

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 Crawford LP
Tom McNearney LP
Beryl Bucklin LP
Elaine Eppick TJ

NEW STAFF
Jackie Kim, Dining
Melissa Alvarez, Dining

IN REMEMBRANCE

Milla Schlatter SN
Bob Williams MC

MONDAY, MARCH 21		
<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>
Swallow Birds of Capistrano	9:30 am	LP Parlor
<i>Wellness: Strength & Flex I</i>	<i>10:00 am</i>	<i>Wellness Center</i>
Swallow Art	10:30 am	LP Parlor
<i>Wellness: Strength & Flex II</i>	<i>11:00 am</i>	<i>Wellness Center</i>
<i>Wellness: Monday Meditation</i>	<i>12:00 pm</i>	<i>Wellness Center</i>
Star of the Month	1:30 pm	LP Parlor
Italian Soda Hallway Social	2:30 pm	LP Resident Rooms
Conversation Corner	3:00 pm	LP 3rd Floor Lobby
TUESDAY, MARCH 22		
Who Am I?	9:30 am	LP Parlor
<i>Wellness: Strong & Stable</i>	<i>10:00 am</i>	<i>Wellness Center</i>
Worship Service & Communion	10:30 am	LP Parlor
IL Worship Service	11:30 am	BV Gathering Room
<i>Wellness: Chair Yoga</i>	<i>1:00 pm</i>	<i>Wellness Center</i>
Lucky Dice	1:30 pm	LP Parlor
Proctor District 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>
Room Visits	2:30 pm	LP Resident Rooms
Conversation Corner	3:00 pm	LP 3rd Floor Lobby
SU: How Medicare Works with Federal and Military Benefits	3:30 pm	Zoom Meeting
WEDNESDAY, MARCH 23		
<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>
What is a Meerkat?	9:30 am	LP Parlor
SU: Great Courses— Classical Mythology	10:00 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>
Van Gogh Exhibition	1:30 pm	Sign up at LP Desk
Food For Thought	1:30 pm	LP Parlor
SU: Literary League Book Club	2:00 pm	BV Gathering Room
Hallway Happy Hour	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

HAPPY BIRTHDAY

March 3

Louis Orrino

March 5

Marilyn Etzold

March 10

Karen Fischer

March 11

Braxton Butler

March 12

Marilynn Thomas

Donna Kanyer

March 13

Phyllis Wire

March 16

Lee Fisher

March 18

Kathy Wilkie

Lawanna Ahrendt

March 19

Helen Osborn

March 21

Maria Rapoport

March 23

John Lynn

Bobby Brown

March 26

Yvonne Zubalik

Mary Jane Schulz

March 27

Marcia Winkle

Laurie Bowman

March 29

John Kriete

March 31

Francesca Okerlund

THURSDAY, MARCH 24

Knit Wits	9:30 am	TJ Parlor
History of the Zodiac	9:30 am	LP Parlor
Wellness: Strong & Stable	10:00 am	Wellness Center
Name That Tune	10:30 am	LP Parlor
Wellness: Yoga	11:00 am	Wellness Center
Fred Meyer Shopping Bus	1:30 pm	Sign up at LP Desk
Fun & Games	1:30 pm	LP Parlor
SU: Going on the Attack– Negative Ad Campaigns in America	2:00 pm	Zoom Meeting
Wellness: Sit Fit Fun	2:30 pm	LP Parlor
Conversation Corner	3:00 pm	LP 3rd Floor Lobby
GA Happy Hour	3:00 pm	GA Living Room
TJ Happy Hour	3:30 pm	TJ Parlor
DU Happy Hour	3:30 pm	Wellness Center
BV Happy Hour	3:30 pm	Bowditch Room

FRIDAY, MARCH 25

Wellness: Seniorcise Gold I	8:00 am	Wellness Center
Wellness: Seniorcise Gold II	9:00 am	Wellness Center
Forest Trivia	9:30 am	LP Parlor
Christian Church Service	10:00 am	LP Parlor
SU: Culture Culinary History	10:00 am	BV Gathering Room
Wellness: Strength & Flex I	10:00 am	Wellness Center
Christian Church Service	10:45 am	TJ Parlor
Wellness: Strength & Flex II	11:00 am	Wellness Center
Wii Bowling	1:30 pm	LP Parlor
Celebration of Life Bell Ringing	1:30 pm	Between TJ & CC
SU: Five Books to Understand Mexican– American Literature	2:00 pm	Zoom Meeting
Wellness: Sit Fit Fun	2:30 pm	TJ Solarium
Conversation Corner	3:00 pm	LP 3rd Floor Lobby

