Each puzzle has one, and only one, unique solution, and each can be solved using pure logic - guessing and trial-and-error are never required.



WEEKLY RIDDLE

What is at the end of a rainbow?



There's a fine line between
a numerator and a
denominator.
Only a fraction of people will find this funny.

100 years ago, everyone owned a horse and only the wealthy had cars. Today, everyone has cars and only the wealthy have horses. Oh how the stables have turned.



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. All drawings, paintings, photos must be framed and ready to hang. Any sculptures need to be small enough to fit in the glass cabinet in the hall.

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.

Phil Phibbs Memorial Service

A memorial service for Phil Phibbs will be held on **Saturday, April 9 at 1pm** at the University of Puget Sound's Kilworth Chapel, 3410 N 18th St, Tacoma. A reception will follow. In lieu of flowers, contributions may be directed to the Dirk Andrew Phibbs Memorial Fund and the Kathy Phibbs Memorial Fund at the University of Puget Sound at www.pugetsound.edu/restrictedgifts or by mail: University of Puget Sound, Office of Donor Relations CMB 1011, Tacoma, WA 98416 or to the Museum of Glass online at www.museumofglass.org and using the donate button or by mail to: Museum of Glass, 1801 Dock Street, Tacoma, WA 98402.

You must show either, (1) proof of Covid vaccine and booster or (2) a negative covid test plus wear an N-95 mask to enter the chapel and attend the memorial service.

Franke Tobey Jones will provide a bus to the memorial service. We will be departing FTJ at 12:15pm, space is limited to 20 residents. If you wish to take the bus, please call the LP front desk to sign up.

Knit Wits Group

The Knit Wits is a sewing, knitting, embroidery group that is open to anyone who has any kind of craft project that you sit for... and you'd like to be in the company of others while doing it. The Knit Wits meet in the Tobey Jones Parlor on Thursdays at their new time of 2:30pm. They'd love for you to join them!

Thursdays, 2:30 pm
Tobey Jones Parlor



Garden Plot Available

Currently there is one garden bed spot available in the Resident Garden on a first come, first served basis. If you are interested, please call Yvonne Zubalik at 253-756-6256 to reserve this open spot.

Pickup Times For Outings

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.

MENU			
Apr 4th Apr 10th			<i>Menu subject to change due to supply shortages</i>
	BREAKFAST	DINNER	SUPPER
M	Chilled Fruit	Minestrone Soup	Minestrone Soup
O	Assorted Fruit Juices	Fruit Salad	Turkey Black Bean Chili
N	Old Fashioned Oatmeal	Mixed Green Salad	Fruit Salad
D	Poached Eggs	Chopped Beef Steak w Onions	Classic Club Wrap/w Mac Salad
A	Sausage Patty	Apple Maple Roast Turkey	Quiche Lorraine
Y	Mushroom, Ham & Swiss Frittata	Mashed Potatoes	Mixed Vegetables
4	Whole Milk	Baked Butternut Squash	Bakers Choice
	Coffee	Lemon Pudding Cake with Lemon Sauce	
T	Chilled Fruit	Gumbo	Gumbo
U	Assorted Fruit Juices	Cole Slaw	Tomato Basil Soup
E	Cream of Wheat	Mixed Green Salad	Cole Slaw
S	Apple Cinnamon Muffin	Pork Pernil	Portobello Rustico Sandwich
D	Grilled Ham	Grilled Wild Salmon	Chicken Fried Steak
A	Eggs To Order	Brown Rice	Potatoes Anna
Y	Whole Milk	Sliced Carrots	Sautéed Spinach
5	Coffee	Mint Chocolate Chip Whoopie Pie	Potato Chips
			Applesauce Bar
W			
E	Chilled Fruit	Roasted Onion Soup	Roasted Onion Soup
D	Assorted Fruit Juices	Mixed Green Salad	Cream Of Mushroom Soup
N	Old Fashioned Oatmeal	Marinated Cucumber Salad	Marinated Cucumber Salad
E	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	Bakers Choice	
6			
T	Chilled Fruit	Bean Soup	Bean Soup
H	Assorted Fruit Juices	Fruited Jell-O Salad	Grilled Chicken Tortilla Soup
U	Cream of Wheat	Mixed Green Salad	Fruited Jell-O Salad
R	Sausage Link	Lemon Dill Flounder	Grilled Vegetable Quesadilla
S	Scrambled Eggs	Farmers Style Meatloaf	Beef Enchilada
D	Buttermilk Pancakes	Au gratin Potatoes	Refried Beans
A	Whole Milk	French Cut Green Beans	Corn & Tomatoes
Y	Coffee	Carrot Cake	Chocolate Peanut Butter Brownie
7			
	Chilled Fruit	New England Clam Chowder	New England Clam Chowder
F	Assorted Fruit Juices	Jicama Cabbage Slaw	Jicama Cabbage Slaw
R	Old Fashioned Oatmeal	Mixed Green Salad	Meat Lasagna
I	Bacon	Cod Provencal	Chipotle Shrimp Po'boy
D	Fried Cage Free Egg	Herb Baked Chicken	Ranch Dusted Potato Chips
A	Bacon, Egg & Cheese Snacker	Orzo w Lemon & Herbs	Grilled Rustic Bread
Y	Whole Milk	Peas & Carrots	Grasshopper Mousse
S	Coffee	Bread Pudding	
S	Chilled Fruit	Chicken Vegetable Soup	Chicken Vegetable Soup
A	Assorted Fruit Juices	Cottage Cheese & Tomato	Chili Con Carne
T	Old Fashioned Oatmeal	Mixed Green Salad	Mixed Green Salad
U	Scrambled Egg	Mango Crusted Tilapia	Cottage Cheese & Tomato
R	Hash Browned Potatoes	Pork Chop w Sauerkraut	Chicken Alfredo
D	Sausage Patty	Smashed Red Potatoes	Bacon Cheese Burger
A	Asst Danish	Carpi Vegetable Blend	French Fries
Y	Whole Milk	Dinner Roll	Garlic Knot
9	Coffee	Apple Crumble	Butter Sugar Cookies
	Chilled Fruit	Cabbage White Bean Soup	Cabbage White Bean Soup
S	Assorted Fruit Juice	Deviled Eggs	Cream of Potato Soup
U	Cream of Wheat	Mixed Green Salad	Deviled Eggs
N	Fried Cage Free Egg	Pot Roast	Garden Vegetable Penne Pesto
D	Bacon	Chicken Kiev	Turkey Pot Pie
A	Cinnamon Roll	Roasted Yukon Potatoes	Mixed Vegetables
Y	Whole Milk	Broccoli & Cauliflower	Bread Sticks
10	Coffee	Lemon Meringue Pie	Angel Food Cake with Strawberry Sauce