



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 Crawford LP
Tom McNearney LP
Beryl Bucklin LP
Elaine Eppick TJ

NEW STAFF

Fern McClendon, Dining
Andrew McLaughlin,
Clinical
Camarin Livigisitone,
Clinical
Cate Robinson, Clinical
Tina Darko, Clinical

IN REMEMBRANCE

Philip Phibbs LP

MONDAY, MARCH 28

<i>Wellness: Seniorcise Gold I</i>	8:00 am	Wellness Center
<i>Wellness: Seniorcise Gold II</i>	9:00 am	Wellness Center
Tall Tales	9:30 am	LP Parlor
<i>Wellness: Strength & Flex I</i>	10:00 am	Wellness Center
Junk Drawer Detective	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
Oreo Cookie Anniversary	1:30 pm	LP Parlor
Champagne Punch Hallway Social	2:30 pm	LP Resident Rooms
Conversation Corner	3:00 pm	LP 3rd Floor Lobby

TUESDAY, MARCH 29

Where 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
IL Worship Service	11:30 am	BV Gathering Room
Bird Plant Picks	1:30 pm	LP Parlor
Safeway Shopping Bus	1:30 pm	Sign up at LP Desk
SU: Our Place in the Cosmos	2:00 pm	Wellness Center
<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
SU: Scholars & Environmental Justice— Valuing Lives, Healing Earth	6:00 pm	Zoom Meeting

WEDNESDAY, MARCH 30

<i>Wellness: Seniorcise Gold I</i>	8:00 am	Wellness Center
<i>Wellness: Seniorcise Gold II</i>	9:00 am	Wellness Center
Finish the Phrase	9:30 am	LP Parlor
<i>Wellness: Strength & Flex I</i>	10:00 am	Wellness Center
How to Survive in the Forest	10:30 am	LP Parlor
<i>Wellness: Strength & Flex II</i>	11:00 am	Wellness Center
Farkle Dice Game	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

I'm writing to let you know that Jeff McQuay, Housekeeping Supervisor, is no longer working at FTJ. We will begin the search for a new supervisor immediately. If you have a housekeeping need please call 253-355-6898. This phone is monitored between 7am – 5pm Monday through Friday and on weekends in the event of an emergency.

Thank you for your continued patience and support,
Tony Demarco, Director of Building Services

HAPPY BIRTHDAY

March 29

John Kriete

March 31

Francesca Okerlund

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 Athow

April 24

Shirley Cockrill
Beverly Cook

April 25

Bernie Ekemo

April 26

Barbara Johnson

April 28

Bill Keebler

THURSDAY, MARCH 31

Knit Wits	9:30 am	TJ Parlor
Music Trivia	9:30 am	LP Parlor
<i>Wellness: Strong & Stable</i>	10:00 am	Wellness Center
Music by Dave Kern	10:30 am	LP Parlor
<i>Wellness: Yoga</i>	11:00 am	Wellness Center
Trader Joe's Shopping Bus	1:30 pm	Sign up at LP Desk
The Eiffel Tower	1:30 pm	LP Parlor
SU: Five Movies to Understand Mexican– American Culture	2:00 pm	Zoom Meeting
<i>Wellness: Sit Fit Fun</i>	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, APRIL 1

<i>Wellness: Seniorcise Gold I</i>	8:00 am	Wellness Center
<i>Wellness: Seniorcise Gold II</i>	9:00 am	Wellness Center
Comedy Queen: Carol Burnett	9:30 am	LP Parlor
SU: Culture Culinary History	10:00 am	BV Gathering Room
<i>Wellness: Strength & Flex I</i>	10:00 am	Wellness Center
Fact or Foolery	10:30 am	LP Parlor
<i>Wellness: Strength & Flex II</i>	11:00 am	Wellness Center
Wii Bowling	1:30 pm	LP Parlor
SU: Art Appreciation Lecture Series– Themes of Art	2:00 pm	Wellness Center
<i>Wellness: Sit Fit Fun</i>	2:30 pm	TJ Solarium
Conversation Corner	3:00 pm	LP 3rd Floor Lobby