SATURDAY, MARCH 26

Morning Movie	9:30 am	LP Parlor
TJ Afternoon Movie	2:30 pm	TJ Parlor
Conversation Corner	3:00 pm	LP 3rd Floor Lobby
Symphony Tacoma	6:45 pm	Sign up at LP Desk

SUNDAY, MARCH 27

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

Mask Mandate and Franke Tobey Jones

The state’s indoor mask mandate expired on March 11th. While this is a step forward, it is important to remind everyone that Franke Tobey Jones, as a long-term care provider, is exempt from the expired mask mandate and therefore masks will still be required for all staff, residents and visitors inside any of our buildings.





Imagine Van Gogh Immersive Exhibition

Wednesday, March 23 Bus departs at 1:30 pm.

Sign up by Monday March 14. **Cost: Ticket \$39**

Masks are strongly suggested while in the exhibition.

130 years after his death, Vincent Van Gogh remains one of the most famous artists of all time. His brushstrokes are widely recognizable and his fandom spans the globe.

The distinctive style of his popular paintings have come to represent the artist. Van Gogh's art became astoundingly popular after his death, especially in the late 20th century. **Imagine Van Gogh**, is an exhibition where one can admire *The Starry Night*, *Irises* and *Sunflowers*, or be drawn into the intimacy of his *Bedroom in Arles*. An experience that brings viewers to the heart of its images, **Imagine Van Gogh** is accompanied by the music of the great composers Saint-Saëns, Mozart, Bach, Delibes and Satie.

Space is limited to 20 with the possibility to add 10 more if there is high enough demand and driver availability. Tickets are offered on a first come, first served basis and are non-refundable. The first round of tickets were purchased Monday, February 28th. Call the LP front desk to reserve your spot for the Imagine Van Gogh Immersive Exhibition.

Please sign up at LP Front Desk

Symphony Tacoma "Classics IV"

Saturday, March 26 Bus departs at 6:45 pm.

Sign up by Wednesday March 23. **Cost: Ticket \$40-\$90**

Mask are strongly suggested while in the theater.

This celebration of piano and chorus features two Beethoven favorites and the world premiere of David Ludwig's *The Bleeding Pines*. *The Bleeding Pines* is an oratorio for singers, chorus, and orchestra based on a play by Ray Owen that tells the story of conservationist Helen Boyd Dull, who in 1904 saved an ancient stand of longleaf pines.

Please sign up at LP Front Desk

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

Tacoma Musical Playhouse "A Gentleman's Guide to Love & Murder"

Saturday, April 2 Bus departs at 1:15 pm.

Sign up by Monday March 28. **Cost: Ticket \$29**

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



A distant heir to a family fortune sets out to speed up the line of succession by using a great deal of charm and a dash of murder. *A Gentleman's Guide To Love and Murder* is the knock-'em-dead, uproarious hit and the most-nominated show of the 2014 season.

Please sign up at LP Front Desk

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

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 reimaged 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.



COUNTRY MUSIC STARS WORD SEARCH PUZZLE



- | | | | |
|------------------|---------------|-----------------|--------------|
| ALAN JACKSON | FAITH HILL | LITTLE BIG TOWN | SUGARLAND |
| BLAKE SHELTON | GARTH BROOKS | MARTINA MCBRIDE | TAYLOR SWIFT |
| BRAD PAISLEY | GEORGE STRAIT | MIRANDA LAMBERT | TIM MCGRAW |
| CARRIE UNDERWOOD | KEITH URBAN | RASCAL FLATTS | TOBY KEITH |
| CLINT BLACK | KENNY CHESNEY | REBA MCENTIRE | TRACE ADKINS |

