



FRANKE  
TOBEY  
JONES

*Enjoy your age*

**Main Desk Phone**  
752-6621 or Ext. 0

**Work Order Line**  
Ext. 1293

**RESIDENT COUNCIL MEETING**

Monday, May 9  
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**  
Donna Eckort SN  
Peter Miller SN

**NEW STAFF**  
Sevan Agrippa, Dining  
Lucia Acevedo, Dining  
Tenikah Fortner-Duren,  
Dining

**IN REMEMBRANCE**

MONDAY, APRIL 18		
<i>Wellness: Seniorcise Gold I</i>	8:00 am	Wellness Center
<i>Wellness: Seniorcise Gold II</i>	9:00 am	Wellness Center
Unbelievable Places That Exist	9:30 am	LP Parlor
Easter Monday Service	10:00 am	LP Parlor
<i>Wellness: Strength &amp; Flex I</i>	10:00 am	Wellness Center
Easter Monday Service	10:30 am	TJ Parlor
<i>Wellness: Strength &amp; Flex II</i>	11:00 am	Wellness Center
<i>Wellness: Monday Meditation</i>	12:00 pm	Wellness Center
Listening to Jazz	1:30 pm	LP Parlor
Tropical Escape Hallway Social	2:30 pm	LP Resident Rooms
Conversation Corner	3:00 pm	LP 3rd Floor Lobby
<b>SU: Chilean Dictatorship for Beginners</b>	<b>3:00 pm</b>	<b>Zoom Meeting</b>
TUESDAY, APRIL 19		
What Am I?	9:30 am	LP Parlor
<i>Wellness: Strong &amp; 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
Robotic Dogs	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
WEDNESDAY, APRIL 20		
<i>Wellness: Seniorcise Gold I</i>	8:00 am	Wellness Center
<i>Wellness: Seniorcise Gold II</i>	9:00 am	Wellness Center
More Random Trivia	9:30 am	LP Parlor
<i>Wellness: Strength &amp; Flex I</i>	10:00 am	Wellness Center
Short Story Reading	10:30 am	LP Parlor
<b>SU: Hurricane Alley— Birthplace of Atlantic Storms</b>	<b>11:00 am</b>	<b>BV Gathering Room</b>
<i>Wellness: Strength &amp; Flex II</i>	11:00 am	Wellness Center
Farkel Dice Game	1:30 pm	LP Parlor
<b>SU: Meaningful Movies— Chehalis Watershed</b>	<b>2:00 pm</b>	<b>BV Gathering Room</b>
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

### 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 21

Name That Tune	9:30 am	LP Parlor
<i>Wellness: Strong &amp; Stable</i>	10:00 am	Wellness Center
Happy Birthday Fenway Park	10:30 am	LP Parlor
<i>Wellness: Yoga</i>	11:00 am	Wellness Center
<b>SU: Rehearsal to Production, An Actor's Perspective</b>	<b>11:00 am</b>	<b>BV Gathering Room</b>
<b>SU: Aged Healthy, Wealthy &amp; Wise</b>	<b>1:00 pm</b>	<b>Zoom Meeting</b>
Trader Joe's Shopping Trip	1:30 pm	Sign up at LP Desk
Star of the Month	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
<b>SU: NAFTA for Beginners</b>	<b>3:00 pm</b>	<b>Zoom Meeting</b>
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 22

<i>Wellness: Seniorexcise Gold I</i>	8:00 am	Wellness Center
<i>Wellness: Seniorexcise Gold II</i>	9:00 am	Wellness Center
Endangered Animals	9:30 am	LP Parlor
<b>SU: Culture Culinary History</b>	<b>10:00 am</b>	<b>BV Gathering Room</b>
<i>Wellness: Strength &amp; Flex I</i>	10:00 am	Wellness Center
Random Trivia	10:30 am	LP Parlor
<i>Wellness: Strength &amp; Flex II</i>	11:00 am	Wellness Center
What Am I?	1:30 pm	LP Parlor
<b>SU: Color of Law Book Discussion</b>	<b>2:00 pm</b>	<b>Zoom Meeting</b>
<i>Wellness: Sit Fit Fun</i>	2:30 pm	TJ Solarium
Conversation Corner	3:00 pm	LP 3rd Floor Lobby

### SATURDAY, APRIL 23

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 24

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

#### Holistic Wellness Course -Tea Tasting

We welcome you to sip, taste, and learn about our featured tea and overall wellness benefits. Each month we will feature different teas. We will also include a short meditation/ grounding practice each class. Masks required except during tea tasting.