SATURDAY, APRIL 2

Morning Movie	9:30 am	LP Parlor
Tacoma Musical Playhouse	1:15 pm	Sign up at LP Desk
TJ Afternoon Movie	2:30 pm	TJ Parlor
Conversation Corner	3:00 pm	LP 3rd Floor Lobby

SUNDAY, APRIL 3

Morning Movie	9:30 am	LP Parlor
Seated Exercise	1:30 pm	LP Parlor
National Library Week	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.



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 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.

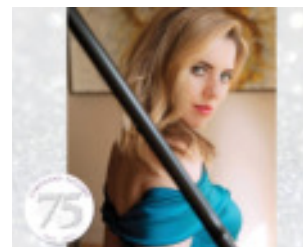
Sign up by Wednesday May 11. **Cost: Ticket \$40-\$90**

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.



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>GIVE GET GIVE GET GIVE GET GIVE GET</p>	<p>ROOD</p>	<p>GO May 8 May 8</p>
<p>IMPOSSIBL</p>	<p>NOON T</p>	<p>UNOTU</p>



WEEKLY RIDDLE

I hurt the most when lost, yet also when not had at all. I'm sometimes the hardest to express, but the easiest to ignore. I can be given to many, or just one. What am I?

I ran out of gas today...
Called my insurance for
roadside assistance
and they totaled my
truck...!!



Bob forgot his wedding anniversary. His wife was mad. She told him "Tomorrow morning, I expect to find a gift in the driveway that goes from 0 to 200 in 6 seconds AND IT BETTER BE THERE!!!" The next morning when his wife woke up, she looked in the middle of the box ... gift-wrapped in the middle of the driveway. She opened it and found a brand new bathroom scale ... Bob has been missing since Friday!

**ARE YOU SWEATING
WHILST PUTTING
PETROL IN YOUR CAR
FEELING SICK WHEN
PAYING FOR IT, YOU
YOU HAVE GOT THE
CAROWNERVIRUS**

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.

Celebration of Life Circle

Friday, March 25, we will be ringing the bell for all those residents who have passed this month. The bell is located in the courtyard between TJ and CC, behind the Resident Garden. Please join us!

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.

Knit Wits Group

A casual group of knitters and stitchers is meeting in our comfortable, yet stately, Tobey Jones parlor for coffee, conversation and a little knitting and decorative sewing. The group is open to both beginners and the experienced.

**Thursdays, 9:30 am
Tobey Jones Parlor**



Shopping Trip for April

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.

- April 5—Proctor District/ Safeway/ Met Market
- April 12—Safeway and Westgate
- April 19—Proctor District/ Safeway/ Met Market
- April 26—Safeway and Westgate

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.

- April 14—Fred Meyer
- April 21—Trader Joe's
- April 28—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

