



FRANKE
TOBEY
JONES

Enjoy your age

Main Desk Phone

752-6621 or Ext. 0

Work Order Line

Ext. 1293

RESIDENT COUNCIL MEETING

Monday, September 12
9:30 am, Zoom Meeting
Contact Kelly Maxfield,
Executive Assistant for
an invite to the meeting
or if you want a copy of
the meeting minutes.

BISTRO

Ext. 1394

Location: LP 1st Floor
Next to Wellness Center
Monday - Friday
8am—2pm

The Bistro is now open.

NEW RESIDENTS

Doris Renna TJ
John Whitely DU
Marietta Whitely DU

NEW STAFF

Levi Kabucho, Clinical
Adelia Nunn, Concierge
Krystal Burns, Clinical

IN REMEMBRANCE

Virginia Beresford SN

MONDAY, AUGUST 15

<i>Wellness: Seniorcise Gold I</i>	8:00 am	Wellness Center
<i>Wellness: Seniorcise Gold II</i>	9:00 am	Wellness Center
Daily Crossword	9:30 am	LP Parlor
AL Church Service	10:00 am	LP Parlor
<i>Wellness: Strength & Flex I</i>	10:00 am	Wellness Center
IL Church Service	10:30 am	TJ Parlor
Piggy Bankers Game	10:30 am	LP Parlor
<i>Wellness: Strength & Flex II</i>	11:00 am	Wellness Center
SU: Life Stories— Art of Memoir	12:00 pm	Zoom Meeting
<i>Wellness: Monday Meditation</i>	12:00 pm	Wellness Center
<i>Holistic Wellness: Art Expressions</i>	1:00 pm	Wellness Center
Random Trivia	1:30 pm	LP Parlor
Margarita Hallway Social	2:30 pm	LP Resident Rooms
Conversation Corner	3:00 pm	LP 3rd Floor Lobby

TUESDAY, AUGUST 16

<i>Wellness: Restorative Yoga</i>	9:00 am	Wellness Center
What Am I?	9:30 am	LP Parlor
<i>Wellness: Strong & Stable</i>	10:00 am	Wellness Center
<i>Holistic Wellness: Forest Bathing</i>	10:00 am	Meet in Bistro
AL Worship Service	10:30 am	LP Parlor
<i>Wellness: Yoga</i>	11:00 am	Wellness Center
IL Worship Service	11:30 am	BV Bowditch Room
Password Game	1:30 pm	LP Parlor
Safeway Shopping Bus	1:30 pm	Sign up at LP Desk
<i>Holistic Wellness: Hacking Healthcare</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

WEDNESDAY, AUGUST 17

<i>Wellness: Seniorcise Gold I</i>	8:00 am	Wellness Center
<i>Wellness: Seniorcise Gold II</i>	9:00 am	Wellness Center
Monthly Gazette	9:30 am	LP Parlor
<i>Wellness: Strength & Flex I</i>	10:00 am	Wellness Center
SU: Great Courses— Lifelong Health	10:00 am	TJ Parlor
Cranium Crunches	10:30 am	LP Parlor
<i>Wellness: Strength & Flex II</i>	11:00 am	Wellness Center
<i>Holistic Wellness: Tea Tasting</i>	1:00 pm	Wellness Center
Name That Golden Oldie	1:30 pm	LP Parlor
SU: Suppressed & Sabotaged-The Fight to Vote	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

HAPPY BIRTHDAY

August 1

Maureen Drucker

August 2

Robert Wright

August 3

Don Helland

August 4

Joan Creighton

August 7

Lester Reid

August 8

Thomas McNearney

August 12

Abbie Watters

August 13

Irmgard Connally

August 15

Mary Marshall

August 16

Phyllis Gill
Nancy Konrad

August 18

Elizabet Hildebrant

August 22

Gail Helland

August 24

Kay Bristow

August 26

Mary Brown

August 27

Janice Shaw

August 28

Suzanna Ross

HAPPY ANNIVERSARY

August 1

Bruce & Paula Foreman

August 21

Bob & Joan Garden

August 22

Don & Gail Helland

August 23

Jim & Beverly Cook

August 25

Norm & Suzie Dicks

August 26

Eric & Donna Swenson

THURSDAY, AUGUST 18

Baking Group– Fruit Pizzas	9:30 am	Activity Terrace
Boggle Game	10:30 am	LP Parlor
SU: Great Courses– The Vikings	11:00 am	BV Bowditch Room
Trader Joe’s Shopping Bus	1:30 pm	Sign up at LP Desk
Sun Prints	1:30 pm	LP Parlor
Knit Wits	2:00 pm	TJ Parlor
Wellness: Sit Fit Fun	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
SU: Chat with Councilman Hines	4:00 pm	Wellness Center