**Wednesday April 20  
1pm Bristol View Gathering Room**





**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.**

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

**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

I am a three digit number. My tens digit is five more than my ones digit. My hundreds digit is eight less than my tens digit. What number am I?

THANK YOU! . . .

I bring culled books from our Book Exchanges and donated books we cannot use to the Food Bank at Mason Methodist Church in Proctor. I recently began collecting your grocery bags for them too.

Every time I arrive I am thanked profusely for our charity. I am greeted with arms waving in air-hugs, and "There she is!" or "She's back!" or "I love you as we are out of bags and books again!" Today they said they have fed 240 families in just the last three days alone.

To think that the little we offer means so much is very heartwarming. I wish each of you could see the reaction from this small effort on our part. I am truly overwhelmed by your generosity and the Food Bank's welcome. Let's keep up this good work!

Carol Bruda  
Head, Bascom Library



**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 22, & 29**  
**2:00 – 3:30 pm, Zoom Meeting**  
 Meeting ID: 876 7453 7929  
 Passcode: 845170

**Notes From Philanthropy:**

A big thank you to the residents who contributed to the Senior Center food bank and the overwhelmingly successful  **Souper Bowl With Love!** As you can see by the beautiful card signed by many Senior Center participants, hearts were filled with much appreciation for extra help and most importantly, being remembered.



Please know that your support and good wishes meant the world and made a brighter day for a lot of seniors in our community. Thank you for your incredible and generous support!

**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**

**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  
 Passcode: 845170

**Hurricane Alley – Birthplace of Atlantic Storms**

Explore how hurricanes are formed, how they are tracked, how they are named, and – with warmer oceans – will it just get worse? You must contact Jana to register for this class before you can attend.

**11:00 am, Bristol View 1st Floor Gathering Room**  
**Wednesday, April 20**

**Meaningful Movies - Chehalis: A Watershed Moment**

“Chehalis: A Watershed Moment” is a 60 minute documentary about how climate change and a legacy of human impact is affecting Washington’s Chehalis River and the people living in the watershed. Join us for the movie and stay for the discussion to follow. You must contact Jana to register for this class before you can attend.

**2:00 pm, Bristol View 1st Floor Gathering Room**  
**Wednesday, April 20**

**NAFTA (North American Free Trade Agreement) for Beginners**

In this talk, we will discuss the nature of NAFTA, its history, its implications, its influence on Mexican and U.S. societies, as well as its current relevance.

