



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**  
Joan Creighton LP

**NEW STAFF**  
Claire Shaw, Dining  
Kelsey Zager, Occupa-  
tional Therapy Intern  
Brooke Riley, Dining

**IN REMEMBRANCE**

**MONDAY, APRIL 25**

<i>Wellness: Seniorcise Gold I</i>	8:00 am	Wellness Center
<i>Wellness: Seniorcise Gold II</i>	9:00 am	Wellness Center
All About Seeing Eye Dogs	9:30 am	LP Parlor
<i>Wellness: Strength &amp; Flex I</i>	10:00 am	Wellness Center
Food For Thought	10:30 am	LP Parlor
<i>Wellness: Strength &amp; Flex II</i>	11:00 am	Wellness Center
<i>Wellness: Monday Meditation</i>	12:00 pm	Wellness Center
Wii Bowling	1:30 pm	LP Parlor
Pomegranate Spritzer Hallway Social	2:30 pm	LP Resident Rooms
Conversation Corner	3:00 pm	LP 3rd Floor Lobby

**TUESDAY, APRIL 26**

Who 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
Golf Putting Game	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	LP Parlor
Room Visits	2:30 pm	LP Resident Rooms
Conversation Corner	3:00 pm	LP 3rd Floor Lobby
<b>SU: Medicare &amp; Mental Health</b>	<b>3:30 pm</b>	<b>Zoom Meeting</b>

**WEDNESDAY, APRIL 27**

<i>Wellness Assessments</i>	8:30am— 4:30pm	Wellness Center
Morse Code Day	9:30 am	LP Parlor
Skip-Bo Card Game	10:30 am	LP Parlor
Music by Sandra Walker	1:30 pm	LP Parlor
<b>SU: Literary League Book Club</b>	<b>2:00 pm</b>	<b>BV Gathering Room</b>
Happy Hour	2:30 pm	LP Parlor
<i>Wellness: Sit Fit Fun</i>	2:30 pm	TJ Solarium
Conversation Corner	3:00 pm	LP 3rd Floor Lobby

**Resident Council Elections**

Elections for the 2022-23 Resident Council representatives are now taking place. Nomination ballots are available from each buildings Election Committee Chair. **For Lillian Pratt**, ballots are available at the front desk. A ballot will also be put into your FTJ mailbox.

Ballots for the other four buildings are as follows:

- Bristol View** – Lynn Brown;
- Duplex** – Ann Martin;
- Garden Apartments** – John Lynn;
- Tobey Jones** – Marcia Kuska.

Ballots must be turned in by **May 2<sup>nd</sup>**. If you have questions, please contact Chair John Lynn or Executive Assistant Kelly Maxfield.