FRIDAY, AUGUST 19

Coco Chanel Day	9:30 am	LP Parlor
Wellness Walk	10:00 am	DU Gazebo
SU: Writing the Persuasive Essay	11:00 am	Zoom Meeting
Golden Trivia	1:30 pm	LP Parlor
SU: When Death is Welcome	2:00 pm	Zoom Meeting
Room Visits	2:30 pm	Resident Rooms
Wellness: Sit Fit Fun	2:30 pm	TJ Solarium
All Campus Ice Cream Social	3:00 pm	LP Front Patio
Conversation Corner	3:00 pm	LP 3rd Floor Lobby
Tacoma Concert Band	6:00 pm	Care Center Porte Cochere

SATURDAY, AUGUST 20

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, AUGUST 21

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

Save the Date

Bliss Ice Cream will be here on September 7th, 2-4pm for resident and employee appreciation. More details will come.





Tacoma Rainiers Baseball Game

Tuesday, August 30 Bus departs at 6:15 pm.

Sign up by Friday August 19 Cost: \$20 plus any food you purchase

Join us for a baseball game at Cheney Stadium with the Tacoma Rainiers. They are going up against Sacramento for a 7:05 pm game and Franke Tobey Jones will be there! Join us to cheer on the Rainiers while you enjoy ball park favorites and the company of other baseball minded people. If you request a ticket after the 19th of August we will get you as close to the group as we can, but you are not guaranteed to be able to sit with the main group. Some stairs must be climbed to reach the main group of seats. There is also ADA seating available close to where our group is. If you need ADA seating, please let Heidi know when you reserve your ticket. Once purchased, tickets are non-refundable. **Please call or email Heidi at 253-756-6284, hwhite@franketobeyjones.com to reserve a ticket.**

Washington State Fair (aka. Puyallup Fair)

Thursday, September 8 Bus departs at 11:30am

Sign up by Tuesday September 6. Cost: Meal & any souvenirs

The Washington State Fair, commonly referred to as the Puyallup Fair, is the largest single attraction held annually in the state of Washington. The fair continually ranks in the top ten largest fairs in the United States. FTJ will be going to the fair and you are invited. We will **leave at 11:30am** for the fair and will depart from the fair grounds at 4pm. Thanks to a generous donation we have **several free admission passes to the fair** so the first 15 people who sign up for this outing will have free admission to the fair.

Please sign up at LP Desk.



Northwest Trek

Thursday, September 15 Bus departs at 9:30am

Sign up by Monday September 12 Cost: Ticket \$20, \$12 for Wild Drive Tour, Meal

Enjoy a wildlife filled visit to Northwest Trek. We will be exploring the park via Animal Walking Paths and a possible Wild Drive Tour that is currently taking the place of their Tram Tours. You'll be able to see fascinating animals like moose, Roosevelt elk, bison, reindeer, as well as bears, forest animals, wetland animals and wild cats. With several nature trails to explore, there will be plenty to see and enjoy. Once purchased, tickets are non-refundable.

Please sign up at the LP front desk.





WEEKLY RIDDLE

I am 2 in 54, and a five letter word. I am known to be wild and some would say unpredictable. I can raise you victorious or drop you to failure? What am I?

