



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, 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

NEW RESIDENTS
Jack Tangney, SN

NEW STAFF

IN REMEMBRANCE

MONDAY, SEPTEMBER 5



Morning Movie	9:30 am	LP Parlor
All About Labor Day	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, SEPTEMBER 6

<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 at Bistro
AL Worship Service	10:30 am	LP Parlor
IL Worship Service	11:30 am	BV Bowditch Room
Sun Prints	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 7

<i>Wellness: Seniorcise Gold I</i>	8:00 am	Wellness Center
<i>Wellness: Seniorcise Gold II</i>	9:00 am	Wellness Center
Music Hour	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
All About Lily Tomlin	10:30 am	LP Parlor
<i>Wellness: Strength & Flex II</i>	11:00 am	Wellness Center
Family Feud	1:30 pm	LP Parlor

Bliss Ice Cream		2pm—4pm	LP Fountain
Happy Hour		2:30 pm	LP Parlor
<i>Wellness: Sit Fit Fun</i>		2:30 pm	TJ Solarium
SU: Great Decisions—Industrial Policy		3:00 pm	Zoom Meeting
Conversation Corner		3:00 pm	LP 3rd Floor Lobby

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 8

Crazy 8 Card Game	9:30 am	LP Parlor
<i>Wellness: Strong & Stable</i>	10:00 am	Wellness Center
Poetry of the Ocean	10:30 am	LP Parlor
<i>Wellness: Yoga</i>	11:00 am	Wellness Center
SU: Great Courses— The Vikings	11:00 am	BV Bowditch Room
Fred Meyer Shopping Bus	1:30 pm	Sign up at LP Desk
Music with Old Time Fiddlers	1:30 pm	LP Parlor
<i>Holistic Wellness: Sound Bath</i>	1:30 pm	Wellness Center
Knit Wits	2:00 pm	TJ Parlor
SU: Exploring the Ukulele	2:00 pm	BV Bowditch Room
<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, SEPTEMBER 9

<i>Wellness: Seniorcise Gold I</i>	8:00 am	Wellness Center
<i>Wellness: Seniorcise Gold II</i>	9:00 am	Wellness Center
Walk the Plank Game	9:30 am	LP Parlor
SU: Writing Forever Letters	10:00 am	BV Bowditch Room
<i>Wellness: Strength & Flex I</i>	10:00 am	Wellness Center
Music of Patsy Cline	10:30 am	LP Parlor
<i>Wellness: Strength & Flex II</i>	11:00 am	Wellness Center
Wii Bowling	1:30 pm	LP Parlor
SU: Acrylic Landscapes	2:00 pm	Wellness Center
Room Visits	2:30 pm	Resident Rooms
<i>Wellness: Sit Fit Fun</i>	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

SATURDAY, SEPTEMBER 10

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 11

Piggy Bankers Game	9:30 am	LP Parlor
Grandparents Day	10:30 am	LP Parlor
Seated Exercises	1:30 pm	LP Parlor
Modern Jeopardy Trivia	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.





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.

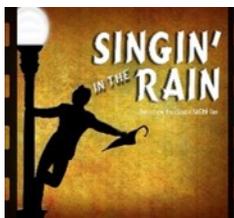
Please sign up at the LP front desk.

Tacoma Musical Playhouse “Singing in the Rain”

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

Sign up by Thursday September 29. Cost: \$31

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

Covid Update

We completed another round of testing for AL residents this week. Once again, there are no new resident cases to report. We have reopened the dining room and group activities. All residents have recovered and have been taken off isolation precautions. We have at least one more round of testing in order to get to 14 days since our last case or exposure.

There were no new staff cases this week which is great news. Staff that have previously tested positive have fully recovered and returned to work.

Visitation is still open and residents are able to leave campus. Please remember that visitors in Assisted Living, Skilled Nursing and Memory Care are required to **wear a mask at all times including inside resident rooms**. This is a state mandate. We are seeing an increasing number of visitors leaving resident rooms in Assisted Living, Skilled Nursing and Memory Care without their masks on. Visitors to our independent areas of campus are encouraged to wear masks but it is not mandated. **We ask that all visitors prioritize the health and wellness of all FTJ residents and comply with the mask mandate.**

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

Labor Day Word Search

See if you can find the hidden words associated with Labor Day.

