



FRANKE
TOBEY
JONES

Enjoy your age

Main Desk Phone
752-6621 or Ext. 0

Work Order Line

Call or email Vicki for any maintenance needs at 253-756-6293 or vweaver@franketobeyjones.com

RESIDENT COUNCIL MEETING

Monday, October 10
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

NEW RESIDENTS

Judy & David Wheeler,
DU
Barbara Hinck, GA

NEW STAFF

Crescent Hutchins,
Dining

IN REMEMBRANCE

Doris Brewer, MC
Joanne Rieke, GA
Paul Vandervoort, SN

MONDAY, SEPTEMBER 19

<i>Wellness: Seniorcise Gold I</i>	8:00 am	Wellness Center
<i>Wellness: Seniorcise Gold II</i>	9:00 am	Wellness Center
National Dog Week	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
Word Games	10:30 am	LP Parlor
<i>Wellness: Strength & Flex II</i>	11:00 am	Wellness Center
<i>Wellness: Monday Meditation</i>	12:00 pm	Wellness Center
Travelogue	1:30 pm	LP Parlor
Root Beer Float Hallway Social	2:30 pm	LP Resident Rooms
Conversation Corner	3:00 pm	LP 3rd Floor Lobby

TUESDAY, SEPTEMBER 20

What 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
Tickle the Ivories Day	11:00 am	LP Parlor
IL Worship Service	11:30 am	BV Bowditch Room
<i>Wellness: Restorative Yoga</i>	12:00 pm	Wellness Center
Paper Craft– Bookmarks	1:30 pm	LP Parlor
Safeway Shopping Bus	1:30 pm	Sign up at LP Desk
<i>Holistic Wellness: Good Mood Food</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, SEPTEMBER 21

History of the Lederhosen	9:30 am	LP Parlor
SU: Great Courses– Lifelong Health	10:00 am	TJ Parlor
Who Am I?	10:30 am	LP Parlor
Which Song is This?	1:30 pm	LP Parlor
SU: Meaningful Movies– Inhabitants	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

Wanted: Grocery Bags

The Food Bank at Mason Methodist Church needs big brown grocery bags or heavy duty plastic bags in good condition. Please bring your excess bags to the Bascom Library where Carol Bruda will collect them and bring them to the Food Bank. Look for a receptacle marked for receiving the bags. If you have any questions please contact Carol Bruda at 253-353-7121.

HAPPY BIRTHDAY

September 1

Jerry Winkle

September 5

Joan Bannister

September 6

Londa Sevier

September 8

Al Chaffee

September 11

John Van Buren

September 17

Rita Copp

September 18

Kathleen Farner

September 19

Doretha Dones

September 20

Beryl Bucklin

September 21

Doris Larsen

Eldon Kenney

September 23

Liz Gilbert

September 26

Patricia Smith

September 28

Raeann DeBoer

Linda Graff

September 30

Marge Hoffman

HAPPY ANNIVERSARY

September 29

Jack & Nadyne Meteyer

THURSDAY, SEPTEMBER 22

Bunco Dice Game	9:30 am	LP Parlor
<i>Wellness: Strong & Stable</i>	<i>10:00 am</i>	<i>Wellness Center</i>
Music by Dave Kern	10:30 am	LP Parlor
<i>Wellness: Yoga</i>	<i>11:00 am</i>	<i>Wellness Center</i>
SU: Great Courses— The Vikings	11:00 am	BV Bowditch Room
Fred Meyer Shopping Bus	1:30 pm	Sign up at LP Desk
More Jeopardy Trivia	1:30 pm	LP Parlor
Knit Wits	2:00 pm	TJ Parlor
SU: Exploring the Ukulele	2:00 pm	BV Bowditch Room
<i>Wellness: Sit Fit Fun</i>	<i>2:30 pm</i>	<i>LP Parlor</i>
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, SEPTEMBER 23

<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>
You Be the Umpire	9:30 am	LP Parlor
SU: Writing Forever Letters	10:00 am	BV Bowditch Room
<i>Wellness: Strength & Flex I</i>	<i>10:00 am</i>	<i>Wellness Center</i>
Wii Bowling	10:30 am	LP Parlor
<i>Wellness: Strength & Flex II</i>	<i>11:00 am</i>	<i>Wellness Center</i>
<i>Holistic Wellness: Tea Tasting</i>	<i>1:00 pm</i>	<i>Meet at Bistro</i>
The Otherworldly Octopus	1:30 pm	LP Parlor
SU: Lady at the Crossroads— Living History Performance	2:00 pm	Wellness Center
Room Visits	2:30 pm	Resident Rooms
<i>Wellness: Sit Fit Fun</i>	<i>2:30 pm</i>	<i>TJ Solarium</i>
Conversation Corner	3:00 pm	LP 3rd Floor Lobby

SATURDAY, SEPTEMBER 24

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, SEPTEMBER 25

Daily Chronicle	9:30 am	LP Parlor
Under the Sea	10:30 am	LP Parlor
Seated Exercises	1:30 pm	LP Parlor
Gluck Haus Game	2:30 pm	LP Parlor
Conversation Corner	3:00 pm	LP 3rd Floor Lobby

Bistro Closure

The Bistro will close on September 16th and will reopen on September 26th.