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

ADVERTS

COMMENSURABLE

COMMISSIONS

CREPE

DEVALUATION

DRIBBLES

FALLACY

FEATURE

FORMULATION

GROUSING

HABITUAL

INTERCOM

ITERATIONS

JAMBS

LARIAT

MAGNETIZING

MANNER

MARVELLED

METHODOLOGY

NEEDING

NOTING

PREYS

The Wellness Walk is Back

After taking two years off, the Wellness Walk is back. This event is a fun opportunity to get outside, enjoy the beautiful scenery at FTJ, and celebrate our Wellness Program as a community. The date is set for **Friday, August 19th**. The festivities will begin at the **duplex gazebo at 10:00 am** where we will gather for a brief introduction. From there you will have the option of choosing between three different walking routes. In addition, the Wellness Fair will be set up around the fountain with local businesses offering freebies and raffling off prizes. We will also have a massage table set up for those who want a short relaxing experience (there will be a small fee for this service). Wellness Walk shirts will be available the day of the event in limited quantity and sizes. A table will be set up near the gazebo, so if you want a shirt, please make sure to stop by. Refreshments will also be provided. In addition to all of that, we will be raffling off some fun prizes during the event. If you have any questions, please contact the Wellness Center at 253-756-6279.

**Holistic Wellness Class
"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 re-discover 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.
**Tuesday, August 16
10:00 am, Meet at Bistro**

All Campus Ice Cream Social

You are invited to join us on the Lillian Pratt Front Patio from **3:00pm to 3:45pm on Friday** for our All Campus Ice Cream Social.

Enjoy some delicious ice cream as you cool off from the heat and visit with your fellow residents. **BV, DU, GA, TJ & AL** residents are invited to attend. See you there.



When Death Is Welcome: Hastening Dying Ethically, Legally, and with Palliative Support

The class will begin with a brief but comprehensive review of legally permissible ways for a patient to hasten death, including their major respective advantages and disadvantages to patient and family. Ethical arguments – some readily accepted, some highly controversial – will then be explored, particularly those about several of the less well-known or understood options. Special attention will be given to options for hastening death for those who wish to avoid living into the final stages of progressive dementia. Contact Jana at 253-756-6219 to register for this class.
**Friday, August 19
2:00 pm, Zoom Meeting
Meeting ID: 481 600 3295
Passcode: 845170**

Making a Difference Recognition – We Need Your Help

“My Team Member Promise: Make Every Day Meaningful” - is the commitment our team members make to live our FTJ values. These values reflect actions that promote quality of life for each Resident, teamwork among our employee Team and employee Self development. We have an award recognition program called Making A Difference recognition for those who live these values.

We need your help to recognize our team members for the difference they make. Any team member, resident or resident family member can nominate an employee for this recognition. This award is a shout out to employees for whom doing their job is routinely making every day meaningful. There are Team Member Promise flyers and Nomination Forms in each building on campus. Whenever you see a team member fulfilling the Promise, please take a moment to fill out the Nomination Form.

Nominees are recognized quarterly with a certificate as well as on flyers around campus and on our FTJ website.

Meaningful Movies - Suppressed and Sabotaged: The Fight to Vote

The insurrection was over a year ago, but the war on democracy is far from over. Efforts to sabotage the voting methods of millions have taken root in states across the country. Our latest documentary, *Suppressed and Sabotaged: The Fight to Vote*, sounds the alarm on this existential threat to our democracy and informs voters on how to take action. Contact Jana at 253-756-6219 to register for this class.
**Wednesday, August 17
2:00 pm, BV Bowditch Room**

