



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@franketobey
jones.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
John Nagle, SN
Rosella Herrman, SN

NEW STAFF

Andrea Cole, Clinical
Taylor Brodahl, Dining
Errvin Taylor, Clinical

IN REMEMBRANCE

Joanne Rieke, GA
Paul Vandervoort, SN
Marian Athow, TJ

MONDAY, SEPTEMBER 26

<i>Wellness: Seniorcise Gold I</i>	8:00 am	Wellness Center
<i>Wellness: Seniorcise Gold II</i>	9:00 am	Wellness Center
Apple Stamping Art	9:30 am	Activity Terrace
<i>Wellness: Strength & Flex I</i>	10:00 am	Wellness Center
Stamping Art Continued	10:30 am	Activity Terrace
<i>Wellness: Strength & Flex II</i>	11:00 am	Wellness Center
<i>Wellness: Monday Meditation</i>	12:00 pm	Wellness Center
Jeopardy 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, SEPTEMBER 27

Where Am I?	9:30 am	LP Parlor
<i>Wellness: Strong & Stable</i>	10:00 am	Wellness Center
Samuel Adams Day	10:30 am	LP Parlor
<i>Wellness: Yoga</i>	11:00 am	Wellness Center
<i>Wellness: Restorative Yoga</i>	12:00 pm	Wellness Center
Password Game	1:30 pm	LP Parlor
Proctor District 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
SU: Medicare Annual Enrollment	3:30 pm	Zoom Meeting

WEDNESDAY, SEPTEMBER 28

<i>Wellness: Seniorcise Gold I</i>	8:00 am	Wellness Center
<i>Wellness: Seniorcise Gold II</i>	9:00 am	Wellness Center
Tissue Paper Cards	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
EZ Trivia	10:30 am	LP Parlor
<i>Wellness: Strength & Flex II</i>	11:00 am	Wellness Center
Music with Sandra	1:30 pm	LP Parlor
SU: Literary League	2:00 pm	BV Bowditch Room
<i>Holistic Wellness: Acrylic Pours</i>	2:00 pm	TJ Craft 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

Bistro Closure

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



HAPPY BIRTHDAY

September 28

Raean DeBoer
Linda Graff

September 30

Marge Hoffman

October 1

Elizabeth Kirchheim

October 4

Elsa Williams

October 5

Jack Meteyer

October 6

Ray Mitzner

October 7

Jane Schuneman

October 9

Constance Benjamin

October 10

Ann Edington

October 11

Cora Bock
Gerald Madison

October 12

Geri Smith

October 14

Donna Swenson

October 21

Thomas Gilchrist

October 27

MaryLynn Buss
Allan Benson

October 28

Ruth Shedd

October 29

Bob Bryan
Shelby Clayson

HAPPY ANNIVERSARY

October 4

John & Kay Hodge

THURSDAY, SEPTEMBER 29

Uno Card Game	9:30 am	LP Parlor
<i>Wellness: Strong & Stable</i>	<i>10:00 am</i>	<i>Wellness Center</i>
Origami	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
Trader Joe’s Shopping Bus	1:30 pm	Sign up at LP Desk
Remembering Sewing	1:30 pm	LP Parlor
<i>Holistic Wellness: Cultural Cuisine</i>	<i>2:00 pm</i>	<i>Wellness Center</i>
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 30

<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>
Image Search	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>
Moon Gardens	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>
Five-Clue What Am I?	1:30 pm	LP Parlor
Celebration of Life Bell Ringing	1:30 pm	Life Circle
SU: Life & Times in Ethnic Minority Psychology	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, OCTOBER 1

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, OCTOBER 2

Piggy Bankers Game	9:30 am	LP Parlor
Peanuts Day	10:30 am	LP Parlor
Seated Exercises	1:30 pm	LP Parlor
World Card Making Day	2:30 pm	LP Parlor
Conversation Corner	3:00 pm	LP 3rd Floor Lobby

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.



- APPLES
- AUTUMN
- BLACK CAT
- CANDY
- CIDER
- CORNMAZE
- COSTUMES
- GHOSTS
- GHOULS
- GRAVEYARD
- HALLOWEEN
- HALLOWSEVE
- HARVEST
- HAUNTED
- HAYRIDE
- JACKOLANTERN
- LEAVES
- MASKS
- PUMPKIN
- SQUIRREL
- TREAT
- TRICK
- WITCHES
- ZOMBIES



WEEKLY RIDDLE

There are 20 people in an empty, square room. Each person has full sight of the entire room and everyone in it. If you are not allowed to move in any way (other than your eyes). Where can you place an apple so that all but one person can see it?

