



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
Monday - Friday
8am—2pm

The Bistro now open.

NEW RESIDENTS
Carl Marshall SN

NEW STAFF

David Jolibois Clinical
Janice Bussey, Reception
Alex Harris, Clinical
Jonathan Riehle,
Housekeeper
Sam Safreed, Custodian
Helen Baker, Clinical

IN REMEMBRANCE

MONDAY, APRIL 11

<i>Wellness: Seniorcise Gold I</i>	8:00 am	<i>Wellness Center</i>
<i>Wellness: Seniorcise Gold II</i>	9:00 am	<i>Wellness Center</i>
Resident Council	9:30 am	Zoom Meeting
Squirrel Smarts	9:30 am	LP Parlor
<i>Wellness: Strength & Flex I</i>	10:00 am	<i>Wellness Center</i>
Room Visits	10:30 am	LP Parlor
<i>Wellness: Strength & Flex II</i>	11:00 am	<i>Wellness Center</i>
<i>Wellness: Monday Meditation</i>	12:00 pm	<i>Wellness Center</i>
A Taxing Situation	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, APRIL 12

Who Am I?	9:30 am	LP Parlor
<i>Wellness: Strong & Stable</i>	10:00 am	<i>Wellness Center</i>
AL Worship Service	10:30 am	LP Parlor
<i>Wellness: Yoga</i>	11:00 am	<i>Wellness Center</i>
IL Worship Service	11:30 am	BV Gathering Room
<i>Wellness: Chair Yoga</i>	1:00 pm	<i>Wellness Center</i>
Easter Sock Bunny Craft	1:30 pm	LP Parlor
Proctor District Shopping Bus	1:30 pm	Sign up at LP Desk
<i>Wellness: Sit Fit Fun</i>	2:30 pm	<i>LP Parlor</i>
Room Visits	2:30 pm	LP Resident Rooms
Conversation Corner	3:00 pm	LP 3rd Floor Lobby

WEDNESDAY, APRIL 13

<i>Wellness: Seniorcise Gold I</i>	8:00 am	<i>Wellness Center</i>
<i>Wellness: Seniorcise Gold II</i>	9:00 am	<i>Wellness Center</i>
Acrylic Painting Project	9:30 am	Activity Terrace
<i>Wellness: Strength & Flex I</i>	10:00 am	<i>Wellness Center</i>
Room Visits	10:30 am	LP Parlor
SU: Medicare & Mental Health Services	11:00 am	Zoom Meeting
<i>Wellness: Strength & Flex II</i>	11:00 am	<i>Wellness Center</i>
Jeopardy Trivia	1:30 pm	LP Parlor
Hallway Happy Hour	2:30 pm	LP Resident Rooms
<i>Wellness: Sit Fit Fun</i>	2:30 pm	<i>TJ Solarium</i>
Conversation Corner	3:00 pm	LP 3rd Floor Lobby
SU: Spanish Civil War for Beginners	3:00 pm	Zoom Meeting

Staff Promotion

Jackie Kekona has been a CNA with Franke Tobey Jones since October 1999. That was 22.5 years ago. Over the past few years Jackie has juggled working, family and going to school to be a nurse. This week she started a new career as an LPN. Please join me in congratulating Jackie Kekona, Franke Tobey Jones' newest nurse! Congratulations Jackie, we are all proud of you!

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 Athow

April 24

Shirley Cockrill
Beverly Cook

April 25

Bernie Ekemo

April 26

Barbara Johnson

April 28

Bill Keebler

THURSDAY, APRIL 14

Uno Card Game	9:30 am	LP Parlor
<i>Wellness: Strong & Stable</i>	10:00 am	Wellness Center
More Jeopardy Trivia	10:30 am	LP Parlor
<i>Wellness: Yoga</i>	11:00 am	Wellness Center
SU: Rehearsal to Production, An Actor's Perspective	11:00 am	BV Gathering Room
Fred Meyer Shopping Trip	1:30 pm	Sign up at LP Desk
Jelly Bean Taste Test	1:30 pm	LP 3rd Floor Lobby
<i>Wellness: Sit Fit Fun</i>	2:30 pm	LP Parlor
Knit Wits	2:30 pm	TJ Parlor
Conversation Corner	3:00 pm	LP 3rd Floor Lobby
SU: Musical Culture in Imperial China	3:00 pm	BV Gathering Room
GA Happy Hour	3:30 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 15