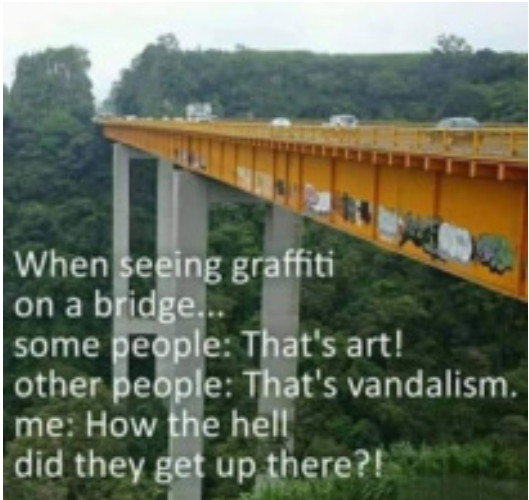


WEEKLY RIDDLE

What gets wetter and wetter the more it dries?



I've been told nothing rhymes with orange, but it doesn't.



Updated Resident Parking Policy

Franke Tobey Jones is updating our parking policy. This new policy will take effect on April 1st 2022. Please see below for the new policy. If you have any questions please contact Michelle in Resident Relations.

1. Vehicles must be drivable, in good working condition and currently licensed and belong to a licensed driver living at Franke Tobey Jones.
2. The number of vehicles cannot exceed the number of people living in the unit.
3. Residents living in Lillian Pratt, Tobey Jones, Garden Apartments and Bristol View are allowed one free dedicated parking space per living unit on campus. Residents in the Du-plexes have their garage and driveway as dedicated spaces. There are no dedicated park- ing spaces for residents living in skilled nursing or memory care.
4. Residents can rent an additional dedicated parking space for \$250/month. The parking rent will be added to the monthly invoice. There is a limited number of additional rentable parking spaces available. If you wish not to rent an additional parking space you may park your second vehicle in any non-reserved parking spot on campus designated as “Visitor.” Residents should not park vehicles in spaces identified with a yellow dot. These spaces are reserved for staff
5. Residents will be given priority for parking spaces designated for their specific living loca- tion. (i.e. Bristol View residents will be given priority for parking spaces in the Bristol View parking garage.) A 30-day notice will be given to residents if they are renting a space outside of where they live..
6. All parking spaces on campus are intended for staff, residents and visitors while on cam- pus. Overnight parking is prohibited for vehicles left unattended.

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.

Did You Live In This Area During the Seattle World’s Fair?

There is a student at Pacific Lutheran University who would like to interview someone/people who lived around here during the Seattle World’s Fair. She is making a short documentary.

Is that you? If yes and you would like to be interviewed, please contact:
Kayla Hoy at 253-222-6588 or at hoykm@plu.edu.