How to Play Sudoku: Using only the numbers 1 through 9, complete the grid so that no number is repeated in any row, column or grid. Each puzzle has one, and only one, unique solution, and each can be solved using pure logic - guessing and trial-and-error are never required.

	5			6	8		9	
		9	1			5		6
3			9	2				
	7		2	9	3			5
5		6				9		2
9			5	8	6		3	
				5	7			4
7		3			9	1		
	4		3	1			6	

Covid Booster Clinic

As many of you have heard there is a new COVID booster shot available. We are offering a Covid booster and Flu vaccine clinic on **October 7th** in the old Health Care Center. FTJ staff will contact you about paperwork for this clinic and the times for your building. If you want to get the COVID booster or flu shot earlier than that please reach out to your own physician or local pharmacy.

Knit Wits Group

The Knit Wits is a sewing, knitting, embroidery group that is open to anyone who has any kind of craft project that you sit for... and you'd like to be in the company of others while doing it. The Knit Wits meet in the Tobey Jones Parlor on Thursdays at their new time of 2:30pm. They'd love for you to join them!

**Thursdays, 2:30 pm
Tobey Jones Parlor**



Holistic Wellness— Cultural Cuisine

The vision for this experience is to empower you to explore new recipes from diverse cultures. "Food contributes to an individuals' physical & mental wellbeing and expresses ones' cultural identity through preparation, sharing and consumption." Whether you are cooking for one or for friends and family, our goal is to expand your use of ingredients and techniques to increase confidence in cooking new and diverse recipes.

**Thursday, September 29
2pm, Wellness Center**

Great Courses: The Vikings

As explorers and traders, the Vikings played a decisive role in the formation of Latin Christendom, and particularly of Western Europe. In this course, you will study the Vikings not only as warriors, but also in other roles for which they were equally extraordinary: merchants, artists, kings, raiders, seafarers, shipbuilders, and creators of a remarkable literature of myths and sagas. Contact Jana at 253-756-6219 to register for this class.

**Thursday, September 29
11:00 am, BV Bowditch Room**

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 29
2:00 pm, BV Bowditch Room**

My Life and Times in Ethnic Minority Psychology: From Oriental to Asian, Awareness to Appreciation

Born and raised in Hawaii, John Moritsugu's early life experiences were not framed by ethnicity and culture in the same way that a fish does not realize they are in the water. Today, culture and ethnicity are a central consideration in understanding individuals and our society. Professor Moritsugu will describe his personal experiences that led him to appreciating this perspective. Contact Jana at 253-756-6219 to register for this class.

**Friday, September 30
2:00 pm, Wellness Center**

Medicare Annual Enrollment Period: What This Means for You and Important Things You Must Do

Yep, it's that time of year and you will be getting lots of Medicare mail, phone calls, and emails. Everyone wants your business. Before you decide to change or not, in this session, we will discuss what you need to know and do before deciding anything. Join us for great insight and conversations. Contact Jana at 253-756-6219 to register for this class.