<i>Wellness: Seniorcise Gold I</i>	8:00 am	Wellness Center
<i>Wellness: Seniorcise Gold II</i>	9:00 am	Wellness Center
Double Exposure	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
Wii Bowling	10:30 am	LP Parlor
<i>Wellness: Strength & Flex II</i>	11:00 am	Wellness Center
Jackie Robinson	1:30 pm	LP Parlor
SU: Color of Law Book Discussion	2:00 pm	Zoom Meeting
<i>Wellness: Sit Fit Fun</i>	2:30 pm	TJ Solarium
Conversation Corner	3:00 pm	LP 3rd Floor Lobby

SATURDAY, APRIL 16

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 17

Morning Movie	9:30 am	LP Parlor
Seated Exercise	1:30 pm	LP Parlor
Video Easter Church Service	2:30 pm	LP Parlor
Conversation Corner	3:00 pm	LP 3rd Floor Lobby

The Bistro Is Open Again

Be sure to come between the hours of 8:00AM – 2PM
Monday—Friday to enjoy your favorite drink or snack. Food and drinks may not be consumed in the bistro. Seating is available outside when the weather is nice.





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.

Tacoma Musical Playhouse “In the Heights”

Saturday, May 28 Bus departs at 1:15 pm.

Sign up by Monday May 23. **Cost: Ticket \$29**

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



In the Heights, is a story is set over the course of three days, involving characters in the largely Dominican neighborhood of Washington Heights in Upper Manhattan, New York City. In Washington Heights, community is everything, and we see how each of these individuals struggles to survive and how these same individuals come together as a community to mourn their losses and rejoice in their triumphs

Please sign up at LP Front Desk

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

Easter Word Search

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

- BASKET
- BONNET
- BUNNY
- CANDY
- CHICKS
- CHOCOLATE
- CHRISTIAN
- DINNER
- EASTER
- EASTERLILY
- EASTRE
- EGGS
- EQUINOX
- FERTILITY
- GODDESS
- GOODFRIDAY
- GRASS
- HUNT
- LAMB
- LENT
- MARSHMALLOW
- PALMSUNDAY
- RESURRECTION
- SPRING
- VERNAL



WEEKLY RIDDLE

I can sizzle like bacon; I am made from an egg.
 I have plenty of backbone, but lack a good leg.
 I peel layers like onions, but still remain whole.
 I can be long like a flagpole, yet fit in a hole.

<p>intelligent smart wise</p>	<p>Dressed Dressed Dressed placeSTOP placeWAIT GO</p>	<p>WE IGH WH EY</p>
<p>chair</p>	<p>TIRE</p>	<p>WAKE suzie</p>

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.

Color of Law Book Discussion

Join us for a discussion of *The Color of Law: A Forgotten History of How Our Government Segregated America* by Richard Rothstein led by Dr. Dexter Gordon, Executive Vice President of The Evergreen State College. Copies of the book have been made available to FTJ residents in on-campus Book Exchanges and in the Bascom Library.

Fridays, April 8, 15, 22, & 29
2:00 – 3:30 pm, Zoom Meeting
 Meeting ID: 876 7453 7929
 Passcode: 845170

Spanish Civil War for Beginners

This lecture will highlight some historical events that can help contextualize the Spanish Civil War and discuss some of the most recognizable names, dates, and events often associated with it.

Wednesday, April 13
3:00 pm, Zoom Meeting
 Meeting ID: 481 600 3295
 Passcode: 845170

Chilean Dictatorship for Beginners

This presentation will discuss the most important events and the most significant consequences of this period in Chile's history.