### HAPPY BIRTHDAY

April 25

Bernie Ekemo

April 26

Barbara Johnson

April 28

Bill Keebler

May 2

Don Clifford  
Sandra Driskell

May 3

Ann Crawford  
Patricia Ducolon

May 4

Virginia Dalley

May 8

Jo An MacDonald  
Maris Drewfs

May 9

Nadyne Meteyer  
Edna Franklin  
Pierrette Bodman

May 10

Janice Hanson  
John Hodge  
Robert Lordahl

May 11

Hazel McIntosh  
Dale Hale

May 12

Richard Driskell

May 13

Mike Wiese  
Lillian Bender

May 14

Peg Squire

May 15

Richard Farner

May 17

Paul Conn

May 21

Freeman Brown

May 22

Patsy Mills

May 23

Eloise Johnson  
Nancy Wallrof

May 26

Joan Garden  
Paul Van Der Voort

May 27

Dick Griffin

May 29

Clemens Plattner

### THURSDAY, APRIL 28

<i>Wellness Assessments</i>	<i>8:30am—4:30pm</i>	<i>Wellness Center</i>
<b>Word Games</b>	<b>9:30 am</b>	<b>LP Parlor</b>
<b>Music by Dave Kern</b>	<b>10:30 am</b>	<b>LP Parlor</b>
<b>SU: Spanish Civil War for Beginners</b>	<b>11:00 am</b>	<b>Zoom Meeting</b>
<b>Fred Meyer Shopping Trip</b>	<b>1:30 pm</b>	<b>Sign up at LP Desk</b>
<b>Building a Medieval House</b>	<b>1:30 pm</b>	<b>LP 3rd Floor Lobby</b>
<b>SU: The Conquest of America-Five Answers to Five Questions</b>	<b>2:00 pm</b>	<b>Zoom Meeting</b>
<b>Knit Wits</b>	<b>2:30 pm</b>	<b>TJ Parlor</b>
<b>Conversation Corner</b>	<b>3:00 pm</b>	<b>LP 3rd Floor Lobby</b>
<b>GA Happy Hour</b>	<b>3:30 pm</b>	<b>GA Living Room</b>
<b>TJ Happy Hour</b>	<b>3:30 pm</b>	<b>TJ Parlor</b>

### FRIDAY, APRIL 29

<i>Wellness Assessments</i>	<i>8:30am—4:30pm</i>	<i>Wellness Center</i>
<b>What Am I?</b>	<b>9:30 am</b>	<b>LP Parlor</b>
<b>SU: Culture Culinary History</b>	<b>10:00 am</b>	<b>BV Gathering Room</b>
<b>History of Arbor Day</b>	<b>10:30 am</b>	<b>LP Parlor</b>
<b>Tree Trivia</b>	<b>1:30 pm</b>	<b>LP Parlor</b>
<b>Celebration of Life Bell Ringing</b>	<b>1:30 pm</b>	<b>TJ/SN Garden</b>
<b>SU: Color of Law Book Discussion</b>	<b>2:00 pm</b>	<b>Zoom Meeting</b>
<b>Conversation Corner</b>	<b>3:00 pm</b>	<b>LP 3rd Floor Lobby</b>

### SATURDAY, APRIL 30

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

### SUNDAY, MAY 1

<b>Morning Movie</b>	<b>9:30 am</b>	<b>LP Parlor</b>
<b>Seated Exercise</b>	<b>1:30 pm</b>	<b>LP Parlor</b>
<b>All About May Day</b>	<b>2:30 pm</b>	<b>LP Parlor</b>
<b>Conversation Corner</b>	<b>3:00 pm</b>	<b>LP 3rd Floor Lobby</b>

### Assessments for Wellness Classes

Wellness Staff will be conducting fitness assessments in the Wellness Center from **April 27<sup>th</sup>-29<sup>th</sup>**. If you are in one of our Seniorcise Gold, Strength n' Flex or Strong n' Stable classes and had your initial assessment prior to January 1<sup>st</sup>, please make sure you sign up for a time.

If you are interested in joining a class, please contact the Wellness Center and we can get you signed up for an assessment for class placement. There will be no classes during these dates. If you have any questions or would like to sign up, please contact Wellness Staff at 253-756-6279.



**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 re-joyce in their triumphs

**Please sign up at LP Front Desk**

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

A commonym is a group of words that have a common trait in the three words/items listed. For example: the words; A car - A tree - An elephant.. they all have trunks.

1. The Navy - A Deli - An Absent Teacher
2. A Person - A Watch - A Mountain
3. A Bowling Alley - A Roof - A Street
4. High - Uneven - Parallel
5. Goose - Theresa - Hubbard
6. Mare - Mustang - Bronco
7. Killer Whales - Referees - Old T.V's
8. Music - Mail - Safe Deposit
9. Rail - Chain - Picket
10. Palm - Easter - Hot Fudge



### WEEKLY RIDDLE

As for Presidents, in peace and in war. The United States has had forty-four. A baseball player in the Hall of Fame. After twenty-two was given his name. Number twenty-four lost the term before. Although he received, popular votes more. Both these Presidents had the same mother. Yet to each other they weren't a brother.