Tacoma Musical Playhouse “Singing in the Rain”

Saturday, October 1 Bus departs at 1:15 pm.

Sign up by Thursday September 29. Cost: \$32

Singing in the Rain is a stage musical with story by Betty Comden and Adolph Green, lyrics by Arthur Freed, and music by Nacio Herb Brown. Adapted from the 1952 movie of the same name, the plot closely adheres to the original. Set in Hollywood in the waning days of the silent screen era, it focuses on romantic lead Don Lockwood, his sidekick Cosmo Brown, aspiring actress Kathy Selden, and Lockwood's leading lady Lina Lamont, whose less-than-dulcet vocal tones make her an unlikely candidate for stardom in talking pictures.



Masks are required while in the theater.

Please sign up at LP Front Desk

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

Lunch Bunch (Tony’s Restaurant) Il Lucano Ristorante Italiano

Thursday, October 6 Bus departs at 11:10 am

Sign up by Wednesday October 5 Cost: Meal

Experience authentic Italian cuisine at Il Lucano Ristorante Italiano, located in the heart of downtown Gig Harbor. From traditional pasta dishes to specialty fish, poultry and meat, you'll find every selection to tempt your tastes. Fresh local ingredients are always used and all meals are made to order, just ask! Be sure to enjoy a glass of wine from their extensive Italian wine selection. They take great pride in their food, service and dining atmosphere and assure you a uniquely Italian dining experience.



Please sign up at the front desk.

This trip is limited to 20 people.



NW Sinfonietta “Cityscapes”

Saturday, October 8 Bus departs at 6:45 pm.

Sign up by Wednesday October 5. Cost: Ticket \$35-\$70

Masks are strongly suggested while in the theater.

Celebrate city life with NW Sinfonietta favorite Joel Fan and Artistic Partner and conductor Jeffery Meyer. Joel performs Ravel’s enchanting, jazz-influenced Piano Concerto in G Major, and joins the orchestra for a unique Tombeau de Couperin performance combining Ravel’s original, 6-movement piano suite with his 1919 orchestral version. Carlos Simon’s Graffiti is a Pacific Northwest premiere, and we are teaming up with Spaceworks Tacoma to film the creation of a new piece of public art inspired by Simon’s work, which will be screened during the performance. Aaron Copland’s exquisite, contemplative Quiet City featuring English horn, trumpet and strings rounds out this unforgettable program.

Please sign up at LP Front Desk

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

Symphony Tacoma “Classics I”

Saturday, October 15 Bus departs at 6:45 pm.

Sign up by Wednesday October 12. Cost: Ticket \$40-\$90

Masks are strongly suggested while in the theater.

LUSH ROMANCE: Inspired by the scent of a French perfume, Japanese composer Karen Tanaka describes *Rose Absolute* as a “floral bouquet for a lover, as my personal, romantic present.” Dubbed a “once in a lifetime talent,” Blake Pouliot will perform Korngold’s dazzling and melodic *Violin Concerto*, the piece that marked the composer’s departure from writing film scores during World War II. Rachmaninoff’s final masterwork, *Symphonic Dances*, captures the composer’s nostalgia for the Russia he left behind, along with references to his earlier works and sacred chants.



Please sign up at LP Front Desk

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

A math challenge is group of numbers formed in a block filled with addition, subtraction, multiplication and division.

Use the numbers 1 through 16 to complete the equation.

Each number is only used once.

Each row is a math equation. Work from left to right.

Each column is a math equation. Work from top to bottom.

	/		+		/		4
+		+		-		-	
	/		-		+		9
-		X		/		+	
	-		/		+		20
+		+		-		X	
	-		X		-		-73
14		61		-3		116	



WEEKLY RIDDLE

It is always thin, but it starts out fat. You can rest assured it always lays flat. It's able to roll, but it does not rock. Where it spends its time there's rarely a clock. Though it has some sheets, there isn't a bed. While in the Navy it did use its head. When people need it, it's always their friend. It just gets thrown out and used in the end.

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. A Sprinter - A City - An Icehouse
2. A Beetle - A Fox - A Rabbit
3. A Toe - A Carpenter - A Finger
4. A Basketball - A Turkey - A Christmas Stocking
5. Chicago - Smokey - Yogi
6. Easter - Christmas - Virgin
7. Draw - Fade - Slice
8. Yellow - Scarlet - Cabin
9. Toilets - Eyes - Trash Cans
10. Finger - Oil - Latex

Covid Booster Clinic

As many of you have heard there is a new COVID booster shot coming available very soon. We are working with our pharmacy partner to arrange a date for an on-site COVID booster and flu shot clinic in late September or early October. If you want to get the COVID booster or flu shot earlier than that please reach out to your own physician or local pharmacy.

Friendly Reminder

When using the dog park, please be sure to pick up after your dog and dispose of their waste in appropriate waste receptacles. There is a dog station in the dog park with bags available. If the dog bags are gone, please call the work order desk at ext. 1293 so they can be re-filled. Please also remind your visitors that they must keep their dogs on a leash while they are on the FTJ campus.