Monday, April 18
3:00 pm, Zoom Meeting
 Meeting ID: 481 600 3295

Musical Culture in Imperial China

From the elegant and mystical “Qin” zither to the lively power and brilliance of “Xiju” opera, Chinese music is a world of beauty and a doorway into understanding Chinese civilization.

Thursday, April 14
3:00 pm, Bristol View 1st Floor
Gathering Room

Art Expressions

Join us once a month for different Art Expressions, practicing mindfulness by bringing our awareness to the present through colors, textures, and sounds. No professional training necessary. Simply bring an open mind. Through creative creation we can cultivate mindfulness.

Monday, April 11
2pm Wellness Center

Holistic Wellness Courses

Discover a wide variety of courses for living your life with intention, purpose & fulfillment. Pre-recorded courses led by world class teachers, facilitated by Sarah Doerner. Inspiring you to live a vibrant life of well-being and promote positive change. *Introducing 10 day “Sleep Better” with Dr. Michael Breus.*

Every Tuesday starting April 12- June 14th
2pm Wellness Center

GET YOUR COVID BOOSTER SHOT!

Tuesday, May 10th
10:00am-12:00pm; 12:30pm-3:30pm
Old HCC Building

Rxpress Pharmacy will be on-site to provide COVID-19 Booster Shots.

- ☑ You can receive your first or second booster shot
- ☑ The booster is not required but it is recommended
- ☑ The second booster shot is available to anyone who received their first booster at least four months ago (If you received your booster at FTJ, it was on 10/27/21)
- ☑ You do not need to have received your COVID vaccine or booster at FTJ to be eligible
- ☑ **You must bring your COVID vaccination card** to show proof of your vaccination and booster and the date you received it
- ☑ If you received your COVID vaccination at FTJ and cannot find your card please let Bob know
- ☑ Michelle Olafson and the Admissions team will be reaching out to you to complete the appropriate forms. **All forms must be completed by April 29th.**
- ☑ The COVID booster shot is free for everyone whether you have insurance or not
- ☑ If you can't come at the times below for your building, please come anytime between 10:00am-12:00pm or 12:30pm-3:30pm

The schedule is as follows:

- Tobey Jones – 10:00am-11:00am**
- Garden Apartments – 11:00am-12:00pm**
- Bristol View – 12:30pm-1:30pm**
- Duplexes – 1:30pm-2:30pm**
- Lillian Pratt – 2:30pm-3:30pm**
- Skilled Nursing and Memory Care vaccinations will happen in resident rooms throughout the day**

Changes to Wellness Classes and Senior University Programs

We are pleased to announce that we are now able to combine Assisted Living residents into our Wellness classes and our Senior University classes that are held in the Wellness Center. Please contact a Wellness Center staff member if you want to join any classes offered in the Wellness Center. We are also pleased to announce that we are expanding the offerings from our Wellness center with a new Holistic program. Classes will begin this month. Please see announcements on this page for the new holistic programs.