MENU			
Aug 15th - Aug 21st			<i>Menu subject to change due to supply shortages</i>
	BREAKFAST	DINNER	SUPPER
M	Chilled Fruit	Cream of Chicken & Wild Rice	Cream of Chicken & Wild Rice
O	Orange Juice	Fruit Salad	Tomato Florentine Soup
N	Old Fashioned Oatmeal	Mixed Green Salad	Fruit Salad
D	Belgian Waffles	Horseradish Crusted Trout	Three Cheese Quiche
A	Scramble Eggs	Bean, Pork Kielbasa & Chicken Casserole	Bruschetta Burger
Y	Grilled Ham	Brown Rice & Barley Pilaf	French Fries
	Whole Milk	Summer Squash & Carrot Medley	Broccoli Cuts
15	Coffee	Coconut Cream Pie	Bakers Choice
	Chilled Fruit	Split Pea Soup w Ham	Split Pea Soup w Ham
T	Orange Juice	Cole Slaw	Egg Drop Soup
U	Cream of Wheat	Mixed Green Salad	Cole Slaw
E	Apple Cinnamon Muffin	Pinto Bean & Potato Cheddar Quesadilla	Monte Cristo Sandwich
S	Fried Cage Free Egg	Pork Chop & Sauerkraut	Stir Fry Beef w Rice
D	Bacon	Oven Brown Potatoes	Sauteed Bok Choy
A	Whole Milk	Peas w Onions	Potatoes Chips
Y	Coffee	Yellow Cake with Fudge Icing	Chocolate Chip Cookie
16			
W			
E	Chilled Fruit	Chicken Gumbo	Chicken Gumbo
D	Orange Juice	Cucumber Sour Cream Salad	Red Pepper & Basil Soup
N	Old Fashioned Oatmeal	Mixed Green Salad	Cucumber Sour Cream Salad
E	Blueberry Coffee Cake	Crispy Baked Cod	Chicken Pattie Sandwich
S	Scramble Eggs	Swedish Meatballs	Classic Mac & Cheese
D	Sausage Patty	Buttered Noodles	Stewed Tomatoes
A	Whole Milk	Roasted Zucchini	Sweet Potato Waffle Fries
Y	Coffee	Bread Pudding	Chocolate Brownie
17			
	Chilled Fruit	Hearty Beef Vegetable Soup	Hearty Beef Vegetable Soup
T	Orange Juice	Fruited Jell-O Salad	Mexican Street Corn Chowder
H	Cream of Wheat	Mixed Green Salad	Mixed Green Salad
U	Eggs to Order	Pork & Wild Mushroom Ragout	Cheese Enchilada Casserole
R	Whole Wheat French Toast	Chicken Alfredo	Ham Salad Croissant
S	Bacon	Rotini Pasta	Refried Beans / Brown Rice
D	Whole Milk	Yellow Squash, Red Pepper, Pea Medley	Potato Chips
A	Coffee	Garlic Crostini	Cookies & Cream Cupcake
Y		Bakers Choice	
18			
	Chilled Fruit	New England Clam Chowder	New England Clam Chowder
F	Orange Juice	Side Caesar Salad	Side Caesar Salad
R	Old Fashioned Oatmeal	Mixed Green Salad	Mixed Green Salad
I	Fried Cage Free Egg	Grilled Salmon	Cheese Pizza
D	Sausage Link	Spinach Lasagna with Marinara Sauce	Tuna Salad Plate
A	Mixed Berry Wheat Pancakes	Steamed Red Potatoes	Dinner Roll
Y	Whole Milk	Corn O'Brien with Peppers	Pound Cake
19	Coffee	Banana Split	
	Chilled Fruit	Loaded Baked Potato Soup	Loaded Baked Potato Soup
S	Orange Juice	Cottage Cheese & Tomato	Lemon Chicken Orzo Soup
A	Old Fashioned Oatmeal	Mixed Green Salad	Cottage Cheese & Tomato
T	Scrambled Egg	Meatloaf	Zucchini, Bacon & Swiss Frittata
U	French Toast	Buttermilk Fried Chicken Thighs	Patty Melt Sandwich
R	Bacon	Smashed Yukon Potatoes	Steamed Vegetables
D	Whole Milk	French Cut Green Beans	French Fries
A	Coffee	Angel Food Cake w Orange Sauce	Butterscotch Pudding
Y			
20			
	Chilled Fruit	Chicken Ditalini Soup	Chicken Ditalini Soup
S	Old Fashioned Oatmeal	Mixed Green Salad	Cream of Vegetable Soup
U	Eggs To Order	Deviled Eggs	Deviled Eggs
N	Sausage Link	Seasoned London Broil	New England Shrimp Salad Roll
D	Sausage Link	Baked Pit Ham	Chicken Breast w Rice
A	Hash Browned Potatoes	Golden Rice Pilaf	Broccoli
Y	Cinnamon Roll	Simply Steamed Sugar Snap Peas	Oatmeal Raisin Cookie
21	Whole Milk	Cherry Pie	
	Coffee		