



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**  
Claudia Smith SN

**NEW STAFF**

Amy Falquez, Clinical  
Adam Pulk, Dining  
Leslie Viveros, Building  
Services  
Victoria Ndungu, Clinical  
Brian Foraker, Clinical

**IN REMEMBRANCE**  
Gwen Phibbs MC  
David Baker BV

**MONDAY, MAY 2**

<i>Wellness: Seniorcise Gold I</i>	8:00 am	Wellness Center
<i>Wellness: Seniorcise Gold II</i>	9:00 am	Wellness Center
All About Meerkats	9:30 am	LP Parlor
<i>Wellness: Strength &amp; Flex I</i>	10:00 am	Wellness Center
The Daily Chronicle	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
Flower Seed Planting	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, MAY 3**

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
Mystery Stories	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, MAY 4**

<i>Wellness: Seniorcise Gold I</i>	8:00 am	Wellness Center
<i>Wellness: Seniorcise Gold II</i>	9:00 am	Wellness Center
Crazy 8 Card Game	9:30 am	LP Parlor
<i>Wellness: Strength &amp; Flex I</i>	10:00 am	Wellness Center
Unbelievable Places	10:30 am	LP Parlor
<i>Wellness: Strength &amp; Flex II</i>	11:00 am	Wellness Center
Inventions Trivia	1:30 pm	LP Parlor
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
<b>SU: Great Decisions— Climate Change</b>	<b>3:00 pm</b>	<b>Zoom Meeting</b>

**From the Maintenance Desk**

The two entrance awnings at TJ and LP are being replaced. Before the awning covers arrive, maintenance staff will be cleaning the front of the buildings and re painting the metal frames. We hope to have the new awnings in about 6 weeks.

### HAPPY BIRTHDAY

May 2

Don Clifford  
Sandra Driskell

May 3

Ann Crawford  
Patricia Ducolon

May 4

Virginia Dalley

May 8

Jo An MacDonald  
Joy 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

May 30

Jan Johnson

May 31

Phyllis Larsen  
Catherine McIntyre  
Faye Warren  
Lura Murphy

### THURSDAY, MAY 5

<b>Cinco de Mayo Word Games</b>	<b>9:30 am</b>	<b>LP Parlor</b>
<i>Wellness: Strong &amp; Stable</i>	<i>10:00 am</i>	<i>Wellness Center</i>
<b>Fun Facts of Cinco de Mayo</b>	<b>10:30 am</b>	<b>LP Parlor</b>
<i>Wellness: Yoga</i>	<i>11:00 am</i>	<i>Wellness Center</i>
<b>SU: Choreographers: Bob Fosse, Debbie Allen, Michael Peters</b>	<b>11:00 am</b>	<b>BV Gathering Room</b>
<b>Cinco de Mayo Celebration</b>	<b>1:30 pm</b>	<b>LP Parlor</b>
<b>Knit Wits</b>	<b>2:30 pm</b>	<b>TJ Parlor</b>
<i>Wellness: Sit Fit Fun</i>	<i>2:30 pm</i>	<i>LP Parlor</i>
<b>Conversation Corner</b>	<b>3:00 pm</b>	<b>LP 3rd Floor Lobby</b>
<b>SU: Nutrition for Healthy Aging</b>	<b>3:00 pm</b>	<b>Zoom Meeting</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, MAY 6

<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>
<b>Random Trivia</b>	<b>9:30 am</b>	<b>LP Parlor</b>
<i>Wellness: Strength &amp; Flex I</i>	<i>10:00 am</i>	<i>Wellness Center</i>
<b>SU: Culture Culinary History</b>	<b>10:00 am</b>	<b>BV Gathering Room</b>
<i>Wellness: Strength &amp; Flex II</i>	<i>11:00 am</i>	<i>Wellness Center</i>
<b>Wii Bowling</b>	<b>1:30 pm</b>	<b>LP Parlor</b>
<b>SU: Art Appreciation Lecture Series</b>	<b>2:00 pm</b>	<b>Wellness Center</b>
<i>Wellness: Sit Fit Fun</i>	<i>2:30 pm</i>	<i>TJ Solarium</i>
<b>Conversation Corner</b>	<b>3:00 pm</b>	<b>LP 3rd Floor Lobby</b>

### SATURDAY, MAY 7

<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>

### SUNDAY, MAY 8

<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>Talking About Mothers</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>

### 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.

## **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 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.**



### **New Wellness Class Offering: Restorative Yoga**

Katie is offering a Restorative Yoga class beginning in May. This is a gentle, slow-paced practice meant to release tension from the body and mind through deep relaxation, rest, and meditation in passive poses held for extended periods of time. There are no standing poses in the Restorative tradition of Yoga, so the entire class is practiced on the floor with the aid of supportive props like bolsters and blankets. The class will be held on Tuesdays at 9:00 am and is 45 minutes in length. If you have any questions about the class, please contact Katie at 253-756-3241 or via email at [klodge@franketobeyjones.com](mailto:klodge@franketobeyjones.com).