MENU
Apr 11th - Apr 17th

Menu subject to change due to supply shortages

	BREAKFAST	DINNER	SUPPER
M	Chilled Fruit	Beef, Barley & Mushroom Soup	Beef, Barley & Mushroom Soup
O	Assorted Fruit Juice	Fruit Salad	Tomato Basil Soup
N	Old Fashioned Oatmeal	Mixed Green Salad	Mixed Green Salad
D	Poached Cage Free Egg	Braised Beef Goulash	Buttermilk Fried Chicken Breast
A	Turkey Sausage Link	Ham & Potato Frittata	Muffuletta Sandwich
Y	Blueberry Muffin	Buttered Egg Noodles	French Fries
	Whole Milk	Sugar Snap Peas and Carrots	Bakers Choice
11	Coffee	Fresh Banana Yogurt Parfait	
T	Chilled Fruit	Sweet Potato and Black Bean Chili	Sweet Potato and Black Bean Chili
U	Assorted Fruit Juice	Mixed Green Salad	Mushroom Garlic Soup
E	Cream of Wheat	Coleslaw	Mixed Green Salad
S	Scrambled Eggs	Herbed Roast Beef	Grilled Ham & Cheese Sandwich
D	Buttermilk Pancakes	Lemon Dill Tilapia	Chicken Pot Pie
A	Grilled Ham	Lima Beans	Steamed Vegetables
Y	Whole Milk	Baked Potato	Potato Chips
12	Coffee	White Cake	Monster Cookie
W			
E	Chilled Fruit	Turkey Vegetable Soup	Turkey Vegetable Soup
D	Assorted Fruit Juice	Cucumber Sour Cream Salad	Spring Pasta Fagioli
N	Old Fashioned Oatmeal	Mixed Green Salad	Mixed Green Salad
E	Western Scrambled Eggs	Santa Maria Salmon	Bayou Inspired Pollock Sandwich
S	Bacon	Cumin Roast Turkey Breast	Baked Pasta Carbonara
D	Coffee Cake	Barley Pilaf with Carrots and Lemon	Grilled Italian Bread
A	Whole Milk	Corn O'Brien with Peppers	Potato Chips
Y	Coffee	Cherry Cobbler	Linzi Bars
13			
T			
H	Chilled Fruit	Vegetarian Lentil Soup	Vegetarian Lentil Soup
U	Assorted Fruit Juice	Mixed Green Salad	Chicken Orzo Soup
R	Cream of Wheat	Fruited Jell-O	Mixed Green Salad
S	French Toast	Sweet & Sour Meatballs	Cheese Ravioli
D	Sausage Link	Java Molasses Pork Tenderloin	Greek Turkey Burger
A	Whole Milk	Jasmine Rice	Sweet Potato Fries
Y	Coffee	Yellow Squash, Red Pepper & Pea	Garlic Breadstick
14		Bakers Choice	Raspberry Yogurt Mousse
F	Chilled Fruit	New England Clam Chowder	New England Clam Chowder
R	Assorted Fruit Juice	Mixed Green Salad	Mixed Green Salad
I	Old Fashioned Oatmeal	Bean Salad	Seafood Louie Salad Plate
D	Scrambled Egg	Shrimp Scampi	Hot Beef Sandwich
A	Bacon	Spaghetti & Meat sauce	Smashed Red Potatoes
Y	Apple Cinnamon Muffin	Spaghetti w Parsley	Peas & Carrots
15	Whole Milk	Broccoli	Truffle Brownie Bits
	Coffee	Garlic Bread	
		Lemon Blueberry Cake	
S	Chilled Fruit	Split Pea Soup	Split Pea Soup
A	Assorted Fruit Juice	Mixed Green Salad	Chili con Carne
T	Old Fashioned Oatmeal	Cottage Cheese	Mixed Green Salad
U	Fried Cage Free Egg	Fried Chicken	Turkey Tetrazzini
R	Eggs Benedict	Salisbury Steak	Black Bean Burger
D	Sausage Patties	Mashed Potatoes	Sauteed Zucchini
A	Danish	Green Beans w Tomatoes	Steak Fries
Y	Whole Milk	Banana Split	Vanilla Pudding Cup
16	Coffee		
	Chilled Fruit	Cream of Tomato Soup	Cream of Tomato Soup
	Assorted Fruit Juice	Waldorf Salad	Bacon & Corn Chowder
S	Cream of Wheat	Mixed Green Salad	Mixed Green Salad
U	Poached Egg	Roast Leg of Lamb	Italian Sub Sandwich w Pasta Salad
N	Bacon	Maple Peach Glazed Ham	Quiche Lorraine
D	Cinnamon Roll	Scalloped Potatoes	Sugar Snap Peas
A	Whole Milk	Lemon Buttered Asparagus	Oatmeal Cookie
Y	Coffee	Strawberry Cream Pie	
17			