**Holistic Wellness— Tea Tasting
Obscura Teahouse**

We welcome you to sip, taste, & learn about tea culture & overall wellness benefits. This month we will venture to a new teahouse in Tacoma's Hilltop neighborhood. "Smell is the sense most closely tied to memory and so the olfactory nature of teas & tisanes are perfect at facilitating executive function, allowing us to condition ourselves with healthier routines." Ean Oz Sager, the owner will share the story of how his passion for tea lead him on this journey and his vision for afterhours alternatives to bars. Let's nourish our social connection and sip "a tea for every mood." You must register with Sarah in the Wellness Center to participate in this class.
**Friday, September 23
1pm Meet at Bistro**

The Ukulele Project

The ukulele is an instrument that you can learn chords & songs on with no prior musical training. Please join us for a 4-week primer class, regardless of your previous musical experience, and leave with the tools to keep learning on your own. You will learn at least 8 songs, multiple strumming patterns, practice techniques to carry your learning into the future, and all in a fun & engaging social setting! It is recommended that you bring your own ukulele (so that you will have one to practice with at home between classes), but some ukuleles will be on hand during the classes for those who don't have one and don't want to purchase one. Contact Jana at 253-756-6219 to register for this class.
**Thursdays, September 22, 29
2:00 pm, BV Bowditch Room**

**Lady at the Crossroads:
Narcissa Whitman**

Our nation's history is the story of diverse cultures meeting and interacting in ways both peaceful and hostile. As a missionary to the Cayuse in what is now Eastern Washington, Narcissa Whitman was at the center of one such cultural intersection. Using the text of many of Narcissa's letters as well as portions of her beloved hymns, Karen Haas, living history performer, portrays Mrs. Whitman as she shares her challenges, joys, and sorrows. Contact Jana at 253-756-6219 to register for this class.
**Friday, September 23
2:00 pm, Wellness Center**

Meaningful Movies: *INHABITANTS*

INHABITANTS is a feature documentary that follows five Native American Tribes across deserts, coastlines, forests, and prairies as they restore their traditional land management practices. Contact Jana at 253-756-6219 to register for this class.
**Wednesday, September 21
2:00 pm, BV Bowditch Room**

MENU			
Sept 19th - Sept 25th			<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
19	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
20			
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
21			
T	Chilled Fruit	Hearty Beef Vegetable Soup	Hearty Beef Vegetable Soup
H	Orange Juice	Fruited Jell-O Salad	Mexican Street Corn Chowder
U	Cream of Wheat	Mixed Green Salad	Mixed Green Salad
R	Eggs to Order	Pork & Wild Mushroom Ragout	Cheese Enchilada Casserole
S	Whole Wheat French Toast	Chicken Alfredo	Ham Salad Croissant
D	Bacon	Rotini Pasta	Refried Beans / Brown Rice
A	Whole Milk	Yellow Squash, Red Pepper, Pea Medley	Potato Chips
Y	Coffee	Garlic Crostini	Cookies & Cream Cupcake
22		Bakers Choice	
F	Chilled Fruit	New England Clam Chowder	New England Clam Chowder
R	Orange Juice	Side Caesar Salad	Side Caesar Salad
I	Old Fashioned Oatmeal	Mixed Green Salad	Mixed Green Salad
D	Fried Cage Free Egg	Grilled Salmon	Cheese Pizza
A	Sausage Link	Spinach Lasagna with Marinara Sauce	Tuna Salad Plate
Y	Mixed Berry Wheat Pancakes	Steamed Red Potatoes	Dinner Roll
	Whole Milk	Corn O'Brien with Peppers	Pound Cake
23	Coffee	Banana Split	
S			
A	Chilled Fruit	Loaded Baked Potato Soup	Loaded Baked Potato Soup
T	Orange Juice	Cottage Cheese & Tomato	Lemon Chicken Orzo Soup
U	Old Fashioned Oatmeal	Mixed Green Salad	Cottage Cheese & Tomato
R	Scrambled Egg	Meatloaf	Zucchini, Bacon & Swiss Frittata
D	Bacon	Buttermilk Fried Chicken Thighs	Patty Melt Sandwich
A	Whole Milk	Smashed Yukon Potatoes	Steamed Vegetables
Y	Coffee	French Cut Green Beans	French Fries
24		Angel Food Cake w Orange Sauce	Butterscotch Pudding
S	Chilled Fruit	Chicken Ditalini Soup	Chicken Ditalini Soup
U	Old Fashioned Oatmeal	Mixed Green Salad	Cream of Vegetable Soup
N	Eggs To Order	Deviled Eggs	Deviled Eggs
D	Sausage Link	Seasoned London Broil	New England Shrimp Salad Roll
A	Hash Browned Potatoes	Baked Pit Ham	Chicken Breast w Rice
Y	Cinnamon Roll	Golden Rice Pilaf	Broccoli
	Whole Milk	Simply Steamed Sugar Snap Peas	Oatmeal Raisin Cookie
25	Coffee	Cherry Pie	