### Assisted Living/Memory Care Annual Survey

Last week FTJ was visited by two surveyors from the state of Washington to conduct the annual licensure survey of Assisted Living and Memory Care. I am happy to report that we passed the survey with no deficiencies. Additionally, the State Fire Marshall also visited to complete their annual inspection and they also found no deficiencies.

A huge thank you to our Clinical, HR, Building Services and Dining teams that spent many hours providing the surveyors with the necessary information. Deficiency free surveys are very rare and our amazing team made this happen.

Bob Beckham  
Chief Operating Officer

**Spanish Civil War for Beginners**

The Spanish Civil War (1936-1939) was a conflict in which different and opposing visions of the destiny and development of Western civilization clashed. We'll talk about the influence that this event had on global culture and the passions that were unleashed in its wake. This presentation will give attendees a clear idea of the conflict and the almost four decades long dictatorship of Francisco Franco that marked the history of Spain and the world.

**Thursday, April 28**  
**11:00 am, Zoom Meeting**  
Meeting ID: 481 600 3295  
Passcode: 845170

**Tobey Jones Building Refresh Project**

The Tobey Jones building will be getting a "refresh" this year, for residents to enjoy and to remain competitive. Franke Tobey Jones is working with the same interior design team that upgraded the Lillian Pratt interior. Common areas will be painted (started this week and is estimated to be complete by end of May). Lighting, furniture and artwork will also be changed, timing will depend on product availability and scheduling. Some existing pieces will be incorporated into the design.

**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**

**Five Answers to Five Questions About the Conquest of America**

This lecture will attempt to answer five questions about this traumatic historical event and the consequences it has had on the indigenous populations of the continent. In this way, it will try to demonstrate that the indigenous populations of that time, like those of today, have not been completely defeated.

**Thursday, April 28**  
**2:00 pm, Zoom Meeting**  
Meeting ID: 481 600 3295  
Passcode: 845170

**Celebration of Life Bell Ringing**

Please join us on **Friday, April 29<sup>th</sup> at 1:30** in the Celebration of Life Circle (behind the Resident Garden between TJ and the Care Center) to help us celebrate the lives of those residents who have passed away in April.