### Covid Update

We have received results from the testing we did in Memory Care on Monday, April 25, and we regret to inform you that we are experiencing an outbreak of COVID in Memory Care with eight residents and one staff member testing positive. Unrelated to this outbreak, we also have two staff members in Skilled Nursing that have tested positive. We will test all Skilled Nursing and Memory Care residents and staff on Monday, May 2nd. No visitors are allowed at this time in Memory Care but visitation can continue in Skilled Nursing.

As you can imagine, having an outbreak at work is incredibly difficult on our residents, our staff and our families. I assure you, we are doing everything we can to control the spread between staff and residents. We thank you for your continued support as we all work through this together.

If you have any questions, please do not hesitate to reach out via email to me ([jdunn@franketobeyjones.com](mailto:jdunn@franketobeyjones.com)) or Bob Beckham ([bbeckham@franketobeyjones.com](mailto:bbeckham@franketobeyjones.com)) or by phone at 253-752-6621.

Thank you,  
Judy Dunn, President and CEO



### WEEKLY RIDDLE

What has a head and a tail, but no body?

If you enjoy solving cryptograms, acrostics or crossword puzzles, you'll love solving Drop Quotes! The game is simple. Each puzzle contains a hidden quote, with the spaces for each letter in that quote laid out in a typical crossword puzzle-type black and white grid. Above each column are a series of letters. Simply "drop" each letter into the appropriate squares in each row and column to reveal the hidden quote.

Quote by: Dr. Joyce Brothers

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

**Art Appreciation Lecture Series: Elements & Principles of Design**

Let's explore the building blocks of visual communication and how they contribute to art making. Contact Jana at 253-756-6219 to register for this class.

**Friday, May 6**

**2:00 pm, MJ Wicks Wellness Center**

**Great Courses - Food: A Cultural Culinary History**

With this innovative course, you'll travel the world discovering fascinating food lore and culture of all regions and eras. Contact Jana at 253-756-6219 to register for this class.

**Friday, May 6**

**10:00 am, Bristol View Gathering Room**

**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**

**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.

**Choreographers: Bob Fosse, Debbie Allen, Michael Peters**

Get an inside peak into their processes when creating such hit Broadway shows such as “Chicago”, “Dreamgirls” and “Sweet Charity”. Contact Jana at 253-756-6219 to register for this class.

**Thursday, May 5, May 12, & May 19**

**11:00 am, Bristol View Gathering Room**

**Nutrition for Healthy Aging Series: Putting it all Together**

Susan Blake talks about the diet and lifestyle plan for whole body health.

**Thursday, May 5**

**3:00 pm, Zoom Meeting**

**Meeting ID: 875 8652 4938**

**Passcode: 845170**

**Cinco de Mayo—May 5th Festivities**

Hola! Due to a few scheduling changes, our festive music and happy hours have new times ~ Here is our updated schedule:



GA 11:30-12:30—Live Music in GA Living Room  
GA 3:30-4:30—Happy Hour in GA Living Room

BV 1:00-2:00— Live Music in the Bowditch Room  
BV 1:00-3:00—Happy Hour in Bowditch Room