		<i>MENU</i>	
		<i>Mar 21st - Mar 27th</i>	<i>Menu subject to change due to supply shortages</i>
	<i>BREAKFAST</i>	<i>DINNER</i>	<i>SUPPER</i>
<i>M</i>	Chilled Fruit	Chunky Vegetable & Orzo Soup	Chunky Vegetable & Orzo Soup
<i>O</i>	Orange Juice	Fruit Salad	Pork Chile Verde
<i>N</i>	Old Fashioned Oatmeal	Mixed Green Salad	Fruit Salad
<i>D</i>	Scrambled Egg	Crispy Baked Flounder	Apple Chicken & Cheddar Melt
<i>A</i>	Bacon	Braised Pork Shoulder	Roast Beef
<i>Y</i>	Double Chocolate Muffin	Horseradish Yukon Mashed Potatoes	Baked Potato
	Whole Milk	Braised Red Cabbage	Creamed Spinach
<i>21</i>	Coffee	Baked Apples	Bakers Choice
<i>T</i>	Chilled Fruit	Turkey Rice Soup	Turkey Rice Soup
<i>U</i>	Orange Juice	Cole Slaw	Garden Vegetable Soup
<i>E</i>	Cream of Wheat	Mixed Green Salad	Cole Slaw
<i>S</i>	Fried Large Cage Free Egg	Pork Cutlet	Beef & Cheddar Kaiser
<i>D</i>	Grilled Ham	Meat Sauce	Chicken & Dumplings
<i>A</i>	Buttermilk Pancakes	Rotini Pasta	Steamed Vegetables
<i>Y</i>	Whole Milk	Capri Vegetables	Potato Chips
<i>22</i>	Coffee	Blueberry Fritter	Pound Cake w Strawberries
<i>W</i>			
<i>E</i>	Chilled Fruit	Cauliflower Cheese Soup	Cauliflower Cheese Soup
<i>D</i>	Orange Juice	Cucumber Sour Cream Salad	Onion Soup with Parmesan Crouton
<i>N</i>	Old Fashioned Oatmeal	Mixed Green Salad	Cucumber Sour Cream Salad
<i>E</i>	Scrambled Egg	Chicken Marsala	Wedge Salad
<i>S</i>	Sausage Link	Eggplant Parmesan	Roasted Turkey Breast
<i>D</i>	Apple Cinnamon Muffin	Penne	Mashed Sweet Potato
<i>A</i>	Whole Milk	French Cut Green Beans	Fresh Broccoli
<i>Y</i>	Coffee	Garlic Black Pepper Rolls	Grilled Rustic Bread
<i>23</i>		Cookies and Cream Blondie	Vanilla Pudding Cup
<i>T</i>			
<i>H</i>	Chilled Fruit	Cream of Potato Soup	Cream of Potato Soup
<i>U</i>	Orange Juice	Fruited Jell-O Salad	Tomato Basil Soup
<i>R</i>	Cream of Wheat	Mixed Green Salad	Fruited Jell-O Salad
<i>S</i>	Whole Wheat French Toast	Grilled Salmon	Pepperoni Pizza
<i>D</i>	Scramble Eggs	Sweet and Sour Chicken	Turkey Cheese Burger
<i>A</i>	Bacon	Steamed Brown Rice	French Fries
<i>Y</i>	Whole Milk	Asian Blend Vegetables	Assorted Desserts
<i>24</i>	Coffee	Bakers Choice	
<i>F</i>	Chilled Fruit	New England Clam Chowder	New England Clam Chowder
<i>R</i>	Orange Juice	Bean Salad	Mushroom & Roasted Garlic Soup
<i>I</i>	Old Fashioned Oatmeal	Mixed Green Salad	Bean Salad
<i>D</i>	Poached Eggs	Crispy Parmesan Tilapia	Roasted Potato Pizzetta
<i>A</i>	Sausage Patty	Turkey Meatloaf	Beef Stroganoff
<i>Y</i>	Donuts Holes	Mashed Potatoes	Rotini Noodles
	Whole Milk	Peas & Carrots	Grilled Yellow Squash
<i>25</i>	Coffee	Banana Cream Pie Pudding Cup	Linzi Bars
<i>S</i>	Chilled Fruit	Spring Pasta Fagioli	Spring Pasta Fagioli
<i>A</i>	Orange Juice	Cottage Cheese	Turkey Vegetable Soup
<i>T</i>	Old Fashioned Oatmeal	Mixed Green Salad	Cottage Cheese
<i>U</i>	Fried Cage Free Egg	Baked Chicken	Grilled Cheese Quesadilla
<i>R</i>	Bacon	Panko Crusted Cod	Balsamic Turkey London Broil
<i>D</i>	Coffee Cake	Jasmine Rice & Scallions	Home Fried Potatoes
<i>A</i>	Whole Milk	Sesame Green Beans	California Mixed Vegetables
<i>Y</i>	Coffee	Apple Crumble	Raspberry Yogurt Mousse
<i>26</i>			
<i>S</i>	Chilled Fruit	Vegetarian Lentil & Spinach Soup	Vegetarian Lentil & Spinach Soup
<i>U</i>	Orange Juice	Waldorf Salad	Beef Barley Soup
<i>N</i>	Old Fashioned Oatmeal	Mixed Green Salad	Waldorf Salad
<i>D</i>	Eggs To Order	Fried Shrimp	South American Tuna Wray
<i>A</i>	Bacon	Honey Orange Pork Medallions	Teriyaki Chicken Fried Rice Bowl
<i>Y</i>	Hash Browned Potatoes	Roasted Red Potatoes	Sautéed Bok Choy
	Cinnamon Rolls	Steamed Broccoli	Home Made Tortilla Chips
<i>27</i>	Whole Milk	Lemon Meringue Pie	Banana Split
	Coffee		