



FRANKE
TOBEY
JONES

Enjoy your age

Main Desk Phone
752-6621 or Ext. 0

Work Order Line
Ext. 1293

RESIDENT COUNCIL MEETING

Monday, June 13

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

Tibrea Cagle, Clinical

IN REMEMBRANCE

Mary Beil LP
Frances Scrim SN
David Lundburg SN

MONDAY, MAY 23

<i>Wellness: Seniorcise Gold I</i>	8:00 am	Wellness Center
<i>Wellness: Seniorcise Gold II</i>	9:00 am	Wellness Center
Turtle Day	9:30 am	LP Parlor
<i>Wellness: Strength & Flex I</i>	10:00 am	Wellness Center
Church Services	10:00 am	LP Parlor
Church Services	10:30 am	TJ Parlor
<i>Wellness: Strength & Flex II</i>	11:00 am	Wellness Center
<i>Wellness: Monday Meditation</i>	12:00 pm	Wellness Center
Password Game	1:30 pm	LP Parlor
<i>Holistic Wellness: Full Moon Sound Bath</i>	1:30 pm	Wellness Center
Italian Soda Hallway Social	2:30 pm	LP Resident Rooms
Conversation Corner	3:00 pm	LP 3rd Floor Lobby

TUESDAY, MAY 24

<i>Wellness: Restorative Yoga</i>	9:00 am	Wellness Center
Who 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
<i>Wellness: Yoga</i>	11:00 am	Wellness Center
IL Worship Service	11:30 am	BV Gathering Room
3 Ways to Draw a Cat	1:30 pm	LP Parlor
Proctor District Shopping Bus	1:30 pm	Sign up at LP Desk
<i>Holistic Wellness: Better Sleep</i>	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: Avoiding Medicare Excess Charges	3:30 pm	Zoom Meeting

WEDNESDAY, MAY 25

<i>Wellness: Seniorcise Gold I</i>	8:00 am	Wellness Center
<i>Wellness: Seniorcise Gold II</i>	9:00 am	Wellness Center
Elevenes Dice Game	9:30 am	LP Parlor
<i>Wellness: Strength & Flex I</i>	10:00 am	Wellness Center
SU: Music of Denmark in Hymnody	10:00 am	BV Bowditch Room
Food for Thought	10:30 am	LP Parlor
<i>Wellness: Strength & Flex II</i>	11:00 am	Wellness Center
Music by Sandra Walker	1:30 pm	LP Parlor
SU: Literary League Book Club	2:00 pm	BV Bowditch Room
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
DU Happy Hour	3:30 pm	Wellness Center
BV Happy Hour	3:30 pm	BV Bowditch Room
GA Happy Hour	3:30 pm	GA Living Room
TJ Happy Hour	3:30pm	TJ Parlor

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 26

<i>Wellness: Tai Chi DVD</i>	9:00 am	Wellness Center
All About John Wayne	9:30 am	LP Parlor
<i>Wellness: Strong & Stable</i>	10:00 am	Wellness Center
SU: Music of Sweden– Sweden’s Import-Export Business	10:00 am	BV Bowditch Room
Music by Dave Kern	10:30 am	LP Parlor
<i>Wellness: Yoga</i>	11:00 am	Wellness Center
Fred Meyer Shopping Bus	1:30 pm	Sign up at LP Desk
Dracula Day	1:30 pm	LP Parlor
Knit Wits	2:30 pm	TJ Parlor
<i>Wellness: Sit Fit Fun</i>	2:30 pm	LP Parlor
Conversation Corner	3:00 pm	LP 3rd Floor Lobby
GA Happy Hour	3:30 pm	GA Living Room
TJ Happy Hour	3:30 pm	TJ Parlor

FRIDAY, MAY 27

<i>Wellness: Seniorcise Gold I</i>	8:00 am	Wellness Center
<i>Wellness: Seniorcise Gold II</i>	9:00 am	Wellness Center
The Golden Gate Bridge	9:30 am	LP Parlor
<i>Wellness: Strength & Flex I</i>	10:00 am	Wellness Center
SU: Music of Norway-The Fiddle & Norwegian Culture	10:00 am	BV Bowditch Room
Inventive Songs	10:30 am	LP Parlor
<i>Wellness: Strength & Flex II</i>	11:00 am	Wellness Center
Life Circle Ribbon Cutting	1:00 pm	Life Circle
Celebration of Life Bell Ringing	1:30 pm	Life Circle
Wii Bowling	1:30 pm	LP Parlor
<i>Wellness: Sit Fit Fun</i>	2:30 pm	TJ Solarium
SU: The Species Maker Book Discussion	3:00 pm	Wellness Center
Conversation Corner	3:00 pm	LP 3rd Floor Lobby

SATURDAY, MAY 28

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, MAY 29

Morning Movie	9:30 am	LP Parlor
Seated Exercises	1:30 pm	LP Parlor
Thanks for the Memory	2:30 pm	LP Parlor
Conversation Corner	3:00 pm	LP 3rd Floor Lobby

Tacoma Musical Playhouse “In the Heights”

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

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

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. 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.