LP 1:30-2:30—Happy Hour in LP Parlor

TJ 4:00-5:00—Live Music/Happy Hour TJ Parlor

DU 4:30-6:30—Happy Hour in DU Gazebo  
DU 5:30-6:30—Live Music in DU Gazebo

<b>MENU</b>			
<b>May 2nd - May 8th</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	Cream of Chicken & Wild Rice	Cream of Chicken & Wild Rice
<b>O</b>	Orange Juice	Fruit Salad	Tomato Florentine Soup
<b>N</b>	Old Fashioned Oatmeal	Mixed Green Salad	Fruit Salad
<b>D</b>	Belgian Waffles	Horseradish Crusted Trout	Three Cheese Quiche
<b>A</b>	Scramble Eggs	Bean, Pork Kielbasa & Chicken Casserole	Bruschetta Burger
<b>Y</b>	Grilled Ham	Brown Rice & Barley Pilaf	French Fries
	Whole Milk	Summer Squash & Carrot Medley	Broccoli Cuts
<b>2</b>	Coffee	Coconut Cream Pie	Bakers Choice
	Chilled Fruit	Split Pea Soup w Ham	Split Pea Soup w Ham
<b>T</b>	Orange Juice	Cole Slaw	Carbonado Soup
<b>U</b>	Cream of Wheat	Mixed Green Salad	Cole Slaw
<b>E</b>	Apple Cinnamon Muffin	Pinto Bean & Potato Cheddar Quesadilla	Monte Cristo Sandwich
<b>S</b>	Fried Cage Free Egg	Pork Chop & Sauerkraut	Beef Pot Pie
<b>D</b>	Bacon	Oven Brown Potatoes	Green Beans
<b>A</b>	Whole Milk	Lima Beans	Potatoes Chips
<b>Y</b>	Coffee	Yellow Cake with Fudge Icing	Chocolate Chip Cookie
<b>3</b>			
<b>W</b>			
<b>E</b>	Chilled Fruit	Chicken Gumbo	Chicken Gumbo
<b>D</b>	Orange Juice	Cucumber Sour Cream Salad	Red Pepper & Basil Soup
<b>N</b>	Old Fashioned Oatmeal	Mixed Green Salad	Cucumber Sour Cream Salad
<b>E</b>	Blueberry Coffee Cake	Crispy Baked Cod	Chicken Pattie Sandwich
<b>S</b>	Scramble Eggs	Swedish Meatballs	Classic Mac & Cheese
<b>D</b>	Sausage Patty	Buttered Noodles	Stewed Tomatoes
<b>A</b>	Whole Milk	Roasted Zucchini	Sweet Potato Waffle Fries
<b>Y</b>	Coffee	Bread Pudding	Chocolate Brownie
<b>4</b>			
<b>T</b>	Chilled Fruit	Hearty Beef Vegetable Soup	Hearty Beef Vegetable Soup
<b>H</b>	Orange Juice	Fruited Jell-O Salad	Mexican Street Corn Chowder
<b>U</b>	Cream of Wheat	Mixed Green Salad	Mixed Green Salad
<b>R</b>	Eggs to Order	Pork & Wild Mushroom Ragout	Cheese Enchilada Casserole
<b>S</b>	Whole Wheat French Toast	Chicken Alfredo	Soft Beef Tacos
<b>D</b>	Bacon	Rotini Pasta	Refried Beans / Brown Rice
<b>A</b>	Whole Milk	Yellow Squash, Red Pepper, Pea Medley	Chips & Salsa
<b>Y</b>	Coffee	Garlic Crostini	Cookies & Cream Cupcake
<b>5</b>		Bakers Choice	
<b>F</b>	Chilled Fruit	New England Clam Chowder	New England Clam Chowder
<b>R</b>	Orange Juice	Side Caesar Salad	Side Caesar Salad
<b>I</b>	Old Fashioned Oatmeal	Mixed Green Salad	Mixed Green Salad
<b>D</b>	Fried Cage Free Egg	Grilled Salmon	Flame Grilled Chicken & Artichoke
<b>A</b>	Bacon	Spinach Lasagna with Marinara Sauce	Pizza
<b>Y</b>	Mixed Berry Wheat Pancakes	Steamed Red Potatoes	Tuna Salad Plate
	Whole Milk	Corn O'Brien with Peppers	Pound Cake
<b>6</b>	Coffee	Banana Split	
<b>S</b>			
<b>A</b>	Chilled Fruit	Loaded Baked Potato Soup	Loaded Baked Potato Soup
<b>T</b>	Orange Juice	Cottage Cheese & Tomato	Lemon Chicken Orzo Soup
<b>U</b>	Old Fashioned Oatmeal	Mixed Green Salad	Cottage Cheese & Tomato
<b>R</b>	Scrambled Egg	Meatloaf	Zucchini, Bacon & Swiss Frittata
<b>D</b>	French Toast	Tuscan-Style Turkey Breast	Patty Melt Sandwich
<b>A</b>	Bacon	Roasted Yukon Potatoes	Steamed Vegetables
<b>Y</b>	Whole Milk	French Cut Green Beans	French Fries
<b>7</b>	Coffee	Angel Food Cake w Orange Sauce	Butterscotch Pudding
<b>S</b>	Chilled Fruit	Chicken Ditalini Soup	Cream of Vegetable Soup
<b>U</b>	Old Fashioned Oatmeal	Mixed Green Salad	Chicken Ditalini Soup
<b>N</b>	Eggs To Order	Deviled Eggs	Deviled Eggs
<b>D</b>	Sausage Link	Seasoned London Broil	Margherita Pizza Flat
<b>A</b>	Hash Browned Potatoes	Baked Pit Ham	Chicken Breast w Rice
<b>Y</b>	Cinnamon Roll	Golden Rice Pilaf	Broccoli
	Whole Milk	Simply Steamed Sugar Snap Peas	Maple Bacon Cookie
<b>8</b>	Coffee	Cherry Pie	