W	H	S	M	B	Z	J	V	I	S	E	P	C	U	Y	B	V	BARBECUE
T	L	K	E	O	W	N	K	R	M	T	U	N	I	O	N	A	BREAK
C	U	C	I	P	N	E	L	Y	T	I	R	U	C	E	S	C	COMMUNITY
T	O	R	E	E	T	D	E	G	G	T	F	W	P	N	S	A	COOKOUT
U	T	M	Z	K	R	E	A	K	V	C	S	Y	R	I	K	T	HOLIDAY
O	N	F	M	N	I	I	M	Y	E	E	R	L	N	Z	L	I	JOB
K	E	C	K	U	T	R	U	B	I	N	C	L	B	E	Y	O	LABOR
O	M	Z	I	S	N	S	T	G	E	S	D	A	J	F	H	N	MCGUIRE
O	E	V	I	N	R	I	U	S	C	R	T	R	Y	O	P	L	MONDAY
C	V	S	K	N	C	E	T	M	D	M	E	F	L	Z	L	A	MOVEMENT
M	O	T	Z	S	A	I	K	Y	M	U	U	I	J	O	B	B	ORGANIZE
I	M	Y	S	L	X	G	P	R	C	E	D	Z	A	Q	O	O	PARADE
A	K	A	E	R	B	J	R	E	O	A	R	T	N	Q	P	R	PARTY
T	R	I	G	H	T	S	B	O	Y	W	K	Q	Q	C	I	P	PICNIC
B	P	A	R	T	Y	R	B	X	B	P	K	R	V	B	R	V	RIGHTS
E	F	A	R	W	A	W	E	D	A	R	T	P	A	Q	T	I	RALLY
V	T	A	B	B	E	E	D	A	R	A	P	R	N	W	K	O	SECURITY
																	SEPTEMBER
																	STRIKE
																	SUMMER
																	TRADE
																	TRIP
																	UNION
																	VACATION
																	WEEKEND
																	WORKERS



WEEKLY RIDDLE

A cowboy rides into town on Friday, stays for three days, then leaves on Friday. How did he do it?

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 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.

Tuesday, September 6
10:00 am, Meet at Bistro

Holistic Wellness Class "Sound Bath"

Sound bathing is one of the oldest forms of healing, used by every culture for thousands of years. Using crystal singing bowls to stimulate the brain, we can promote deep sleep and tranquility. We will guide you on a 45 minute journey to relax the body, calm the mind, and activate the body's natural healing systems. Contact Sarah at 253-756-3241 to register for this class.

Thursday, September 8
1:30pm Wellness Center

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 8, 15, 22, 29

2:00 pm, BV Bowditch Room

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.



Holland Windmills, Waterways & Tulips River Cruise

The Ruston Senior Center is offering a 10 day trip to Holland beginning April 26th 2023. This trip includes round trip airfare from Seattle, 1 night hotel in Amsterdam, 7 night cruise and 21 meals. Prices range from \$4,795 per person to \$6,195.

If you want more information or wish to sign up for this cruise, please contact Kate Gray at kgray@franketobeyjones.com or via phone 253-756-0601.



Parlez-vous français?

Avez-vous envie de pratiquer la belle langue de temps en temps? Alors nous vous proposons des reunions, une ou deux fois par mois, pour ré-animer la conversation and nos connaissances. Cat McIntyre va nous accueillir à la premier réunion (où nous prévoyons déjà l'assistance de cinq personnes!) à **2 h, lundi 12 septembre dans le salon de GA.**

Répondez s'il vous plait à Cat McIntyre 360-671-1986 ou email mcintyrec45@gmail.com
Et...apportez s'il vous plait votre boisson de préférence.

Great Decisions Discussion: Industrial Policy

The upheaval in supply chains during the pandemic exposed weaknesses in the international economy. What policies can the United States implement to deal with trade and the economy? Contact Jana at 253-756-6219 to register for this class and receive the link for the zoom meeting.

Wednesday, September 7

3:00 pm, Zoom

Greenhouse & Garden Plots

Now that we have a brand new greenhouse, Karen Fischer is recruiting three residents to serve on a Garden Committee. The greenhouse is available to all residents who want to use it, not just those assigned garden plots. The Committee will develop guidelines for using the greenhouse and garden plots.

If you are interested in being on this committee, even if you don't currently have a garden plot or are only interested in using the greenhouse, please contact Karen Fischer in writing. Include your name, building and phone number.

Acrylic Landscapes

Learn the basic techniques of acrylic painting in this class. You will recreate a landscape from your favorite photograph or from your imagination. This class is great for beginners or artists of any level. Contact Jana at 253-756-6219 to register for this class

Friday, September 9

2:00—4:00 pm, MJ Wicks Wellness Center

MENU			
Sept 5th - Sept 11th			
<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	Cheesy Chicken & Rotini
A	Egg, Sausage & Cheese Burrito	Catfish Cakes	Mixed Vegetables
Y	Whole Milk	Mashed Potatoes	French Fries
	Coffee	Harvard Beets	Baker's Choice
5		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	Sloppy Joe Sandwich
A	Sausage Patty	Steamed Brown Rice	Tatar Tots
Y	Whole Milk	Steamed Vegetable Medley	Dinner Roll
	Coffee	Crisp Banquette	Maple Bacon Cookie
6		Spumoni Ice Cream	
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	Braised Beef Tips	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
7			
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	Tuna Salad Cold Plate
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	
8	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 Fillet	Roasted Vegetable Lasagna
A	Sausage Link	Rice Pilaf	Bread Stick
Y	Whole Milk	Steamed Broccoli	Asst Cookies
	Coffee	Mixed Berry & Apple Crisp	
9			
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
10			
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	French Cut Green Beans
	Coffee	Pecan Pie	Tropical Rice Pudding
11		Dinner Roll	Dinner Roll