**Tuesday, September 27
3:30 pm, Zoom Meeting**

		<i>MENU</i>	
		<i>Sept 26th-Oct 2nd</i>	
		<i>Menu subject to change due to supply shortages</i>	
	<i>BREAKFAST</i>	<i>DINNER</i>	<i>SUPPER</i>
<i>M</i>	Chilled Fruit	Minestrone Soup	Minestrone Soup
<i>O</i>	Assorted Fruit Juices	Fruit Salad	Split Pea, Potato & Sausage Soup
<i>N</i>	Old Fashioned Oatmeal	Mixed Green Salad	Fruit Salad
<i>D</i>	Poached Eggs	Chopped Beef Steak w Onions	Open Faced Beef Sandwich
<i>A</i>	Sausage Patty	Baked Cod w Tomato Caper Sauce	Quiche Lorraine
<i>Y</i>	Toast	Mashed Potatoes	Mixed Vegetables
<i>26</i>	Whole Milk	Baked Butternut Squash	Mashed Potatoes
	Coffee	Lemon Pudding Cake with Lemon Sauce	Bakers Choice
<i>T</i>	Chilled Fruit	Cream of Chicken Soup	Cream of Chicken Soup
<i>U</i>	Assorted Fruit Juices	Cole Slaw	Tomato Basil Soup
<i>E</i>	Cream of Wheat	Mixed Green Salad	Cole Slaw
<i>S</i>	Apple Cinnamon Muffin	Dijon Pork Tenderloin	Gnocchi Bolognese
<i>D</i>	Grilled Ham	Roast Beef	Chicken Fried Steak
<i>A</i>	Eggs To Order	Brown Rice	Potatoes Anna
<i>Y</i>	Whole Milk	Beets	Sautéed Spinach
<i>27</i>	Coffee	Mint Chocolate Chip Whoopie Pie	Bread Stick
			Applesauce Bar
<i>W</i>			
<i>E</i>	Chilled Fruit	Roasted Onion Soup	Roasted Onion Soup
<i>D</i>	Assorted Fruit Juices	Mixed Green Salad	Cream Of Mushroom Soup
<i>N</i>	Old Fashioned Oatmeal	Marinated Cucumber Salad	Marinated Cucumber Salad
<i>E</i>	Fried Cage Free Egg	Braised Mediterranean Chicken	Spicy Shrimp Stir Fry Meal
<i>S</i>	Bacon	Salmon Scampi	Grilled Ham & Cheese Sandwich
<i>D</i>	Coffee Cake	Bow Tie Pasta	Potato Chips
<i>A</i>	Whole Milk	Broccoli w Lemon & Garlic	Asst Desserts
<i>Y</i>	Coffee	Bakers Choice	
<i>28</i>			
<i>T</i>	Chilled Fruit	Bean Soup	Bean Soup
<i>H</i>	Assorted Fruit Juices	Fruited Jell-O Salad	Grilled Chicken Tortilla Soup
<i>U</i>	Cream of Wheat	Mixed Green Salad	Fruited Jell-O Salad
<i>R</i>	Sausage Link	Stuffed Sole	Grilled Vegetable Quesadilla
<i>S</i>	Scrambled Eggs	Farmers Style Meatloaf	Taco Salad
<i>D</i>	Buttermilk Pancakes	Au gratin Potatoes	Mexican Style Rice
<i>A</i>	Whole Milk	French Cut Green Beans	Corn & Tomatoes
<i>Y</i>	Coffee	Carrot Cake	Chocolate Peanut Butter Brownie
<i>29</i>			
	Chilled Fruit	New England Clam Chowder	New England Clam Chowder
<i>F</i>	Assorted Fruit Juices	Jicama Cabbage Slaw	Jicama Cabbage Slaw
<i>R</i>	Old Fashioned Oatmeal	Mixed Green Salad	Mixed Green Salad
<i>I</i>	Bacon	Italian Sausage, Peppers & Onions	Vegetable Pizza
<i>D</i>	Fried Cage Free Egg	Herb Baked Chicken Breast	Pulled Pork Sandwich
<i>A</i>	Bacon, Egg & Cheese Snacker	Orzo w Lemon & Herbs	Ranch Dusted Potato Chips
<i>Y</i>	Whole Milk	Peas & Carrots	Grasshopper Mousse
<i>30</i>	Coffee	Bread Pudding	
<i>S</i>	Chilled Fruit	Chicken Vegetable Soup	Chicken Vegetable Soup
<i>A</i>	Assorted Fruit Juices	Cottage Cheese & Tomato	Mixed Green Salad
<i>T</i>	Old Fashioned Oatmeal	Mixed Green Salad	Cottage Cheese & Tomato
<i>U</i>	Scrambled Egg	Mango Crusted Tilapia	Chicken Alfredo
<i>R</i>	Hash Browned Potatoes	Breaded Pork Chop	Bacon Cheese Burger
<i>D</i>	Sausage Patty	Rice Pilaf	French Fries
<i>A</i>	Whole Milk	Carpi Vegetable Blend	Garlic Knot
<i>Y</i>	Coffee	Banana Pudding Pie Cup	Sugar Cookies
<i>1</i>			
	Chilled Fruit	Cabbage White Bean Soup	Cabbage White Bean Soup
<i>S</i>	Assorted Fruit Juice	Deviled Eggs	Cream of Potato Soup
<i>U</i>	Cream of Wheat	Mixed Green Salad	Deviled Eggs
<i>N</i>	Fried Cage Free Egg	Beef Tri Tip	Garden Vegetable Penne Pesto
<i>D</i>	Bacon	Fried Chicken	Stuffed Bell Peppers
<i>A</i>	Cinnamon Roll	Mashed Yukon Potatoes	Bread Sticks
<i>Y</i>	Whole Milk	Corn on the Cob	Angel Food Cake with Strawberry Sauce
<i>2</i>	Coffee	Lemon Meringue Pie	