<b>MENU</b>			
<b>Apr 25th - May 1st</b>			
	<b>BREAKFAST</b>	<b>DINNER</b>	<b>SUPPER</b>
			<i>Menu subject to change due to supply shortages</i>
<b>M</b>	Chilled Fruit	Chunky Vegetable & Orzo Soup	Chunky Vegetable & Orzo Soup
<b>O</b>	Orange Juice	Fruit Salad	Pork Chile Verde
<b>N</b>	Old Fashioned Oatmeal	Mixed Green Salad	Fruit Salad
<b>D</b>	Scrambled Egg	Crispy Baked Flounder	Apple Chicken & Cheddar Melt
<b>A</b>	Bacon	Braised Pork Shoulder	Roast Beef
<b>Y</b>	Double Chocolate Muffin	Horseradish Yukon Mashed Potatoes	Baked Potato
	Whole Milk	Braised Red Cabbage	Creamed Spinach
<b>25</b>	Coffee	Baked Apples	Bakers Choice
<b>T</b>	Chilled Fruit	Turkey Rice Soup	Turkey Rice Soup
<b>U</b>	Orange Juice	Cole Slaw	Garden Vegetable Soup
<b>E</b>	Cream of Wheat	Mixed Green Salad	Cole Slaw
<b>S</b>	Fried Large Cage Free Egg	Pork Cutlet	Beef & Cheddar Kaiser
<b>D</b>	Grilled Ham	Meat Sauce	Farmers Omelet
<b>A</b>	Buttermilk Pancakes	Rotini Pasta	Hash Brown Potatoes
<b>Y</b>	Whole Milk	Capri Vegetables	Potato Chips
<b>26</b>	Coffee	Blueberry Fritter	Pound Cake w Strawberries
<b>W</b>			
<b>E</b>	Chilled Fruit	Cauliflower Cheese Soup	Cauliflower Cheese Soup
<b>D</b>	Orange Juice	Cucumber Sour Cream Salad	Onion Soup with Parmesan Crouton
<b>N</b>	Old Fashioned Oatmeal	Mixed Green Salad	Cucumber Sour Cream Salad
<b>E</b>	Scrambled Egg	Chicken Marsala	Wedge Salad
<b>S</b>	Sausage Link	Eggplant Parmesan	Roasted Turkey Breast
<b>D</b>	Apple Cinnamon Muffin	Penne	Mashed Sweet Potato
<b>A</b>	Whole Milk	French Cut Green Beans	Fresh Broccoli
<b>Y</b>	Coffee	Garlic Black Pepper Rolls	Grilled Rustic Bread
<b>27</b>		Cookies and Cream Blondie	Vanilla Pudding Cup
<b>T</b>			
<b>H</b>	Chilled Fruit	Cream of Potato Soup	Cream of Potato Soup
<b>U</b>	Orange Juice	Fruited Jell-O Salad	Tomato Basil Soup
<b>R</b>	Cream of Wheat	Mixed Green Salad	Fruited Jell-O Salad
<b>S</b>	Whole Wheat French Toast	Grilled Salmon	Pepperoni Pizza
<b>D</b>	Scramble Eggs	Sweet and Sour Chicken	Turkey Cheese Burger
<b>A</b>	Bacon	Steamed Brown Rice	French Fries
<b>Y</b>	Whole Milk	Asian Blend Vegetables	Assorted Desserts
<b>28</b>	Coffee	Bakers Choice	
<b>F</b>	Chilled Fruit	New England Clam Chowder	New England Clam Chowder
<b>R</b>	Orange Juice	Bean Salad	Mushroom & Roasted Garlic Soup
<b>I</b>	Old Fashioned Oatmeal	Mixed Green Salad	Bean Salad
<b>D</b>	Poached Eggs	Crispy Parmesan Tilapia	Classic Tuna Melt
<b>A</b>	Sausage Patty	Turkey Meatloaf	Beef Stroganoff
<b>Y</b>	Donuts Holes	Mashed Potatoes	Rotini Noodles
	Whole Milk	Peas & Carrots	Grilled Yellow Squash
<b>29</b>	Coffee	Banana Cream Pie Pudding Cup	Linzi Bars
<b>S</b>	Chilled Fruit	Spring Pasta Fagioli	Spring Pasta Fagioli
<b>A</b>	Orange Juice	Cottage Cheese	Turkey Vegetable Soup
<b>T</b>	Old Fashioned Oatmeal	Mixed Green Salad	Cottage Cheese
<b>U</b>	Fried Cage Free Egg	Baked Chicken	Grilled Cheese Quesadilla
<b>R</b>	Bacon	Panko Crusted Cod	Balsamic Turkey London Broil
<b>D</b>	Coffee Cake	Jasmine Rice & Scallions	Home Fried Potatoes
<b>A</b>	Whole Milk	Sesame Green Beans	California Mixed Vegetables
<b>Y</b>	Coffee	Apple Crumble	Raspberry Yogurt Mousse
<b>30</b>			
<b>S</b>	Chilled Fruit	Vegetarian Lentil & Spinach Soup	Vegetarian Lentil & Spinach Soup
<b>U</b>	Orange Juice	Waldorf Salad	Beef Barley Soup
<b>N</b>	Old Fashioned Oatmeal	Mixed Green Salad	Waldorf Salad
<b>D</b>	Eggs To Order	Fried Shrimp	South American Tuna Wray
<b>A</b>	Bacon	Honey Orange Pork Medallions	Teriyaki Chicken Fried Rice Bowl
<b>Y</b>	Hash Browned Potatoes	Roasted Red Potatoes	Sautéed Bok Choy
	Cinnamon Rolls	Steamed Broccoli	Home Made Tortilla Chips
<b>1</b>	Whole Milk	Lemon Meringue Pie	Banana Split
	Coffee		