Lunch Bunch “The Matador”

Thursday, June 2 Bus departs at 11:10 am.

Sign up by Wednesday June 1 **Cost: Meal**

The Matador was created to offer an experience like no other! Featuring made from scratch Mexican cuisine and hand crafted cocktails along with the most diverse selection of Tequilas anywhere! Featuring a team of chefs, servers and bartenders that take pride in always delivering a memorable experience at every turn! Join us for lunch bunch at this great restaurant in the heart of downtown Tacoma. Spots are limited to 20 people.

Please sign up at the Front Desk.



Watsons Nursery

Wednesday, June 8 Bus departs at 11:00 am.

Sign up by Monday June 6. **Cost: Whatever you purchase and Lunch**

We are heading to Watson’s Nursery to celebrate the warmer months. Watson’s will have their summer flowers in and will be geared up for the growing season. Join us to purchase flowers for your garden or to just browse their fun displays. After browsing and shopping we will stop for lunch at their bistro.

Please sign up at LP Front Desk



Covid Update

We are happy to report that all residents and staff in Assisted Living and Memory Care that were tested for COVID this week have resulted negative. Visitation can resume in Memory Care. Please review the visitation policy during your visit. We no longer need to test Assisted Living residents but we will be testing Memory Care residents again until we go 14 days without a new positive result.

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

Thank you,
 Judy Dunn, President and CEO



WEEKLY RIDDLE

What is so fragile that saying its name breaks it?

Music Terms Word Search Puzzle

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

ACAPPELLA	MINOR	TREBLE
ACCELERANDO	NOTE	TUNE
ALTO	PAUSE	
BALLAD	PITCH	
BARS	POLKA	
BASS	RAGTIME	
CHORD	REST	
CHORUS	RHYTHM	
DUET	ROCK	
FLAT	SCORE	
KEYS	SHARP	
LEGATO	SOLO	
LYRICS	SOPRANO	
MEASURE	TENOR	
MELODY	TONE	

Music of Denmark in Hymnody

We'll explore how hymnody has helped to form the Catholic (and later Lutheran) faiths in Denmark as well as its uses in development of the monarchy and the modern nation state. Contact Jana at 253-756-6219 to register for this class.

Wednesday, May 25

10:00 am, Bristol View Bowditch Room

The Celebration of Life Circle Ribbon Cutting

Friday, May 27th at 1:00 p.m., the official ribbon cutting will be held in the Circle between the Tobey Jones and Care Center buildings. All residents and staff are cordially invited to attend!

To honor the residents we have lost in May, the monthly bell ringing will be held immediately following the ribbon cutting at 1:30 p.m.

Music of Norway— The Fiddle and Norwegian Culture

Norway's national identity has partly emerged from its fiddlers, from Ole Bull to Alexander Rybak. Let's explore how this instrument of high and low culture perfectly encapsulates Norwegian heritage and modernity. Contact Jana at 253-756-6219 to register for this class.

Friday, May 27

10:00 am, Bristol View Bowditch Room

Restorative Yoga

Restorative Yoga is gaining in popularity and used by athletes during rest/recovery days and by individuals healing from illness and injuries. 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. Contact Sarah at 253-756-3241 to register for this class.

Tuesdays

9:00am Wellness Center

Holistic Wellness Class "Sleep Better" with Dr. Michael Breus

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. Inspiring you to live a vibrant life of well-being & promote positive change. Contact Sarah at 253-756-3241 to register for this class.

Tuesday, May 31

2:00 pm, Wellness Center

The Music of Sweden— Sweden's Import-Export Business

We'll consider how Sweden's leadership in fashion, art, and international trade is expressed through its music. Contact Jana at 253-756-6219 to register for this class.

Thursday, May 26

10:00 am, Bristol View Bowditch Room

Introduction to Forest Bathing

Uncover the meaning of 'Shinrin-yoku'. Experience the remarkable healing energy of nature through walks that create change. A simple way to relax your mind, revitalize your body and rediscover your authentic self through forest walks and gentle mind play exercises. We will walk from FTJ to the Japanese garden at Point Defiance and back. Roughly 1.5 miles round trip over uneven terrain. You must be able to walk this distance without staff assistance. Contact Sarah at 253-756-3241 to register for this class.