**Thursday, April 21**  
**3:00 pm, Zoom**  
 Meeting ID: 481 600 3295  
 Passcode: 845170



**MENU**  
**Apr 18th - Apr 24th**

*Menu subject to change due to supply shortages*

**BREAKFAST**

**DINNER**

**SUPPER**

	Chilled Fruit	Hearty Beef Vegetable Soup	Hearty Beef Vegetable Soup
<b>M</b>	Assorted Fruit Juice	Fruit Salad	Cream of Fresh Broccoli Soup
<b>O</b>	Old Fashioned Oatmeal	Mixed Green Salad	Fruit Salad
<b>N</b>	Scrambled Egg	Seasoned London Broil	Santa Fe Melt
<b>D</b>	Bacon	Grilled Liver & Onions	Chicken & Dumplings
<b>A</b>	Egg, Sausage & Cheese Burrito	Catfish Cakes	Mixed Vegetables
<b>Y</b>	Whole Milk	Mashed Potatoes	French Fries
	Coffee	Harvard Beets	Baker's Choice
<b>18</b>		Pineapple Upside Down Cake	
<b>T</b>	Chilled Fruit	Italian Wedding Soup	Italian Wedding Soup
<b>U</b>	Assorted Fruit Juice	Cole Slaw	Turkey Noodle Soup
<b>E</b>	Cream of Wheat	Mixed Green Salad	Cole Slaw
<b>S</b>	Fried Cage Free Egg	Baked Ziti w Vegetables	Grilled Chicken Caesar Salad
<b>D</b>	Biscuits & Gravy	Turkey Scallopini	Cheese Burger
<b>A</b>	Sausage Patty	Steamed Brown Rice	Tatar Tots
<b>Y</b>	Whole Milk	Steamed Vegetable Medley	Dinner Roll
	Coffee	Crisp Banquette	Maple Bacon Cookie
<b>19</b>		Whoopie Pie	
<b>W</b>	Chilled Fruit	Cream of Vegetable Soup	Cream of Vegetable Soup
<b>E</b>	Assorted Fruit Juice	Mixed Green Salad	Chicken Ditalini Soup
<b>D</b>	Old Fashioned Oatmeal	Cucumber Sour Cream Salad	Cucumber Sour Cream Salad
<b>N</b>	Raisin Muffin	Lemon Sage Chicken	Italian Meatballs & Spaghetti
<b>E</b>	Baked Denver Omelet	Orange Baked Salmon	Cranberry Turkey Wrap
<b>S</b>	Bacon	Herbed Orzo	Potato Chips
<b>D</b>	Whole Milk	Steamed Spinach	Sauteed Zucchini
<b>A</b>	Coffee	Baker's Choice	Garlic Bread
<b>Y</b>			Chocolate Pudding
<b>20</b>			
<b>T</b>	Chilled Fruit	Minestrone Soup	Minestrone Soup
<b>H</b>	Assorted Fruit Juice	Hummus Plate	Black Bean Turkey Chili
<b>U</b>	Cream of Wheat	Mixed Green Salad	Hummus Plate
<b>R</b>	Donuts	Maple Glazed Pork Loin	Turkey Ala King w Cheese Biscuits
<b>S</b>	Fried Cage Free Egg	Grilled Tilapia	Philly Cheese Steak
<b>D</b>	Grilled Ham	Garlic Mashed Potatoes	French Fries
<b>A</b>	Hashbrowns	Green Beans	Applesauce Bar
<b>Y</b>	Whole Milk	Spice Cake	
<b>21</b>	Coffee		
	Chilled Fruit	New England Clam Chowder	New England Clam Chowder
<b>F</b>	Assorted Fruit Juice	Bean Salad	Grilled Chicken Tortilla Soup
<b>R</b>	Old Fashioned Oatmeal	Mixed Green Salad	Bean Salad
<b>I</b>	Omelet	Chopped Beef Steak	Veggie Supreme Pizza
<b>D</b>	Blueberry Muffin	Crispy Baked Cod	Chicken Thigh Cacciatore
<b>A</b>	Sausage Link	Mashed Potatoes	Angel Hair
<b>Y</b>	Whole Milk	Fresh Broccoli	Grilled Yellow Squash
	Coffee	Mixed Berry Apple Crisp	Bread Stick
<b>22</b>			Asst Cookies
<b>S</b>	Chilled Fruit	Loaded Potato Chowder	Loaded Potato Chowder
<b>A</b>	Assorted Fruit Juice	Cottage Cheese	Butternut Squash Soup
<b>T</b>	Old Fashioned Oatmeal	Mixed Green Salad	Cottage Cheese
<b>U</b>	French Toast	Apricot Glazed Turkey	Beefy Macaroni Casserole
<b>R</b>	Poached Egg	Catch of the Day	Smothered Pork Chop
<b>D</b>	Bacon	Roasted Red Potatoes	Garlic Mashed Potatoes
<b>A</b>	Whole Milk	Peas & Onions	Mixed Vegetables
<b>Y</b>	Coffee	Ice Cream Sundae	Chocolate Peanut Butter Brownie
<b>23</b>			
<b>S</b>	Chilled Fruit	Mushroom Bisque	Mushroom Bisque
<b>U</b>	Orange Juice	Deviled Eggs	Navy Bean Soup
<b>N</b>	Cream of Wheat	Mixed Green Salad	Deviled Eggs
<b>D</b>	Scrambled Egg	Baked Chicken	Chef Salad
<b>A</b>	Sausage Link	Pot Roast	Chicken Fried Steak
<b>Y</b>	Cinnamon Rolls	Buttered Egg Noodles	Caramelized Leek Mashed Potatoes
	Whole Milk	Glazed Baby Carrots	Buttered Corn
	Coffee	Pecan Pie	Tropical Rice Pudding
<b>24</b>		Dinner Roll	Dinner Roll