Mar 28th Apr 3rd

Menu subject to change due to supply shortages

	BREAKFAST	DINNER	SUPPER
M	Chilled Fruit	Cream of Chicken & Wild Rice	Cream of Chicken & Wild Rice
O	Orange Juice	Fruit Salad	Tomato Florentine Soup
N	Old Fashioned Oatmeal	Mixed Green Salad	Fruit Salad
D	Belgian Waffles	Horseradish Crusted Trout	Three Cheese Quiche
A	Scramble Eggs	Bean, Pork Kielbasa & Chicken Casserole	Bruschetta Burger
Y	Grilled Ham	Brown Rice & Barley Pilaf	Steak Cut French Fries
	Whole Milk	Summer Squash & Carrot Medley	Broccoli Cuts
28	Coffee	Coconut Cream Pie	Bakers Choice
	Chilled Fruit	Split Pea Soup w Ham	Split Pea Soup w Ham
T	Orange Juice	Cole Slaw	Carbonado Soup
U	Cream of Wheat	Mixed Green Salad	Cole Slaw
E	Apple Cinnamon Muffin	Pinto Bean & Potato Cheddar Quesadilla	Monte Cristo Sandwich
S	Fried Cage Free Egg	Balsamic Flank Steak	Beef Pot Pie
D	Bacon	Oven Brown Potatoes	Green Beans
A	Whole Milk	Lima Beans	Potatoes Chips
Y	Coffee	Yellow Cake with Fudge Icing	Chocolate Chip Cookie
29			
W			
E	Chilled Fruit	Chicken Gumbo	Chicken Gumbo
D	Orange Juice	Cucumber Sour Cream Salad	Red Pepper & Basil Soup
N	Old Fashioned Oatmeal	Mixed Green Salad	Cucumber Sour Cream Salad
E	Blueberry Coffee Cake	Crispy Baked Cod	Chimichurri Chicken Burger
S	Spinach Egg White Casserole	Swedish Meatballs	Classic Mac & Cheese
D	Sausage Patty	Buttered Noodles	Stewed Tomatoes
A	Whole Milk	Roasted Zucchini	Waffle Fries
Y	Coffee	Bread Pudding	Chocolate Brownie
30			
T	Chilled Fruit	Hearty Beef Vegetable Soup	Hearty Beef Vegetable Soup
H	Orange Juice	Fruited Jell-O Salad	Cream of Broccoli Soup
U	Cream of Wheat	Mixed Green Salad	Mixed Green Salad
R	Eggs to Order	Pork & Wild Mushroom Ragout	Fish Sandwich
S	Whole Wheat French Toast	Chicken Alfredo	Soft Beef Tacos
D	Bacon	Rotini Pasta	Refried Beans / Brown Rice
A	Whole Milk	Yellow Squash, Red Pepper, Pea Medley	Chips & Salsa
Y	Coffee	Garlic Crostini	French Fries
31		Bakers Choice	Cookies & Cream Cupcake
F	Chilled Fruit	New England Clam Chowder	New England Clam Chowder
R	Orange Juice	Side Caesar Salad	White Bean & Escarole Soup
I	Old Fashioned Oatmeal	Mixed Green Salad	Side Caesar Salad
D	Fried Cage Free Egg	Grilled Salmon	Mixed Green Salad
A	Bacon	Spinach Lasagna with Marinara Sauce	Flame Grilled Chicken & Artichoke
Y	Mixed Berry Wheat Pancakes	Steamed Red Potatoes	Pizza
	Whole Milk	Corn O'Brien with Peppers	Pub Style Fish & Chips
1	Coffee	Banana Split	Pound Cake
S			
A	Chilled Fruit	Loaded Baked Potato Soup	Loaded Baked Potato Soup
T	Orange Juice	Cottage Cheese & Tomato	Lemon Chicken Orzo Soup
U	Old Fashioned Oatmeal	Mixed Green Salad	Cottage Cheese & Tomato
R	Scrambled Egg	Pork Tenderloin w Raspberry Sauce	Zucchini, Bacon & Swiss Frittata
D	French Toast	Tuscan-Style Turkey Breast	Patty Melt Sandwich
A	Bacon	Roasted Yukon Potatoes	Steamed Vegetables
Y	Whole Milk	French Cut Green Beans	French Fries
2	Coffee	Chocolate Brownie	Butterscotch Pudding
S	Chilled Fruit	Chicken Ditalini Soup	Cream of Vegetable Soup
U	Old Fashioned Oatmeal	Mixed Green Salad	Chicken Ditalini Soup
N	Eggs To Order	Deviled Eggs	Deviled Eggs
D	Sausage Link	Seasoned London Broil	Margherita Pizza Flat
A	Hash Browned Potatoes	Grilled Shrimp Skewer	Chicken Breast w Rice
Y	Cinnamon Roll	Golden Rice Pilaf	Broccoli
	Whole Milk	Simply Steamed Sugar Snap Peas	Maple Bacon Cookie
3	Coffee	Cherry Pie	