Thursday, May 26

10:00am Meet at Bistro



MENU			
May 23rd - May 29th			
			<i>Menu subject to change due to supply shortages</i>
	BREAKFAST	DINNER	SUPPER
	Chilled Fruit	Hearty Beef Vegetable Soup	Hearty Beef Vegetable Soup
M	Assorted Fruit Juice	Fruit Salad	Cream of Fresh Broccoli Soup
O	Old Fashioned Oatmeal	Mixed Green Salad	Fruit Salad
N	Scrambled Egg	Seasoned London Broil	Santa Fe Melt
D	Bacon	Grilled Liver & Onions	Chicken & Dumplings
A	Egg, Sausage & Cheese Burrito	Catfish Cakes	Mixed Vegetables
Y	Whole Milk	Mashed Potatoes	French Fries
	Coffee	Harvard Beets	Baker's Choice
23		Pineapple Upside Down Cake	
T	Chilled Fruit	Italian Wedding Soup	Italian Wedding Soup
U	Assorted Fruit Juice	Cole Slaw	Turkey Noodle Soup
E	Cream of Wheat	Mixed Green Salad	Cole Slaw
S	Fried Cage Free Egg	Baked Ziti w Vegetables	Grilled Chicken Caesar Salad
D	Biscuits & Gravy	Turkey Scallopini	Cheese Burger
A	Sausage Patty	Steamed Brown Rice	Tatar Tots
Y	Whole Milk	Steamed Vegetable Medley	Dinner Roll
	Coffee	Crisp Banquette	Maple Bacon Cookie
24		Whoopie Pie	
W	Chilled Fruit	Cream of Vegetable Soup	Cream of Vegetable Soup
E	Assorted Fruit Juice	Mixed Green Salad	Chicken Ditalini Soup
D	Old Fashioned Oatmeal	Cucumber Sour Cream Salad	Cucumber Sour Cream Salad
N	Raisin Muffin	Lemon Sage Chicken	Italian Meatballs & Spaghetti
E	Eggs to Order	Orange Baked Salmon	Cranberry Turkey Wrap
S	Bacon	Herbed Orzo	Potato Chips
D	Whole Milk	Steamed Spinach	Sauteed Zucchini
A	Coffee	Baker's Choice	Garlic Bread
Y			Chocolate Pudding
25			
T	Chilled Fruit	Minestrone Soup	Minestrone Soup
H	Assorted Fruit Juice	Hummus Plate	Black Bean Turkey Chili
U	Cream of Wheat	Mixed Green Salad	Hummus Plate
R	Donuts	Maple Glazed Pork Loin	Turkey Ala King w Cheese Biscuits
S	Fried Cage Free Egg	Grilled Tilapia	Philly Cheese Steak
D	Grilled Ham	Garlic Mashed Potatoes	French Fries
A	Hashbrowns	Green Beans	Applesauce Bar
Y	Whole Milk	Spice Cake	
26	Coffee		
	Chilled Fruit	New England Clam Chowder	New England Clam Chowder
F	Assorted Fruit Juice	Bean Salad	Bean Salad
R	Old Fashioned Oatmeal	Mixed Green Salad	Mixed Green Salad
I	Omelet	Chopped Beef Steak	Meat Lovers Pizza
D	Blueberry Muffin	Crispy Baked Cod	Roasted Vegetable Lasagna
A	Sausage Link	Mashed Potatoes	Bread Stick
Y	Whole Milk	Fresh Broccoli	Asst Cookies
	Coffee	Mixed Berry Apple Crisp	
27			
S	Chilled Fruit	Loaded Potato Chowder	Loaded Potato Chowder
A	Assorted Fruit Juice	Cottage Cheese	Butternut Squash Soup
T	Old Fashioned Oatmeal	Mixed Green Salad	Cottage Cheese
U	French Toast	Apricot Glazed Turkey	Beefy Macaroni Casserole
R	Poached Egg	Catch of the Day	Grilled Tuna Melt Sandwich
D	Bacon	Roasted Red Potatoes	Mixed Vegetables
A	Whole Milk	Peas & Onions	Potato Chips
Y	Coffee	Ice Cream Sundae	Pound Cake w Strawberry Sauce
28			
S	Chilled Fruit	Mushroom Bisque	Mushroom Bisque
U	Orange Juice	Deviled Eggs	Navy Bean Soup
N	Cream of Wheat	Mixed Green Salad	Deviled Eggs
D	Scrambled Egg	Baked Chicken	Chef Salad
A	Sausage Link	Pot Roast	Chicken Fried Steak
Y	Cinnamon Rolls	Buttered Egg Noodles	Caramelized Leek Mashed Potatoes
	Whole Milk	Glazed Baby Carrots	Buttered Corn
	Coffee	Pecan Pie	Tropical Rice Pudding
29		Dinner Roll	Dinner Roll